



Summer 2017 Newsletter

Neuro Central

Neurological Therapy Centre Scotland

www.neurocentral.co.uk

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

New heights reached for fundraising

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A Note from the Chair

Welcome to our first edition of the Neuro Central newsletter.

We have come a long way since obtaining charitable status in June 2016. This is due to a dedicated team of committee members, volunteers and you, our members. I would like to thank everyone for all their hard work, enthusiasm and support.

Over the past year we have been listening to what you want from Neuro Central and we will continue to do so.

We held our first session in September 2016 at Bridge of Allan where we continue to offer therapies, information sessions, chat, and peer support on the 1st Monday of the month.

Following a successful application to the SVE Ideas, Innovation, Improvement Fund, we were then able to extend our sessions to PLUS (Forth Valley) Limited in Springkerse on the 3rd Monday of the month, offering a drop-in session and longer therapy sessions.

In July we were awarded a grant from Stirling Council Community Grant Scheme which will help fund our therapy sessions in Stirling.

With summer here we have decided to have a little break but our committee members will be busy in the background planning future information sessions.

We plan to start back on September 4th at Bridge of Allan where we will welcome Karen Philp from Stirling Council, Money Debt and Benefits Adviser. The PLUS session will start back on September 18th.

I'm also pleased to announce we are expanding into Tayside, where we have organised a drop-in session and therapies on the 2nd Wednesday of the month from 7-9pm at St. Margaret's Hospital in Auchterarder. As always, we are very interested in what our members think, so please get in touch and share your thoughts so we can continue to ensure Neuro Central is supporting all our needs. Lastly, when you're finished with this newsletter, can I ask you to please pass it on to someone you think might be interested in what Neuro Central has to offer.

Heather Wilson

Have your say

We would love to hear your thoughts about what you want from Neuro Central. Help us shape this exciting new charity. Contact us via email or Facebook.





In every newsletter we will choose a different neurological condition and tell you something about it, to help others understand what people affected by neurological conditions may be experiencing. There is a variety of support available for each condition and Neuro Central does not seek to replace that, just add additional support. Everybody's neurological journey is different and their lived experience unique, but there are some experiences that are common to many neurological conditions. That is what Neuro Central aims to share so nobody has to feel alone.

“Neurological disorders are diseases of the central and peripheral nervous system. In other words, the brain, spinal cord, cranial nerves, peripheral nerves, nerve roots, autonomic nervous system, neuromuscular junction, and muscles.”

World Health Organization

Focus on Myalgic Encephalomyelitis (M.E.)

Myalgic Encephalomyelitis (M.E.) is a long-term (chronic), fluctuating, neurological condition that causes symptoms affecting many body systems, more commonly the nervous and immune systems. M.E. affects an estimated 250,000 people in the UK, and around 17 million people worldwide. People with M.E. experience severe, persistent fatigue associated with post-exertional malaise, the body's inability to recover after expending even small amounts of energy, leading to a flare-up in symptoms. Not everyone will experience the exact same symptoms so it's important not to compare someone who has M.E. to another person who has the illness. People with M.E. can vary enormously in their experience of the illness, and also how long their symptoms last. Some make good progress and may recover, while others can remain ill for a number of years and may not get better. Some people find that they don't go back completely to the way they felt before they became ill, but they do recover sufficiently to lead happy and fulfilling lives. This is similar to many other chronic illnesses.

This information has been taken from:

action for me website www.actionforme.org.uk

To find out more about ME or find a support group near you check out:

www.meassociation.org.uk/2009/09/scotland/

M.E. Connect information and support helpline phone: 0844 576 5326

www.meassociation.org.uk



Mind Full or Mindfulness?

Neuro Central was fortunate to receive funding from Mindfulness Association Ltd and the Hart Knowe Trust to run an 8-session Mindfulness course.

The course was facilitated by Julie McColl and Adrienne Hannah, both of whom hold Postgraduate Diplomas in Mindfulness from Aberdeen University and the Mindfulness Association. It has been offered to members of Neuro Central free of charge. This may be something that we can repeat in the future if there is demand!



Mindfulness is a life skill, which can deepen our sense of well being and fulfillment. It involves paying attention to what is occurring in our present moment experience, with an attitude of openness and non-judgmental acceptance. It engages all of our senses as we open to our entire experience, becoming aware of our body, emotions, thoughts and the external environment.

Mindfulness may help with neurologic conditions by improving stress response, mood and overall wellbeing, attention/cognition and strengthening overall brain health. Participants are enjoying the course and integrating mindfulness into their everyday activities.

Here are some testimonies from those who have taken part:

I am more mindful in day-to-day and gave me more time

Less going back in time to dwell on things that I cannot change - very relaxing

Chatting with other participants about techniques and getting ideas has been really great, I definitely try to live more mindfully now.

Has helped me deal with stress from life and made me more focussed on the daily tasks I am doing

Definitely worth trying to help ease problems in daily life, can make mountains become molehills



Fundraising and Donations



We wanted to take this opportunity to thank Catriona and Nicola who are very passionate about supporting Neuro Central as their mother, Moira, has MS and is one of the founding members of this charity. After many years of providing care for their mother they thought they would take their support to new heights (or plummets)

On 4 June Catriona and Nicola McDonald jumped from a plane (thankfully with parachutes!) and raised over £2600 for Neuro Central. Both girls were terrified but loved every minute. **Well done girls!**

The Ford Show

Thanks to the Pre 67 Ford Owners car Club, we had an Information/Tombola stall at their event at the Lathalmond Vintage Bus Museum last September. We had a lot of prizes and the tombola proved very popular, making us just over £400. Both myself and Heather manned the stall with a help from my daughters and Tom and his wife came for support too. We have been lucky enough to be given a stall for their show again this year on Sunday 3rd September.



Fiona Graham

We have so many wonderful people and businesses to thank for helping us over our 1st year. They have raised funds for us, supported us and provided services free of charge.

Waitrose, Dunblane Scout Troop, Soul Night, Tombolas, Graham Harvey FV Disability Sports, Linda Miller, NHS Forth Valley Neurological Department, Forth Valley Anticipatory Care Team, NHS Tayside, Auchterarder Christmas in the Community, Stirling Voluntary Enterprise, Stirling Observer, Living Local, The Wire and all our fantastic committee and members



Help out when you check out

Collect **FREE donations** for us when you shop online via easyfundraising.org.uk



This is a completely FREE way of raising money for Neuro Central. So far we have raised £135 so please sign up and encourage all your friends and family to do the same.

Did you know that whenever you buy anything online - you could be collecting free donations for Neuro Central?

There are over 3,000 shops and sites on board – it doesn't cost you a penny extra!

1. Head to www.easyfundraising.org.uk/causes/neurocentral/ and join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever!

There are no catches or hidden charges and Neuro Central will be really grateful for your donations.

Neuro Central Research Update



Since we started the sessions in Bridge of Allan, we have been completing questionnaires with members to inform us on how Neuro Central should move forward. A face-to-face questionnaire is carried out with members and the results are logged on Survey Monkey to help with the analysis. This will allow us to provide information on needs to potential funders. We will continue to collect data to build a service that fits the needs of our members . So far we have carried out 38 surveys.

Respondents reported the following conditions:

Multiple Sclerosis 19, Myalgic Encephalomyelitis (ME) 6, Stroke 4, Transverse Myelitis (TM) 3, Parkinson’s disease 3, Central Nervous System Demyelinating Disease 2, Epilepsy 1, Acute Disseminated Encephalomyelitis (ADEM) 1, Spina Bifida 1, Lupus 1, Chronic Inflammatory Polyneuropathy (CIPD) 1, not yet diagnosed 1

Neuro Central members reside in the following areas:

Stirling 16, Falkirk 6, Perth & Kinross 6, Clackmannanshire 9

Respondents reported that they would like Neuro Central to provide:

Social space 33, connecting with other people with neurological conditions 33, information 33, support 32, training e.g. mindfulness 28, counselling 14, benefit advice 8, confidence-building 5

Therapies requested:

Massage 32, Reflexology 31, Physiotherapy 24, Reiki 23, Acupuncture 21, Hypnotherapy 16, Mindfulness 24, Laughter 13, Speech 8, Other 8

Feedback about the benefits gained from therapies:

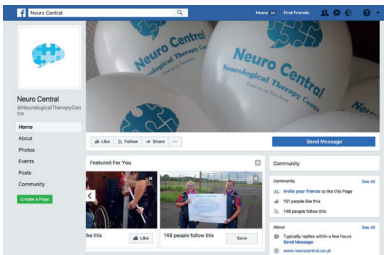
Feels a lot looser, fell shoulder feeling a lot better first time had a massage, will be back.- Relaxing, nice made me realise I wasn't relaxed.- It was great, helped numbness in my leg, more relaxed,- Hand massage it was lovely helped me to unwind!- Made me feel relaxed,- Makes me more relaxed, peaceful, physically loosens up your muscles, the therapy was very relaxing and much needed. – My back and shoulders were less tight for a few days.

12 members are interested in volunteering with Neuro Central and 27 would like to become friends of Neuro Central.

Finally, one member commented:

'Not only have the therapies been beneficial, getting a chance to talk to people in similar situation has helped me in many ways to understand my conditions and that I am not alone.'

Tech news



One of our first tasks when setting up Neuro Central was to ensure we could reach out to as many people affected by a neurological condition as possible. IT was a key to making this happen! Initially a Facebook page was set up

and has been well supported giving us feedback. Our Facebook page now has 149 people following us and many just having a quick look. It provides a means to contact us, gives various neurological conditions a voice and sharing reminders of when our next meetings will be.



Twitter

We will soon be on Twitter too! This will be a way of letting similar groups see what we achieve and vice versa.

Our website is easy to find (www.neurocentral.co.uk) and has the most up to date information on sessions, therapies, committee, membership, contact us, testimonials and news about fundraising activities.

Future plans - setup a group to support people to use technology, enabling them to see what tools are available to assist them to get the most from IT.



Tom Hume, IT Support

ReCOGNition Junction

Let's get our brains working.

*If you can tell us where the Neuro Central bike is, email answers to **Secretary@neurocentral.co.uk***



One winning answer will be selected at one of our meetings in December and that person will receive a nice surprise



Meet our team

The Committee *The Driving Force Behind Neuro Central*



Back row left to right are Sheila Doogan (Research & Development Officer, Fiona Graham (Secretary), Jane Logan (Treasurer) and Tom Hume (IT & Website Support).



Front row left to right are Moira McDonald (Assistant Treasurer), Heather Wilson (Chair) and Jackie Paterson (Vice Chair)

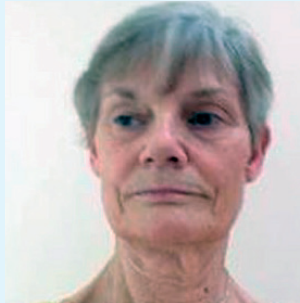
Picture left Joanne Rae (Volunteer Co-ordinator)

Our Therapists



Lorna Meek

*Therapeutic Massage /
Reiki Practitioner*



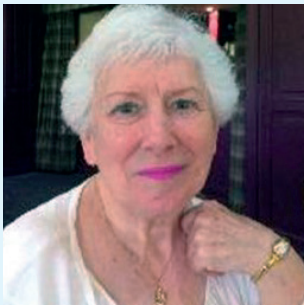
Margaret Osbourne

*LCSP Register of Remedial
Masseurs and Therapists
(Assoc)*



Hilary Burnside

*Holistic Therapies,
Swedish body massage,
Indian head massage,
Reflexology*



Moira Maxwell

*GSSR MAR (Assoc. of
Reflexologists) Reflexology*



Harriet Hay

*RN, Advanced Diploma in
Humanistic Counselling,
Registered Member of the
British Assoc. Counsellors
and Psychotherapist
(BACP),*



Scott Montgomery

*BA PGCE DHyp DCouns CMCCH CLC
IRM MCTHA MIIPCH
Clinical Hypnotherapist,
Life Coach and Stress
Management Consultant*

Friends of Neuro Central

We are looking for Volunteers

If you are interested in helping out we would love to hear from you.

Roles include:

Administration, Website support, Volunteer co-ordinator, Assisting with the setting up and running of therapy sessions, Helping in kitchen serving refreshment and Organising sessions and Fundraising.



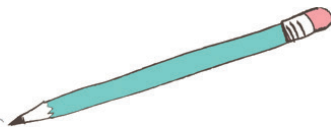
I hope you have enjoyed reading the first edition of our Newsletter. I am still very keen to hear from you, our readers. Input from members and the committee is very important and I would like to encourage this.

If you have any information you would like to see included in future issues or to submit an article please email me at Secretary@neurocentral.co.uk or call **07526 281 747**

I look forward to hearing from you.

Morag Darby, Editor

remember



A FEW DATES FOR THE DIARY

Bridge of Allan

Bridge of Allan Parish Church
1st Monday of the month
10:30 am - 12:30 pm
Monday September 4th
Monday October 2nd
Monday November 6th
Monday December 4th
No session in January

Auchterarder

St. Margaret's Hospital,
(Day Centre / Out Patients Facility)
Auchterarder
2nd Wednesday of the month
7:00 - 9:00 pm
Wednesday September 13th
Wednesday October 11th
Wednesday November 8th
Wednesday December 13th
No session in January

Stirling

PLUS (Forth Valley) UK, Broadleys Road,
Springkerse Industrial Estate, Stirling
3rd Monday of the month
12 noon - 2:00 pm
Monday September 18th
Monday October 16th
Monday November 20th
Monday December 18th
No session in January