

Swanfield Monthly

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Letter from the new Chairman, Bruce Laidlaw:

Following the resignation of Alex Tweedly as Chairman at the end of last year, I have been appointed by the Management Committee as the Interim Chairman. As such I will serve in this capacity until the Annual General Meeting on 28 April when you will have the opportunity to vote me in as Chairman for a further year or to elect someone else.

Many of you already know me as I was Chairman from 1996 to 2000. For those of you who don't, here are my basic statistics:

- * I am age 64 and was first diagnosed with M.S. in 1989 and have been attending the Centre since then;
- * I am married to Sandra (volunteer operator on Mondays) and have a daughter/granddaughter and a son;
- * I retired as Manager of the Royal Scottish Academy in 2007; and
- * My main interests are salmon and trout fishing.

I am keen that all the Members have an increasing say in how the Centre is operated and while I have a number of ideas to promote this, I wish to discuss these with the Committee before I bring them to you.

It is vital to the future of the Centre that people with energy and ideas offer to serve on the Committee or put their names forward as Chairman. These posts will all be filled at the AGM on Wednesday 28 April so start giving these issues serious thought now as nominations are required by the 1st April. If it would help to chat things over with me first, then Alice will give you my contact details.



Fantastic News!!

The centre won the vote in December to be the charity to benefit from the Edinburgh Charity Game, played each year between supporters of Hearts and Hibs. We received a massive 45% of the vote and will receive 80% of any funds raised by the event so a HUGE THANK YOU to EVERYONE who voted for us and passed the word to everyone they could think of!

Over the last four years the event has raised an average of £10,000 per year, so will be a fantastic boost to our fundraising efforts as well as bringing welcome publicity about the Centre's existence.

Match date: 30th May

Trials will be underway soon for the teams. If readers have friends or family who are good footballers (must be over 16 and either a Hearts or Hibs supporter!) then the selectors are keen to hear from as many people as possible! Visit www.rivals4charity.co.uk to see more details.

Dr Neil's Garden

I hope the date of Dr Neil's Garden opening is in your diaries by now! On **Saturday 22nd and Sunday 23rd May**

there is another opportunity to visit this remarkable garden in Duddingston created by Drs Andrew and Nancy Neil out of a patch of wasteland in 1965. Their efforts are continued today and MSTC Lothian opens it every May to raise funds and allow people the chance to wander in a secluded part of Edinburgh on the lower slopes of Arthur's Seat.



Teas will be served by the ladies of Duddingston Kirk and there is a plant stall.

How can you help? Donations for the plant stall are very welcome—if you are green-fingered please do bring us some! Volunteers are very much appreciated on the day—let us know if you are free!

Recruitment column:

Another new face: Introduce yourselves to our new physiotherapist Amrik Singh! He joined us part-time in February and will be helping Rohan each afternoon.

We are recruiting for a **Centre Manager** to be responsible for all activities within the Centre, including provision of therapies, management of staff and volunteers, overseeing the maintenance of the building and equipment, and keeping the positive atmosphere and culture of support and self-help alive. They will also support the Business and Funding Manager (Alice) in planning and developing new services.

If you think you have the right skills or know someone who does then contact Alice or email administrator@mstc-lothian.com for an application pack. Knowledge of MS would be useful but not totally essential, and full training is provided in the provision of Hyperbaric Oxygen Therapy. The closing date for applications is **15th February**.

Treasurer: Our Treasurer Jill Harrison is standing down at the AGM in April and so we are also seeking nominations for a new Treasurer. This is a voluntary role and would suit a Chartered Accountant.

In summary, the Treasurer is responsible for the financial affairs of the Centre. He or she will attend six committee meetings a year and, amongst other things, prepare financial statements, maintain the records, and determine the annual budget.

To find out the full details and hear more about the time involved please contact Jill via the Centre. Nominations must be received by **1st April**, but indication of interest prior to this would be very welcome.

Dates for your Diary.....

Committee Meetings: Wed 24th February
Wed 24th March

AGM Wed 28th April

Dr Neil's Garden: 22nd and 23rd May
Edinburgh Charity Game: Sunday 30th May
Corstorphine Fair: Saturday 5th June

New therapies on offer at MSTC Lothian

We have recently purchased a massage chair and have a new massage therapist on board, so the range of therapies on offer in the centre is expanding:

Mariusz Runiewicz is trained in several forms of massage including Swedish massage, sport massage, or just a very relaxing experience! He can be contacted on 07872 150 359 or mariusz.runiewicz@gmail.com. 20mins for £10, 40mins for £20 and 1hr for £30.

Jacobine Scott (Thursday) is offering Head and Shoulder Massage for 20mins for £10 and taster reflexology sessions for 30 minutes for £10, in addition to her other treatments. She has a special offer of 4 full sessions (1hr each) for the price of 3 at the moment!

Maureen McGonigle (Mon, Tues and Fri) is offering Indian Head Massage sessions (including some back, neck and shoulder massage) for 20 minutes for £10. Maureen also does longer Indian Head Massage sessions: 45minutes for £20.

Short massages are both relaxing and invigorating and I know I'll be having one as often as possible!!

Suggestion box:

There is a new Suggestions Box in the centre to replace the old Comments Book – it was felt that the book was not being noticed by members and so their suggestions were not being brought to the attention of the committee.

The new box will sit on the table to your right as you come into the centre and suggestion slips will be provided. Once a month committee member Sheila West will open the box and read each suggestion. Look out for a picture of Sheila going up on the notice board above the box! Please write in block capitals, and if you leave your name and contact number she will respond to you.

Puzzle corner:

Can you solve the following cryptic clues? All the answers are boys' names. Answers in the next newsletter, or email administrator@mstc-lothian.com if you can't wait till then! Good luck!

1. Doubt a twin
2. Have a glance
3. Wander in Scotland
4. Could become brain
5. Six in father
6. Is he in earnest?
7. In the oilfield perhaps
8. Lair and backward trespass
9. Of Arabia perhaps?
10. Spoil container
11. Perhaps from Aberdeen?
12. Month before "us"
13. Magic roundabout
14. The "brainy broon"
15. Entered a moment ago
16. Don't stand or sit
17. 3 'N's, 2 'I's and 1 'a'.
18. Best film award?
19. Sounds like debt?
20. Irish, or field

We are very grateful for all donations to the Centre and especially to these people for their support in November, December and January:

Graham Johnston	£4,000 from his 21st birthday party
Allistair MacDonald	£500 from a sponsored cycle ride
Hazel Hastie	£200
Edinburgh Bar	£500
Claude Mulier-Raines	£40
Effie Dickson	£40
Craigentenny Depot	£290
Venerable Beads	£75 10% of profits from jewellery sale arranged by Jacobine Scott
Jacobine Scott	£80 from collection at Christmas carol service.
Nancy Kane	£59 from the sale of allotment produce
Lee Robertson	£60
Linzi Smith	£20 following the theft of a collection can
Ian Wallace	£50 following the theft of a collection can
Debenhams	£150 following the theft of a collection can
Adelina McRoberts	£30
Thunder Dog	£250
Mary Pringle	£30
Webb Ivory	£225 from goods sold via the catalogue in the Centre

Appeal: the funds raised by Jacobine are going towards an electronic stand-aid and further donations for this will be gratefully received.

200 Club:

Our 200 Club lottery will open for new players in **March 2010!** If you are not in it—**why not?** It costs £16 per year to play for the chance to win £10 each week or £250 / £50 twice a year. Ask in the Centre for more details.

Our big draws in November were won by Vera Dalziel and Fiona Shaw—
Congratulations!

The most recent 200 Club £10 winners are as follows:

2nd Nov	David Philip	21st Dec	Ann Hay
9th Nov	Joyce Forbes	28th Dec	Dorothy Wilkie
16th Nov	Alan McLaughlin	4th Jan	Eileen Brunton
23rd Nov	Janet Livingstone	11th Jan	Chris MacLachlan
30th Nov	Jean Richardson	18th Jan	Gordon Inglis
7th Dec	Jon Hughes	25th Jan	John Mathers
14th Dec	Kyan Latimer		

Christmas gift wrapping: results!

A huge thank you to all the volunteers who helped out with Christmas Gift Wrapping in December! You raised over £1600. Particular thanks go to Ann Hay for the amount of time she spent, her efficiency and the sheer beauty of her wrapped presents!! Thanks also to Leith police for their zeal following the theft of one can, and to all those who donated following that theft.

Christmas Quiz

In a final hangover from Christmas, the answers to the Christmas party quiz are:

1. 364 presents are given over all 12 days in the "Twelve days of Christmas" (1x12+2x11+3x10+4x9+.....12x1). Bonus point for Epiphany which is the name of the 12th day after Christmas.
2. Donald Gardner wanted his two front teeth for Christmas
3. There are 4 ghosts in A Christmas Carol by Dickens: Jacob Marley, Christmas Past, Present and Future.
4. The Christmas tree in Trafalgar Square is a gift from Norway for supporting them during WWII
5. Mud were the band that sang "Lonely this Christmas" in 1974
6. JC Horsley designed the first Christmas card in 1843
7. Oliver Cromwell prohibited the singing of Christmas songs and banned Christmas between 1647 and 1660.
8. St. Nick is called Sinterklass in the Netherlands
9. Santa has 8 reindeers as well as Rudolph: Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen.
10. A snowflake has 6 sides
11. "Rudolph the Red-Nosed Reindeer" was the song written for a department store promotion by an employee in 1939
12. The Queen's speech was first televised in 1957, and first on radio in 1932.
13. The 26th December is named after St. Stephen.
14. A Christmas miracle was witnessed on 34th Street in 1947 and 1994.

The winners were Iain Daniels, Alison Shepherd and Carla Flannagan.