

# Swanfield Monthly

## Dates for your Diary

**Can Collections:** Sat 30<sup>th</sup> / Sun 31<sup>st</sup> March: Cameron Toll  
30th June / 1st July: Sainsburys, Blackhall  
Sat 28<sup>th</sup> / Sun 29<sup>th</sup> Sept: Cameron Toll

**Advisory Group meeting:** Tues 21<sup>st</sup> February

**Committee meetings:** Wed 14<sup>th</sup> March

Wed 23rd May

Wed 18th July

\*\*\*AGM\*\*\*

\*\*\*\*Wed 10th May 2012\*\*\*\*

## Fundraising Events:

Corstorphine Fair	Sat 2 <sup>nd</sup> June
Dr Neil's Garden	Sat 9 <sup>th</sup> / Sun 10 <sup>th</sup> June
MS Awareness Week	30 <sup>th</sup> April—6 <sup>th</sup> May

## MS National Therapy Centres:

Open Meeting 22<sup>nd</sup> April, Inverness

## 200 Club winners:

14th Nov Brian Nixon  
**£250 draw: Dr Alistair Philip**  
21st Nov Linzi Smith  
27th Nov Fiona Perston  
5th Dec Fiona Bushby  
12th Dec David Philip  
19th Dec Linzi Smith  
26th Dec Eileen Brunton  
2nd Jan Henry Dalziel  
9th Jan Marjory Whigham  
16th Jan Lyndsay Gow

**Congratulations to everyone!**

**Call us now for an application form**

## What's available?

A reminder of the therapies and services available at the MS Therapy Centre Lothian:

- **Oxygen therapy**
- **Physiotherapy**
- **Reflexology:** ring Maureen on 07746 779 525
- **Yoga:** Tuesday 6.30pm, Thursday 4.30pm
- **Group exercise sessions:**
  - ⇒ Monday: **12.30pm**
  - ⇒ Thursdays: **1.30pm** (mild exercises, for high fatigue level), **2.00pm** (moderate exercises), **3.30pm** (wheelchair users) and **4.00pm**.
- Public computer access, with accessible software and a large keyboard
- Publications from MS Society, MS Trust, and local organisations
- General assistance with any questions—please ask anyone!

- |                             |                              |
|-----------------------------|------------------------------|
| 19) Major part of candle    | 23) Could be opposite of up  |
| 20) Parent feeling alright  | 24) Can one get a date here? |
| 21) Noted for it's pattern  | Written by Tom Burns         |
| 22) Is the church for sale? |                              |

## Quiz

Can you identify these Scottish towns? Answers in next newsletter.

- 1) The church tumbles over
- 2) Sounds like money
- 3) It's all around us
- 4) Beat when cod (anag)
- 5) Land goes up in smoke
- 6) Does the ruler blow this?
- 7) Sounds like going away
- 8) Do the make toupees here?
- 9) Put off in the rug
- 10) Is in hob and kettle
- 11) Len fund mire (anag)
- 12) Is the scone aflame?
- 13) Good man as patron
- 14) Due midday without 'E'
- 15) Shelter for boulder
- 16) Bill's Castle
- 17) Is in hamper, thanks!
- 18) Does Her Majesty cross here? (cont)

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- Send an email to [info@mstc-lothian.org.uk](mailto:info@mstc-lothian.org.uk) and ask to be removed from the mailing list
- Call a member of the admin team on 0131 554 5384

Equally, if you receive it by post and wish to receive it by email instead please email: [info@mstc-lothian.org.uk](mailto:info@mstc-lothian.org.uk)

## Happy New Year to all readers!

It's a slightly shorter issue this month, with information on staffing changes currently taking place and a review of fundraising activities in 2011.

A big (belated) welcome to Shazia, who has



joined as receptionist under the Community Jobs Scotland scheme.

So what's on the cards for 2012, in

our 28th year of operation? The recent survey of people with MS in the Lothian area is being analysed at present. 189 responses were received, providing significant useful information which will help with targeting publicity and understanding what the barriers to accessing the services are. Full details to follow soon.

In mid-February our new logo will be unveiled—it's a dynamic, striking design very kindly drawn up by LBD of Musselburgh and reflecting the Centre's support for

people.

Meanwhile, the staff are getting to grips with the new database, as mentioned in previous newsletters. Members will notice the electronic booking system which is being introduced soon.

Nominations are open now for new members of the Committee. There are three spaces—if you've got experience in publicity, fundraising or charity law, or are just able to take a turn, then the Committee would love to hear from you! Full details enclosed with this newsletter.

## Update: [Easyfundraising.org.uk](http://Easyfundraising.org.uk)

In 2011 members and their friends raised £146 by doing their shopping through [easyfundraising.org.uk](http://easyfundraising.org.uk)

### KEEP IT UP IN 2012!

You can sign up to receive regular news of discounts and special offers from over 2000 retailers.

*It's so easy—to support the Therapy Centre when you shop visit [www.mstc-lothian.org.uk](http://www.mstc-lothian.org.uk) and click on the [easyfundraising.org.uk](http://easyfundraising.org.uk) button on the right hand side*

## Don't be a DNA!

If you can't attend your appointment, please call to cancel as soon as possible so that someone else can have the place.

**In 2011, 33 hours of physiotherapy time was not used because the person booked did not turn up or cancel. Let's do better in 2012!**

**Multiple Sclerosis Therapy Centre Lothian, 40c Swanfield, Edinburgh EH6 5RX**

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## £££.... Fundraising Update

Do I start this article on an upbeat or downbeat note? We're very pleased to report that despite a tough climate for charities, the Centre appears to have raised enough income in 2011 to cover all the costs of the year. The Centre received income from many different sources, including generous donations from members and other supporters, grants from trusts, and a successful year's fundraising.

This would not be possible without the members who take part. This includes the group who both choose the Christmas cards and help to sell them, those who turn up for all the Can Collections and other events like Dr Neil's Garden, those who encourage their employer to support us, perhaps through a dress-down day, those who get their local schools to collect stamps, and everyone who takes part in the 200 Club. Thank you to you all—many hands have made lighter work, and may it continue and increase in 2012!

In January 2011, we asked everyone to do just one thing to help the Centre raise income. It cost £16 to provide each oxygen session in 2011—what can you do to help in 2012?

### Donations:

We were delighted to hear from **Corstorphine Bowling Club** that they had selected the Centre as the beneficiary of their Jubilee Year fundraising. A donation of £800 at a late stage of the year was very welcome indeed and a cheque

presentation took place at the Christmas party.



**Jane Scott and colleagues** at Standard Life raised £100 through not sending Christmas cards to each other—very many thanks to them.

**Leith Academy** had a collection for the Centre at their Christmas Carol Service. The Centre has a long association with the Academy through their deputy head David Peat, and is very grateful for their continued support.

### Grants:

Donations were received from the Yorkshire and Clydesdale Bank Foundation (£400), the Cruden Foundation (£500) and Community Jobs Scotland. Total Grant income in 2011 was £23,813.

### Fundraising review :

You may remember the tremendous contribution of £8,500 from the Rivals 4 Charity match in March, which will be a challenge to beat in 2012! Ongoing activities include:

Income from selling **Christmas cards** raised £3,785, up from £2,699 in 2010. Anne Mathison single-handedly raised over £460—see her tips below on how to encourage your friends, family and colleagues to buy them. Many thanks to Marjory and Derek, Ian

and Nancy, Linda White, Mary Gray, who helped out in the shop and Carol Cheam who operated the till each week. Do you want to take part? We're choosing cards for 2012 now! Get in touch.

**200 Club:** After all the prize money is paid out, the 200 Club raised **£498** for the Centre.

***If all the spaces were filled, the 200 Club could raise \*\*£2,100\*\* each year!!***

So please do consider joining—it costs £16 for one year and you don't need to be a member of the Centre.

You could win the weekly £10 draw or one of the major draws of £250 or £50. And if you don't win—the Centre has benefited from your donation anyway. Call us now on 0131 554 5384 to ask for an application form!

**Can Collections**, organised by Gordon Macrae and latterly by Janice Thomson, raised £4,057.

Regular helpers have made this possible—thank you to you all! We're always looking for people to help out—see the dates for 2012 on the back page. More are being arranged.

**Collection cans** in shops raised £984. This is a bit disappointing given that we have many unused cans in the Centre. This is something that it is not possible for staff to cover and so members can **really** help: please do take a can to your

local shop/your office and ask them to keep it there.

Income from **Sponsored events**, on the other hand, has been encouraging. Several marathon runners, a couple of parachuters, and of course Ben's epic swim of the Forth. (If you missed the mankini photo you might still find it on Facebook.)

Donations for the **bric-a-brac table** and cards came to £928 in

2011, and donations of **stamps** raised £178. Keep bringing in items to sell and your used stamps, and don't forget about [easyfundraising.org.uk](http://easyfundraising.org.uk)

### So Long, Farewell....

On a personal note, I will be leaving the Centre at the end of February and would like to take this opportunity to wish you goodbye and all the very best for the future. It's been a pleasure to meet you all and work

here, and I am sure that the Centre will go from strength to strength. Staffing changes are outlined elsewhere in this newsletter, and you will see that Cathy Kirk and Caronne McBride will be taking over coordinating fundraising activities. Please do give them all your support, as it's going to continue to be a tough climate for raising funds.

Alice Syson

## Staffing update

As many members will be aware, Alice (our Business & Funding Manager) has decided to leave us at end February- this news came as a complete surprise and we will be sorry to say goodbye to her. This prompted some immediate consideration of what to do regarding the staffing of the Centre.

We have decided not to replace Alice but to allocate the key areas of work undertaken by her to other team members, some of whom will be working additional hours in the Centre as a result. Cathy now has overall responsibility for the operation of all aspects of the Centre

working with Alice to ensure that a full handover takes place. Also Alice has reduced her working week to 3 days for the remainder of her time with us. We have also taken this opportunity to clarify the roles of all team members to ensure the team works effectively together. The team are all very enthusiastic at the potential these changes can bring. You may notice some changes in the job titles on the noticeboard in Reception!

We are very much in a state of transition at the moment- lots of ideas and plans for going forward to help us achieve our vision as a

and is Centre. However like most charities at present, we are not confident that our income from donations, grants and other sources will continue to the same level given the economic climate. So we will be monitoring this situation very carefully over the coming months.

We are planning to hold some short informal meetings at the Centre to give members the chance to find out more about these changes, ideas and plans and how to contribute to taking these forward. These meetings will be held during the day on **22nd February** and further information about them will be posted up in the Centre.

Carole Macartney

### Tips for selling Christmas cards

#### **Cut out and keep for 2012!**

1. Sell to people who you see regularly, so you can deliver the cards to them the following week. These could be neighbours, friends, work colleagues, church, classes, clubs...
2. Get a poster from the Centre showing the pictures, names and prices of cards. Display it on a noticeboard. Say how regularly you will take / deliver orders.
3. Email pictures and prices to friends. There is a link on the Centre's website, and an order form.
4. Tell people that the money is for a local charity—they often like to know this.
5. Buy some packs from the Centre to show people or to sell on. You can always sell them next year if you are not successful this year.

Anne Mathison