

Please Tell Us

Recently it was drawn to the Committee's attention that there were concerns amongst the members about poor communication between the Committee and the members.

It is the intention of the Committee to introduce measures to improve consultation and feedback with the members. We have already introduced a suggestion box and we have agreed that such suggestions and the Committee's response should be published in the newsletter. It is also hoped that members who raise issues, where appropriate, will be invited to attend and speak at Committee meetings when their issue is considered.

The Committee has also decided to hold "member consultation sessions." The basic idea is to invite members to an informal get-together at the Centre (coffee morning-type format). These will be hosted by Sheila West (right) with other committee members as well. At these sessions members will be encouraged to give their views on whatever is concerning them. The Committee may also seek your views on issues it currently has under consideration. There is no restriction on what you can raise, although if it relates to your personal medical condition it would be better speak to the Centre Manager in private.



If you have a view on anything which affects the Centre we want to hear it, so come along and tell us. You may be surprised, others may agree with you. If nothing else you will get a cup of coffee and a biscuit!

The first session is to be held at the Centre on Thursday 18 March from 11.30am to 1pm.

Bruce (Chairman)

Ken Foster, 26th April 1924—6th February 2010

It was with great shock and sadness that I heard that Ken Foster had died on Saturday 6th February 2010. Ken was one of the original users of the hyperbaric oxygen chamber and physiotherapy within the unit, when it first opened at No 8 Swanfield, and then moving to present-day at No 40. Prior to that, he travelled to Dundee.

I have sat opposite Ken in the chamber every Thursday morning at 11:00am; week after week; month after month; and year after year—for over 20 years! He brought to the unit a great sense of strength, enthusiasm and inspiration to everyone he met. He believed 100% in the use of HBO along with a strong positive attitude towards living with MS, and his journey through his life. He lived life to the full, excelling in both fishing and gardening—winning many awards for both of these activities. This could not have been achievable, without the support throughout these years of the love of his life, his ever-patient, wonderful wife Annie.

I have lost a dear friend, and I still find it difficult each Thursday morning, to sit in the chamber without him telling his stories, singing, showing off his holiday and family photographs, joking or complaining!! He has left an emptiness but also very many memories. I shall miss him.

Rosie Mackenzie



Another new face in the Centre!

We are delighted to welcome Cathy Kirk, who joins us this week as the new Centre Manager. As previously described, the old Administrator post has been split in two: Cathy will look after everything going on in the Centre, Alice will be responsible for business, fundraising and publicity, and together they will aim to develop new services as requested in the survey in February 2009 and at other times.

Cathy brings a wealth of experience with her. She has come to our Centre from the Cottage Family Centre in Kirkcaldy where she held a variety of roles over 18 years: these ranged from working directly with the families using the Cottage to significantly developing the services on offer.



Recruitment column

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. They will be supported by the Business and Funding Manager and the Centre Manager.

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.

Membership renewal

It's that time of year again! Please could all Members and Associate Members renew their membership of the Centre during March. The fee is still £7 per member and £3.50 for an Associate.

Renewal of 200 Club fees are due by the end of March as well, so please renew both at the same time. New players are warmly invited to join in our mini-lottery during March—please ask for an application form. Each player is given a number, and a draw is done each week.

Advance notice: the AGM will take place on the 28th April and invitations will be sent out at the beginning of April. Please come if you can. If not, you will be given the opportunity to appoint a proxy to vote for you on any resolutions. Look out for the forms with your invitation.

Puzzle corner (1):

Following on from the February puzzle, here's another cryptic puzzle. This time the answers are all girls names....

- | | | |
|------------------------------------|------------------------------|---------------------------|
| 1. She dances in Australia | 6. Proud and proper flower | 12. Ma after me backwards |
| 2. Launched 1000 ships | 7. Loved by the hunchback | 13. Place of pilgrimage |
| 3. She joins the gap | 8. Could be Scottish rock | 14. Fauna and |
| 4. Could be chocolate, with an 'e' | 9. End inside ladies garment | 15. Weather warning |
| 5. Simple with an 'e' | 10. 'Chewy' without the 'a' | 16. A nut perhaps |
| | 11. Plain 'Broom's' sister | 17. Flower, or eye |

Suggestion box:

The new suggestions box replaced the old Comments Book in February and can be found outside the Oxygen Chamber. Sheila West opened it up prior to the committee meeting on the 24th February.

Suggestions received include a request for an air conditioning unit and a new bin in the toilet (done!).

The committee considered the air conditioning unit and decided that a unit to cool the internal space would be quite expensive given the relatively few number of days that it is needed for. It was decided to purchase two more fans to position around the centre in the physiotherapy and waiting areas.

The suggestion box will be opened in time for the next meeting on the 24th March. There will also be a coffee morning (overleaf) when members will have a chance to share ideas with Sheila.

Dates for your Diary.....

Coffee Morning

Thursday 18th March
(more details overleaf)

AGM

Wed 28th April

Fundraising events:

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

Can collections: 27th March—Gyle shopping centre
24th April—Cameron Toll shopping centre
26th June—Sainsbury's, Craighleith
28th August—Gyle shopping centre
25th September—Sainsbury's, Craighleith

Committee Meetings: Wed 24th March

Volunteers are needed for fundraising events! If you can spare an hour or two (or more!) please contact Alice for more details.

Puzzle corner:

The answers to the cryptic clues in the February newsletter are:

1. Thomas
2. Luke
3. Andrew
4. Brian
5. David
6. Frank
7. Derek
8. Dennis
9. Lawrence
10. Martin
11. Angus
12. Augustus
13. Dougal
14. Horace
15. Justin
16. Neil
17. Ninian
18. Oscar
19. Owen
20. Paddy

A reminder of the therapies on offer at MSTC Lothian

Mariusz Runiewicz 07872 150 359
Relaxing massage mariusz.runiewicz@gmail.com.
Swedish massage
Sport massage

Jacobine Scott (Thursday) 07905 402 230
Reflexology, Indian Head Massage, Ear Candles

Maureen McGonigle (Mon, Tues and Fri) 07746 779 525
Reflexology, Indian Head Massage, Ear Candles

Auricular Acupuncture 07766 566 282
Francis Cassidy 0131 661 6922

Hypnotherapy 07971 700 881
Stephen McMurray

HBO, Physiotherapy 0131 554 5384
Yoga (Tues 6.30pm and Thurs 4.30pm) 0131 554 5384

200 Club:

Our 200 Club lottery is open for new players during **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 an application form

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

1st Feb	Lynsey Fusco	22nd Feb	Janet Livingstone
8th Feb	Jan McClements	1st March	James Neish
15th Feb	Marjory Whigham		

We are very grateful for all donations to the Centre and especially to these people for their support in February and March to date:

St Anne's Church Women's Guild	£200
Lynsey Gow	£55
Collection from family and friends of Ken Foster in his memory	£440
Val Gow	£200
Donna Davidson and colleagues at the Western General	£60
J Smart and Co	£962

Correction: the Christmas Carol service can collection arranged by Jacobine in the December raised £254, not £80 as stated in the last newsletter. The £80 donation was raised from the entrance fee to the jewellery sale which she arranged in December 2009.