



January 2019 Newsletter

Neuro Central

Registered Charity SC046630

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



Neuro Central members treated to Christmas Lunch courtesy of Waitrose, Stirling

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Note from the Chair, Heather Wilson

I'd like to start by wishing all who read this a very Happy & Healthy 2019. Being affected by a neurological condition can present some very challenging hurdles, not only for the person affected by the condition but also family, friends and carers. This is where Neuro Central can help. We offer support to those not only with the condition but welcome family, friends and carers as well. Just knowing you are not alone and talking to others who understand is a good starting point.

Annual General Meeting

Many thanks to everyone who attended our 2nd AGM on December 3rd at Stirling County Cricket Club. Our Annual Report and Financial Statements for the period ended June 2018 were approved. Our committee was also elected.

ELECTION OF TRUSTEES FOR 2018-19

Chair- *Heather Wilson*, Assistant Chair- *Jackie Paterson*
Minute Secretary- *Fiona Graham*, Treasurer- *Jane Logan*, Assistant Treasurer- *Moira McDonald*

Volunteer Member Roles

IT Support - *Tom Hume*, Health & Safety - *Jackie Paterson*, Research & Development - *Sheila Doogan*, SVE Liaison - *Joanne Rae*, Membership Co-ordinator - *Jackie Paterson* - Social Media co-ordinator - *Catriona McDonald*, Volunteer Co-ordinator (Friends of Neuro Central) - *Cristina Wilkie*, Fundraising co-ordinator - *Alex Smith* and Administration Assistant - *Glenda Douglas*

Introducing our new volunteers

Fundraiser co-ordinator - Alex Smith

My name is Alex Smith; I was born in Glasgow and moved to Cumbernauld when I was 4 years old.

I have been married to my wonderful wife for 26 great years and have two sons, ages 29 & 22. I was diagnosed with PPMS in October 2016, after having a variety of what I thought

were unrelated symptoms including being treated for prostrate issues and BPPV (crystals in the inner ear) which involved many trips to the Physiotherapy for Canalith repositioning procedure. After working with Falkirk Council for 25 years in a role which was challenging, most enjoyable, and certainly the most rewarding, I was given ill health retiral.

I was informed about Neuro Central by my MS Nurse, Yvette, who told me to go along and see what they could offer me.

Neuro Central is a place to share stories, concerns, laughs and is good for networking. It is important that everyone knows about Neuro Central, and helps it grow, to enable the services offered to be accessed by anyone with neurological issues. I have personally benefitted from the support, and complementary therapies offered, and from being able to talk to others about conditions which can be cruel and difficult to deal with on a day to day basis.



Administration Assistant – Glenda Douglas

Hi I'm Glenda Douglas. I'm 54 years old and have lived in Dunblane for 25 years. I am married with two grown up children and work as an Administrator for a trade association three days a week. I came to know about Neuro



Central through Moira McDonald (Assistant Treasurer) and believe the charity is providing a very worthwhile service to those suffering from neurological conditions. I am keen to help Neuro Central progress and continue to provide the excellent services it currently offers to its members.

The year ahead

In February 2019 we plan to start our Neuro-Physiotherapy exercise classes led by Katy Page in Stirling & Ali Allanach in Auchterarder, Specialist Neurological Physiotherapists from Neuro Physio SCOTLAND. Classes will begin at Stirling County Cricket Club on Thursday, February 21st from 12-1pm. Dates for the Auchterarder sessions have yet to be finalised.

We are planning to organise a seated Pilates or TaiChi exercise taster at our sessions to gauge interest and hope, with funding, to be able to offer classes to our members.

We are still investigating running a 'Living Well with Neurological Conditions' course with the assistance from various healthcare professionals.

For those of you who would like to sharpen your computer skills, we are having computer workshops which will be taking place in February/March in Stirling and Auchterarder. This will be made possible by a grant from Foundation Scotland. If you are interested in attending, please email Secretary@neurocentral.org.uk or call us on 07526281747.

After a successful Mindfulness Course run both in Stirling and Auchterarder, the committee have decided to fund future sessions to reinforce the learning techniques taught.

Our therapists will continue to be on hand at every session. If you would like to see our counsellor or hypnotherapist, information is available on our website on how members can contact them direct. Their service is free to Neuro Central members.

We are very grateful for the continued support from NHS Forth Valley and NHS Tayside Neurological Services.

Our committee also have representation on the Auchterarder & District Community Health Group, St. Margaret's Health Centre, which is chaired by Dr. McLeay. This gives Neuro Central an opportunity to link with the GP Practice and feedback relevant issues to our members. The minute of previous meetings can be located on the St. Margaret's Health Centre website <http://www.stmargaretshealthcentre.co.uk/ppg.aspx>

To find out more, have a look at our website www.neurocentral.co.uk. We also have a Facebook group, <https://www.facebook.com/groups/neurocentral/> and you can follow us on Instagram.



Christmas Lunch sponsored by Waitrose

As part of the annual 'Waitrose at Christmas' campaign, Neuro Central was selected to receive a special Christmas Lunch hosted by the store.

On Monday, December 10th, members and volunteers of the Neuro Central

enjoyed the occasion at our new premises, Stirling County Cricket Club. We were so pleased to see so many of our members able to attend. Members from Tayside were bused down from Auchterarder thanks to our volunteer bus driver



Graham Jackson who kindly drove the Auchterader Community Bus to the venue. It was a great opportunity for all our members from across Forth Valley and Tayside to meet and get to know one another. Staff from Waitrose gave up their free time to prepare and serve the beautiful lunch to the happy diners.

We are extremely grateful for the amazing support we have received from Waitrose since we were established 2 ½ years ago.



We have received, in total, £1,325 as well as the Christmas Lunch which was a real treat for our members. Thanks are due to all concerned and, in particular, the Waitrose customers who

have chosen to support us. We would also like to thank Jon Taylor, Manager of Stirling County Cricket Club and his team for helping us settle into our new premises at SCCC and making our Christmas Lunch a success.

Auchterarder Christmas in the Community- Drumming up support

On Sunday December 2nd Neuro Central was drumming up support at the annual Auchterarder Christmas in the

Community to help raise an awareness of the great things we do to support people with neurological conditions. Most of us had never drummed

before, but with only 3 hours

of practice and tuition from Helen Carmichael from Big Groove Productions our neurons quickly connect to the rhythm. Thanks to our members who were able to make it on the day, Margaret Ross, Heather Wilson, Rebecca Valente, Leah Boudreau, Sheila Doogan, Lorraine Martin and Annie & Ken Walker.



In the spotlight “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



Jenny Willmott from Parkinson's UK talks to us about the condition and explains what support is available for people and their families.

Parkinson's is a degenerative neurological condition, for which there is currently no cure. Every week 30 people in Scotland are told they have Parkinson's. The condition affects more than 12,000 people in Scotland, which is around one in 375 adults.

Most people who get Parkinson's are aged 50 or over, but younger people get it too. People with Parkinson's don't have enough of a chemical called dopamine because specific nerve cells inside their brain have died. Despite the condition first being recognised 200 years ago, we still don't know why this happens.

The main symptoms of Parkinson's are tremor, slowness of movement, and rigidity. Other symptoms include tiredness, insomnia, pain, nausea, loss of balance, and constipation.

Parkinson's affects almost every area of a person's life. As well as the physical symptoms, people with Parkinson's can experience a range of 'hidden' symptoms including anxiety, depression, hallucinations and other mental health problems. Parkinson's can make simple everyday activities like eating, getting

dressed, or using a phone or computer, difficult or frustrating. It is a fluctuating condition, often changing day to day and even hour to hour. People with Parkinson's can find gadgets, aids and adaptations helpful, and many people find their own best ways of doing things. It can also help to get support from specialists, such as Speech and Language Therapists and Occupational Therapists.

There is currently no cure for Parkinson's. Medication is the main treatment for people affected by Parkinson's, but surgical options are available for some people. Current treatments do not stop, slow down or reverse the condition or its effects, which is why we urgently need more research to find better treatments.

Parkinson's UK is the UK's leading charity supporting those with the condition. Its mission is to find better treatments and ultimately a cure, and improve life for everyone affected by Parkinson's through cutting edge research, information, support and campaigning.

Neuro Central works closely with Parkinson's UK and their Local Adviser Jenny Willmott. Jenny provides confidential information about Parkinson's and the services available. She can give emotional support and help people manage the day to day challenges of the condition, as well as liaise with health, social care and other local professionals to help people get the care they need. Jenny is here to support anyone affected by Parkinson's, including carers, family and friends. The charity also operates a free, confidential helpline at 0808 800 0303. For more information about the condition visit www.parkinsons.org.uk.

Fundraising and Donations

Co-op Local Community Funding



(Picture above Sheila Doogan, Heather Wilson & Sam Arnott, Manager Co-op)
We would like to thank the Co-op, Auchterarder for supporting Neuro Central as their charity of the year. Thanks to its members, Neuro Central gratefully received a cheque for £10,643. This money will go a long way in supporting people affected by a neurological condition in the Auchterarder and surrounding area.

Car Club Tombola

Great day fundraising and raising an awareness for Neuro Central courtesy of the Pre 67 Ford Owners Club at the vintage bus museum, Lathalmond, Dunfermline. Thanks to Stuart Graham for organising.



(Pictured above Heather Wilson & Fiona Graham)

Race Night

Neuro Central had its second Race Night at the Green Lounge in Stirling. Once again this was sold out.

It was a fantastic night and lots of fun was had by everyone.

In addition to the races there was Stand Up

Bingo, Roll a coin at the

bottle, homemade tablet for sale, jewellery for sale and a fantastic raffle with an amazing gingerbread house as the star prize. Thanks to the committee members and a special thanks to Mitchell, Catriona, Nicola, Rachel, Monica and Sarah for their help on the night. It was an amazing night and raised over £2200 – huge thanks to everyone who supported us by coming along, sponsoring horses, races and buying raffle tickets.



(Pictured above Catriona & Nicola McDonald)

Mystical Entertainment Evening

On Saturday September 1st, Neuro Central held a Mystical Entertainment Evening at Blackford Bowling Club. Thank you to Cat Williamson, Helen Robertson and Scott St Clair for performing. We raised an amazing £610 for Neuro Central. Thanks also to our helpers Izzy Brims, Rebecca Valente, Kieran Shek, Lorraine Martin, Fiona Wilson and everyone who attended to make this event a huge success.

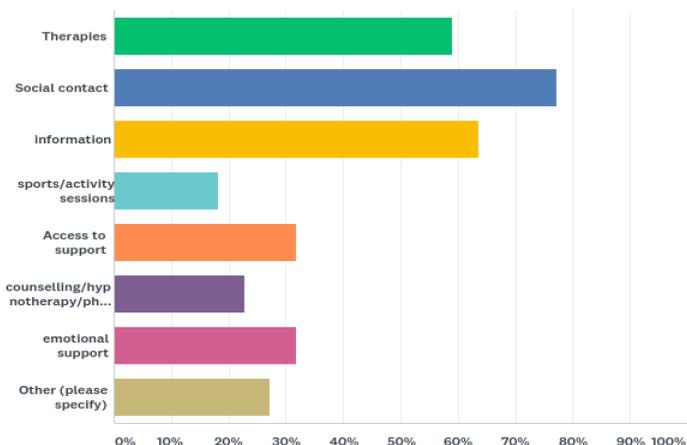
Auchterarder Christmas in the Community



We would like to thank everyone who kindly gave donations to Neuro Central in exchange for decorating Gingerbread figures. A total of £71.56 was received. Pictured above is Rebecca Valente, Leah Boudreau, Lorraine Martin and the Gingerbread lady herself, Heather Wilson.

Neuro Central Member's Questionnaires

Our member's questionnaire on Survey Monkey is an on-going piece of research and is important to Neuro Central as listening and responding to our members helps ensure we are meeting their needs.



Our members have told us about how they have benefitted by attending Neuro Central, with social contact, therapies and information being of most benefit to our members. Neuro Central has hospitality at its centre and value the space given to the cuppa, chat and cake.

Below are some member's comments on how Neuro Central is making a difference to their lives:

- It is such a positive organisation and that mind-set I feel transmits to the participants.
- Being involved with Neuro Central has given me friendship, peer support, a greater understanding of neurological conditions and help that is available.
- Good to feel part of something and the meetings are very varied and I enjoy meeting new people and getting the chance to try new experiences
- Peace of mind and reassurance knowing you are not alone in dealing with the everyday things that come with a neurological condition.
- Good to meet others and to learn from their experiences.

We look forward to hearing from our members



If you are a member of Neuro Central and haven't yet completed our questionnaire, please do so either online or at one of the sessions, contact:

secretary@neurocentral.org.uk

Readers Review - Stirling Castle

I am a wheelchair user and was surprised to find that I could visit Stirling Castle and access a lot of areas.

Parking - The esplanade has a large tarmac parking area. There are five accessible spaces about 65m from the castle entrance. Spaces are on a first come first served basis.

Courtesy vehicle - A courtesy vehicle is available for visitors who have difficulty with steep inclines and steps. Call 01786 450 000 before you visit or ask any member of staff about the service when you arrive.

The Castle - Wheelchairs can access the Royal Palace of James V from the Inner Close. There are ramps within the palace apartments and floors are smooth. A lift can take visitors to the Stirling Heads exhibition on the first floor.

The Great Hall can be accessed from the Inner Close. Floors are smooth

Special features - The Palace Vaults has interactive and multi-sensory displays. The Vaults house the Access Gallery, specially designed to allow disabled visitors to experience areas within the castle that may be inaccessible.

An audio descriptive guide is available on request. There is an exhibition about the castle within the Queen Anne Gardens. Access to this is on the level

Toilets - Adapted toilets can be found:

- off the Guardroom Square
- in the Unicorn Café
- in the Great Hall

Entry to Stirling Castle is free for Carers

Recognition of Thanks

Our sessions are supported by so many wonderful people, to which we are truly grateful. Special thank you to all who have continued to help us – Jane Anderson, Mitchell Paterson, Jon Taylor, Jackie Lonnen, Margaret Clayton, Jennifer Kettle, Annie Walker, Mary McGraw, Tricia Leitch and NHS FV Pharmacy Services.

ReCOGNition Junction

Congratulations to Tony & Cherry Morey who correctly guessed the location of our Neuro Central bike on Tay Street, Perth. Pictured right is Tony & Cherry receiving their special prize.



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

One winning answer will be

selected and that person will receive a nice surprise.

Hope you have enjoyed reading our January 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 or call 07526 281747

Meetings

(Note: There will be no meetings in January)



Stirling County Cricket Club

New Williamfield
Royal Stuart Way

Stirling

FK7 7WS

11-1pm

Meetings are held on the 1st (except July and August) and 3rd Monday of each month

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
(there will be no meetings in July & August)

To find out more information on what we are up
to please email

Secretary@neurocentral.org.uk or

phone **07526 281747**

www.neurocentral.co.uk