

Swanfield Monthly

March/April 2011
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Dr Neil's Garden



Annual Garden Opening:

Saturday 21st & Sunday 22nd May 2011

2pm—5pm

Children's Crafts, Plant stall, Plant crèche, Tea

Put the date in your diary: full details are in the Centre and on the website

Ways in which help from volunteers is always welcome:

- ⇒ Green-fingered? Could you donate a few plants for sale?
- ⇒ Not a gardener? Ask your local garden centre to donate a couple of plants!
- ⇒ Come and help out at the weekend—man the gate and plant stall.
- ⇒ Sign up in the Centre or email alice@mstc-lothian.com

Gordon Macrae

Gordon Macrae is stepping down from the Committee at the forthcoming AGM and from organising can collections. Gordon has been working with our Therapy Centre for over 23 years and was closely involved with setting up the original centres all across the UK. He has basically undertaken whatever jobs have been asked of him over that period. He has been Administrator, Centre Manager, Centre Fundraiser, Chamber Operator, Relief Centre Manager and Relief Chamber Operator. In effect Gordon has always undertaken whatever role was required of him, paid or unpaid, in order to keep the Centre operational. There were times when Gordon **was** the Therapy Centre. Gordon is "retiring" in order to move to London to help look after his two grandchildren. When I was first diagnosed in 1989, I came to the Centre looking for help and the first person I met was Gordon. The help and support Gordon gave me that day he has been giving to our members for over 23 years. Gordon is a truly special person.

Bruce Laidlaw, Chairman

Membership and 200 Club renewal:

All Centre and 200 club memberships were due for renewal by the 31st March 2011. If you would like to renew please get in touch as soon as possible.

The costs are unchanged: **£7 for full membership, £3.50 for associate membership, and £16 for the 200 club.**

If you are not already in the 200 club—this is a rare opportunity to join! See the website for an application form or ask in the Centre.

How to renew:

By cash or cheque in the centre

By sending a cheque to the centre (payable to MSTC Lothian)

NEW: By credit card: visit www.mstc-lothian.com, click on 'How to Donate', and then click on Donate Now. (Don't tick the Gift Aid button!). Please email info@mstc-lothian.com as well to notify us that you've made this payment.

Website, Facebook and Twitter

Very few members will have met two of our volunteers: Wiola Starus, who manages our website, and Samantha Humphreys-Davies who has recently joined us to build up our Facebook page and get the Centre going on Twitter. These have become essential tools of communication for raising both awareness and funds, and we hope they will become a useful source of information for the members as well. Wiola and Sam are doing a fantastic job keeping them up to date and we thank them very much for their time and dedication.

Join our Facebook group to receive notifications of events and links to activities. On our Twitter page (@LothianMSTC) you will find tweets by lots of other MS organisations as well as from us—one easy place to keep up to date with the latest news on MS from across the UK.

Don't have a computer? Use the public computer at the Centre when you are here to sign up, log in and keep up to date!

Fundraising and Donations

Donations:

The Centre is very grateful to Margaret Turnbull for her extremely generous donation, and to Come Wine With Me for their kind donation following an event at a member's home.

Fundraising activities: past and future:

The **Sangstream concert** on the 18th March raised £326. It was a wonderful, inspiring evening, with children from the Big Sing taking part together with Sangstream. Thank you very much to Jan who nominated the Centre to benefit, to the choirs who sang so beautifully, and to Mary and Marjorie who helped out with serving refreshments at the interval.

Hilary Wilson cycled a staggering 300 miles across Vietnam and Cambodia, raising £937.50 for the Centre.

The **Rivals 4 Charity football match** took place on the 27th March. It was a sunny day and around 500 spectators turned out to watch the Hearts and Hibs supporters battle it out at Tynecastle. In the end, after a thrilling match the Hearts supporters triumphed, winning by 8 goals to 1. However, overall the Hibs fans are still leading by 3 matches to 2, so Hearts need to repeat this next year also! Three charities are benefiting from the money raised by Rivals 4 Charity. At time of writing, the full amount has not been confirmed—see the next newsletter! Lots of thanks go to members Bruce, Nick, Lewis, Linda, Sandra and Ian who manned the turnstiles and sold programmes, to the Rivals 4 Charity crew who put in so much hard work, to the sponsors IME Property Group, and to everyone who voted for the Centre to be the main beneficiary.



Dr Neil's Garden Opening will be on the 21st and 22nd May. See the other side for details, and the notices in the Centre.

The Centre will have a stall at **Saughtonhall Park** on the 5th June.

Home baking, bric-a-brac and toys will all be welcome (not soft toys please). Please deliver to the Centre from 25th May onwards, as we are short of storage space.

Annual Raffle: we have some spectacular prizes this year, including 2 cookery lessons at Martin Wishart's Cook School and many other prizes donated by local businesses. Tickets will be sent to all members when they are printed, and the draw will be at the Coffee Morning on the 20th August.

Member **Ben Moran** is swimming the Forth on the 1st May to raise money and awareness for the Centre, and funds for research by the MS Society. This is a tremendous challenge, as he must complete the swim in less than 45mins or risk being swept away by the tide. To sponsor him, ask in the Centre or visit our website.

The **Can Collection** in Cameron Toll on the 19th March raised over £900—the best total for a while! Our very grateful thanks go to Lt.Cmdr Tom Howie and his cadets, the Baxters, Gordon and Carol for their support in wielding the cans—it can't be done without you all.

The **Christmas card** group are finalising designs for 2011. It feels much too early to think about Christmas! We're aiming to have them on sale from August.

Are you planning to run the Edinburgh Marathon, a 10K, or seeking a challenge, but not sure what to do? Would you like to raise funds for the Centre at the same time? Visit our fundraising website for ideas!

Counselling service

Withdrawal of the counselling service:

Setting up a counselling service and providing an ethical service to clients is a complex activity imbued with professional, organisational, legal and ethical complexities, standards and challenges. Unfortunately due to an irregularity of the part of the Centre in setting up the counselling service and after several discussions with the Counsellor who had planned to join the team it was agreed that it would not be viable to offer a counselling service at this time therefore the service has been withdrawn. However, more information on future plans in relation to expanding our range of services will be available soon.

Suggestions Box

The following suggestions were discussed at the last committee meeting:

- **Collections at cinemas:** One member had noted that the Filmhouse allows charities to do collections after film screenings, and recommended that the Centre investigate this. We already do collections in shopping centres, so this is a great idea to expand the types of locations.
- **Ceiling tiles:** it was suggested that the stained ceiling tiles be moved out of sight. This will be done, but first checks will be made to ensure that there are no existing leaks in the roof which are causing the staining.

Suggestions can now also be emailed to Sheila West, to sheila@mstc-lothian.com. Please include your telephone number so that she can contact you to discuss and advise you of the results of the committee meeting prior to publishing them in the newsletter.

Quiz, from Ken Mort. Answers below

1. Which area of Scotland is said to be situated between heaven and hell and why? **Clues:** think Clan Cameron country which can (or could) only be entered by sea. For second part: a little knowledge of Gaelic will tell you why.
2. What is the highest Loch in Scotland?
3. What is the total width of the Firth of Forth? **Clue:** think imperial measurements, feet and inches.
4. What part of Scotland is known as 'the beggar's mantle fringed with gold'? And who was the fool that called it that?

Dates for your Diary

Events:

Dr Neil's Garden opening: Sat/Sun 21st & 22nd May
Knockhill weekend: Sat/Sun 27th & 28th August
Coffee Morning: Saturday 20th August
MS Awareness Week: 21st—27th May

Can Collections: Saturday 30th April: Gyle Shopping Centre
Saturday 28th May: Ocean Terminal
Saturday 25th June: Sainsburys at Craighleith
Sunday 26th June: Sainsburys at Craighleith
Saturday 24th September: Gyle Centre
Saturday 26th November: Ocean Terminal

Committee meetings: Wed 25th May
Wed 20th July
Wed 21st Sept

Membership and 200 Club renewal:
All memberships and 200 Club fees are currently due

AGM and social evening: Thurs 5th May 2011—see AGM invitation pack for full details

200 Club winners:

Here are the recent winners of the 200 Club (£10 each).

28th Feb	John Mathers	21st Mar	Joyce Freeman
7th Mar	Gordon Mackay	28th Mar	Nat Carson
14th Mar	Jenni Tullo	4th Apr	Lee Robertson

And Dorothy Burns won £50 in the major draw on 28th February! Congratulations to everyone.

1. *Moidart, or Knoydart—they are between Loch Nevis and Loch Houm - these are the gaelic names for heaven and hell.*
2. *Lochnagar*
3. *4 inches: Inchkeith, Inchcolm, Inchmickery, and Inchgarvie.*
4. *Fife, referring to the coast with its thriving fishing fleets, and the poor farmland which ironically is some of the richest land in Scotland now, and it was King James VI, the wisest fool in Christendom.*

Quiz answers