

## Assistant Administrators at MSTC Lothian

Further to last month's newsletter, other changes to staff in the centre have also taken place as Maya has been replaced by two part-time positions. Alison Shepherd and Carla Flanagan are now filling these positions. Alison is from West Lothian but is currently staying in Edinburgh. She is in third year, studying biology at Edinburgh University. Alison started volunteering in the centre last February and became a member of staff in June.

Carla is also from West Lothian and is in third year at Edinburgh University studying geography. She started here in September and between her and Alison they will make up the full-time position of Assistant Administrator. Both are very happy to be working here and are looking forward to exciting times ahead.

## Christmas Party time!

Members are invited for Christmas drinks and cheer! Our big party in St Serf's Hall takes place every two years, so this year instead enjoy a glass (or two) of wine, lots of Festive Food, and perhaps a visit from Santa in the Centre:

**When:** Wednesday 16th December  
3pm—9pm

**Where:** The Therapy Centre

**How much?** £3.00 for drinks, food and five raffle tickets  
(also available for 25p each or £1.00 for five)

Party and raffle tickets on sale now.

## Dr Neil's Garden

Yes, it's coming round to that time of year again! MSTC Lothian will be opening Dr Neil's Garden on **Saturday 22nd and Sunday 23rd May 2010**. This is a rare chance to see a beautiful hidden garden in Duddingston, purchase some plants from our stall and enjoy a cup of tea.

Put the date in your diaries now, and more details will follow!

For the green-fingered who may be taking cuttings now for sale in May—we have lots of pots in the Centre if you are short, please ask. Equally, if you have lots of spare pots then please do bring them in!

## The New Look of the Centre and Website!

It's been an exciting time at the centre with our new logo and website. We've worked hard to give it a nice clean, corporate feel which brings it up to date and reflects our new logo but keep it functional for our members.

You will notice in the top right hand corner there is "A+ R A-" This is a font re-sizer to increase, decrease and reset the text size if a visitor has problems reading the text. We have a members area which takes you to a message board, this has done away with the BLOG as there had been no new entries for nearly 9 months. We can post newsletters and share discussions in the message board. You have to register to use which is then verified by an administrator as it is exclusively for our members. We also have a Twitter widget on the right panel of all pages.

Our new logo incorporates the much loved swan but with a new contemporary feel.

This has been work in progress for the last 6 months but something that we're all proud of. Some members have raised concern that the magnets have disappeared from the chamber. It was felt that it was not sending out the right message to new visitors etc and we will be installing a magnetic board in the kitchen as a replacement.

We've had some extremely encouraging and positive feedback with the changes as we aim to bring the centre up to date and start our mission for corporate and professional support.

## Christmas Fundraising—Volunteer appeal!

Ocean Terminal offer charities the opportunity to run a gift-wrapping service in the run-up to Christmas. This is very popular and a great way of raising funds. This year MSTC will be there on three days: **12th, 15th and 19th December**. Volunteers are needed to come along for an hour or longer—can you help? **Sign up in the Centre!** While paper, tape and ribbon are provided there will be the opportunity to practise in the Centre beforehand if you wish, as the gift wrapping can get quite busy!

## Dates for your Diary.....

Committee Meeting:	Tuesday 17th November
Present wrapping:	Gift wrapping at Ocean Terminal 12th, 15th and 19th December 2009
Present-wrapping practice!	In the centre from the 1st—10th December
Dr Neil's Garden:	22nd and 23rd May 2010
Corstorphine Fair:	Saturday 5th June 2010

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

W. Erskine	£100	Anne Grandison	£65
Val Gow	£200	Sandra Graham	£20
John Anness	£50	ICAS	£138
Lorna Beveridge and friends of Jeanie Beveridge			£165
St Anne's Church Women's Guild			£250
Dorothy Borthwick and friends of Rina Andrews			£139

And last but most certainly not least:  
Tim Olten £2002 from hosting a band night in Musselburgh

## Webb Ivory

Orders are flooding in for Webb Ivory products and some of these have been delivered already. The final ordering date is the 14th November. If you've not placed yours then pick up a catalogue in the Centre—some products have sold out quickly so see last months newsletter (available on the website) for full details. Keep an eye out for notices in the Centre to see if yours has been delivered.

## Christmas Cards for sale in the Centre

We have a selection of Christmas Cards available in the Centre as well as wrapping paper and bows. All of the profit from the sale of these items comes directly to the Centre, so if you've not yet purchased any come and have a look here first.

## New Products to try out:

We were visited today by **Seating Matters** who brought three adjustable armchairs designed for people with MS and other conditions. Occupational Therapist Martina Tierney began designing them five years ago in Ireland, where she runs a Disability Centre ([www.thedisabilitycentre.com](http://www.thedisabilitycentre.com)) and now produces these and other specially designed seats.

These chairs are tailor-made to fit the purchaser and different models are suitable for different conditions. For instance, the Phoenix (*modelled here by Rohan!*) suits people who now use a wheelchair all the time. It is easy to transfer to, either by hoist or from the side, the headrest and back support are completely adjustable, and it is battery-operated with a very long battery life. Best of all, these chairs are designed to reduce pressure sores by using special fabric, spreading the weight evenly and helping to correct posture. Orders can be delivered within two or three weeks, unlike other suppliers who can take much longer.

But don't take our word for it. **Seating Matters will return to the Centre in January, bringing their chairs for people to try out. Watch out for the date, which will be advertised in the January newsletter and in the Centre.**

Before then, we will also have an electric **Roadrunner Mobility Scooter** available for two weeks for members to try out (*see example, right*). If you would like to make a booking to borrow it for 30 minutes or a few hours one day—please call and speak to Alice, Alison or Carla. The scooter will be here from the **23rd November—4th December**.



## Adjustable bed and scooters for sale

On behalf of Rina Andrews' family we are selling a single electric adjustable bed made by Grove Bedding in Edinburgh. It is available to view in the Centre — please ask for information regarding price and delivery.

There are also two mobility scooters available for sale by members. Full details are in the Centre—please look out for notices. .

## Leuchie House

Leuchie House, the respite centre run by the MS Society in North Berwick, have recently added three new services on the following dates. All details are available in the Centre:

- 3 'Taster' short breaks: 7<sup>th</sup> – 18<sup>th</sup> December 2009
- Ladies all-inclusive break: 18<sup>th</sup> – 29<sup>th</sup> January 2010
- Sports themed break: 1<sup>st</sup> – 12<sup>th</sup> March 2010

Leuchie House offers specialist MS support, therapies, good food, trips, 24hr nursing care and the opportunity to make new friends. The Ladies break includes film afternoons, a theatre trip, musical evenings, flower arranging, a cookery demonstration and a 'Scottish day'....! The Sports holiday activities include the Edinburgh Gunners at Murrayfield, football match trips, Kelso races, ice hockey, fishing, bowling, poker nights and guest speakers

Ask in the Centre, email [enquiries@leuchie.com](mailto:enquiries@leuchie.com), or call Rachel Benson on 01620 892 864 for more information.

## Rina Andrews

It is with great sadness that we learned of the death of Rina Andrews. Rina's late daughter, Valerie, attended the centre for physiotherapy for some years. The care and devotion Rina showed to Valerie was a great testament of love to us all. Our condolences and love are sent to John, her husband, and her family.

Alice represented the centre at her funeral, where a retiring collection was arranged by the family for the benefit of the centre.

Thank you for supporting our **200 Club** fund raising initiative. If you are not in it... why not? We will open again for new players in March 2010 (at the same time as membership renewal) and costs £16 per year to have the chance of winning one of the £10 weekly prizes, or the £250 or £50 prizes twice a year.

The most recent 200 Club winners are as follows.:

5th October: Jamie Currie 12th October: Gordon MacKay  
19th October: Ann Williamson 26th October: David Philip