



July 2018 Newsletter

# Neuro Central

## Neurological Therapy Centre Scotland

Registered Charity SC046630

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**We aim to advance the health of people  
living with neurological conditions**

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Neuro Central members getting down to the beat of the drums

### **What's inside our newsletter**

Physiotherapy .....	2-3	Drumming .....	11
Fundraising Donations ....	4-6	Mindfulness .....	12
Race Night .....	6	Readers Review .....	13
Easy Fundraising .....	7	Friends of Neuro Central .	14
Co-op local Cause .....	8	ReCOGnition Junction .....	15
Myasthenia .....	9-10	Dates for your diary .....	16

## Note from the Chair, Heather Wilson

Welcome to our Summer edition of Neuro Central News. Our committee are busy planning future sessions and we very much look forward to meeting new members. Over the past year we are very grateful to have received grants, enabling us to continue supporting people affected by neurological conditions. Thank you Auchterarder & District Community Trust, Stirling Voluntary Enterprise Ideas, Innovation and Improvement Grant, Stirling Council Community Grants, Auchterarder Common Good Fund and Auchterarder Community Co-op Fund. We have also been awarded a grant from Foundation Scotland to run an I.T. Education Session making technology accessible for our members. There will be more information on these sessions soon.

## Neuro Central Physiotherapy

Thanks to the Co-op Fund and Stirling Council we ran a taster session Physiotherapy exercise class. Specialist Neurological Physiotherapists Ali Allanach and Katy Page ran these sessions in Auchterarder and Bridge



of Allan. The exercise session started off with a warm up session of seated exercise, then we went on to exercise stations, each station supported by our physiotherapist.



## Neuro Central Physiotherapy

Our members thoroughly enjoyed this individualised managed session. To finish off we had a seated cool down of relaxation and stretching. Due to the success of this taster session and a grant from Auchterarder and District Community Trust and Auchterarder



Co-op Fund we are running a Neuro Physio Exercise Class (Neuro Central Active) over the summer. Classes will be run by Ali Allanach in

Auchterarder on a Thursday evening 7-8pm. Our first class will be Thursday July 12th. Thanks to a grant from the Auchterarder Common Good Fund we will be able to purchase exercise equipment for balance, proprioception, strengthening and core stability.



We plan to also run classes in Bridge of Allan, hopefully starting in September. If you are interested in joining these sessions please contact us.



## Fundraising and Donations



Opening More Doors, a well known fundraising group in the wee county donated another £1000 to Neuro Central. Pictured above is Jackie Paterson, (Vice Chair) of Neuro Central receiving their very kind donation. We would also like to thank Opening More Doors for their invite to a showing of the musical Nine to Five, staged by Alloa Musical Players in March.



Pictured left is Auchterarder Christmas in the Community Chair, Teresa McLean presenting a cheque for £100 to Neuro Central committee Heather Wilson, Cristina Wilkie & Sheila Doogan. We would like to express our grateful thanks.

## Fundraising and Donations



*Pictured above Mary McGraw & Heather Wilson*

Many thanks to Auchterarder Council of Churches and Our Lady of Perpetual Succour RC Church for their donation of £260 for Neuro Central Auchterarder. Every Christmas the churches in the town get together and arrange various events. Our Lady's was responsible for organising the Carol Service in the Tullibardine Chapel . Our Lady's Parish Council directed that half the money should go to Neuro Central to encourage its work to improve the quality of life of our members in the Lang Toon area.

We would like to express our thanks to the Inner Wheel Club of Auchterarder and District for their very kind donation of £150.



## Thank you Waitrose, Stirling



We were lucky enough to be chosen as one of the Waitrose three charities of the month for March. All customers were given a green token which they put into the box of their favourite charity. Neuro Central came out on top and we were awarded £500. Thanks to Waitrose staff and customers. Pictured is Moira McDonald (Assistant Treasurer) collecting the cheque from Supervisor, Daniel McBride.

## Race Night

After a successful Race Night fundraising event last October it was decided to run this again this October, (Saturday 20th, 2018, 7p.m.) at Stirling Indoor Bowling Club, Riverside, Stirling. Tickets will be available in September at a cost of £5 each. If you would like to purchase tickets please contact a member of our committee, call 07526 281747 or email [Secretary@neurocentral.org.uk](mailto:Secretary@neurocentral.org.uk)





So far we have raised £260 with easyfunding.

Please sign up and encourage all your friends and family to do the same.

There are over 3,000 shops and sites on board – it doesn't cost you a penny extra! 1. Head to <https://www.easyfundraising.org.uk/causes/neurocentral/> and join for free.

2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.

3. After you've checked out, that retailer will make a donation to Neuro Central for no extra cost whatsoever!

## Podiatry

We would like to welcome Podiatrist, Claire Hamilton-McPhee to our Neuro Central team.

Podiatrists are trained to diagnose, treat and provide rehabilitation for lower limb abnormalities. We have contracted Claire to attend our sessions TWICE a year to treat basic foot and nail care. It is advised to see your GP for more complex issues. Spaces will be limited on a first come first serve basis and limited to one treatment per year.





We are happy to announce the Auchterarder Co-op have selected Neuro Central as their local charity.

To support Neuro Central, members must log onto [www.coop.co.uk/membership/local-community-fund](http://www.coop.co.uk/membership/local-community-fund) and choose to support Neuro Central. If you're not a Co-op Member yet, please join and choose our local cause.



Every time members shop at the Co-op, 1% of what they spend on selected own-brand products and services goes to the Co-op Local Community Fund. The funding round started on November 12th 2017 and runs for 11 months until the October 27th 2018. We will also receive an equal share of the money raised from sales of carrier bags. The more you shop, the more they share with Neuro Central. Please log on and support Neuro Central.

## In the spotlight

In each newsletter, we will focus on a specific neurological condition, which we hope will help others to understand what people affected by it may be experiencing. There is a variety of support available for each condition and Neuro Central does not seek to replace that, just add additional support. Everybody's neurological journey is different and their lived experience unique but there are many experiences that are common to many neurological conditions. That is what Neuro Central aims to share so nobody has to feel alone. If you would like to share your condition with us, please email [Secretary@neurorcentral.org.uk](mailto:Secretary@neurorcentral.org.uk).



# Myasthenia

**“Neurological disorders are diseases of the central and peripheral nervous system. In other words, the brain, spinal cord, cranial nerves, peripheral nerves, nerve roots, autonomic nervous system, neuromuscular junction, and muscles.”**

*World Health Organization*

I am a myasthenic which means I suffer from myasthenia. The myasthenias are a group of neuromuscular conditions which can affect anyone, old or young and of any gender or nationality. They are rare, affecting around 12,000 people in the UK and Ireland, but although at present they cannot be cured, they can normally be managed with medication and treatments. Myasthenia means ‘muscle weakness’. This is confined to the voluntary muscles, muscles whose action is normally controlled by an individual’s will such as the throat, arm and leg muscles, and does not affect either the autonomic system or sensation. The autonomic system regulates the functions of the heart, stomach and intestines. People with myasthenia have characteristically fatigable muscles and the harder people with myasthenia try, the weaker they get. They are often strongest in the mornings and get weaker during the day. There are four different types of myasthenia. I have Myasthenia Gravis (MG). MG is an autoimmune condition. When you have MG the antibodies that normally fight infections go wrong and end up attacking the communications system between your brain and your muscle movements. This results in muscle weakness, muscle fatigue and generally making you feel weak. Often the first signs of MG are with the eyes. These include droopy eyelids and possibly double vision.

However, not all myasthenics are affected the same way. My initial

symptom was with my speech. It became difficult, especially after I had been talking for a long time. I had difficulty getting some words out, and my speech became slurred. This then further developed where I had trouble chewing and swallowing my food. Fortunately I didn't have a problem with breathing which can affect some with MG and is potentially very dangerous. I was lucky in that I was diagnosed relatively quickly after my symptoms started to appear. I also consider myself fortunate with the support I have had from the neurological team at Forth Valley Hospital, led by Professor MacLeod. My treatment at the moment includes taking Azathioprine daily and Prednisolone on alternate days. I've also had sessions of IVIG (Intravenous Immunoglobulin) at the hospital. This involves being injected with normal antibodies from donated blood. As I understand it, this temporarily changes the way the immune system operates but no-one fully understands why this improves your muscles. However, it is only a temporary fix. There are various other treatments available but there is no 'one-size fits all' for everyone who suffers from MG. Again I'm fortunate in that I am still fairly mobile and am able to cycle regularly. MG can have a much more devastating effect with some suffering from chronic fatigue and reduced mobility. Myasthenics are supported by the charity Myaware. Their website contains a lot of useful information (some of which I have used in this piece) about myasthenia, treatments, suggestions for adapting your lifestyle, and available support.

by Paul Rimmer

[www.myaware.org/Home](http://www.myaware.org/Home)

Myaware is the only charity in the UK dedicated solely to the care and support of people affected by myasthenia.

## Drumming

There are many reported positive effects of drumming including; reducing stress and burnout; boosting the immune system and improving mood. I have been drumming for 24 years and diagnosed with MS for 18 of those and feel that drumming has been beneficial to me. Neuro Central offered an opportunity for members to try out drumming at the June Auchterarder session thanks to Auchterarder and District Community Trust and we were inspired!



Drumming is a great workout for your brain and actually can make you smarter because when you drum you access your entire brain. Research shows that the physical transmission of rhythmic energy to the brain actually synchronizes the left and right hemispheres.

Neuro Central members in Auchterarder learned groovy rhythms with Helen Smith-Carmichael from Big Groove and we are planning more practice sessions to enable us to drum at the Auchterarder Christmas in the Community Parade on Sunday December 2nd. Bridge of Allan members can give it a go at the October session.

Sheila Doogan





## Readers Review

If any wheelchair users are thinking of going to Tenerife make sure you visit the accessible beach at Los Cristianos.

There are plenty of signs for it along the seafront. Its a gentle ramp down to it then all flat and wooden flooring. There are disabled toilets and showers.



Staff are incredibly helpful and can even get you into the sea! It's €12 for a parasol and 2 sun-loungers for the day. Full review can be read on Euans Guide.



Euan's Guide features disabled access reviews from disabled people and their friends and families.

Find him on FACEBOOK

[https://www.facebook.com/pg/EuansGuide/about/?ref=page\\_internal](https://www.facebook.com/pg/EuansGuide/about/?ref=page_internal)





# ReCOGnition Junction



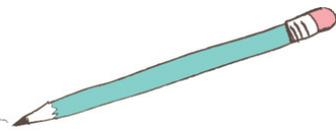
*Congratulations to Vonda McIntosh who correctly guessed the location of our Neuro Central bike on tour. Pictured is Vonda receiving her special prize, a family pass for the Falkirk Wheel donated by the Falkirk Wheel.*

*Now let's get our brains working. If you can tell us where the Neuro Central bike is, email answers to [Secretary@neurocentral.org.uk](mailto:Secretary@neurocentral.org.uk) One winning answer will be selected and that person will receive a nice surprise.*



**You will be aware of our recent email communication on the new General Data Protection Rules (GDPR) which came into effect on the 25th May 2018. If for any reason, you wish to be taken off our email communication you can 'opt' out at any time by emailing [Secretary@neurocentral.org.uk](mailto:Secretary@neurocentral.org.uk). I hope you have enjoyed reading the July edition of our Newsletter. We are still very keen to hear from you, our readers. If you have any information you would like to see included in future issues or to submit an article please email [Secretary@neurocentral.org.uk](mailto:Secretary@neurocentral.org.uk) or call 07526281747**

remember



## A FEW DATES FOR THE DIARY

(Note: There will be no meetings in January, July & August  
in Auchterarder and Bridge of Allan)

### **Bridge of Allan Parish Church,**

Honeyman Hall,  
12 Keir Street,

Bridge of Allan FK9 4NW

**10:30 am to 12:30 pm**

**on the first Monday**

**of the month**

**(except September meeting  
will be Mon. Aug.13th)**

### **St. Margaret's Community Hospital,**

Day Centre /

Out Patients Facility,

St. Margaret's Drive,

Auchterarder PH3 1JH

**7:00 – 9:00 pm on the**

**second Wednesday**

**of the month**

### **PLUS (Forth Valley) Ltd.,**

Broadleys Road, Springkerse Industrial Estate,

Stirling FK7 7ST

**11:30 am – 2:30 pm**

**on the third Monday of the month**

**For more information please email**

**Secretary@neurocentral.org.uk or phone 07526 281747**

**www.neurocentral.co.uk**