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**YEARBOOK 2010**



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**With Best Wishes to  
The Multiple Sclerosis Society Scotland**

## Chairman's Welcome

The publication of our annual Yearbook gives us the opportunity to report to our members and supporters and indeed the wider Ayrshire and Arran community on our success in 2009 and our hopes for 2010.

Our principal aim is to support local people with Multiple Sclerosis, their families and carers.

- We facilitate respite care and much needed holiday breaks
- We provide financial assistance through our trained volunteer support workers
- We give emotional support on an individual basis and through our network of local groups.
- We respond quickly and sympathetically to plug the gaps in the statutory services

In 2009 I am pleased to report all of these key activities were strengthened and developed.

As one of the largest Branches in the UK we are committed to playing an active part in national activities. We support research efforts to find the cause and a cure for MS and the campaigns at Holyrood and Westminster Parliaments to improve services for people affected by Multiple Sclerosis. Progress is slow but we remain absolutely committed and optimistic of success in these our members' priorities.

At a local level, we continue to press the Health Board and the three Ayrshire Councils for a continued upgrade in their services and facilities. It is of note that as a Society we have contributed approximately £250,000 over the last 10 years to promote local developments in the NHS especially in the employment of dedicated MS Specialist staff at the excellent Douglas Grant Rehabilitation Centre in Irvine. With our network of trained, volunteer Support (Welfare) Officers we believe we provide a confidential service of individual and family support that is second to none.

The year 2010 sees the 40th anniversary of the founding of the Branch. On 4th. June 1970, a meeting in Ayr of a small number of volunteers under the chairmanship of Lieut.Col. M. G. Boswick determined to improve the lot of local people with MS.

*Continued overleaf*

They quickly enrolled 46 members. Remarkably, one of the founder members, Mrs Irene Patterson of Ayr, a past chairwoman, remains an active branch member.

Today we have 400 members and remain true to their legacy of an all-volunteer Branch with no paid staff and with all monies raised staying locally to support people with MS.

This excellent stewardship over the years has allowed us in this our anniversary year, to open and a newly refurbished 'Information and Resource Centre' at 84 Main St, Kilwinning. It will provide an excellent base for the continuing development of our services.

However, we do appreciate that mobility and transport issues demand that we also reach out at a level nearer to our members. In 2009, we welcomed and supported the setting up of local groups in Girvan and New Cumnock. These will complement the well established groups in Ayr, Kilmarnock and Cunninghame (Stevenston). They all provide an opportunity for social networking with like minded individuals, a chance to find out how we can help and a cheery cup of tea and a chat.

I and my Committee recognise that all this would not be possible without the support of our many friends in Ayrshire and Arran and indeed beyond. We greatly appreciate the assistance of many individuals and a wide variety of organisations and businesses throughout the County. We neither seek nor receive any Government grants and rely of the wider community for help. In our 40 years existence we have never been let down. I am confident this will continue and I thank in particular the advertisers and sponsors who have ensured our annual Yearbook remains a cost-free publication to the Branch

I hope you enjoy reading about our activities and our hopes. If you think we can help you - or you can help us - please contact me.

**Donald McNeill OBE**

Chairman

Tel: 01294 558866

## Branch Resource Centre is up and running

Following a lot of hard work and negotiation, the MS Ayrshire and Arran Branch's new Resource Centre opened in early January 2010 at 84 Main Street, Kilwinning, after extensive redevelopment to the premises which formerly housed the Red Cross charity's retail outlet.

The new premises are easy to find as they are located opposite the main gates to Kilwinning Abbey. They will provide a central hub for the branch's future activities.

Staffed entirely by our dedicated team of unpaid volunteers, the centre offers a drop-in facility to people affected by MS. It provides a confidential information and advisory service which is supported by the excellent publications and literature supplied by the national MS society. It also accommodates a quiet/therapy room and the branch office. It houses a retail area offering small furnishings, books, CDs and DVDs, whilst our well appointed kitchen offers 'The Cup That Cheers'.

The Centre is open from 11am to 3pm weekdays and you are invited to call in for a cuppa and a chat.



David, Harry and Jim are amongst the Resource Centre volunteers.

### Ian Crabb (Builders) of Darvel

are pleased to be associated with the Ayrshire & Arran Branch's new premises at 84 Main Street, Kilwinning and wish the MS Society further success.

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# Multiple Sclerosis Society Scotland

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# Highland Ayrshire & Arran Branch

## Committee 2010

100, Kilwinning, KA13 6AG

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Membership No SCO 16433

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### Branch Secretary:

Harry Travers  
01294 553850



### President:

Mrs Kathryn Gray



### Social Secretary:

Susan Fitt  
01292 282377



### Committee Member:

Margaret Shuttleworth  
01294 461357



### Support Co-ordinator:

Irene MacLean  
01292 478962



### Support Co-ordinator:

May Patrick  
01290 420676

### HONORARY ROLE:

#### First Aider:

Rena Fraser 01563 532558

## Treasurer's Report

Despite the deep recession, from the modest coin in the collecting can to more ambitious personal feats that attracted significant sponsorship, the people of Ayrshire and Arran have donated and fundraised an amazing £45,000.

Those involved should be congratulated, including Carolyn MacIsaac who "carries the can" and counts the money in them.

The £45,000 is less than in last year's £63,000, which to put it into perspective, included over £15,000 for one event, the "Scottish Night". Full details of our efforts are elsewhere in the Yearbook.

Subscriptions are again in excess of £2,000 and interest on our investments generated £3,500 which, in this financial climate, is a testament to the shrewdness of our previous treasurer, Derek Barber.

The Support Committee received many applications and, refused none that complied with the guidance, disbursing almost £28,000, well up on last year's £18,000. The committee also remitted £1,000 to MS HQ in Edinburgh to support Research in Scotland.

In early January 2010, we moved into new premises in Kilwinning. During the year under review we expended over £8,000 on the new property to upgrade and ensure disability compliance. Further sums of approximately £12,000 are committed to the project during 2010.

The rest of the expenditure was broadly similar to previous years, but when coupled with the items mentioned above, it meant we ended the year with a deficit of some £8,000. This is consistent with our plan to reduce our cash reserves and accords with the guidance from MS UK National Centre and the Charity Commissioners

To comply with a National UK AGM resolution, we are transferring our bank account from the Royal Bank of Scotland to Barclays Bank. This cash pooling will help the Society nationally to manage finance better and secure a higher interest rates. Importantly, in no way does it restrict the Branch's ability to manage our own affairs.

So, the message from your Treasurer is that we had a challenging but rewarding year, and assuming we generate sufficient income next year we will be able to continue as successfully as before.

**Chalmers Thomson**  
Treasurer

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## Our Support Team

One of the main objectives of the Branch and indeed the whole Society is to provide assistance and support to people with MS, their families and carers. On this basis, our support team is a key part of Branch activity.

The new guidelines for individual grants from national MS Headquarters envisaged a closer liaison between Branches and HQ. They are now fully in operation with almost £28,000 being granted by us locally. In addition, under the new arrangements ready access is available to HQ grants with a further £6,000 from this source. In partnership with the Health Board, we have also made grants of £4,300 for motorised mobility equipment in the Physio Departments at Cumnock and Girvan Hospitals.

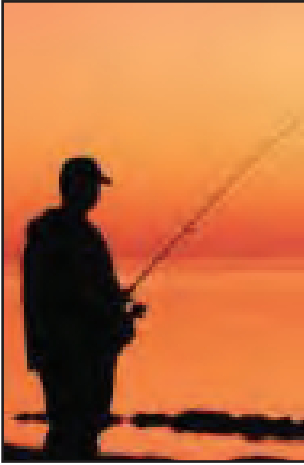
These are being very well used and save travel to Ayr or Kilmarnock for local people who can benefit for treatment. We also continue to supply the ever popular Tens machines to the Douglas Grant Unit in Irvine so the staff can make them readily available as appropriate for pain relief. Our good liaison with Social Services of the three Ayrshire local Councils and the Health Board can also facilitated help and assistance when needed. All in all, we pride ourselves that no reasonable request is refused.

Under the new guidelines Drop-In home or domiciliary visits cannot now be made. However, a request to our Kilwinning Office or direct to any member of the Support Team will be promptly responded to with the promise of complete confidentiality. Whether it is equipment, adaptations, respite care etc., our team of four trained volunteers are all there to help, so do not hesitate to contact us.

**Ann Barnes**  
Senior Support  
Co-ordinator



Ann Barnes, pictured centre, receiving a cheque from 'The 2 Lauras'. (See Fund Raising & Donations).



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## Fund Raising and Donations

For almost 40 years, the Branch has enjoyed and appreciated the support of the local community. As a registered Scottish Charity, the Branch neither seeks nor receives any Government grants as we wish to be able to campaign without fear or favour for improvement to services for people with MS and their families.

Indeed, over the last 10 years to this end we have contributed over £250,000 to promote local service improvements with the Health Board and the three Ayrshire Local Authorities. This would just not have been possible without the generous support of the local community. As our Treasurer has reported in 2008/9 we received an amazing grand total of £45,000 in the teeth of a national recession, a great effort for which we are genuinely thankful. There is no doubt as a local charity with no paid staff and run entirely by volunteers we strike a chord with the public.

The efforts which supporters go to in Fund-Raising is literally breathtaking. Running in US and UK marathons, parachute jumping, sky dives, zip slides, sponsored cycle rides have all swelled our coffers.

The New York Marathon alone over the last three years has been the sponsorship vehicle for our supporters to raise over £23,000 with the 2Lauras in Mauchline raising £13,000 in 2009 alone. At a less hectic level, raffles and craft groups efforts continue to chip in significantly.

Corporate donations were received from no fewer than 36 organisations throughout the County. Old friends like Talteg Ltd in Glasgow, Hillhouse Quarries Trust in Troon, St. Columba's and Alloway Parish Churches in Ayr, Mure Church in Irvine and the Ladies Auxiliary in Ayr deserve special mention - not only for their handsome gifts but also their unfailing assistance.

Individual donations have been received from over 50 well-wishers. This year for the first time we have also plugged into the Government's Gift Aid Scheme with almost £700 augmenting the eligible individual donations received. This should grow in future.

Cash collections, both street and static cans, are now worth almost £3,000 to Branch funds. Our thanks go to our collectors and the many traders for their ready assistance and for displaying our cans, Carolyn MacIsaac's enthusiastic stewardship ensures ongoing success.

*Continues overleaf*



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With almost 400 members in the Branch, the UK Council's welcome decision that all Membership Subscriptions (£5) and any accompanying donations remain with the Branch has resulted in a windfall this year of over £2,000. So why not join us !!!!

Arran continues to make a significant contribution as Boris Tulika maintains and develops the MS profile on the island as well as raising welcome funds.

Sadly, we lost Drew Hannah, our chief fund-raiser, and his wife, Etta, in the year under review - a great loss to the Branch and importantly his family. Drew's legacy to the Branch is our determination to ensure all monies we raise stay in Ayrshire an Arran to benefit local people with MS and their families. We will honour his memory.

Regrettably, space does not permit us to list all Fund Raising efforts and Donations but we thank all our supporters and sponsors. We assure them they are all appreciated and the funds used wisely.

**Donald McNeill OBE**  
Chairman



A group of friends from The Cosy Corner in Kilwinning raised a tidy sum by walking the West Highland Way.

## **Opportunities to Socialise**

The Branch has a variety of groups that meet regularly throughout the year. From our monthly Social Night, through to yoga sessions, there is sure to be something for everyone.

All of the branch groups are informal, friendly gatherings of like-minded people. Everyone is welcome to attend the groups shown below.

### **Branch Social Night (Irvine)**

The first Thursday of each month from September to May is when our popular branch social night takes place at the Menzies Hotel in Irvine. With professional entertainment, a two course bar supper plus fun and friendship all for just £6, it's the place to be! For further information call our office on 01294 558866.

**Betty Harvie**

### **Kyle Coffee Club (Ayr)**

Two years on the Kyle Coffee Club is going strong; we have 25-40 people at our regular monthly meetings in all weathers! We have our suspicions that the delicious scones and tea and coffee served by the staff at Dobbies play a large part in the success of the group - as do the good company and conversations on all aspects of life and living.

This year we introduced the idea of having a speaker along occasionally. After consulting with our group for ideas, we invited two alternative therapists, Ailsa and Maxine, to speak to us in April. We enjoyed hearing of these complementary therapies and some of us took pleasure in participating in the demonstrations.

In August we were happy that John Scott MSP accepted our invitation to speak to us on some aspects of his interesting role at the Scottish Parliament and also to answer the questions put to him by the group. An invitation was issued to the branch for twelve members to visit the Scottish Parliament as his guests in late November and to listen in to First Minister's question time.

We would like to thank the staff at Dobbies Garden Centre, in Ayr, once again for making us so welcome each month. If you are free on the morning of the last Wednesday of the month, why not join us? We would be very pleased to see you.

If you have any questions please contact Irene on 01292 478962.

**Irene MacLean and Carolyn MacIsaac.**

## **Cunninghame MS Drop-in Centre (Stevenston)**

Well, it's that time of year again. We are still in St. John's Church Hall at Stevenston on Thursday between noon and 3pm. The catering has changed slightly as we have expanded our repertoire. No longer do we have cold meat etc. sandwiches every week but the local chip shop benefits due to us buying portions of chips for chip "butties."

Roll and sausage or hot dogs are available every now and then served with a generous portion of onions (not a dry eye in the house when we make this). We do have one vegetarian and we do purchase veggie burgers for her. The favourite game on the Wii machine is the tenpin bowling and some of our members are getting to be experts at it. New members are always welcome. If you wish to know more, please call Iris on 01294 471066 or our office on 01294 558866.

**Margaret Shuttleworth**

## **Henderson Centre Group (Kilmarnock)**

The Henderson Centre Group are so-called because we meet in the Scout Hall behind Henderson Church in Kilmarnock. We are a very lively group. We meet on the first and third Tuesday of each month with tea, coffee, biscuits and wonderful shortbread always available. The chat is wonderful with anything from day-to-day activities to 'culture', poetry and jokes. We have been to the Fig Tree for our Christmas Dinner and McChristie's in Crosshouse for an evening out... yes, we are good to ourselves; so why not come along and join us? For more information please contact Catherine on 01563 539537.

**Moureen Jones**

## **Other Ayrshire Groups**

**The Yoga Class** meets on a Monday at 6.30pm at Biggart Hospital in Prestwick. This friendly group is led by Jean Howie who would be happy to hear from 'new recruits'. Telephone 01292 268434.

**New Cumnock Group** hold their gatherings in the Lochside House Hotel on the last Tuesday of each month beginning at 6.30 pm. For details call our office on 01294 558866.

**Girvan & Maybole Group** meet regularly at The Royal Hotel in Girvan. For the next meeting date, or to find out more, please call Margaret on 01465 710302.

**If you have difficulty in contacting any of the above groups, please call our office on 01294 558866.**

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# Direct Payments: All you need to know

by Nick Smalley

If you are reading this, then the chances are that you, or someone you know, has MS or a similar condition, so the following information may be of use to you either now or in the future. After all, it's better to know about it and not need it, than to need it and not know about it!

At some point, people affected by disability may find they need a bit of help to manage their lives on a day-to-day basis. Whilst most local authorities operate a Home Care Service, many people don't want this. Objections may include there being different care workers rather than just one person assisting you, or a lack of a definite schedule.

So, if Home Care isn't the right option for you, what else can you do? How about employing your own care staff with your friendly local council picking up the wages bill?

Direct payments are local council payments for people who have been assessed as needing help from social services, and who would like to arrange and pay for their own care and support services instead of receiving them directly from the council.

A person must be able to consent to receiving direct payments and be able to manage them.... even if they need help to do this on a day-to-day basis.

## **Who is eligible?**

*If you are already receiving help from social services*

Your local council is obliged to offer you the option of direct payments in place of the services you currently receive. There are some limited circumstances where you are not given this choice and your council will be able to tell you about these.

*If you're not receiving social services*

To get direct payments you'll need to contact your local council to ask them to assess your needs. Social services - and therefore direct payments - are normally available if you are:

- disabled and aged 16 or over
- a carer aged 16 or over, including people with parental responsibility for a disabled child
- an older person

### *If you've previously been refused social services*

If your local council has decided that you do not need social care services, it will not offer you direct payments. If you think your needs or circumstances have now changed, ask your council for a new assessment.



### **How much money do you get?**

The amount you receive will depend on the assessment your local council makes of your needs.

### **How it's paid**

Direct payments are made directly into your bank, building society, Post Office or National Savings account.

If you need someone who cares for you to collect your money, or you are registered blind, payment can be made by sending a cheque which can be cashed at the Post Office.

### **How to apply for direct payments locally**

If you already get services, ask your local authority about direct payments. Probably your local social workers will be your best contact, but don't be put off if it takes them a little while to find the person you need to speak to... hang in there!

If you are applying for services for the first time, your social worker should discuss the direct payments option with you when they assess your care needs.

### **What you can use direct payments for**

The money you receive is for you to use to pay for the services and/or equipment which will meet the needs your council has assessed you as having. As a general principle, councils should aim to leave you to choose how best to meet your assessed needs as long as they are satisfied that agreed support arrangements made, are being met.

## **What you can't use direct payments for**

You cannot use direct payments to pay for permanent residential accommodation - but you may be able to use direct payments to secure occasional short periods in residential accommodation, if your local council agrees that is what is needed.

You can't secure a service from your spouse or civil partner, close relatives or anyone who lives in the same household as you, unless that person is someone who you have specifically recruited to be a live-in employee (other than in exceptional circumstances, which your council may agree with you).

## **Record keeping**

If you receive direct payments, you'll need to account for the money you spend. Your local council will tell you what records you need to keep and what information you'll be expected to provide, such as timesheets signed by personal assistants, or receipts for services from agencies.

The council will have to satisfy itself that the needs for which it is giving you direct payments are being met. They should tell you how they will go about this. This may involve a visit to your home.

It may sound daunting but record keeping is a simple task... and you can always get a friend, family member or suchlike to help you.

## **Carers and direct payments**

If you are a carer aged 16 or over, including people with parental responsibility for a disabled child, you *may* be eligible to receive direct payments. However, you cannot use direct payments to buy services for the person you care for. They can only be spent on getting the support you, as a carer, have been assessed as needing.

## **Will it affect my other benefits?**

Direct payments are not a replacement of income and therefore they do not affect any other benefits you may be receiving.

## **What to do if your circumstances change**

If your needs change, contact your local council as soon as possible so that they can reassess the level of payments you require. It doesn't matter whether the changes are long- or short-term. For example, if you don't need to spend the full amount because your condition improves temporarily, or you go into hospital, they may need to adjust your payments.

## **If you don't want to continue with direct payments**

If you decide you don't want to continue with direct payments, the local council will arrange services instead. Also, if the council decides you cannot manage with direct payments, it might decide to stop making direct payments and provide services instead.

## **What if I don't get as much as I need?**

Additional 'top-up' funding which is paid as well as direct payments may be available from the Independent Living Fund. Your social worker will be able to tell you about this.

## **Who do I employ?**

Apart from close family or people who normally live with you, you can employ more or less whoever you want to. You'll need to make sure though that the person you choose can provide the services you need.

## **Do my staff have to be classed as 'carers'?**

You can give your staff whatever job title you wish (so long as it's clean, legal and reasonable!) however some people prefer to use the term 'Personal Assistant' rather than 'carer'.

## **Is more help or advice available?**

Ayrshire Independent Living Network - a charitable organisation based at Ayrshire Central Hospital - offer a Support Service to individuals who obtain Direct Payments or Independent Living Fund, enabling them to pay for their Personal Support Needs and helping them to achieve independence by becoming employers.

AILN have a full time dedicated Direct Payment Support Worker, who can give information on direct payments, advise on safe recruitment, interviewing, employment issues etc.

*Payroll:* AILN provide a payroll service to users who employ their own Personal Assistants with Direct Payments.

*Training:* AILN can access training on how to be a good employer of Personal Assistants and give one-to-one support where required.

*Information:* AILN have information on Direct Payments for disabled people living throughout North, South & East Ayrshire as well as the Islands of Arran & Cumbrae.

For more information contact Ayrshire Independent Living Network Pavilion 9, Ayrshire Central Hospital, Irvine KA12 8SS, telephone **01294 272260** or visit **[www.ailn.org](http://www.ailn.org)**

## **“But what is it you actually do”?**

Dr Emma Reilly, MS Specialist Clinical Psychologist,  
Douglas Grant Rehabilitation Centre

If you've ever wondered what a psychologist actually does then you're not alone. It's a question I'm often asked and I'm very pleased to have the opportunity to write about it here.

Before I talk about my role as a clinical psychologist in the MS service, it's probably helpful if I start by explaining what psychology is, and how it's used in different settings.

### *What is psychology?*

Psychology is the study of the human mind and behaviour. Psychologists aim to understand people by looking at the thoughts, feelings, and motivations that underlie their behaviour. This is useful as it can help us to find solutions to a variety of problems.

There are several types of psychologist and each type focuses on human behaviour in different settings. For example, occupational psychologists aim to increase an organisation's effectiveness by looking at ways to improve employee motivation and performance whereas forensic psychologists use psychological theory to understand criminal behaviour and develop programmes to modify offending behaviour.

### *What is clinical psychology?*

Clinical psychologists aim to improve mental well-being. They achieve this directly by working with people who are experiencing problems, and also indirectly by working with other professionals and organisations or by engaging in research. In this article I'm going to focus on the clinical work that I do with people with MS at the Douglas Grant Rehabilitation Centre (DGRC). I hope that this will give people with MS and their carers an idea of what coming to see me would involve.

As a clinical psychologist, I work with people who are experiencing emotional, behavioural and/or cognitive problems. Of course, we all experience intense emotions; do things we know we shouldn't; and suffer from lapses in memory or concentration. Therefore, it can be difficult to define at what point such problems would benefit from the help of a professional. There are no set rules here, but I advise staff at the DGRC that it is usually appropriate to refer someone to me if their problems are significantly and persistently affecting their ability to live their lives.

Many people with MS are reluctant to accept professional help; they worry that feeling overwhelmed or seeing a psychologist is a sign that they are not “normal”. I do not believe there is a normal way to react to a diagnosis of MS or to the changes associated with this unpredictable condition.

An individual’s current health status, personal beliefs, social support and financial situation can all contribute to their ability to cope with MS. As these factors fluctuate, so will a person’s emotions; it is not a sign of personal weakness.



So, if you are referred to see me what can you expect?

My work with people with MS has two main elements: assessment and intervention. An initial assessment often takes the form of a discussion. The aim of an assessment is to find out more about your problems. In particular, I would be interested in finding out when the problems began and how they developed. I would also ask about the impact of the problems on your life. In addition to our discussion, I might ask you to fill in some questionnaires. If your problem is cognitive in nature (for example if you have memory problems) I may suggest an extended assessment using neuropsychological tests.

Using the information gathered during our assessment appointment, we would explore whether there were any patterns of thinking or behaviour that contribute to your problem. We would then begin to work on an intervention to resolve the problem or to reduce its impact. Depending on the problem, the intervention could be psychological therapy, or it could be recommending strategies for managing cognitive impairments.

Most of my intervention work in the MS service involves psychological therapy. I think it’s important to understand that psychological therapy is not designed to completely prevent people experiencing unpleasant emotions. It’s not realistic to always feel positive,

especially if you're experiencing difficult personal circumstances. The two key processes in psychological therapy are catharsis and change. Catharsis is the process of releasing pent-up emotion by talking about your problems; otherwise known as "getting it off your chest". You don't need a psychologist to benefit from this; being listened to by someone you trust (such as a close friend, family member or health professional) can be extremely beneficial. Although talking about your problems can help in the short-term, sometimes it's necessary to make changes in your life to achieve long-term benefit. The type of therapy I use to help people make changes is Cognitive Behavioural Therapy (CBT).

The main principle behind CBT is that our interpretation of situations affects our emotions. Consider the following example: You see an acquaintance walking down the street. As she passes by you smile at her but she does not smile back and continues walking. If you interpret this as "She must be daydreaming" you will feel very differently than if you interpreted it as "She must not like me". The type of thoughts we have influences how we feel. Furthermore, how we feel can influence how we behave, which can exacerbate problems. To use the above example, if we think that someone doesn't like us we are likely to behave differently towards them. We might ignore them or become irritable with them and the end result could be that they really do start to dislike us!

If you attended for CBT therapy we would monitor the type of thoughts you have prior to experiencing a strong emotion such as anger or sadness. We would work together to find alternative ways of interpreting and responding to situations.

*Where can I get more information?*

I hope this article has helped you to understand the role of an MS Specialist Clinical Psychologist. If you would like to be referred to the clinical psychology service, please contact your MS nurse.

If you would like to find out more about CBT and psychology, the following links will be useful:

The British Association for Behavioural and Cognitive Psychotherapies (BABCP)

<http://www.babcp.com/public/what-is-cognitive-behaviour-therapy/>

The British Psychological Society (BPS)

<http://bps.org.uk>

# Disability Goods and Services Listing



The following is a listing of suppliers of goods and services which may be appropriate for people affected by disability.

For easy reference it has been categorised and the names of organisations within reasonable travelling distance of Ayrshire appear in red text.

Inclusion in this directory does not mean that any recommendation is made or implied of any organisation by the branch, or its publishers.

## Aids for Daily Living

**DFO (UK) Ltd**, 17 Ashgrove Workshops, Kilwinning KA13 6PU  
Tel 01294 550099  
Friendly local company supplying a wide range of Mobilty Aids, wheelchairs, scooters etc. at highly discounted prices.  
[www.totalmobility.co.uk](http://www.totalmobility.co.uk)

**Thistle Help**; 50 Bank Street, Irvine Ayrshire  
Tel 01294 313369  
Supply, hire and repair assisted living products.  
[www.thistlehelp.co.uk](http://www.thistlehelp.co.uk)

## Bathroom Equipment

**Astor Bannerman**, Unit 11F Coln Park Cheltenham GL54 4HJ  
Tel 01242 820820  
Baths/ Changing / Showers / Bathrooms  
[www.astorbannerman.co.uk](http://www.astorbannerman.co.uk)

## Builders

**FMW Builders**; 18 Moncur Road, Kilwinning, KA13 7LD  
Tel 01294 559010  
General Builders, Extensions, Wet Rooms etc.

**Ian Crabb**: 99 West Main Street. Darvel KA17 0HA  
Tel 07754 146553  
General Builders

**S B Stirling Ltd**; Unit 9 McKenzie Street, Paisley PA3 1LN  
Tel 0141 848 5669  
General Builders

## Care and Care Homes

**Buckreddan Care Centre**, Kilwinning KA13 7PF  
Tel 01294 552100  
Family-run care centre offering nursing, residential and chronic care to persons over 18.  
[www.buckreddancarecentre.com](http://www.buckreddancarecentre.com)

## Care and Care Homes (continued)

**Argyll Social Inclusion Support Team**, Dunoon PA23 7HP

Tel 01369 707350

Day Service for adults with Learning Disabilities

## Cars and Wheelchair Adapted Vehicles

**Allied Mobility**, 230 Balmore Road, Glasgow G22 6LJ

Tel 0800 916 3018

The UK's number 1 vehicle adaptation specialist and supplier of minibuses and WAVs.

[www.alliedmobility.com](http://www.alliedmobility.com)

**Autobility**, Newburgh Ind Est, Newburgh, Fife KY14 6HA

Tel 0800 298 9290

Wheelchair Accessible Vehicles for sale and hire

[www.autobility.co.uk](http://www.autobility.co.uk)

**Gleneagles Conversions**, 95 Bonnygate, Cupar, Fife KY15 4LG

Tel 01334 657722

Specialist conversions to cars, minibuses and people carriers providing mobility and freedom solutions for disabled and wheelchair user-drivers and passengers. Also carry out adaptations for drivers with restricted mobility.

[www.gleneaglesconversions.co.uk](http://www.gleneaglesconversions.co.uk)

## Disability Discrimination Act Compliance Goods

**DDAShop.com**, Fenstanton, Huntingdonshire PE28 9LW

Tel: 0870 2424862

Products to comply with the Disability Discrimination Act.

[www.ddashop.com](http://www.ddashop.com)

## Hoists and Stairlifts

**Caledonian Care Systems**, Rutherglen, Lanarkshire G73 1DR

Tel 0141 647 8654

Ceiling Hoists, Stairlifts and Accessories

**When contacting these organisations please tell them that you saw their listing in the MS Ayrshire & Arran Yearbook.**

Directory continues overleaf....

## Holidays and Travel

**Port Selma Lodges**, Benderloch, Oban PA37 1QP

Tel 01631 720224

Wheelchair-friendly luxury pine lodges with Full Disabled Access overlooking Ardmucknish Bay, 8 miles north of Oban.

[www.portselma.co.uk](http://www.portselma.co.uk)

**Disabled Access Holidays**, 9 Newton Place, Glasgow G3 7PR

Tel 0141 270 7577

Accessible holiday accommodation to rent in Puerto Pollensa, Majorca, Balearic Islands, Spain.

[www.disabledaccessholidays.com](http://www.disabledaccessholidays.com)

**Auchrannie House Hotel**, Isle of Arran KA27 8BZ

Tel 01770 302234

Country House Hotel and Spa with accessible accommodation and facilities in a stunning island setting.

[www.auchrannie.co.uk](http://www.auchrannie.co.uk)

**Fairfield House Hotel**, Ayr KA7 2AR

Tel 01292 267461

Seafront hotel with accessible facilities and ground floor rooms.

[www.fairfieldhousehotel.co.uk](http://www.fairfieldhousehotel.co.uk)

## Motoring

**Blue Badge Network**, 198 Wolverhampton St; Dudley DY1 1DZ

Tel 01384 275001

Charity for holders of Blue Badges living in the UK.

[www.bluebadgenetwork.org](http://www.bluebadgenetwork.org)

**Disabled Motorists Federation**, Washington NE37 1JN

Tel 0191 416 3172

Charitable federation for disabled motorists in the UK

[www.dmfed.org.uk](http://www.dmfed.org.uk)

## Pain Relief

**Think and Heal**, 2 Hamilton Street, Kilwinning, KA13 7AG

Tel 01294 550962

Drug-free pain relief and natural products for body and mind.

[www.thinkandheal.com](http://www.thinkandheal.com)

## Printing and Publishing

**CanDo Magazine;** 3 Five Roads, Kilwinning KA13 7JX

Tel 01294 227548

Publishers offering a full design/ print service to those who wish to have leaflets, brochures, magazines and books produced.

Realistic prices plus discounts to charities. Also typesetting and website design service.

[www.candomagazine.com](http://www.candomagazine.com)

## Scooters & Wheelchairs

**DFO (UK) Ltd,** 17 Ashgrove Workshops, Kilwinning KA13 6PU

Tel 01294 550099

Friendly local company supplying a wide range of Mobilty Aids, wheelchairs, scooters etc. at highly discounted prices.

[www.totalmobility.co.uk](http://www.totalmobility.co.uk)

## Seating & Furniture

**Anderson Medical,** Dryden Rd, Loanhead, EH20 9LZ

Tel 0800 328 4143

Suppliers of quality medical goods including specialist seating and beds providing pressure care management and postural support. Also bathing, toileting and general mobility products.

[www.andersonmedical.co.uk](http://www.andersonmedical.co.uk)

## Weddings & Special Occasions



### *Getting Married?*

If so, you'll soon have an album of photographs from your big day, but why not share these memories with your family, wedding guests and friends in an affordable manner?

We can arrange for a professionally printed book containing details and photos of your wedding day to be made, copies of which you can give out...and all at an affordable price.

There isn't a minimum quantity - if you only want a couple of books, that's fine - and you can rest assured that our service won't stretch your budget.

Also available for Proms, Parties and other special occasions.

*For no obligation details, please call us on*

**01294 227548**

# Multiple Sclerosis Society Scotland AYRSHIRE & ARRAN BRANCH

## 40th Anniversary Commemorative Book

To celebrate our 40th Anniversary in 2010, we are producing a Commemorative Book which will be available in the summer.

The 64 page, full colour, high quality A4 book will follow the history of our branch, from its origination in 1970 with 46 members to its current standing as Scotland's largest branch with a membership of some 400 people.

In its pages you will find recollections and records as well a host of photos of events, places and people involved with the branch over the last forty years.

The book - which will be a strictly limited edition of only 500 copies - can be reserved by sending (or calling in with) payment of £9-99 to MS Ayrshire & Arran Branch, 84 Main Street, Kilwinning KA13 6AG.

All profits raised will be used to benefit people with MS in the local area.





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**1 MAIN STREET, AUCHINLECK KA18 2AB**

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**FAX: 01290 422962**

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