



ROSS-SHIRE BRANCH OF THE MS SOCIETY

# NEWSLETTER

July 2010

Dear Member

We do hope you will come to our next

## *Social Afternoon*

**Evanton Church hall**

**Saturday July 24 ~ 2.30—4.30**

After the usual refreshments. **Joanne Scott** will talk to us about the MS Society's Self-management programme; and also about the Direct payments Scheme—both topics of much interest to us. Joanne is the MS Society's Regional Programme Co-ordinator for the Highlands and Islands; and also Chief Executive of Direct Payments Caledonia.

Gill will make contact with those who usually require a taxi. Anyone else requiring one, please contact her.

*Some events of the past few months .....*

### **COFFEE MORNING AT FERINTOSH**

This was a very successful event to start off MS Awareness Week and the sum of £324. Very many thanks to Helen Rait and Betsy Morrison for organising this and to all who generously donated towards the total.

### **MS Specialist Nurses' OPEN DAY**

Also held in the same week, the Open Day for the newly Diagnosed gave us the opportunity to meet potential new members in Ross-shire, several of whom we were glad to welcome to the

### **ANNUAL GENERAL MEETING**

on May 8th, very well attended by 34 people. Our Acting Chair and treasurer, John Loudon gave his reports on the year's activities, including mention of the healthy state of our finances. The two officials (John and Gill) and the nine members of the committee all agreed to serve for another year. Names and contact

### **TESCO COLLECTION AT ULLAPOOL**

Celia Mackenzie and Lynn MacPherson, our two committee members sent in this report after a very successful collection:

*Many thanks to all who donated to our collection FOR ms AT TESCO ON 9TH & 10TH June, We raised the sum of \$431.60 which goes to the Ross-shire Branch of the MS Society. Thanks also to all our helpers without whom this would not have been possible. Thanks again to the generous people of Ullapool..*

And then, of course, there was the Annual **LUNCH PARTY**:

## THE ANNUAL LUNCH PARTY 2010

This is the thirteenth time we have held the Lunch at the Morangie House Hotel in Tain, and once again we were given excellent service, food and attention. This was the largest gathering we have ever had for the Lunch and 67 of us enjoyed a very happy occasion. Dr Lorna Fisher, the Consultant in Rehabilitation at Raigmore and known to many of our members, was our guest. Shortly to retire after 22 years in the post, she looked back over her time, spoke about the present and cheered us on for the future.



Joanne Scott and Dr Lorna Fisher



Glenda & Jan Dargie with Gill.  
The flowers were a lovely surprise!



More pictures of the Lunch



By popular request, we are planning another

# BIG DAY OUT

on **MONDAY 20TH SEPTEMBER**

to the **CAIRNGORM MOUNTAIN RAILWAY**

and the **WALTZING WATERS**

We would aim to meet at the Cairngorm Railway at 11.0am. Fifteen of us did this in 2006 and had a very good time. The centre is access friendly. First, the journey up to nearly the top of Cairngorm—an exhilarating 8 minutes. There is an interesting exhibition about the life of the mountain at the first level, a shop on the next level, then the Restaurant and viewing platform on the top level. There are lifts and toilets for wheelchair users.

The views are spectacular all the way round - weather permitting, of course.

Carers go free. No Plus One cards. The discounted cost for a disabled person or OAP is £8.75, otherwise £9.75.



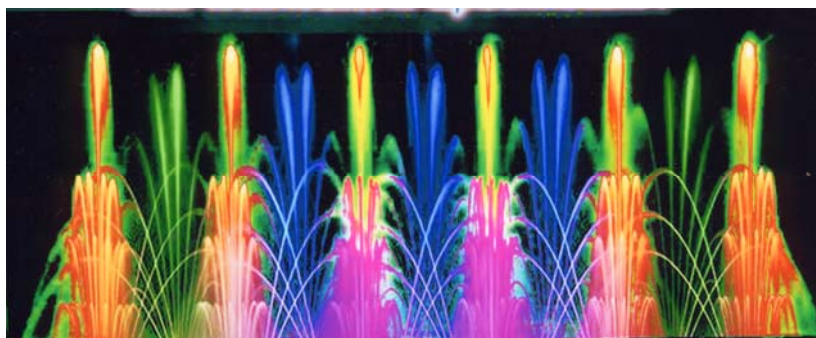
View from Restaurant towards Loch Morlich

We would plan to eat at the restaurant which has an adequate menu, not too expensive. You could bring your own lunch to eat out on the viewing terraces (but not in Restaurant). We would aim to leave the place by 1.00pm.

The journey from the Cairngorm Railway and on to Newtonmore is about 20 miles. Here we would visit the This is a 40 minute show and we would aim to catch the



one starting at 2.00pm. No Plus One card is available here, either, but the concessionary rate is £3.75, others £4.25. There is a limited shop and facilities for people with disabilities—but the coffee lounge is situated upstairs. Some Reviews on the website describe this as a water spectacular second to none!



This would be quite a long day out, meeting at 11.00 and finishing at 3.00, plus travelling time but hopefully manageable. You might feel the Cairngorm Railway visit enough for one day and prefer to spend more time there—it's up to you. If there are sufficient numbers, we might be able to get group discounted prices.

### **OVER TO YOU!**

**I will need to know numbers by the end of July**

(Also please let me know if you are a wheelchair user. and whether or not you would like to visit one or- both attractions)

## LAUNCH EVENT

Saturday 31st July from 10.00— 3.00

Centre for Health Science, Raigmore, Inverness

This event has already been advertised in MS Connect but we thought it worth emphasising again here. It is being held to highlight the work of our Area Development officer for the North of Scotland, Paula Macgilliveray and to give information about what additional support she may be able to offer.

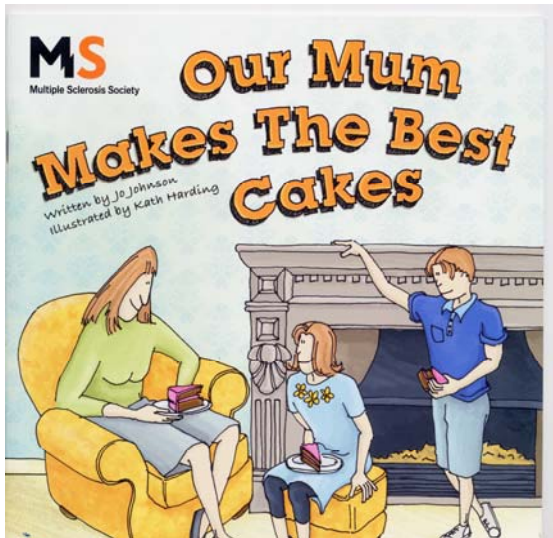


Lunch will be provided. If you are interested in attending, please contact Gill or Paula on 07590965465 or email [p.macgilliveray@mssocietyscotland.org.uk](mailto:p.macgilliveray@mssocietyscotland.org.uk)

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News of Dave Selkirk I feel sure you will all be interested to know that Dave had a heart by-pass at Aberdeen R.I. on June 23 and is now back in Raigmore. We send him our very best wishes for a very speedy recovery.

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This kept me puzzled for hours—I did get there in the end. There are the names of 16 books of the Bible mentioned in the paragraph below. How many can you find?

I once made a remark about the hidden books of the Bible. It was a lulu: kept people looking so hard for facts ...and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalised, but the truth finally struck home to numbers of our readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others require judges to help them. I will quickly admit it usually takes a minister to find one of them and there will be loud lamentations when it is found. A lady says she brews a cup of tea so she can concentrate better. See how you can compete. Relax now for there really are sixteen names of books here.



One of the latest publications from the MS Society, this little book, like the previous one, My Dad builds the best Boats, gives a realistic but reassuring picture of how families deal with MS. Reading it with children can help raise some of the issues of MS in a natural, non-pressurised way.

All the excellent publications produced by the MS Society can be obtained either through Gill (contact details back page) or by ordering on-line at [www.mssociety.org.uk](http://www.mssociety.org.uk) or by calling 020 8438 0799. Free.

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### **CONSULTATION: CHANGING COMMUNITY CARE**

We have been asked to draw your attention to consultation booklets produced by The Highland Council and NHS Highland. These aim to summarise plans for improvement and offer people the opportunity to give their views on the matter of Community Care. I do have the literature, so if anyone is interested in finding out more and contributing views, please contact me. Or see the online survey accessed at [www.fhcommunities.org](http://www.fhcommunities.org). Or tel 01463 702807.

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There is no room on the last page to add our personal message reiterating that we are here to help in any way we can, even if only an encouraging chat over the telephone. We do hope to see you at the Social Afternoon on July 24th. Mean-while, we send best wishes from us all. *Gill*

## **DATES FOR YOUR DIARY**

### **SOCIAL AFTERNOONS**

Saturdays 24th July & October 2nd  
Evanton Church Hall, 2.30pm

### **THERAPY AFTERNOONS**

Wednesdays, Aug 11th, Sept 15th, Oct 13th  
Evanton Church Hall. Ring Gill for appointments

### **STRATHPEFFER GAMES**

Saturday August 7th

Our usual stall: baking, produce, preserves, bric-a-brac  
Contributions gratefully received.

### **MS COLLECTION at DINGWALL TESCO**

Saturday August 28th. 10,00—4,00

### **DINGWALL STREET FAYRE**

Saturday September 4th—as for the Games

### **BIG DAY OUT**

Monday September 20th  
See inside Newsletter

#### **Your Committee**

|                                      |              |                                                                    |
|--------------------------------------|--------------|--------------------------------------------------------------------|
| John Loudon (Acting Chair/Treasurer) | 01463 791191 |                                                                    |
| Gill McWhirter (Secretary)           | 01463 861342 | <a href="mailto:gill.mcwh@talktalk.net">gill.mcwh@talktalk.net</a> |
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| Helen Rait                           | 01463 871428 | Muriel Mackenzie 01862 892474                                      |
| Garol Godart                         | 01349 877593 | Heather Maclennan 01997 421267                                     |
| Celia MacKenzie                      | 01854 613717 | Lynn MacPherson 01854 612046                                       |
| Jan Dargie                           | 01349 882889 |                                                                    |

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