

Summer 2020 Covid Edition



Neuro Central

Registered Charity SC046630

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

Neuro Central

Caring - Assisting - Responding - Engaging - Supporting



Welcome to our first Covid 19 Leafletter

As lockdown continues, Neuro Central has had to adapt in order to ensure we are meeting our members' needs. Our committee are meeting regularly via Zoom and want to ensure we are doing everything we can to help you adjust to this 'new normal'.



Neuro Central Scotland



Many of you will have received a wellbeing telephone call from one of our committee and we hope you found them helpful. These calls have provided us with useful information about what steps are needed to move forward.

If you are finding this time stressful and need support, we would like to remind you of the contact details for our Therapeutic Counsellor, Harriet Hay (07922 044753) & Scott Montgomery, Hypnotherapist (07411 946210). More information on their services, provided free to our members, can be found on our website www.neurocentral.co.uk under Therapist. Please contact them direct if you would like to talk to them.

If you have Covid and treating symptoms at home or a flare up in your condition, we want you to know that Neuro Central is here to support you and to advocate on your behalf. Please phone us on 07526281747 or email Secretary@neurocentral.org.uk to see how we can help.

We hope this Leafletter will keep you informed and the enclosed PPE, keep you safe. If you would like to make a donation, you may do so via the 'goldengiving' link which can be accessed by going onto our webpage (www.neurocentral.co.uk) and clicking on the 'goldengiving' icon on the top left hand corner.

Grants

Our committee has been very busy at this time ensuring an awareness of Neuro Central is highlighted across Central Scotland. This involves applying for grants to help



Neuro Central through this unprecedented time. We have been fortunate to be supported by The Scottish Government & Corra Foundation, The Co-op Community Fund, Waitrose Community Matters and Perth & Kinross Community Fund. Further information will follow in our next full newsletter due out in January 2021.



What's on

Neuro Central Zoom Sessions



Our regular meet up sessions are going well and it is nice for our members across Forth Valley and Tayside to get to know one another in the comfort of their own home. All the Zoom links can be found on our Facebook page and email, along with any information on supportive talks. If you need help connecting to Zoom please let us know. Below is a reminder of our regular sessions

First Monday of the month 11am – 1pm

Third Monday of the month 11 am – 1pm

Third Wednesday of the month 6pm – 8pm

If you are late in Zooming in don't be put off, we keep a watchful eye for late comers so you won't miss out.

Scott's Relaxation Sessions

This is a half hour of guided relaxation.

Sunday's 2pm

Physiotherapy

To allow you to continue our Neurological Physio led exercise classes during lockdown, Katy Page has filmed the class (link below) – the password is 'NeuroCentral'

<https://vimeo.com/409764116>

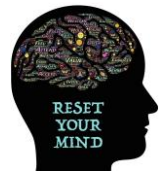
Katy will also be starting weekly classes in July via Zoom - please look out for the start date.

Qi Gong

Due to Covid 19 restrictions we decided to run the Qi Gong classes via Zoom. I hope many of you benefitted from the classes. Katherine is continuing to run classes so you can Zoom in to it on a *Saturday at 11am*. She welcomes everyone and the link is posted on the Neuro Central Facebook page.

Mindfulness Sessions

We will continue our monthly top up sessions on the last Thursday of each month starting at 6:00 pm on Zoom organised by trained facilitator, Adrienne Hannah.



If you would like to help support Neuro Central we would like to remind you about 'easyfundraising'. You register to support Neuro Central and they then donate a % of your purchase made online and it doesn't cost you a penny.

<https://www.easyfundraising.org.uk/>