

Swanfield Monthly

November 2010

Charity Number: SC 014991

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Christmas party 2010

Wednesday 15th December 2010
3-8pm In the Therapy Centre

Party Tickets: £3 for drinks and food
Raffle tickets: 25p each

Tickets on sale now! Ask at the HBO desk



Gadget News!

Do you slip on ice?

It's looking like a cold winter, so the Centre has ordered a small stock of Ice Grippers. These are made of rubber straps with small studs and can be very easily put on over your own footwear. They are very similar to those used by staff at Murrayfield Ice Rink. We have 10 pairs for shoe size 5-8 and 11 pairs for shoe size 8-11, and they cost £10 each.



Remote Control switches by Susan Roberson

Anyone who finds difficulty dealing with switching on and off small electrical items in their home such as lamps, TV etc can buy a simple system which will control these remotely. Instead of moving around a room, or rooms, bending to locate sockets which are often not very accessible, this gadget will allow the user to control up to 5 items by simply clicking the buttons on the hand held control. No tools are required (phew!), just plug each item into a socket which then plugs into your standard outlet.

There are several types available (try Googling), some with better reviews than others, but the one I decided on cost £21.95, including postage. For me, this is an easy, inexpensive solution for the able, the less able or even the downright lazy!

Waterfall D-Mannose By Helen Cormack

Waterfall D-Mannose is a completely natural way to treat **bladder pain or urinary tract infections (cystitis)**. This natural hypoallergenic ingredient allows the bad bacteria causing infections to be flushed out during urination.

It is a fast and effective treatment that has no side effects whatsoever. Waterfall D-Mannose can be taken in either tablet form or powder. A level teaspoonful of powder or 2 x 1g tablets every three hours for a couple of days is what most people who need urgent support take. Because this is a natural ingredient you can take as much of it as you need either for urgent support or maintenance it's safe for everyone to take including babies.

I have suffered from infections for a number of years. Last Christmas I had many doses of antibiotics but nothing would relieve my uncomfortable symptoms. I found Waterfall D-Mannose on the internet through a simple search and it has worked constantly for me since then. I recommend this for anyone with bladder pain or infections.

You can order from the internet. Just email john-and-anna@sweet-cures.com. For any further information google Waterfall D-Mannose.

There will be more tips from Ken Mort in the next newsletter. Please send in your own suggestions if you think people can benefit from them, but please note the Centre is unable to endorse them.

Staff and Committee Changes

Resignations:

Helga Thomson and **Alison Ferguson** resigned from the management committee in September due to other commitments, and on behalf of all the members we offer our grateful thanks to them for all their hard work. Helga is currently recovering from a broken leg, and we wish her the speediest recovery and look forward to seeing her back in the centre. Assistant Administrator **Alison Shepherd** has left to focus on the final year of her degree: we wish her the very best of luck, and thanks for all she has done here. We hope she'll be back as an operator once it is over.

New Treasurer and Assistant Administrator:

Alison Ferguson was the Treasurer, so we have been recruiting for a replacement and are delighted to welcome **Ken Cameron** who has accepted the role. He is currently working as Finance Officer at the Scottish Community Foundation. Previously he worked at Penumbra, a charity involved in working to improve mental health and wellbeing in Scotland. Overall he brings a wealth of financial and charitable experience to the role and we are looking forward to having him on board.

Chris Liddell has joined us to share the role of Assistant Administrator with Carla. Chris is an HBO Operator already and was operating the chamber on Thursday evenings and Saturdays, so we are delighted that he was able to take on the role.

Now recruiting: Chairman

Our Chairman **Bruce Laidlaw** will be stepping down at the next AGM. A member of the centre for over 20 years, Bruce stepped gallantly into the position for one year. He has steered the Centre through a period of change, which has included the discussions on strategy and direction now being held by the Management Committee. The Centre needs a Chairperson who will lead the Centre through the next period of growth, expanding the services available and helping to raise awareness of the support on offer for people with MS in this area. They will be working with a strong, enthusiastic committee and a dedicated team of volunteers and staff. Are you up for it, or do you know anyone who would be? Full information on what is involved is available in the Centre and on our website: www.mstc-lothian.com/vacancies.php.

'MS Glamour' by Fi Burns

It wasn't Milan, New York or Paris but instead for one night only (well two nights) the fashion capital of the world was Swanfield, Leith!

On the 27th and 28th October, MSTC held MS Glamour. Style consultant Lorraine Weselby (*right*) came to offer the ladies advice on clothes, footwear and fabric.

Living with MS is difficult enough but dressing with MS is even more tough. Lorraine told us what fabrics suit our body shape, and what necklines make us look not only slimmer but younger too! Ruth George of Eden Boutique in Stockbridge provided a selection of gorgeous clothes which Lorraine also used as examples. She then did our colours, whether we were spring, summer, autumn or winter – I am winter: think dark hair, fair skin and piercing eyes (*see photo*); a kind of sleeping beauty figure (or so I thought until Lorraine likened me to Cherie Blair!). Each 'season' has a different range of colours, jewellery and make-up. But there is no need to clear out your wardrobe: we can use scarves and accessories instead



All in all it was a fun Girl's Night In, completed by canapés and fizz. Vogue will come calling I am sure.....

Odd jobs

If you are an electrician, plumber, painter, caterer, carpenter, joiner... or know anyone who has these skills and would like to help out with occasional odd jobs in the Centre, we'd love to hear from you! Also, if you or they work for a company and would like to provide these services instead of donations, we put all logos of companies that support us in this way on our website—have a look for some examples.

On the subject of odd jobs, the hole in the ceiling has been very kindly filled in at no charge by Michael McGill, an Edinburgh painter and decorator. He comes highly recommended anyway and can be contacted on 0131 202 9332.

Christmas events and notices

Christmas opening hours:

The centre will be operating on reduced hours between Christmas and New Year. Please check the website and in the Centre for full details, and confirm your bookings for therapies.

Christmas card sale:

The card sale is going very well but we still need two volunteers (one in the morning—9.45—1.15pm, one afternoon—1.00pm—4.00pm) for the **13th December**. Please get in touch if you can help.

Christmas wrapping:

The dates for the Christmas Wrapping at Ocean Terminal are: **Sat 11th, Tues 14th and Tues 21st December**, and we are still looking for people to help out. Ideally there are four people on the stand at any time.

Give us a call or sign up in the Centre! People can either wrap presents or hold cans for grateful customers to fill, and tell them about the Centre. One of the cans was stolen last year so this time we are going to hold onto them tightly!

Not signing up because you think you are bad at wrapping? Don't be put off: I heard the other day that some people *want* their presents to be badly wrapped, so that it looks like they did it themselves!

200 Club winners:

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

4th Oct	Ken Mort	1st Nov	Ian Wallace
11th Oct	Barbara Paterson	1st Nov	Jill Gorskowska— £250!
18th Oct	Roy Paterson	1st Nov	Joyce Freeman— £50!
25th Oct	Alex Keir	8th Nov	Dorothy Burns
		15th Nov	Billy Mckay

Suggestions Box

The following suggestions were received up to the 5th November:

- The centre should contact all car garages for funding as they are involved in the mobility scheme and we are an obvious target. The centre is developing a methodology for seeking and retaining the maximum amount of long-term support from local businesses and will target these garages as part of it. All these ideas are welcome.
- There was one record-keeping suggestion which is being implemented and one advertising suggestion which appears elsewhere in the newsletter.
- More tips were received from Ken Mort, and these will appear in the next newsletter.

The Suggestions Box will be opened again before the next committee meeting which is on the 26th January 2011.

In Memoriam

Mrs Margaret Beacham tirelessly collected 'smarties' money for many years for the Centre, raising hundreds of pounds over many years. She died recently at the age of 82 and is much missed by all who knew her.

Her kind donations were very much appreciated here and our thoughts are with her family and friends.

Fundraising and Donations

Skydive in August 2010:

With all money raised by the parachute jumps now received, we can report that the skydivers raised £5516. With gift aid, this will come to around £6500.

Donations:

As ever, thanks to all members for their generous donations. Other donations have been received from:

- Stenhouse and Carron Church Guild
- Bill Macdonald
- Ashley Tait, for £1000 raised at a ceilidh

Don't forget that if you are a UK taxpayer that all donations can be increased by 28% at no extra cost to you because the Centre can claim Gift Aid. But you need to inform the centre that your donations are eligible. Please get in touch if you want to do so.

Dates for your Diary

Fundraising events:

Christmas Card sale: *see article*
Christmas wrapping: *see article*

If you can help with any of these, please contact Alice by email or telephone. Chairs and light refreshments will be provided.

Committee meetings: 26th January 2011
March 2011
AGM: April 2011

Centre closure: Friday 24th December
Monday 27th December
Monday 3rd January 2011

Events:

Volunteer Night Out: Mon 13th December
Christmas party: Wed 15th December, 3-8pm
Gentleman's Afternoon: Sun 13th February 2011, 3pm—late
Dr Neil's Garden opening: Sat/Sun 21st & 22nd May 2011

Sangstream community choir: 28th Nov—St Giles
5th Dec—Botanical Gardens
12th Dec—Museum. Of Scotland
17th December—Portobello Town Hall

Sangstream sings mostly traditional songs and are hoping to hold a fundraising concert for the Centre in the spring. See poster in Centre for details of 2010 concerts.