



This feedback was provided by our members who attended a recent meeting in Stirling. Some were written by them; others were dictated because they were unable to write.

“I love coming to the meetings. It’s really good.”

“I joined Neuro Central just after being diagnosed with MS in 2016. Having a group of people who understand the symptoms and the difficulty in getting a diagnosis was immeasurable. Even though neuro conditions have different symptoms many overlap and so we can talk to every member and we all understand each other's barriers to a different degree.”

“It's good company and I enjoy coming to the group especially as my husband comes with me. It allows him to mix with people other than caring for me every day. It is good stimulation for him. At the meetings, we mix with other people of similar disabilities and you can learn from each other. There is no judgement. We discuss issues which are voodoo with other people. We learn from groups and specialists about subjects and knowledge they impart to us. The volunteers are great to keep us going with games etc to stimulate people of the group. It is great to have therapies as it is so difficult to get them on the NHS. The neuro physio exercises by Zoom are great.”

“I enjoy therapies and refreshments and the different talks. Otherwise I wouldn't hear about them. It was particularly helpful to hear about the changes to the benefit system.”

“The mental health benefits I get from Neuro Central extend to a sense of community and shared experience. This makes me feel less isolated and helps me cope with the condition I have. Although I am new to Neuro Central, I was immediately welcomed and felt a sense of relief that I could speak and interact with a person who knows what being me feels like.”

“The benefits of the Neuro Central project as I see them are:  
It’s good to see and talk to people and helps with social engagement.  
It reduces the feeling of isolation.  
It is an opportunity to participate in activities which helps keep the mind active.  
The therapies are very beneficial both physically and mentally and I always feel better after massage and podiatry sessions.  
Demonstrations of various things eg sound healing and police sniffer dogs help to give a feeling of contentment.  
Winning in the raffle is always good!”

“I like the company and friendship of similarly affected people. It's very useful having the foot care. I like the venue.”

“The companionship from Neuro Central makes a massive difference to my life and to my mental health. I look forward to the meetings immensely as I do the online physio exercise sessions every week. The exercise sessions are brilliant for keeping me much fitter than I would otherwise be and lift my mental well-being as well.”

“I enjoy coming here. I really enjoyed the Christmas meal and the caterers were excellent.”

“These are my thoughts:  
The Meetings: positive with a good mindset in a social arena from people with a great variance in neurological conditions.  
Treatments: reflexology, massage, podiatry are extremely beneficial to many



Neuro Physio: a programme of exercises on Zoom taken by Katie Page weekly. they are mainly seated and enjoyed by many.

Different Speakers: from police, fire brigade, and a plethora of different organisations providing nuggets of information for all.

Conclusion: a very positive organisation with an outlook to benefit the membership”

“The meetings are very useful. I was fortunate to be put in touch with the Live Your Life team at Strathcarron Hospice through a meeting.”

“I enjoy coming to the meetings. It's great to socialise with like-minded and neurologically compromised people. It's a great chance to catch up with things going on and definitely combats loneliness and isolation. Long may the dial-a-journey from Clackmannan continue.”

“You don't get embarrassed by mistakes at the meetings. We enjoy the therapies. It's a very sociable event.”

“These meetings are a brilliant chance for those with disabilities to meet with other disabled friends and giving them a welcome opportunity to pass a few hours exchanging stories and catching up. The various activities and talks from speakers are really enlightening and very interesting - keep up the good work please.”

“Neuro Central is really good for sharing problems. I feel supported in both mental and physical health.”

Paul Rimmer  
Secretary and Trustee  
Neuro Central

Comments from Stirling County Cricket Club on 05 February 2024