



Winter 2020 Newsletter

Neuro Central

Registered Charity SC046630

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



Tayside Health & Arts Therapy (THAT), providing Art Therapy Classes to our members (see page 11)

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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!

Best wishes from Neuro Central Committee for a happy, healthy 2020!



Neuro Central Committee enjoying a relaxed get together with strictly no shop – talk!

Thank you

We would like to say a special thank you to Fiona Graham who served as Secretary and Tom Hume, IT Support. Both Fiona and Tom have supported Neuro Central from its beginnings but sadly have had to resign from the committee. We would like to wish you both well for the future. (Pictured below is Tom to the left and Jackie Paterson- Vice Chair along with Fiona to the front)



Annual General Meeting

ELECTION OF TRUSTEES FOR 2019-2020

Re-elected Chair- *Heather Wilson*, Assistant Chair- *Jackie Paterson*, Treasurer- *Jane Logan*, Assistant Treasurer- *Moira McDonald*, and newly elected Secretary - *Louise Mackay*, (pictured right), and newly elected trustee *Brian Summers*.



Sub Group Committee

Re-elected Health & Safety - *Jackie Paterson*, Research & Development - *Sheila Doogan*, SVE Liaison - *Joanne Rae*, Membership Co-ordinator - *Jackie Paterson*, Social Media co-ordinator - *Catriona McDonald*, Volunteer Co-ordinator (Friends of Neuro Central) - *Cristina Wilkie*, Administration Assistant - *Glenda Douglas*.

I would also like to introduce some new faces to our Sub Group Committee who were newly elected. I.T. & Website Support – Scott Montgomery (pictured right),



Fundraising Co-ordinator – *Brian Summers*, Grant Co-ordinator – *Andy Normansell* and NHS Liaison – *Trisha Leitch* (Pictured below from L to R)



What's on

Physiotherapy

NeuroPhysio Active exercise classes will recommence on Thursday 6 February from 7- 8pm in Auchterarder thanks to funding from The Friends of St. Margaret's. Neurological Physiotherapist, Ali Allanach, leads classes suitable for all levels of ability. She provides exercises and individually assesses our members, as needed.

Weekly classes in Stirling have already restarted on Thursday morning from 11am – 12noon at Stirling County Cricket Club, also led by a Neurological Physiotherapist.

Scottish Ballet

Dance classes are being run by Scottish Ballet for people affected by MS & Parkinsons.

The classes in Stirling have already started at the **Macrobert Arts Centre, University of Stirling, Stirling** every Wednesday from 15 Jan – 1 April (12 weeks) from 10.30am – 12.30pm. To join in please contact Tiffany Stott at dancehealth@scottishballet.co.uk

Classes for people affected by MS are due to start in Perth (see below) – again, if you are interested please contact Tiffany Stott direct.

Perth Elevate© - Horsecross Arts

Taster sessions - **5 and 12 March** from 15.00 - 17.00. Full block - **23 April - 25 June** (*time to be confirmed*). Below is a link to a short film about the class. <https://youtu.be/jhoKpG6br84>

What this research project is about

Fatigue is a common and debilitating symptom of MS, especially among people with progressive forms of the disease. Exercise is suggested as a way of helping fatigue, but it is not clear what the effects of exercise are on fatigue in people with progressive MS. Therefore, we are carrying out this study to see whether exercise is a possible treatment for fatigue in people with progressive MS. This project is being carried out by researchers from Glasgow Caledonian University and NHS Forth Valley at Falkirk Royal Infirmary. If you are interested please contact Scott Rooney, PhD Student, Glasgow Caledonian University at scott.rooney@gcu.ac.uk or 0141 273 1695

Mindfulness Sessions

We will continue our monthly top up sessions in Auchterarder on the last Thursday of each month starting at 6:30 pm, organised by trained facilitator Adrienne Hannah. The monthly sessions are open to members who have an interest in continuing to learn mindfulness practices.



We have just finished a successful Mindfulness course in Stirling and are investigating current funding to initiate continuing top up sessions once a month. For more information on this please keep an eye on our website. www.neurocentral.co.uk

Christmas Festivities

Leading up to Christmas is always a very special time for Neuro Central, with our members getting into the festive spirit. We had a celebration buffet in Stirling & Auchterarder along with learning new crafts.



We were once again able to show off our drumming skills by supporting Auchterarder Christmas in the Community led by Helen Smith Carmichael from Big Groove Productions. Well done to all our members who participated on a very cold but thankfully dry day!



Waitrose generosity



Many thanks to Elaine and her team from Waitrose for another fabulous lunch served to over 50 of our members from across Forth Valley and Tayside.

We were very fortunate once again to have the use of the Auchterarder Community bus and our volunteer driver, Ian Campbell (pictured far right), who kindly drove us to Stirling County Cricket Club so our Tayside members could once again celebrate with our Forth Valley members and friends.



It was a very enjoyable day, socialising, meeting new friends and celebrating once again while being treated to a fabulous 3 course lunch provided by Waitrose, just fantastic!



Many thanks to all who donated some fantastic raffle prizes. Thank you also to everyone who purchased raffle tickets too, as we raised an amazing £227.00.



Pictured left is Denise Webster who won our annual Christmas Gingerbread House made by Chair Heather Wilson.

Neuro Central Awareness

Pupils at Auchterarder Community School, Supporting Neuro Central

At the November meeting of Neuro Central in Auchterarder, we were joined by three third year pupils from the Community School, keen to find out more



about us. Kerr Dickson, Thomas Brit and Euan MacDonald, as part of the Youth Philanthropy Initiative, chose Neuro Central as their charity (inspired by the benefits that Thomas's Grandad Peter had gained by attending our sessions). We spent a lovely evening with them as they helped out with refreshments and putting out chairs. They gave a good presentation at the Aytoun Hall in Auchterarder, to try to win some funding for Neuro Central, but unfortunately another well deserving cause won the money. We appreciate the efforts and support of these pupils as they have increased awareness of Neuro Central in Auchterarder and we thank them all.

Future fundraising Event

Pre Mother's Day Afternoon Tea, for family & friends

A special Afternoon Tea will be held at the Aytoun Hall, Auchterarder on Saturday 21 March at 12 noon. Entertainment will be provided by Crieff Choir 'Voices' and Scott St. Clair. Tickets will be £5 each and will include tea or coffee, sandwiches, scones & tray bakes. We will have a raffle and each person will receive a special treat to take home. Please contact us to reserve.



Introduction to Print Making

With support from THAT, The Friends of St. Margaret's & NHS Tayside Hospital, Neuro Central participated in



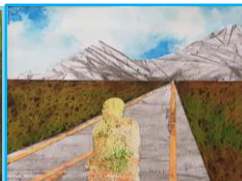
TAYSIDE HEALTHCARE ARTS TRUST

an 8 session programme in Mark Making and Print techniques delivered by Lead Artist Alison Price and Volunteer support was received from Sarah Draper. The

programme was delivered on Wednesday afternoons within St. Margaret's Hospital, Out Patients Dept., Auchterarder. The course also invited in - patients to participate as well. Pictured below are some of the amazing pieces



of art. The course was attended by 9 of our members and one in - patient who has dementia. Overall the course was very enjoyable and we were quite surprised by what we actually achieved. Everyone enjoyed their experience and explored creative ideas and processes. The work was put on display in the Outpatient's Department at St. Margaret's Hospital on the last day. This was a new creative experience for Neuro Central and one we would like to repeat to learn more skills.



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



Motor Neurone Disease is a rapidly progressing, muscle wasting, terminal illness. MND stops signals

from the brain reaching the muscles. This means the muscles start to waste and weaken, and eventually stop working. This may cause someone to lose the ability to walk, talk, eat, drink or breathe unaided. There is currently no cure or effective treatment for MND. Almost 200 people are diagnosed in Scotland each year and there are around 400 people currently living with MND in Scotland.

MND Scotland is the leading charity in Scotland providing care and support to people affected by MND as well as funding research into finding a cure.



The charity provides a number of services to both patients and their family members such as benefits advice; equipment loan and communications aid loans; grants helping with costs associated with the illness; advocacy; homebased physiotherapy; complementary therapies; counselling; 11 support groups around Scotland; 2 accessible holiday chalets and an information and library service. We also campaign and raise awareness to make the lives of people affected by MND better.

MND Scotland also funds cutting-edge research and indeed some of you may have seen either the BBC News or Reporting Scotland on Wednesday 15 January 2020 when it was announced that a new drugs trial is now about to commence. MND Scotland are putting £1.5 million into this trial initially. The trial is open to nearly every MND patient reside in Scotland providing they meet the criteria. For more information and find a support group near you please contact MND Scotland on Tel: 0141-332 3903 www.mndscotland.org.uk Neuro Central is currently liaising with MND Scotland Support groups and will be attending to give a talk on how NC can assist their members in FV and Tayside.

Fundraising and Donations

Mystical Entertainment Evening



Many thanks to all who supported our Mystical Entertainment Evening held at Blackford Bowling Club.

Special thanks to Lynda Buchan and Scott St. Clair. We raised an amazing £646 for Neuro Central.



Many thanks to the following who believe in us

- £275 received from Hazel & Celia from Dunblane, who held a dinner party in aid of Neuro Central
- £93 from NHS Forth Valley Neurological Services, from their Hallowe'en Bake Off
- NHS Tayside for the use of St. Margaret's Hospital, Outpatients to run our sessions
- The Friends of St. Margaret's for the purchase of tables, chairs and supporting NeuroPhysio exercise
- £83 from Louise & Calum MacKay for their spooky Hallowe'en house donation, and £83 from the Bank of Scotland Foundation matched giving scheme.
- £100 donation from The Transverse Myelitis Association, very kind to think of us!
- £321.06 from St. Ninians Old Parish Church, Stirling. We also very much appreciate this donation so we can continue what matters to you 'all the good work we do for the community'.
- £200 donation from Aberfoyle Scottish Country Dance Class – thanks for supporting us!



We are thrilled to announce the Co-op have selected Neuro Central as their local charity for 2019-2020. Please consider supporting us. We plan to have an information stall at the Auchterarder Co-op on Saturday 11 April from 10am - 2 pm, where you can find out more on what we do to support people affected by neurological conditions.

Grants

Perth & Kinross Community Fund – We are grateful to have received £3050.00 to fund 6 weeks of **Qi-gong exercise** classes for our members, as well as support to run **Pilot Acupuncture sessions**. Money has also been awarded to support our **therapies and refreshments**. For more information on starting dates please refer to our website www.neurocentral.co.uk or phone 07526 281747. Data and feedback on this grant will be published in our Summer newsletter.



Foundation Scotland

These days it is almost impossible to feel included in society without access to the Internet. Everything from applying for a Blue Badge, claiming PIP, paying bills, shopping, registering to vote – there is no doubt they are easier with a basic knowledge of technology and this is especially true for people with limited mobility and many long - term health issues. We have purchased 2 laptops, thanks to a grant from Foundation Scotland, for use at our sessions to assist our members with basic I.T. training from Jake Gordon, our I.T. advisor. Last year, we also had a visit from a volunteer from 'AbilityNet' a charity which supports people with disabilities to get the most out of technology. They can arrange for someone to visit you (free of charge) for one-to-one coaching or group setting, if preferred. More information is available at www.abilitynet.org.uk



Foundation
Scotland



Meetings

(Note: There will be no meetings in January)

Stirling County Cricket Club

New Williamfield
Royal Stuart Way

Stirling

FK7 7WS

11am - 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

Meetings are held on the

2nd Wednesday of the month

7:00 – 9:00pm

AND

on the 4th Friday of the month

1:00 – 3:00pm

(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