



Swanfield Monthly

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IT and communications update:

Please note the new website address: www.mstc-lothian.com, and the new information address: administrator@mstc-lothian.com, which will go directly to Alice. The website is being renewed and updated by Martin Kay, who joined the committee in April and whose father Ronnie has been a member of the Centre for many years. Eleanor and Norman Anderson have 'retired' after many years of looking after both the website and the IT in the Centre and we can't thank them enough for all their efforts!

We're lucky to have Martin to take over—Martin runs his own company and has considerable experience in not only website design and software but also promotions and fund-raising.

At the same time, we are changing our IT provider because the service from the existing one had recently deteriorated (I'm not going to go into technical detail cos I can't!). The whole process is causing a slight disruption in our ability to communicate via email, but this is only temporary and normal service will be resumed as soon as possible.

Update on staffing at MSTC Lothian

Dear Members and Friends of MSTC Lothian,

As you know, Alistair Purser and Maya James have left the Centre, Alistair to move back to England and Maya to go to University. They will be greatly missed, having run the Centre together for seven years. We wish them both all the best of luck and were very happy that so many people were able to come to their leaving party last Wednesday.

Going forward, there are some changes in the staffing structure and so this is an update of the current situation and some information about future plans. For the next two or three months I will be keeping the Centre going as Acting Centre Administrator. Please bear with me while I get to grips with all that is involved in doing so!

The long term plan is to expand the staff resources in order to then grow the Centre's capability. The recent survey showed how much demand there is for additional treatment types and availability, and the committee is aware of many things that could be done to improve the service if there were the people and money to do them. It has therefore been decided to replace the single Administrator post with two new positions:

Business and Funding Manager:

- Responsible for running the 'business' side of the Centre
- Responsible for grant funding applications, development planning and large-scale fundraising

Care Services Manager:

- Responsible for running the therapies provided by the Centre
- Oversee coordination of staff and volunteers and help to expand provision of services

The committee expects the new organisation, with detailed definition of the two roles, to be in place by the end of the year or very early January. More details will be announced shortly. I am however able to confirm that the role of Care Services Manager has been filled and if all goes to plan she will join us later in the year. When that happens, I will move into the role of Business and Funding Manager and will be researching ways of improving our services and seeking funding for this. All ideas will be very welcome from you, the users!

To give a brief summary of my own background: after graduating from Edinburgh University I worked in London for six years in Investment Management, researching public companies to find out whether we wanted to invest in them. It was an exciting and busy time and a thorough training in research, business and finance. I returned home to Edinburgh three years ago and continued in this career, at the same time signing up as Minute Secretary for the committee here. I then came to work in the Centre last September while Maya was on maternity leave. I hope that my experience during that time will allow me to provide continuity to you all in the way the Centre is run, but am really looking forward to investigating how to implement and fund the many additional services requested in the survey.

It's really good to be back, and I look forward to seeing those who have not yet come into the Centre since I started again. On a personal note, I'm also delighted to be able to tell you that I recently became engaged to be married, and so life is very exciting at the moment overall!

Yours sincerely,

Alice Anderson
Centre Administrator



Dates for your Diary.....

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| Committee Meeting: | Tuesday 17th November |
| Can collection dates: | 24 th October: Waitrose, Comely Bank |
| Present wrapping: | Gift wrapping at Ocean Terminal 12th, 15th and 19th December |

Volunteers always needed and appreciated for can collections and particularly for present wrapping. More details on this will follow, but if you can help on these dates for an hour or two please do call or tell the staff in the Centre.

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

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|----------------|----------|-------------------|------|
| Bill Erskine | £100 | Polaris Service | £100 |
| John Anness | £50 | Jennifer Russell | £452 |
| Val Gow | £200 | Anne Cunningham | £50 |
| Mrs Grandison | £65 | Patrick O'Brien | £211 |
| RBS Group | £250 | Alvise Costa | £60 |
| Miller Group | £1150 | Mr & Mrs Ruickbie | £500 |
| Gillian Thorpe | £35 | Leith Academy | £102 |
| Sandra Graham | over £50 | | |

Webb Ivory

Have you started your Christmas shopping yet? New members may not be aware that catalogues for Webb Ivory are available in the Centre.

WHAT IS IT?

Webb Ivory is a catalogue produced to help any reputable "good cause" in its fundraising efforts, by allowing it to retain a certain percentage of the price of each item as a donation. In this case MSTC Lothian is the recipient. Items for sale include gift wrap, ribbon, gifts, craft sets, toys, and much more. (They also sell Christmas cards, but we have our own cards available in the Centre so check them out before you buy any others!)

WHY SHOULD I MAKE AN EFFORT TO BUY SOMETHING FROM IT?

This is a good way for every single person who benefits from the MS Therapy Centre to help raise funds. Every item purchased, no matter how small, helps the MSTC as a percentage of the price goes to the Centre. In the past this has been variable, but this year is a good 25%, so hopefully everybody will make an effort to buy something.

WHY DO I HAVE TO THINK ABOUT CHRISTMAS SO EARLY?

It may seem far too early to order Christmas items - but if you order soon you're far more likely to get what you want as Webb Ivory does run out of popular items of stock very quickly; also some items are supplied directly from different manufacturers and can take a very long time to arrive. This is why last orders need to be made by mid-November to guarantee arrival in good time. Another reason for asking for your orders as soon as possible is so that they can be sent in batches. The cost of postage and packing is the same for every order - whether that is for one item or 100. Obviously, if we have to order only a small number of items at a time, the Centre loses out, as the donation might be less than the cost of P&P.

HOW DO I ORDER?

Catalogues are available in the Centre. People can take them home, but are asked to return them to the Centre once they have made an order, so that other people can use them. We have to pay for the catalogues so don't want to buy too many! Instructions on how to order are attached to each catalogue; please make sure you follow them. Once your goods have arrived they will be left in the Centre for you, or your representative, to collect.

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.:

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|----------|---------------|
| 07/09/09 | Gordon Inglis |
| 14/09/09 | Keith Hunter |
| 21/09/09 | Kirsty Currie |
| 28/09/09 | Hafrun Taylor |
| 05/10/09 | Jamie Currie |
| 12/10/09 | Gordon MacKay |

Congratulations! I think a big draw (£250 and £50) is due soon so keep an eye on the board in the Centre!

Therapies on offer at MSTC: Focus on.....Auricular Acupuncture!

Francis Cassidy has returned from Australia after nine months and so MSTC Lothian are able to offer the opportunity once again to receive Auricular Acupuncture in the Centre.

Like massage and reflexology, this therapy is good for **relieving pain, stress, discomfort caused by long-term tension, and aiding relaxation**—all important in the management of MS for both sufferers and their carers. Irene Kay, whose husband Ronnie is a long-term member of the Centre, first went to Francis when she had very painful arthritis in one knee and was due for a knee replacement operation. The pain and inflammation disappeared rapidly and two years on she has still not needed the operation. Following his return, she's had just one session so far and is already feeling the benefits.

If members and their carers wish to find out more about the therapy, Francis can be reached on 0131 661 6922, or 07766 566 282. More information about the therapy is available on www.acu-wellness.co.uk or in the Centre.

One session costs £20 and lasts an hour. Four sessions are initially recommended to get maximum benefit, and after that clients return for 'top-ups' approximately once a month or once a fortnight as required. For a limited period only to celebrate his return Francis has a special offer: **the initial four sessions for the price of three!**

Just a reminder of the various Therapies we offer

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|---|--------------------------------|
| HBO; Physiotherapy, Yoga | 0131 554 5384 |
| Reflexology; Indian Head Massage; <i>Jacobine Scott</i> | 07905 402230 |
| Reflexology; Indian Head Massage; Reiki; Ear Candles <i>Maureen McGonigle</i> | 07746 779525 |
| Tai Chi <i>Laurent Haquin</i> | 0131 258 1070 |
| Hypnotherapy <i>Stephen McMurray</i> | 07971 700881 |
| Auricular Acupuncture <i>Francis Cassidy</i> | 07766 566 282 0131 661 6922 |