

Spring 2023 Newsletter



Neuro Central SCIO
SC046630

We aim to advance the health of people living with neurological conditions



We can't guarantee sunshine but there's always good company, chat, refreshments, and therapies at our meetings in Stirling and Auchterarder.

Some of what's in our spring newsletter

- A Marathon Fund Raiser – Doug Luke
- Healthy Feet are Happy Feet - Rosemary McLellan
- Leuchie House National Respite Centre
- Christmas Festivities in Stirling and Auchterarder
- Members' Entitlements
- Mental Health First Aid
- Friends of Neuro Central



www.neurocentral.org.uk



A Marathon Fund Raiser

Doug Luke, the son of two of our members, kindly offered to raise funds for us by running the Glencoe Marathon on Sunday 04 September 2022. This started in Fort William, headed for Kinlochleven, and, after conquering the Devil's Staircase, finished in Glencoe after 26 miles (46 km) (although it may well have been longer) and a climb of 5,784 feet (1,763 metres). That's climbing Ben Nevis 1⅓ times!



The Glencoe Marathon organisers described the run on the day as 'one of the toughest marathon routes in wild weather...' Nevertheless, Doug completed the course in a little over six hours.

This was a fantastic effort, and he raised an amazing £1,697 for us! This was well over his target

of £1,000. And to add to that, his very generous employer, State Street, has match-funded this total.

Race	Last Name, First Name (Sex/Age)	Time	OverAll Place	Sex Place / Div Place	DIV
Glencoe Marathon 9/4/22	Luke, Douglas (M)	6:09:56	82	67 / 48	M20-39

Neuro Central thanks Doug and all his sponsors for their generosity. Fund-raising like this helps us to maintain the services that we know our members appreciate so much.

Healthy Feet are Happy Feet

Hello everyone. Thank you for asking me to write an article for the Neuro Central Newsletter. If you have any questions about your feet, or this article, feel free to ask me at one of the meetings or email me (rosie@aboutthosefeet.co.uk) and I will be happy to chat with you about your query.

For some reason many people do not like their feet. As a result, these hard working, very dependable, intricate and very essential parts of our body are often neglected. Unlike other parts of the body that are moisturised, deodorised, and generally well looked after, and even pampered, feet are left to fend for themselves. And yet every day they bear our entire body weight, act as shock absorbers, help to stabilise us, signal our brain as they move us from one place to the other and, when they are in good condition, maintain our mobility and general wellbeing.



Here are a few tips for keeping your feet healthy and happy.

- Wash your feet carefully every day.
- Dry them, taking care to dry between the toes thoroughly.
- Making sure they are completely dry helps to prevent sore, cracked toes and / or fungal infection. If you find drying between your toes difficult, ask me about a special toe drying towel.
- Once dried, moisturise. If you cannot easily put cream on your feet, pop some cream in a plastic bag, put both feet in and rub one foot over the other. Just be careful after you moisturise - your feet may be greasy.
- Keep your nails well-trimmed.

- Check your feet daily for signs of cuts, hard skin, corns etc. You can put a mirror on the floor to help you see the sole of your feet.
- Wear clean socks every day. The socks should be well fitting, but not too tight around the foot or the ankle. If you have fragile skin, you may wish to turn your socks outside in to avoid the seams rubbing your foot. Soft top socks are excellent if you have swollen legs or ankles.
- Wear shoes that fit properly and support your feet. Feet can change shape and size as we grow older, lose or put on weight, etc. It is a good idea to have your feet measured from time to time.
- If able, walking is great exercise for your feet. Go at your own pace and enjoy the view. Remember..... long, very thick or fungal infected, damaged nails can be uncomfortable and cause you pain as you walk. This can affect your mobility so keep them trimmed and/or thinned. Corns, hard skin or athlete's foot are easily treated so that your feet feel and look good.
- Moisturise your feet as often as you can and wear sunscreen in summer weather.
- People who have underlying health conditions may need special care to monitor and maintain healthy pain-free feet.

Our feet contain approximately one quarter of all the bones in our body and thousands of nerve endings. They work hard every day and over our lifetime they take enough steps to walk between 2 and 4 times around the world. They deserve to be treated well.

Rosemary McLellan
Health Foot Practitioner

Find her on Facebook at [facebook.com/aboutthosefeet/](https://www.facebook.com/aboutthosefeet/).



Grants

Neuro Central are delighted to be the recipient of the following grants which will help us maintain and enhance the services we provide to our members:



Perth & Kinross Community Investment Fund 22/23: This award of £5,400 will allow us to support our members living in challenging circumstances to improve their wellbeing. This includes the *Growing Our Health Project* (see page 11), therapies, and an outing.

Stirling / Clackmannan Communities Mental Health & Wellbeing Fund: We were given an award of £7,000 to assist us in delivering a self-management programme during 2023 to learn how to live life to the fullest. We will do this by providing face-to-face sessions to support our members' wellbeing at Stirling County Cricket Club.



Clackmannanshire, Falkirk and Stirling Staff Lottery (CFSLA)

Funding: We were awarded £380 to enhance the workings and image of the Friends of Neuro Central in Stirling. £180 has been used for volunteer tee-shirts and £200 towards the cost of a tablet which will be used by our new Friends of Neuro Central Co-ordinator (See page 23).



Friends of St. Margaret's SCIO, Auchterarder: The Friends have given us £1,600 which will allow us to hold 20 in-person Neuro Physio exercise classes at St Margaret's. These are being delivered for us by Ali Allanach.

The Co-op in Auchterarder: Neuro Central has been selected as one of the Co-op's local causes for this year. We have asked for £6,000 but the amount we are given will depend on the level of support we receive. We will know how much is to be awarded in October 2023.



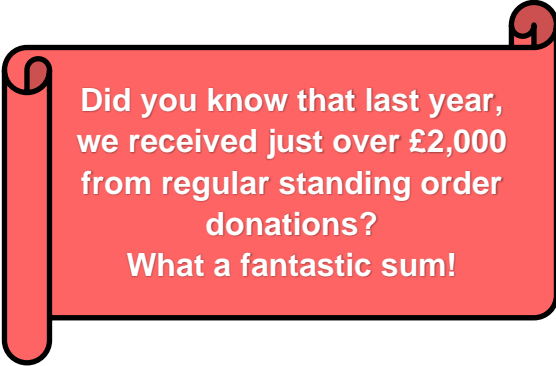


An update on the grant of £2,000 which we were given last year by the Arnold Clark Community Fund - we asked for this to run a Living Well with Neurological Conditions course in Stirling. This is to follow on from the very successful course that was held in Auchterarder in 2022. The Stirling sessions have now been arranged and will take place over three Mondays in March, April and May this year. Look out for a report on it in the next newsletter.

Donations

Neuro Central can only continue if we have sufficient funding. Our funding comes from three main sources – Grants, Fund-raising Events, and Donations.

You have just read about our Grants. You'll have read about the wonderful fund-raising event by Doug Luke's marathon run on page 3. We also receive donations of all amounts from many people. Many thanks to all of them. If you're not one of them, can we tempt you to join us as a regular giver?

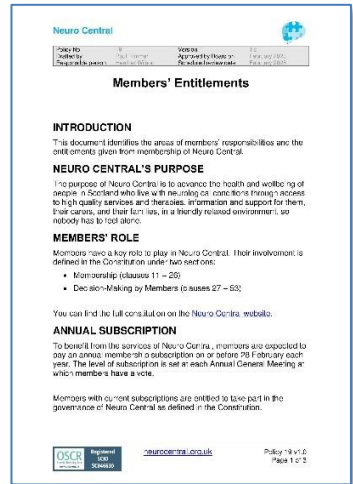
A red scroll graphic with a black outline and a drop shadow. The scroll is unrolled in the middle, with the ends curling up. The text is written in white, bold, sans-serif font.

Did you know that last year,
we received just over £2,000
from regular standing order
donations?
What a fantastic sum!

We greatly appreciate any donation, whatever the amount. They make a huge difference to Neuro Central and allow us to continue doing what we do – providing services to our members. Could you make a regular monthly donation by standing order? If you could, please visit our website at neurocentral.org.uk/donate where you can find out how to set up a standing order. **Thank you.**

Members' Entitlements

At the Board meeting held in January 2023, the trustees agreed that we needed some clear details on members' entitlements. The constitution lays out qualifications for membership, and the involvement of members in members' meetings. However, it has little to say on what you are entitled to from Neuro Central if you become a member. This has now been remedied with the production of our supplementary policy 19 to give the necessary guidance.



You can find a copy of this document on our website at neurocentral.org.uk/become-a-member.

It states that members are entitled to attend social and informative meetings, activities and special events that are organised by Neuro Central. These are usually held in either Stirling or Auchterarder.

To meet the purpose of Neuro Central, the key meetings are primarily a social event with refreshments. Some will include information presentations we think will be helpful and useful to our members. Many of the events will also include the presence of therapists.

There are also details of some additional services we may provide.

This includes funding to provide immediate access to a physiotherapist, subject to certain criteria. You can download Information on How to Access Physiotherapy from our website at neurocentral.org.uk/therapists.

Subject to available funding, we can provide a confidential counselling service through our counsellor Harriet Hay. You can also find how to contact her at neurocentral.org.uk/therapists.

Annual General Meeting

The Annual General Meeting (AGM) of Neuro Central was held on 03 October 2022 at Stirling County Cricket Club. It was also made available to members to watch over Zoom. The AGM gives the Board of Trustees the opportunity to present their annual report and accounts to members. The Scottish Charity Regulator (OSCR) requires that we, as a charity, produce this document annually. It must then be submitted to them for approval.

The report was circulated to members before the AGM so that they had time to read it. The Vice Chair highlighted some of the key aspects from the report. She noted that we had emerged from the Covid pandemic, and it was good that we had been able to restart in-person meetings. She thanked all those who had made donations and carried out fund-raising over the past year.

The financial situation of the charity is stable with a balance of £26,244 at our year end, 30 June 2022. Since then, we have received additional donations and grants. These mean that our programme of events for this year is assured.

The report can be found on our website at neurocentral.org.uk/charity-documents.

Sound Therapy Session

Morag Wylie from Sound Balance was at Stirling in November 2022 to provide our members with a Relaxing Sound Therapy Session. She took us on a sound journey which involved us sitting down and receiving the sound from Tibetan singing bowls, wind chimes, voice, gentle percussion and drumming. The sounds aim to be gentle and relaxing, and they certainly were. They are designed to entrain your brain waves to the deeply relaxing theta state equivalent to a deep state of meditation. This relaxes the body and enables its natural healing capacities to be activated. All those who took part enjoyed the session; it was so relaxing; some even fell asleep!





Mental Health First Aid

Perth and Kinross Volunteer Upskilling Fund Award



The COVID-19 pandemic has both highlighted and accelerated the need to tackle mental health conditions which became more prevalent during this time.

A grant of £2,000 meant we could offer this mental health first aid course to members and volunteers. It provided an opportunity to build up their skills in offering peer support. It also gave them confidence to identify and support members in accessing appropriate help. Nine participants completed the course and achieved Scotland's Mental Health First Aid (SMHFA) certificate.

Those who took part told us that they found the course informative, challenging and very useful. This was further reinforced at the last session when one participant was able to report how she had used the techniques learned to support somebody in a work setting who was suffering challenging circumstances. She felt the course had given her the confidence and strategies to address this.

All participants' confidence grew when they heard how these skills were put into practice. They were also provided with material to back up their learning.

Our trained Mental Health First Aiders can now help spot potential red flags amongst our members, and enable them to be referred to appropriate support, if they wish. The training provided participants with the required tools to have potentially difficult conversations about mental health issues. This allows us to offer a significant additional service to our members.

Thanks to all participants for making the commitment to support mental health in Neuro Central. Those who completed this course will undoubtedly be an asset to us.

Growing Our Health Project

We were able to offer our members the Growing Our Health Project in Auchterarder through a grant from the Perth & Kinross Community Investment Fund 2022/23.



It was held at St Margaret's Hospital on 18 March. We started in Outpatients with an enlightening talk on Gardening for Health. This was given by Mike Hamilton, a gardening coach from the Crieff Community Hospital Garden. In it, he gave advice on growing your own vegetables and herbs, whether you had a garden or a more restricted space.

After that, there was the opportunity to get hands dirty. This was possible because St Margaret's has a polytunnel which we were able to use. It did mean dressing up in warm clothes as the weather was not particularly mild, but it was worth it. Thanks to the grant, we were able to provide bags, small tubs and everything needed for the plant up. We planted herbs, salad leaves, vegetables, and potatoes in bags. For those without outdoor space, they could plant up windowsill herbs. Dave showed us just how much we could achieve.



Everyone had a great time. All we have to do now is wait for the 'fruits', or should that be 'vegetables', of our labours. We hope that this introduction will lead to a continuing interest in 'grow your own'.

Christmas Festivities 2022 in Stirling

We always like to end the year with some festive sessions, and this year was no exception. We may even have made up for what we had missed in the previous two years.

It started in Stirling on 21 November when we had a Christmas Craft session. Our members thoroughly enjoyed it and made some beautiful decorations for their trees.



We followed this up on 04 December when we had a great festive party at Stirling County Cricket Club. There was a full house enjoying chat, multiple nibbles and drink, a Christmas quiz and a raffle that overflowed with prizes. And to make sure we were all in good

shape for the festivities, our therapists did a roaring trade.



None of this would have been possible without our wonderful volunteers. Special thanks must go to Dorothy and Eric. They not only provided the quiz but also donated some fun-filled Christmas bags. These raised an amazing £95 for Neuro Central.



Christmas Festivities 2022 in Auchterarder

This Christmas to celebrate meeting in person again, Neuro Central in Auchterarder held a pamper session for our members.



There were some lovely haircuts with thanks to Julie Mailer from Julie's Cutting Edge in Auchterarder, and Scott St Clair provided some fascinating entertainment. Both gave their time free of charge and really made a difference. Our usual therapists were run off their feet. Shiona was looking after nails, Rosemary cared for our feet and Lorna provided massage. And, of course, there were lots of cakes and tea and coffee. A good time was had by all!



We wouldn't have been able to hold these celebrations without our two wonderful venues. We are very lucky to be able to use [Stirling County Cricket Club](#) and St Margaret's Outpatients in Auchterarder.

Not only are they premises that meet our requirements, but we couldn't ask for better staff catering to our needs.

Leuchie House National Respite Centre

In March 2023, Jo Yates talked about all that Leuchie House in North Berwick could offer us. They support people who have MS, who have had a stroke, or who are living with a number of other neurological conditions. They also provide essential breaks for their guests' carers or family members.

Jo's talk included an introductory video which you can view at youtu.be/S5OUX8UJTpU.



One of our trustees, Jackie Paterson, is a regular visitor and thinks it's a wonderful place. She says:

“Initially, I was reluctant to visit Leuchie House as it just didn't seem right for me. However, things change and in January of 2010 I made my first of many journeys to North Berwick. The house and grounds are lovely and since Leuchie became an independent charity in 2011, the improvements have been astonishing. The staff go above and beyond to make your stay an enjoyable experience and I've made many friends who I meet up with twice a year. We get up to all sorts during our stays and there's always something going on if you want to join in but, if you don't, that's fine too – after all, it's your holiday. It is the only place in Scotland which provides 'holidays', not just 'respite'.”

You can find out about all Leuchie can offer at leuchiehouse.org.uk.

Strathcarron's Live Your Life Team

In September 2022, we heard from the Live Your Life Team who are based at Strathcarron Hospice. A hospice is normally associated with caring for the dying. However, this team has been set up to support people to live well in their local community across Forth Valley, Cumbernauld and Kilsyth. Anyone living with, or caring for, someone with a life limiting illness can speak directly to the Live your Life Team at Strathcarron Hospice, without requiring a professional referral.



The experienced team of nurses, creative arts facilitators, complementary therapists and community-based connectors and volunteers will offer you practical, clinical and emotional support and advice. They can help you navigate uncertainty, chat through challenges and, together, find ways for you to get on with living your life.

All the support they offer is free.

They can be contacted through a direct support line to Strathcarron Hospice which is open 10:00 am to 4:00 pm, Monday to Friday

- call 01324 827383 or
- email: fv.scliveyourlife@nhs.scot.

There is more information at strathcarronhospice.net/live-your-life-team.

Future Fundraising Event - Afternoon Tea

This is a reminder for those who purchased tickets for our special Afternoon Tea which was to be held at the Aytoun Hall in Auchterarder on Saturday 21st March 2020. We are now able to go ahead with this event on **Sunday 11th June 2023**. *If you had tickets for the 2020 date, they are still valid for this one.* Unfortunately, if you did not have a ticket back then, there are no other tickets available as **this event is now completely sold out.**

Scott's Relaxation Session Online



Neuro Central started holding online sessions as a response to the lockdown during the Covid pandemic. This included a weekly relaxation session. When Neuro Central members were able to meet in person again, the participants asked us to continue the online relaxation session. They told us that they felt more relaxed in their own homes. So to get the most benefit, we continued to meet online monthly.

Using Zoom, Scott leads a blend of simple muscle relaxing techniques. This is followed by a longer, guided relaxation session based on visualisation and hypnotic techniques. It is structured in such a way as to promote relaxation not simply at the time, but also over longer periods. There are also recordings available for all attendees so that they can experience the relaxation session at any time they choose. The more regularly participants take part, the more effective the sessions will be.

Two of those who took part commented:

C – “I cannot recommend Scott's relaxation highly enough. 30+ minutes of total peace and tranquillity while he guides you through a journey of various scenes and places. Even if you don't think you need anything like this, I would recommend trying and see what a difference it makes. I've been attending for over 2 years now and still getting beneficial effects. There's also an optional catch up at the end for general chit chat.”

S – “Scott's meditation meetings, held on Zoom once a month are so relaxing. You forget all your aches and pains - where you are taken on a wonderful journey, you are completely relaxed, released of all stress, pain, and worries. I find it helps to go over it to help to get to sleep at night. It's such a peaceful, relaxing meditation. Thank You Scott 🙏”

Relaxation sessions are held on the second Tuesday of the month at 7:00 pm. The Zoom link is emailed to members so they can join.

Talking Mats – Thinking Ahead Making Difficult Discussions Easier

Neuro Central offers an opportunity for our members to take part in ‘Talking Mats - Thinking Ahead’, developed by Strathcarron Hospice and the social enterprise Talking Mats (based in Stirling). The aim is to help people with advanced illness or long-term conditions to think ahead and plan using specially designed communication symbols. It considers three areas:

- **Affairs** – the extent to which personal affairs are sorted.
- **Care / treatment** - consideration of future treatments, interventions, and care.
- **Personal values** - the extent to which these are being upheld and respected.

Discussions are totally confidential between the member and volunteer. Talking Mats increases the capacity to think about and express views about things that matter. Neuro Central volunteers, Louise and Sheila, have undergone training to support members with their planning for the future. They attend the Stirling and Auchterarder meetings, so please get in touch if you would like to arrange a session with either of them.

Those who took part really enjoyed the experience of talking about their chosen topic, benefitting from new insights. Some felt it confirmed what they already knew. Some also welcomed the opportunity to talk openly about certain areas of their life with someone who was supportive and provided a listening ear. They felt they were then able to take their issues back to those who are involved in their life to plan further.

In some areas discussed, members had definite ideas about what they wanted, while others needed further investigation with those involved. They can take a photograph of their mat to assist with this.



More information is available on Strathcarron’s involvement with Talking Mats at bit.ly/3yXkJiv.

Pottery

Neuro Central was pleased to offer a six-session Pottery Class with Sarah Draper in Auchterarder thanks to the funding from the Co-op.

We were glad to be able to get started on this because it had been postponed due to the Covid lockdown.

The first session saw us making pots. This was followed in the following session with tiles. This helped develop our skills working with clay. Everyone was delighted with what they created. They were looking forward to glazing the creations. There are more classes to come with everyone looking forward to making new masterpieces.



"I didn't realise how therapeutic it would be to spend two hours messing about with clay looking forward to making more and improving as the weeks go on."



Getting creative. . .



And some tiles waiting to be fired.

Trustees

We have been joined by three new trustees to help us in directing the future of Neuro Central.



David Thomson

David is a neurological specialist nurse at Forth Valley Royal Hospital. He has been interested in Neuro Central for some years and he has been instrumental in organising fund-raising events for us. He joined our Board as a trustee at the AGM.

Sally Boa

'I work at Strathcarron Hospice where I lead the Education and Research team. I have worked in the third sector and NHS for over 35 years. During that time, I have developed a keen interest in supporting people living with neurological conditions. I am delighted to be able to support Neuro Central as a Trustee.'



Warren Luke

'I did not have much time for such groups until I first came to Neuro Central. Here the focus is on fun and friendship without too much dwelling on health and illness. The organisation and opportunities are remarkable, and now I feel honoured to be a Trustee of this well-run Charity.'

They join the existing trustees who are:

- Chair: Heather Wilson
- Vice Chair: Jackie Paterson
- Treasurer: Jane Logan
- Assistant Treasurer: Moira McDonald
- Secretary: Paul Rimmer

We are still looking for trustees to join the Board and spread the load. If you are interested, or would like more information, please contact the Secretary by e-mail at secretary@neurocentral.org.uk.

A Member's Story

Kate Luke is a member of Neuro Central. She writes:



Warren and I started coming to Neuro Central about four years ago... before the pandemic. We have found it to be a great resource. It's fun to meet so many different people with a neurological problem, see how they cope and what they find helpful to enable them to maintain as independent a lifestyle as possible. Not only do we enjoy the meetings but we also feel the advantages of the therapies that are available.

We appreciated the support during lock-down and contact by Zoom.

We heard about Neuro Central from the neurologist at an outpatient appointment at Forth Valley Royal Hospital. He suggested we might find it a useful group as it offers help with the smaller things, which a hospital setting cannot provide.

I suppose that we are unlucky in that both of us have a condition and can only offer limited support to each other. I have had a stroke and Warren has Parkinson's, but so far we have managed to keep independent – and hope to for as long as possible!

MS Society Scotland Event

In October, MS Scotland held a 'Connecting Our MS Community' event at the Stirling Court Hotel.

Many local and national organisations including Forth Valley Disability Sports, Paths for All and Social Security Scotland had a presence. Glenda Douglas and Jackie Paterson represented Neuro Central and were kept busy spreading the word about what we offer. They were very encouraged to hear how many people already knew about us.



A similar event is planned for this September which we hope to attend.

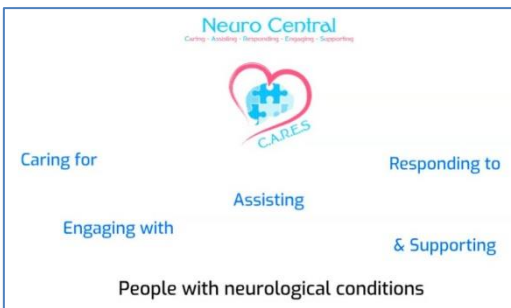
How to find out about Neuro Central

- Would your organisation like to find out about Neuro Central? We are happy to come along and talk to you about what we do and what we have to offer.
- Depending on your requirements, we can hold a one-to-one discussion with some illustrations or, if you want a full presentation, we can do that as well.

In February, our Chair, Heather Wilson, and our Volunteer Co-ordinator, Sheila Doogan, were invited by Liz Gordon, one of our members, to a meeting of the Stirling Inner Wheel. They are seen here with Liz and the President of the Inner Wheel, Marjorie Duncan, after a well-received presentation.



If you'd like to hear from us, in the first instance please contact us at hello@neurocentral.org.uk.



If you want a quick introduction, have a look at our Neuro Central animation. This will give you the essential information you need to understand our aims. You can find it on the home page of our website neurocentral.org.uk.

Or you can go directly to the video at youtu.be/31AecMVAbA8.

Neuro Central Volunteering Opportunities

We believe that many hands make light work, so can you help us? If you have some time to spare, why not join our group of friendly volunteers and make a difference to people with neurological conditions.



On the following page you can read about the Friends of Neuro Central. They do a fantastic amount for us. However, we also need other help. We would really welcome a **Funding / Grants Co-ordinator** to assist with some or all these activities:

- Applying for grants for Neuro Central.
- Identifying any funding opportunities that may benefit Neuro Central to achieve its purpose.
- Liaising with the board/committee to seek out relevant grants and responding to identified funding priorities.
- Writing bids to charities' foundations and local fund providers.
- Keeping records of grants applied for and feedback on successes.

If this is for you, please email volunteering@neurocentral.org.uk.

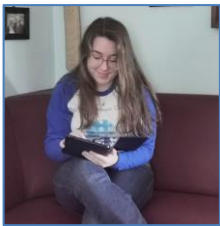
Recent Volunteers

We welcome our most recent volunteers:

- Vicky Anderson - Neuro Central Gift Aid Administrator
- Catriona Gammons - Gathering Members' Lived Experience of Neurological Conditions
- Dee Luximon Herbert - Support to Neuro Central Auchterarder sessions
- Louise Reilly - Supporting Neuro Central members with Talking Mats Thinking Ahead Project
- Matylda Tomczyk - Support to Neuro Central Stirling sessions
- Sue Warrington - Support to Neuro Central Auchterarder sessions, Activity Coordinator

Friends of Neuro Central Stirling

Over the past year, Neuro Central has been developing Stirling Friends of Neuro Central. This is a category of volunteers to assist with the activities provided for our members. Since this had been successfully developed in the Auchterarder area where it worked well, we wanted to roll it out for Stirling as well. To help with this, we received £380 funding from Clackmannanshire, Falkirk and Stirling Award Scheme (CFSLA). This has allowed us to buy volunteer T-shirts and a tablet for administration of the Friends.



We have recruited a volunteer, Annie Brough, as the Stirling Friends Co-ordinator. She is responsible for organising the local volunteers to help with meetings at Stirling Cricket Club. She plans to develop the Friends' involvement so that they will help out with events such as fundraising for Neuro Central.

The T-shirts obtained with the grant provide a recognisable identity for our volunteers. Some of the Friends were delighted to show off their new T-shirts on a blustery day at our venue at Stirling County Cricket Club.



We are always looking for volunteers to help at our meetings and events, either in Stirling or Auchterarder. This can be as often as you want – both regular and occasional volunteers are welcome!

If you want to join Friends of Neuro Central in either Stirling or Auchterarder, please contact volunteering@neurocentral.org.uk.

Meetings

Details of our meetings are available on our website. You can find a calendar of events at neurocentral.org.uk/calendar.

We hold regular in-person meetings at:

Stirling (Stirling County Cricket Club) - First and Third Monday of the month 11.00am – 1.00pm (except for July and August)

Auchterarder (St Margaret's Hospital Outpatients) - Second Wednesday of the month 6:30pm – 8:30pm

As Covid is still present in the community and, since our members tend to have conditions that can make them more vulnerable, we are still asking you to take precautions to protect both yourself and others at our in-person meetings. Our guiding principle is:

If you don't feel well, please stay at home.

Our current precautions, and how to get to the Stirling and Auchterarder venues, are detailed on the home page of our website.

We also offer three online sessions using Zoom, enabling members to join from the comfort of their home:

Relaxation Session

This is a half hour of guided relaxation led by Scott Montgomery. It's held on the second Tuesday of the month at 7:00 pm.

Neuro Physiotherapy

Katy Page takes a weekly exercise class on a Thursday morning at 11am. You can also follow Katy online leading some exercises at youtu.be/r21-pG2X4oU.

Mindfulness Session

A monthly top up session is held by our facilitator, Adrienne Hannah on the last Thursday of each month starting at 6:30pm.

Details of these three sessions are posted on our members' Facebook page and e-mailed to them each week. If you would like to join in but are not sure how, please contact us by email at hello@neurocentral.org.uk and we will arrange for some help with using Zoom.