



Neuro Central

Neurological Therapy Centre Scotland

Registered Charity SC046630

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



**Team Forth Valley
Neuro-a-go-go Walk
to Raise Money**

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Chair's AGM Report - 23/10/2017

Many thanks to everyone who came along to the first Neuro Central Annual General Meeting.

Our membership is continually growing and we have 91 on our email distribution list and our public Facebook page has over 100 followers. Please feel free to add your post as it is a great way to share and receive information with our members. Our website is the best way to keep up to date on upcoming events and sessions. Emails are always welcome and we try to respond quickly.

We will continue to listen to what it is our members and healthcare professionals want from Neuro Central and we will try our utmost to provide this.

Over the year we have been supported by grants from Stirling Voluntary Enterprise (Ideas, Innovation & Improvement), Stirling Council (Community Grants Scheme, Community Pride Fund) the Mindfulness Association and Auchterarder & District Community Trust.

Our Annual Report and Financial Statements for the period ended June 2017 were approved.

The year ahead 2018

We will continue to apply for grants and fundraise to raise an awareness of Neuro Central.

We are planning to organise a seated Pilates exercise taster at our sessions to gauge interest and hope, with funding, to be able to offer classes to our members.

Following the successful taster session we held in November, we hope to organise another Mindfulness course which will be held in Auchterarder but, this too, will depend on available funding.

We are also investigating running a 'Living Well with Neurological Conditions' course with the assistance from various healthcare professionals. Our therapists will continue to be on hand at every session. If you would like to see our counsellor or hypnotherapist, please ask for their contact details - their service is free to Neuro Central members. (Funded by Neuro Central)

ELECTION OF TRUSTEES FOR 2017/18

Chair - Heather Wilson, Assistant Chair- Jackie Paterson, Minute Secretary - Fiona Graham, Treasurer - Jane Logan, Assistant Treasurer - Moira McDonald

Volunteer Member Roles *IT Support - Tom Hume, Health & Safety - Jackie Paterson, Research & Development - Sheila Doogan*
SVE Liaison - Joanne Rae, Newsletter Editor - Morag Darby, Membership Co-ordinator - Jackie Paterson



Introducing our new volunteers

Volunteer Co-ordinator - Cristina Wilkie (left)
We have a small, but growing, group of volunteers, 'Friends of Neuro Central', who we can call upon to help at sessions / fundraising events.

Social Media co-ordinator - Catriona McDonald (right)



Grant co-ordinator/ Future Planning / NHS Liaison – Norma Duncan (McIndoe) (left)

Neuro Central Auchterarder



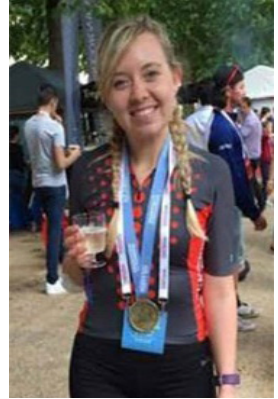
Pictured left front Sheila Doogan (Research & Development) and Heather Wilson (Chair). Back row Hilary Burns (Massage Therapist) Lorraine Martin (Volunteer), Norma Duncan (McIndoe) -(Grant co-ordinator / Future Planning / NHS Liaison), Moira Maxwell (Reflexologist/ Therapist), Teresa McLean (Volunteer) & Scott Montgomery (Reiki/Hypnotherapist)

On 6 September 2017, we held our first session at St. Margaret’s Hospital Day Centre in Auchterarder, with 32 people attending. Since then we have had a very informative talk from Deborah Sinclair from Welfare Rights, Adrienne Hannah a member of the Mindfulness Association, and a Christmas session. Our massage / reflexologist / reiki therapists are on hand offering taster sessions. Our Counsellor Harriet Hay and Hypnotherapist Scott Montgomery are both available and information on how to contact them direct is available at our sessions. NHS Tayside Neurological Department have supported us by distributing our leaflets to their patients. We are very thankful for the support we have been given by the Auchterarder & District Community Trust which will allow us to continue with our sessions at St. Margaret’s Hospital and support many people with neurological conditions in the Auchterarder area.



Fundraising and Donations

Many thanks to Heather Morrison who is the daughter of committee member Fiona Graham, for raising an amazing £1328.71 for our group by attempting a sponsored cycle through London. This was the first time Heather had taken part in a cycling event, a gruelling 46 miles, on 30 July last year. Unfortunately, 23 miles in, Heather was involved in a crash with a rider in front of her. She came off the bike but, bravely, cleaned herself up, got back on and completed the remaining 23 miles crossing the finish line on The Mall fuelled by adrenaline, kind messages and huge sponsorship support keeping her going. It was later confirmed that Heather had in fact broken her wrist & hand in the fall but it has not put her off cycling. On behalf of all of us at Neuro Central we would like to thank Heather for supporting us and wish her a full recovery.



Pictured Fiona Graham, Rebecca & Fiona Wilson

We have raised funds and awareness of Neuro Central by having tombolas at the Dunblane Centre and The Pre 67 Ford Owners Car Club event in Dunfermline, and will attend again in 2018.



Pictured Moira McDonald, Fiona Graham, Heather Wilson, Joanne Rae, Jane Logan, Sheila Doogan with FV Neurological Services Specialist Nurses, Neurologist, Katy Murray and Administration Staff and family members

We are very grateful to be supported by NHS Forth Valley Neurological Services. On Saturday 26 August last year, Team Neuro-a-go-go walked from Linlithgow to Falkirk, 18km, raising an amazing £1472.50. Over the year they have supported us by handing out our leaflets to their patients and also raised money for us through a Hallowe'en Bake off and Christmas whip round. We greatly appreciate all their efforts to support us.

Auchterarder Christmas in the Community held their annual event on 3 December at the Aytoun Hall where Neuro Central made over 120 Ginger-bread men for the children to decorate. Our leaflets were on hand along with our first newsletter. Many thanks to all who helped us raise a total of £65.



Heather Wilson, Rebecca & Lorraine Martin

Race Night

We had our first fundraising event, a Race Night which was sold out. The evening was a lot of fun and we raised a fantastic £1700. The committee would like to thank everyone who came along to support us and also Scott St Clair who volunteered to entertain us with some Mystery entertainment. A special thank you to our sponsors the Westerton Arms, IKL Care Alloa, Philip Industrial Ltd, Whyte Contractors Ltd, Scott St Clair, & Landscaping by Wallace.



Pictured Nicola, Catriona & Moira McDonald

'Opening More Doors' hosted a Male Voice Choir concert at the Albert Halls, Stirling on 1 October from which Neuro Central received £1000.

We are truly grateful.

We have so many wonderful people & businesses to thank - they have raised funds and supported us and provided services free of charge.



Auchterarder & District Community Trust, Cath Clarke, NHS Tayside, Deborah Sinclair (Welfare Rights), Adrienne Hannah, The Wire, LivingLOCAL, Stirling Voluntary Enterprise, Helen Miller, Co-op Local Community Fund Auchterarder, Amber Rennie (Principal Forefront Stage School), Graham Harvey FV Disability Sports, NHS Forth Valley Neurological Department, Mhairi Thomson, (NHS FV Continence Nurse), Auchterarder Christmas in the Community, and our fantastic committee and members.



We are happy to announce the Auchterarder Co-op have selected Neuro Central as their local charity.

To support Neuro Central, members must log onto www.coop.co.uk/membership/local-community-fund and choose to support Neuro Central. If you're not a Co-op Member yet, please join and choose our local cause.



Every time members shop at the Co-op, 1% of what they spend on selected own-brand products and services goes to the Co-op Local Community Fund. The funding round started on November 12th 2017 and runs for 11 months until the October 27th 2018. We will also receive an equal share of the money raised from sales of carrier bags. The more you shop, the more they share with Neuro Central. Please log on and support Neuro Central.

In the spotlight

In each newsletter, we will focus on a specific neurological condition which we hope will help others to understand what people affected by it 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 many experiences that are common to many neurological conditions. That is what Neuro Central aims to share so nobody has to feel alone.



Epilepsy

“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

Epilepsy is a common condition that affects the brain and causes frequent seizures. Seizures are bursts of electrical activity in the brain that temporarily affect how it works. They can cause a wide range of symptoms. Seizures can affect people in different ways, depending which part of the brain is involved.

Possible symptoms include:

- uncontrollable jerking and shaking – called a “fit”
- losing awareness and staring blankly into space
- becoming stiff
- strange sensations – such as a “rising” feeling in the tummy, unusual smells or tastes, and a tingling feeling in your arms or legs
- collapsing

Sometimes people who pass out may not remember what happened.

What to do when someone has a seizure

1. **Stay calm.**
2. **Look around** - is the person in a dangerous place? If not, don't move them. Move objects like furniture away from them.
3. **Note the time** the seizure starts.
4. **Stay with them.** If they don't collapse but seem blank or confused, gently guide them away from any danger. Speak quietly and calmly.
5. **Cushion their head** with something soft if they have collapsed to the ground.

6. **Don't hold them down.**
7. **Don't put anything in their mouth.**
8. **Check the time again.** If a convulsive (shaking) seizure doesn't stop after 5 minutes, call for an ambulance (dial 999).

After the seizure has stopped, put them into the recovery position and check that their breathing is returning to normal. Gently check their mouth to see that nothing is blocking their airway such as food or false teeth. If their breathing sounds difficult after the seizure has stopped, call for an ambulance.

Stay with them until they are fully recovered. If they are injured, or they have another seizure without recovering fully from the first seizure, call for an ambulance. Advice is available from your GP or support groups to help you adjust to life with epilepsy.

This information has been taken from:

NHS Choices & Epilepsysociety.org.uk/

Epilepsy Connections offer support groups in various locations in the Forth Valley area covering Stirling, Falkirk, Alloa and Callander. For more details, please contact **01324 673750**

or email **info@epilepsyconnections.org.uk**

www.epilepsyconnections.org.uk/forthcoming-events/

Epilepsy Scotland (Support Groups)

for a list of support groups near you visit

www.epilepsyscotland.org.uk/support-group-details/info_50.html#fife-group

Note - not all areas have a support group,

but please telephone 0141 427 4911

if you wish to be contacted if a support group starts in your area.

Service Directory



Care and Repair offers independent advice and assistance to help elderly and disabled homeowners repair, improve or adapt their homes so that they can live in comfort and safety in their own community.

CARE AND REPAIR SCOTLAND services operate throughout Scotland to offer independent advice and assistance to help homeowners repair, improve or adapt their homes so that can live in comfort and safety. The service is available to owner-occupiers, private tenants who are aged over 60 or who have a disability. They offer Disabled adaptation grants, Small repairs, Energy efficient advice / EPC and Safety & security advice. More information on where your local service is, can be found on the link below www.gov.scot/Housekey/RepairServices.aspx



Toenail Clipping Service

FORTH VALLEY TOP TOES provides a personal foot care service to the over 50's and disabled people, who have no underlying medical conditions but are unable to cut their own toenails and struggle to afford private podiatry. They ask for a suggested £10 donation. This is a charity and is run by volunteers trained by NHS F.V. podiatry team. Foot care clinics are held at Falkirk Community Hospital, Meadowbank Health Centre, Bonnybridge Health Centre, Bo'ness Health Centre, Stenhousemuir Health Centre and Clackmannanshire Community Healthcare Centre by appointment only. For more information contact 01324 692001 or email info@toptoes.org.uk.

and these little piggies...
...went to Top Toes!

Call **01324 692 001**

for more information and to register

- Over 50s
- Toenail cutting every 6-10 weeks
- Clinics held in local venues

As we are a small charity we ask for a £10 donation to cover costs.



Will Power Design

Service Directory (contd)



C-MEE (Community Maintenance and Environmental Enterprise) is a charity which offers training and volunteering opportunities to those with barriers to employment or complex needs. They provide services such as gardening, decorating, handy man etc to individuals who are disadvantaged by physical, financial and/or social constraints within the Clackmannanshire area. Subsidised prices are available for some groups while other work is quoted on an individual basis. Tel. 01259 726686 or e-mail jane@c-mee.co.uk for further information

CONTINENCE NURSE TALK - Bowel and Bladder Service

Many people who have a neurological condition are affected by bowel and bladder problems. It is an issue which can have a devastating impact on how they live their lives and in some cases, lead to isolation and depression.

There is, however, help available so don't despair! Specialist Continence Nurse, Mhairi Thomson from Forth Valley, gave



an interesting, informative and, sometimes, funny talk to members at our November meeting held in Bridge of Allan.

For further information, you can contact Mhairi on 01324 673887 – don't be embarrassed (she certainly isn't!) and it could improve your life.

If you live outside FV please contact your Specialist Nurse or GP for advice.



Readers Review

Barcelo, Castillo Beach Resort - Fuerteventura

For many disabled people, going on holiday, especially abroad, can be very daunting but there are destinations which are possible. In the past year, two of our members, who are both wheelchair users, have stayed at the Barcelo Castilla Beach Resort in Caleta de Fuste on the Canarian Island of Fuerteventura.

The resort has several studio apartments and bungalows which are adapted for wheelchair users. The wet room in the bungalow (see photo) is definitely more accessible than the one in the studio - both living areas are spacious and furnished to a



high standard. The resort is accessible throughout - I encountered a couple of steps which could easily be avoided. There are wheelchair accessible toilets in all public areas.

Caleta de Fuste is not huge but has everything you would need for a relaxing beach holiday. There are plenty bars and restaurants to choose from, an entertainment complex, a golf course and the usual water sports are available as well as boat trips, scuba diving and even a submarine offering undersea excursions.

There is a long, flat promenade which means you can easily walk (or wheel) along the seafront but if you fancy exploring the rest of the island then Caleta's central location is an ideal base.

Check the Barcelo website or Jet2, among others, for further information and availability.

The views expressed in this article are merely our opinions and we are not legally responsible for any changes you might experience.

If you would like to tell us about a suitable holiday destination, please get in touch.

ReCOGNition Junction

Congratulations to Rhonda Wallace who correctly guessed the location of our Neuro Central bike on tour.



Pictured left is Rhonda with her special prize for spotting the the bike was at Gleneagles.



ReCOGnition Junction

***Time to get our brains
working again.***

*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 our summer
meeting and that person will
receive a nice surprise.*



I hope you have enjoyed reading our January edition of the 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 are interested in becoming a Friend of Neuro Central please email below. 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 07526281747 I look forward to hearing from you.

Morag Darby, Editor

remember 

A FEW DATES FOR THE DIARY

(Note: There will be no meetings in January, July & August)

Bridge of Allan Parish Church,

Honeyman Hall,
12 Keir Street,
Bridge of Allan FK9 4NW

**10:30 am to 12:30 pm
on the first Monday
of the 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**

PLUS (Forth Valley) Ltd.,

Broadleys Road, Springkerse Industrial Estate,
Stirling FK7 7ST

**11:30 am – 2:30 pm
on the third Monday of the month**

**For more information please email
Secretary@neurocentral.co.uk or phone 07526 281747
www.neurocentral.co.uk**