



Linlithgow Rotary Club has presented the our MS Therapy Centre with a cheque for £1000. Rotary member Thom Pollock, whose wife Claire attends the centre, said: "It's a great centre and we're happy to have given them this donation." The Rotary Club donated the money that was raised from the Phoenix Choir's Christmas Concert at St Michael's Church in Linlithgow to fund the donation. Alistair was invited to the Rotarian's Luncheon meeting to speak about the Centre on 2nd June and received the cheque on the behalf of the Centre from the Rotary Club's President Jim Thomson.



Alistair Purser, Jim Thomson and other rotary club members

The MS Therapy Centre held a fundraising coffee morning on Saturday, August 22 between 10 and 12.30. Bright and early for it were many volunteers and their friends, who kindly donated their time and hospitality skills and contributed to making this a successful event for a worthwhile cause. The total takings on the day were a fantastic £607.45 and the breakdown for it means that £102 were collected from the door admissions, which entails that 51 people came as visitors; the tombola brought in £103; cake, jam and candy- £212.80 (we do like our sweets); the Christmas cards (sorry, had to mention it)- £50.20 and Draw tickets sold on the day- £116.00 (thanks to our hard seller Rohan). Special thanks to all who baked, moved furniture, beautified the place, arranged stalls, washed up empties, welcomed and generally made the event what it was meant to be- a great day for all who chose to come and spend their cash in order to support the MSTC. The list of names is possibly much longer but here's some we can't miss- Jill Harrison, Sheila West, Kayrine Murray, Irene Hall, Margaret Mitchell, Fiona Kay, Mary Gray, Mary Scott and Carole Macartney.

... and the winners of the Grand Prize Draw 2009 are:

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| 1st £200 07922 Scott Lee | 6th Cockburn's Port 14423 J Starrs |
| 2nd £100 08716 Nona Bowes | 7th Wine 2806 Helga Thomson |
| 3rd £50 2105 M. Daughty | 8th 18pce tea set 2565 S&J Gillam |
| 4th Foot Spa 12569 David McC | 9th Lavender Toiletries 1373 Anne McGlade |
| 5th Glenmorangie Whisky 12043 M Marshall, | 10th Bath Toiletries 2727 F. Burns |

Congratulations and thank you for selling the tickets, you raised £3146,00 (gross)

The lucky 200 Club members who have won the weekly £10 prize are:

- 6 July - Morag Boag- Thomson
- 13 July- David Philip
- 20 July- Jenni Tullo
- 27 July- Keith Harris
- 3 August- Jon Hughes
- 10 August- Morag Boag-Thomson
- 17 August- Ann Hay
- 24 August- Elizabeth Frame

You can join in for £8 ONLY in September and have a chance of winning our BIG £250 prize in November 2009

Free 20 minutes Aromatherapy and Therapeutic Massage sessions

Rona Gray hands on massage therapies at the MS Therapy Centre- Leith
Free 20 Minute Taster Sessions Morning 26 August and evening 3rd September 2009
Booking can be now at the at the Centre
1 hour treatments £20; shorter sessions negotiable
For more information tel: 07905705279

Yoga classes:
with Melanie on Tuesdays at 6.30- 7.30
with Weronika on Thursdays at 4.30-5.30

The used stamps initiative is proving more and more lucrative lately with £51 being paid for your recent contributions. Special thanks to Linda White and Alex Keir for continuously sorting and trimming their office's correspondence, to Ken Foster and Jennifer Woods for communicating through mail globally and to Marjory and Derek Whigham for negotiating such good price for them. There're also many who have started supporting the initiative thanks to our web plea. Please ensure you put the correct postage if you are kindly posting them to us.

Just a reminder of the various Therapies we offer at the Centre

- HBO; Physiotherapy, Yoga 0131 554 5384
- Reflexology; Indian Head Massage; Jacobine Scott 07905 402230
- Reflexology; Indian Head Massage; Reiki; Ear Candles Maureen McGonigle 07746 779525
- Aromatherapy and Therapeutic Massage sessions Rona Gray 07905705279

Shirley-Anne Somerville MSP visits our Centre

We continue to be indebted to IndigoPR for the invaluable support and publicity they provide. The letter they prepared in respect of our Centre, sent to the Evening News, and circulated to a number of other newspapers, coincided with the first World MS Day on 26th May 2009.



Shirley-Anne, Gordon and Rohan enjoying a chat

As a consequence, we were contacted by the office of the Lothian MSP Shirley-Anne Somerville and arrangements were duly made for her visit to Swanfield on the 18 August. She showed great interest in all our activities and the therapies that are available and talked with and shared the experience of a number of our members attending that morning. Alistair advised her on the operation and purpose of the chamber, the benefits of HBOT our MS members could receive and its wide ranging applications for conditions other than multiple sclerosis. Rohan emphasized the importance of physiotherapy to help maintain mobility, and the increasing demand on his services. Our treasurer Jill Harrison, advised Shirley Anne of some of the challenges we face in attracting funding, and the need and importance of increasing public awareness.

Without a doubt it was clearly a successful and worthwhile visit from the Lothians MSP, who had been in no hurry to depart, and who kindly offered her support, if at a later date we sought an official visit from The Cabinet Secretary for Health and Wellbeing- Nicola Sturgeon, MSP.

Gordon L. Macrae

Changes to Yoga as Elaine Scott moves on... Elaine Scott our Thursday afternoon Yoga instructor leaves us this month as she moves south to Kent. We thank her for her time with us since 2004 instructing a loyal and regular class. We wish her well for the future. We welcome Weronika Chaberko who will be taking over the Thursday afternoon class



Susan McGill, Jillian Hosie and Jill Harrison were literally mums on the run when they did the Edinburgh Marathon on 31 May. Not only did the Marathon Mums all complete the full 26 miles but say they enjoyed it too. They also managed to raise an outstanding £1950, 60 all of which goes towards the MS Centre, proving that some mums really can do it all.

Every penny counts! Thank you for your generosity.

Marathon mums (see above) £1950,60
 Steven Andrews & Claire Page - Donation following Jill's marathon run -£50
 Mr A J Lauder - friend of Marjory & Derek Whigham - £50
 Cullen Fitzgerald, Yvonne, Douglas and Monica -Marathon running - £499
 Waitrose Stores - Community Matters Scheme - £360
 Veitchi Ltd (Flooring company) (our neighbours) - £1500
 Boots the Chemist - staff charity matching scheme - Paula Thomson - £270
 J Smart & Co - (our Landlord) - £1282.00c
 Pampered Chef (party plan) - £180.00
 Elizabeth McArthur and friends £107.79
 Don McPherson - £100
 Margaret Russell - retiral collection from her daughter Jennifer's funeral - £452
 Anne Cunningham - £50
 Victoria Will and her friends sponsoring her in the Edinburgh 10K run - £425.00
 Mr&Mrs O'Brien's friends - collection to celebrate Pearl Wedding - £110.77
 Pat O'Brien -loose change/ Smarties donation- £100.61
 Sandra Tulloch- Edinburgh Marathon- £500



Jennifer Russell (1959-2009)

We are sorry to report the passing on 26th July of a former member of the MS Therapy Centre- Jennifer Russell. Jennifer was a member here between 1986 to 2000 and some of you may remember her as she had HBO and Physiotherapy at the Centre during that time. We remember her family and friends at this sad time and send them our condolences and warm thoughts.

..... and it's goodbye from him too

Well they say....."what goes around comes around"..... and "the seven year "itch" - phrases that people use in figures of speech.... But how often are they true..... well it appears that they are true.

Seven years ago in 2002 Stan Ascot - the then Assistant Administrator moved on to new opportunities and shortly afterwards John Clarkson retired..... and now in 2009, Maya is leaving and now me. As some of you know, my personal circumstances changed just over a year ago - and during this time I have been considering my future - what I want to do - where I want to be, together with the various options that are open to me. There comes a time too, where you have to look back in order to move forward.

So a decision has been made - seven years is quite a long time to be in one job; and it is time for me to move onto new opportunities.

In the last seven years - I have learnt so much - about people, about Multiple Sclerosis and the effect it has on people with MS and also on loved ones and friends and relatives. Through knowing you all I believe I am a better person for that - and I thank you ALL for this knowledge and this personal development in my life.

There are many people that I feel I should thank - and if I start to mention names I guess I will forget some one special - so I won't.... but thank you to all my colleagues and to the wonderful army of volunteers - with out whom the Centre would never ever be able to be open so many hours a day for you for HBO, Physiotherapy and the other therapies. To all of you thank you for your commitment and support.

It has been a privilege to know you all and I hope I have been able to make your visits to the Centre a little more enjoyable and positive through the work we have done together.

I hope to be able to say "au revoir" to as many of you as possible (I hate saying goodbye) before I go probably in October.

Best wishes to you all for the future

Alistair

It's CHAO and DOVIJDANE from me,
 I finish on 10 September 2009(...and that's me loused)

Having been at the MS Therapy Centre since March 2002 I feel it is in our mutual benefit to resign now. I was made to feel welcome and appreciated then- what with a big bouquet of flowers tied with three colourful ribbons, symbolising the Bulgarian flag and presented to me on the first day at work- and the feeling has just grown since. There were times when I would genuinely wonder whether it wasn't possible that MS only affected people with extreme kindness and nasty 'other conditions' only affected people with extra brevity. But here it is: my final piece and my heartfelt Goodbye.

I feel so much richer in every aspect than the 24 year old I was when I was granted the privilege to live and work amongst you. You, members, volunteers, families, have taught me so much and assisted me in more ways that I could ever even attempt to mention. A number of my life's biggest milestones would forever intertwine with memories of you and your love and support- my citizenship, marriage, pregnancy and motherhood. I'm taking away so much, I only hope I've given something back.

So far coming to work and operating the chamber has never been a chore, the days of the week are full of names like a phone book which I can read regardless of where in the world I happen to be. Every so often a shadow would be felt of someone who has left us but without whom a Tuesday or a Wednesday would simply not be complete. It's a weekly or daily occurrence for me, but for the closest at home it must be an hourly ordeal.

This leads me onto the point of the importance of families and the precious little time we are given to spend with one another. Since the birth of our beautiful wee Adda last summer the inner mother in me was also born. Now I feel the foundations of her character are being laid and I want to be there for that, not sure if I could influence or change it, but just witness it and remember. Because all we are left with eventually are our memories. Thank you for giving me so many great ones.

Lang may yer lum reek!



Adda Elouise James—
 my reason for living and leaving

Yours with love
 Maya

Volunteers needed for Saturday mornings.... Or Calling for new Number two's!

The HBO session on Saturday mornings are very popular and the users of the sessions would very much like the help of some volunteers to help out to support the main Chamber Operators. We have a rota, and so the more on the rota the better for everyone. If you are able to help, or you know someone that can help or would like to help - please do let us know at the Centre and we can arrange the necessary training.

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