



Summer 2019 Newsletter

Neuro Central

Registered Charity SC046630

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



'NHS Forth Valley Neurological Department hike in aid of Neuro Central'

What's in our newsletter

Neuro Central Scotland Aims	2	Fundraising/Donations	11-12
FoNC Volunteers/Therapists	3-4	Readers' Review	13
Social Prescribers	5	Dial-A-Journey	14
In the Spotlight	6-7	Easy Fundraising	15
Physiotherapy	8	ReCOgnition Junction	15
Member Case Study	8-9	Dates for Your Diary	16
Mindfulness Sessions	9-10		

Neuro Central Summer 2019

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Neuro Central Scotland

We aim to advance the health of people living with neurological conditions through the provision of a complete wellbeing programme offering complementary therapies (Massage, Reflexology, Reiki, Relaxation), Peer Support, Exercise & Physiotherapy, Podiatry, Counselling, Hypnotherapy and others.



Neuro Central is a base where people living with neurological conditions, can get help, support and advice in a friendly, relaxed, environment, so nobody has to feel alone!

If you are affected by a neurological condition, why not come along to our drop-in sessions, find out about the plans for Neuro Central and get involved!

There will be information and our friendly qualified therapists will be offering therapy sessions at no cost to you (subject to availability).

Refreshments will also be available.

For more information, to volunteer, or donate please email Secretary@neurocentral.org.uk or phone 07526 281747

We look forward to meeting you!

Friends of Neuro Central (FoNC) Volunteers



FoNC was set up to assist with fundraising, meetings & basically to help in any way where an extra pair of hands is useful. If you, or someone you know would like to be part of this new & exciting group, please let

us know. A WhatsApp group has been created called FoNC.

If we have something coming up & we need volunteers, we post it there and you can confirm if you can help. There is honestly no pressure but, as they say, ‘many hands make light work’.

Contact Cristina via friends@neurocentral.org.uk to volunteer.

Pictured above are some of FoNC members modelling the newly designed t-shirts, thanks to the Co-op funding.



Neuro Central Making a Difference

“Volunteering with Neuro Central has given me a sense of purpose and a satisfaction that I am involved in making a difference to people living with a long-term neurological condition like myself.” I have been volunteering since Neuro Central began in 2016 in the role of Research and Development Officer. I was diagnosed with Multiple Sclerosis in the year 2000 and have been living with the unpredictability of relapsing,

remitting MS ever since. There have been many challenges over the years, but most disturbing for me has been the changes in my cognitive functioning, particularly in memory. Things that in the past I have taken for granted now have become a challenge and result in me feeling less than myself. One of the difficulties with a neurological condition like MS is that you can never be totally sure of how you are going to be on any particular day, but volunteering with a charity where people understand if you are not up to a particular commitment makes such a difference and allows me to contribute when I can and use my skills to make a difference for others. I have made good friends and received a lot of support from Neuro Central and am happy to give something back, to help others.

Achterarder therapists

We were sad to have to say goodbye to our therapists Moira Maxwell and Hilary Burnside. They have both been with Neuro Central since the beginning but unfortunately with life changes they were no longer able to continue to support us. We would like to thank Moira and Hilary for being our therapists and wish them all the best in the future.

We have been fortunate to recruit 2 new therapists both from Blackford, Shiona Walker and Nicola Colfield. To find out more on what therapies they offer, please look them up on our webpage under 'Our Therapists'.

www.neurocentral.co.uk

Social Prescribers

Marisa Carradice is the Social Prescriber for the Strathearn and Strathallan wards of Perthshire. Social Prescribers have knowledge of local community resources and opportunities and can provide advice and information for accessing Community based support and activity options to achieve desired outcomes.



Social prescribing has been shown to offer social and practical support to people with a wide range of challenges and health conditions whose needs are not currently being met through existing services.

The overall aim of Social Prescribing is to improve the health and wellbeing of people by signposting and supporting them to access and use community-based activities and provide a different response to those provided by Health and Social Care services.

Individual outcomes could include: improved self - management of health and wellbeing, improved quality of life, increased skills and abilities, increased social contact and reduction of social isolation and improved mental wellbeing. If you are aged 16 + and would like support to access information which could benefit your health and wellbeing, please contact: Marisa Carradice 01764 657823 or email mcarradice@pkc.gov.uk

We hope to be able to provide contact details of the Social Prescribers within Forth Valley in our next newsletter. For more information in the interim, you can contact Liz Rowlett, Integraton Engagement Officer, CTSI/SVE – liz.rowlett@ctsi.org.uk

In the spotlight “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



Transverse Myelitis is an inflammation of the spinal cord, a major part of the central nervous system. The spinal cord carries nerve signals to and from the brain through nerves that extend from each side of the spinal cord and connect to nerves elsewhere in the body. The term *Myelitis* refers to inflammation of the spinal cord; *Transverse* refers to the pattern of changes in sensation—there is often a band-like sensation across the trunk of the body where the inflammation/lesion is, with sensory changes below it.

Causes of Transverse Myelitis include infections, immune system disorders, and other disorders that may damage or destroy myelin, the fatty white insulating substance that covers nerve cell fibres. Inflammation within the spinal cord interrupts communications between nerve fibres in the spinal cord and the rest of the body, affecting sensation and nerve signalling below the injury. Symptoms include pain, sensory problems, weakness in the legs and possibly the arms, and bladder and bowel issues. The symptoms may develop suddenly (over a period of hours) or over days or weeks.

Transverse Myelitis can affect people of any age, gender, or race. It does not appear to be genetic or run in families. Although some people can recover from Transverse Myelitis with minor or no residual problems, the healing process may take months to years. Others may suffer permanent impairments. Some individuals will have only one episode of Transverse Myelitis; other individuals may have recurrences, especially if an underlying illness caused the disorder, or further infections e.g. UTIs.

There is no cure for Transverse Myelitis. Treatments to prevent or minimise permanent neurological deficits include corticosteroid and other medications that suppress the immune system, Plasmapheresis or antiviral medications.

I was diagnosed in 2002 with Acute Idiopathic TM. Due to further episodes my diagnosis has been changed to Recurrent Longitudinal TM. Despite having to use a wheelchair, I have learned to drive, become an advanced scuba diver specialising in deep sea wrecks and I travel worldwide to visit family and have met other 'TMers' in Asia and Australia.

I have founded and chaired the Scotland Transverse Myelitis Support Group www.myelitis.org/scotland. Presently, I am still in constant pain, which permeates my upper back area. My left leg has regained mechanical function, but not sensory. My right leg has little function and feels like it's in icy water! My left arm is fully functional and right arm has regained some (3/10)

strength, but both spasm when overused. I get banding in my truncal area and have hyper sensory issues. I have learned to self-cath (Botox every six months) and use Navina System every 2 days to empty my bowels. TM has changed my life in so many ways, but the people I have had the privilege to meet because of it have been both gratifying and joyful. I have superb support from my GP, Urologists, Ortho Surgeons, Neurologists and all of my family and friends. No words could express the level of kindness, care and support that has been shown to me. *Margaret Shearer*

Physiotherapy

NeuroPhysio Active exercise classes will restart in September. These will be weekly exercise classes led by our Neurological Physiotherapist. For more details on dates please refer to our website www.neurocentral.co.uk

Member Case Study- Irene

“Neuro Central gives me something to look forward to, helps to connect with others and come to terms with a devastating diagnosis, facing the future with positivity”.



Following a diagnoses of Neuro Toxicity and Frontal Temporal Dementia, coming to terms with changes in life circumstances has not been easy for Irene, a retired trauma therapist nurse. Experiencing low moods and social isolation she relocated to be closer to her family, to live with her daughter for support. Referred to Neuro Central through St Margaret’s Health Centre, she found

a non-judgmental place where she could meet other people also living with a neurological condition, providing peer support, information and connections. She has become a regular attender at the Auchterarder session and has taken part in the many opportunities offered by Neuro Central. Irene particularly enjoys the therapies (reiki and reflexology), drumming sessions and socialising with other people who understand living with a long-term neurological condition.

“Neuro Central has had a positive effect in helping me connect with others and to have a more positive outlook on life”. Find out more -

Neurotoxicity & Frontal Temporal Dementia

- <https://www.ninds.nih.gov/Disorders/All-Disorders/Neurotoxicity-Information-Page>
- <https://www.alzheimers.org.uk/about-dementia/types-dementia/frontotemporal-dementia>

Mindfulness Sessions

Following the successful Mindfulness courses in both Stirling and Auchterarder, our members expressed an interest in continuing the practice if possible.

Monthly sessions were organised with the trained facilitator Adrienne Hannah in Auchterarder to continue the practice. The monthly sessions were open to members who had attended the course and also those who had not attended the course, but who had had an interest in learning some mindfulness practices.



The monthly mindfulness sessions were a success and the evaluation of those who attended the final session told of the benefits they had gained from continuing their practices. Some of the benefits gained from continuing the practice with Adrienne:

- *The monthly sessions are like a 'top up' - a reminder of the practices and a gentle nudge in the right direction.*
- *Mindfulness gives me a strategy to help cope with some of the difficult things in life and reminds me to treat myself and others with loving-kindness.*
- *Being able to sleep better and being able to relax more when things are very stressful.*
- *I felt very relaxed.*

Other Comments

- *Mindfulness has really helped me with Adrienne's guided sessions providing a real source of reference. Remembering her voice and what she says stays with you and her gentle presence is very important. Going through MRI's is not as difficult.*
- *Mindfulness helps me cope with difficult situations.*

Due to its benefits to our members, Neuro Central has agreed to continue the monthly session, which is open to all members who would like to practice mindfulness. Monthly sessions will restart in St Margaret's

Community Hospital Outpatients facility on the 26th of September. We are also going to run another 8 week course to be held in Stirling. Contact

Secretary@neurocentral.org.uk to register your interest.

Fundraising and Donations

A Huge Thanks to Green Highland Renewables

A donation of £5,000 has been received from Dottie Fleming and Alex Reading of Green Highland Renewables. This donation will go a long way in helping Neuro Central continue to support people with neurological conditions. Many thanks indeed to Dottie and Alex for this most generous donation.

NHS Forth Valley Neurological Department hike in aid of Neuro Central

'On June 22nd NHS Forth Valley Neurological Department raised money for Neuro Central by



organising a hike up Dumyat. Doctors, nurses, administration staff and their family members supported them, raising an amazing £615 for which we are truly grateful. Pictured is Dr. Suvankar Pal, Consultant Neurologist

and his wife and wee boy, Dr. Katy Murray, Consultant Neurologist and her two children, Magnus Corkish, Specialist Nurse and his son, Madeleine Steele, MS Specialist Nurse, Carol Condie, Administrator and her husband, David Thomson, Specialist Nurse and Yvette Gordon, Specialist MS Nurse.

Neuro Central Gala Dinner

A huge thank you to Alex Smith for organising the Gala Dinner for Neuro Central. The theme was "Believe". A great night was had by all and it raised an amazing £1,360.



Waitrose, Stirling Information Stand

Moira McDonald, is pictured below at the group's information stand in Waitrose on Saturday, 13th April. We would like to thank everyone at Waitrose for their continuing support and their customers who were interested to learn about Neuro Central. We raised



£139.00 from the sale of raffle tickets to win the lovely Easter gingerbread house made by our Chair, Heather Wilson. The lucky winner was Joyce Watkinson from Tillicoultry (pictured above right) who shared it with the children's group at her local church.

Neuro Central Awareness

Pictured are Sheila Doogan and Heather Wilson promoting Neuro Central & raising an awareness of projects funded by the Strathearn and Strathallan Action Partnership (SESA) at the coffee event at The Auchterarder Community Bus Group Coffee Morning in The Aytoun Hall, Auchterarder Saturday 20th July.



Readers' Review

The Lodge Forrest Visitor Centre

The visitor centre is in a stunning location above Aberfoyle. There's a large pay and display carpark but free parking for Blue Badge holders. Lovely cafe with fabulous views - I can recommend the



haggis toastie!

There's plenty of outside tables and benches to enjoy picnics. I was very pleased to discover you can borrow a mobility scooter and you can go down to the waterfall across a bridge and up to



a wildlife hide. The scooters are free but you can make a donation to Trossachs Mobility who provide them. There are only 2 scooter so it's worthwhile reserving. For more able-bodied people there are other walks.

[The Lodge Forrest Visitors Centre](#)

Moira McDonald

Order of Malta Dial a Journey Trust – helping you to get there



Order of Malta Dial a Journey Trust, based in Stirling has been providing innovative transport solutions for people who cannot easily use conventional public transport for 31 years. Membership to access our services is free. If you would like to know more about Dial a Journey Trust and the services that we offer, please telephone the office Monday to Friday from 9am until 5pm on 01786 465355 for an application form, or visit www.dial-a-journey.org for more information.

Our current services are:

- **Door to Door Service** - our trained drivers collect you from your home and take you to your destination. They will then collect you later, along with any luggage or shopping that you may have, making sure that you are left safely. The journeys are pre-booked the day before, so you will know what time you are going to be picked up.
- **Excursions** - Our popular excursions service provides our members with the opportunity to get out and about on day trips to visit different places of interest throughout the year.
- **Shopmobility** - Based in Callander Square in Falkirk and the Thistle Centre in Stirling - powered scooters and wheelchairs and manual wheelchairs are available for use.
- **Volunteer Community self-drive minibus service** - The Trust assists many community groups and charities across Forth Valley by providing them with low cost minibus hire.

Please ring us to see how we can help make life easier.



So far, we have raised £365.37 with easyfundraising. Please sign up and encourage all your friends and family to do the same. There are over 3,000 shops and sites on board – it doesn't cost you a penny extra! <https://www.easyfundraising.org.uk/causes/neurocentral/> and join for free.**

Every time you shop online, go to easyfundraising first to find the site you want and start shopping. After you've checked out, that retailer will make a donation to Neuro Central for no extra cost whatsoever!

ReCOGnition Junction

Congratulations to Monique Isidore who correctly guessed the location of our last Neuro Central bike which was at the Crieff Visitors Centre.

Now let's get our brains working. If you can tell us



where the Neuro Central bike is, email answers to Secretary@neurocentral.org.uk

One winning answer will be selected and that person will receive a nice surprise.

We hope you have enjoyed reading our summer newsletter. We are still very keen to hear from you our readers. If you have any information you would like to see included in future issues or wish to submit an article please email Secretary@neurocentral.org.uk or call 07526 281747



Meetings

(Note: There will be no meetings in January)

Stirling County Cricket Club

New Williamfield
Royal Stuart Way

Stirling

FK7 7WS

11-1pm

Meetings are held on the 1st (except July and August)
and 3rd Monday of each month

St. Margaret's Community Hospital,

Day Centre / Out Patients Facility,

St. Margaret's Drive, **Auchterarder PH3 1JH**

7:00 – 9:00 pm

on the second Wednesday of the month
(there will be no meetings in July & August)

To find out more information on what we are up to
please email

Secretary@neurocentral.org.uk or

phone **[07526 281747](tel:07526281747)**

www.neurocentral.co.uk