



# Spring 2021 Newsletter

# Neuro Central

Registered Charity SC046630

---

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



**Cameron’s fund raising cycle challenge –  
125km with a climb of 4,000 metres in total (Page11)**

.....

## What’s in our newsletter

<b>Neuro Central Scotland Aims</b>	<b>2</b>	<b>In the Spotlight-Parkinsons</b>	<b>9-10</b>
<b>Note from the Chair</b>	<b>3</b>	<b>Volunteering</b>	<b>9-10</b>
<b>Neuro Central Goes Digital</b>	<b>4</b>	<b>Mothers’ Day Event</b>	<b>10</b>
<b>Neuro Central Gallery</b>	<b>5</b>	<b>Fundraising &amp; Donations</b>	<b>11-12</b>
<b>Easy Fundraising</b>	<b>5</b>	<b>Grants</b>	<b>13-15</b>
<b>Annual General Meeting</b>	<b>6</b>	<b>Meetings via Zoom</b>	<b>16</b>



## 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 consider coming along to our drop-in sessions in Stirling or Auchterarder

**(when we are able to meet up in person again)**

or for now, zoom into one of our sessions to find out about the plans for Neuro Central and get involved!

When we do eventually start back and are able to meet in person, our friendly qualified therapists will be available 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](mailto:Secretary@neurocentral.org.uk) or phone 07526 281747

We look forward to meeting you!

## Note from the Chair

Welcome to our Spring edition of Neuro Central newsletter. It has been a very challenging year for many of us, but hopefully with the roll out of the COVID-19 vaccine life as we knew it will return, and we can all look forward to meeting in person once again, following government guidelines, of course.

Neuro Central has been running throughout the pandemic, connecting to our members via email, phone calls and virtually on-line via Zoom.

Facing a global pandemic like COVID-19 can be challenging especially for people living with a neurological condition.

Whether through physical activity, nutrition, or mindfulness and mental health, everyone has a set of tools to help them in their day-to-day journey. To help you navigate through this unprecedented time, we've put together a list of resources you may find beneficial. These resources will assist in managing anxiety and stress. We also have a number of wellness resources that can be accessed via our website

[www.neurocentral.co.uk](http://www.neurocentral.co.uk)

We have been lucky to be supported by various grants which have enabled us to do some fantastic things for our community and our members.

I want to thank all of our volunteers who have been supporting us through this difficult year. I hope you enjoy reading what we have been up to during this unprecedented year and I so look forward to when we can all meet up again and have a huge celebration.

## Neuro Central Goes Digital

### Neuro Central Digital

During the pandemic, Neuro Central members were unable to meet in person at our sessions in Stirling and Auchterarder. We had to think quickly to ensure our members were not isolated, so we moved our Neuro Central sessions and information online. Assistance is provided for anyone who has difficulty accessing our online services.

### ZOOM

In my young day (many moons ago), a Zoom was a colourful ice-lolly!

Now it has enabled Neuro Central to continue during the pandemic. While it is no substitute for meeting in person Zoom and Facebook have enabled us to maintain contact with our members that choose to continue involvement. As well as an opportunity to chat together, we have had sessions on a number of topics including:

Podiatry (Claire Hamilton-McPhee)

Oral health (Rebecca Valente)

Benefits overview (Chris Kinnaird C.A.B)

Hypnotherapy (Scott Montgomery)

Counselling (Harriet Hay)

For more information on above, please refer to our website [www.neurocentral.co.uk](http://www.neurocentral.co.uk)



## Neuro Central Gallery

Happy faces at our March 2021 meeting



If you would like to help support Neuro Central we would like to remind you about 'easyfundraising'.

In July 2018 we reported raising £260 with 'easyfundraising'. To date we have raised £711.02, that's an increase of £451.02!

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!

1. Head to

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

and join for free.

2. Every time you shop online, you will get a reminder if 'easyfundraising' supports your shop. After you've checked out, that retailer will make a donation to Neuro Central for no extra cost whatsoever!

# Annual General Meeting - Zoom 7<sup>th</sup> Dec. 2021

## ELECTION OF TRUSTEES FOR 2020-2021

Re-elected Chair- *Heather Wilson*,  
Assistant Chair- *Jackie Paterson*,  
Treasurer- *Jane Logan*, Assistant  
Treasurer- *Moira McDonald*, and newly  
elected Secretary- *Paul Rimmer*, (right).



## 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* and Grant Co-ordinator - *Andy Normansell*.

A special note of thanks to Bill Adam, who  
Independently Reviewed our accounts and David Brash  
for assisting with the accounting.



## 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



## **PARKINSON'S-FROM A PERSONAL VIEWPOINT**

Parkinson's disease has a comparatively high profile among Neurological Conditions, thanks to celebrities such as Michael J. Fox, Mohammed Ali, Billy Connolly, to name but a few. Michael J. Fox, in particular, has devoted his life to Parkinson's Research since he was diagnosed at the early age of 29.

Yet still the gold-standard treatment is Levodopa, first used to treat Parkinson's in the 1960's. In spite of the fortune poured into research, no better treatment has been found. There is no cure for Parkinson's and it is a progressive disease. People with Parkinson's don't have enough of a chemical called Dopamine because specific nerve cells in their brain have died. Unfortunately, 70% of the Dopamine (which controls movement) is gone before any symptoms appear.

Parkinson's is considered by most to be “an old person's disease” but more and more younger people

are developing it. There are many symptoms and they vary hugely from person to person.

I was diagnosed at the age of 60 (in 2008), after experiencing tremor in my left hand (luckily I am right-handed).

For about the first nine years, I was relatively fortunate in that my symptoms didn't progress rapidly. Others are not so fortunate. I managed to remain very active and played quite competitive badminton until about 2017, when my back began giving me problems (not connected to my Parkinson's.) A successful Operation on my spine in 2019 gave me relief and I made a good recovery.

Unfortunately, I fell and broke my hip in May of 2020 and since then, my symptoms have deteriorated. Almost a year later, I cannot walk without using a stick or a trolley. This apparently sometimes happens after an operation because of the shock to the system. I will continue exercising, in the hope that I can still improve my walking.

However, I consider myself lucky in that I had about 9 years of leading a more or less normal life.

There is more information about Parkinson's in the Winter 2019 Newsletter at [www.neurocentral.co.uk](http://www.neurocentral.co.uk)

- Rosemary Mackie



## Neuro Central Volunteering Opportunities

Are you looking for a volunteering opportunity?  
Why not contact Neuro Central, a charity supporting people affected by a Neurological Condition?

Neuro Central is run by a committee of volunteers overseen by a board of trustees and we need more volunteers.



Many hands make light work - could you join a friendly team of volunteers supporting members with neurological conditions?

Neuro Central could be for you, we have a number of opportunities available to suit a variety of skills and talents, why not try a taster session before you commit? Join us at one of our Neuro Central sessions to find out more and have a chat with other volunteers and members.

We have many suggested opportunities, including:

- ICT (website administration)
- Board members
- Assistant volunteer support
- Minute secretary
- Fundraising
- Marketing
- Finance team assistant (gift aid)
- Organising meetings
- Assisting at meetings
- Friends of Neuro Central assistant
- NHS liaison

Volunteer for as little or as much as you can, if you have an interest, we will try to find something for you. Contact Sheila, our Volunteer Organiser, by email at [sheila.doogan@neurocentral.org.uk](mailto:sheila.doogan@neurocentral.org.uk) or telephone 07526 281747.

---

## Future fundraising Event

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

Just a reminder for those who have purchased tickets for our special Afternoon Tea which was to be held at the Aytoun Hall, Auchterarder on Saturday 21 March 2020 at 12 noon. We hope to be able to still go ahead with this event in 2022 so please hold onto your tickets as they will still be valid.

## Fundraising and Donations

### *Cameron's Mammoth Cycle Challenge*

After volunteering for Neuro Central with his high school, Cameron Darnbrough from Dunblane decided he wanted to set a challenge to raise money for Neuro Central.

On Monday 12<sup>th</sup> of April Cameron cycled from his house in



Dunblane, up Dumyat and back, 5 times in one day. His plan was to raise £600, but to his and our amazement Cameron managed to raise over £2,000!

The cycle resulted in a total of 125km and a climb of 4,000 metres!

Many thanks to all who supported Cameron throughout the day and also those who donated.

Cameron you are truly amazing, and on behalf of Neuro Central we want to thank you from the bottom of our hearts. This money will go a long way in helping our members with neurological conditions.

## Donation in Memory of Myra McGeachie

Neuro Central was offered some equipment from the daughter of Myra McGeachie who sadly passed away in December, aged 80. In her will, she instructed her daughter to donate some items free to people affected by a neurological condition, items that had enabled her to remain independent and active with her MS for many years.

These items were offered to our members and gratefully received. Myra's wish was carried out and we would like to thank her daughter for contacting us to enable us to help our members utilise this equipment.

Some of the items utilised were an Invacare outdoor power chair, a bed with a grab bar and pressure mattress with pump and MOTomed viva2 pedal bike. The MOTomed viva2 pedal bike has been retained by Neuro Central and will be available on loan to members who are in need of it and are familiar with its use.

-----

## Waitrose

Many thanks to Waitrose for their donation of £333 raised by the tokens collected in store.

Thanks also to all the customers who have supported us.



## Grants

### Tesco Fund- Covid Response **TESCO**

Neuro Central received support of £500 from Tesco which enabled us to provide weekly Neuro-Physio classes via Zoom.

-----



In April at the start of the Covid 19 Lockdown our members in Auchterarder & District came together to organise much needed scrubs for local healthcare professionals. £500 of the Co-op Funds were used to purchase materials and pattern printing. The group was called 'Sewing Saints' and a Facebook page was launched to help spread the word. In the end, demand was higher than first expected and thankfully donations of material and more volunteers came forward.



The project surpassed all our expectations and we were able to supply Scrubs for the Doctors and Nurses at St. Margarets in Auchterarder, The Childrens Hospices Across Scotland (CHAS) in Kinross and Kippen Nursing Home in Dunning. Many thanks to all of you who volunteered, from our organisers, donators, designers, sewers, drivers and the Auchterarder Co-op Community supporters!



---

## **Corra Foundation**

We were very grateful to receive £2000 in June 2020 to provide virtual zoom sessions and record a Physio seated exercise session that our members can watch and do at a convenient time. We also provided much needed PPE to all our members consisting of Masks, filters and hand sanitiser.



---

## **Perth & Kinross Community Planning Partnership (Strathallan & Strathearn)**

In the summer of 2020 Neuro Central were awarded £1696.00 which allowed us to continue our virtual sessions for 6 months.



These virtual sessions supported our members via group Mindfulness sessions, Physio Exercise, Relaxation classes and individual Counselling with our Therapeutic Counsellor Harriet Hay.

Feedback from our Counsellor reports the following benefits-

- Contributed to the safety of our members in isolation ; particularly when people are adjusting to loss. Counselling gave them an outlet for their thoughts and feelings that is met with acceptance and lack of judgement and is informed by specialist training in supporting people with prolonged or complex grief.
- Reduced anxiety – anxiety is more of a problem during the pandemic; has helped by using Cognitive Behavioural Therapy to help people manage unhelpful thinking patterns and unhelpful beliefs and learn to think differently which lessens and manages anxiety.
- Supporting our members in relationship by adding a non-judgemental, impartial, safe space to consider conflicts and communication and work out options.
- Has supported individuals to begin or continue to adjust, both mentally and emotionally, to the changing effects of debilitating, progressive neurological illnesses.

---

### **NHS Forth Valley Health Promotion Fund**

Neuro Central were able to provide much needed Relaxation sessions provided by Scott Montgomery via Zoom. Many thanks to NHS Forth Valley Health Promotions for their financial support of £403.20 to enable us to provide 12 weekly relaxation sessions via Zoom in response to Covid which were very much appreciated by our members who attended, helping them through this difficult time. This session is continuing due to demand from members and takes place on a Thursday evening at 7pm.



## Meetings via Zoom



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*

*Third Wednesday of the month 7 pm*

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.

Thursday evenings at 7pm

### **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 is also doing weekly exercise classes via Zoom on a Thursday morning at 11am.

### **Mindfulness Sessions**

We will continue our monthly top up sessions on the last Thursday of each month starting at 6:30 pm on Zoom organised by trained facilitator, Adrienne Hannah.

