

SPRING 2017

Newsline

Volunteering - get involved

Advice and News

Visit Edinburgh Castle

Sign Up for Activities





It matters...

when it affects you for
the rest of your life

It's about supporting Spinal Injuries Scotland help people who sustain a spinal cord injury.

Until it happens to your family, none of us will ever really understand what it feels like to have a loved one seriously injured as a result of the negligence of others. We know that. Our job is to understand the law and bring our many years of experience, knowledge and expertise to bear, making it our mission to help where we can.

You need answers to questions and where appropriate fair compensation to financially assist with the challenges ahead.

Tel: 0333 200 5929
digbybrown.co.uk

DIGBY BROWN 
SOLICITORS .co.uk



Contents

Spring 2017

- 02 Welcome
- 03 News: Bingo, Clober's Garden and PIP
- 04 Office Move
- 05 Peer Support: Carry on Nursing
- 06 Sports: Jiu Jitsu and Para-Bowls
- 08 BBQ Activities Day
- 10 Enjoy Your Food & Drink!
- 11 Transport Ruling
- 12 Member Profile: Andy Russell
- 14 Volunteering for SIS
- 18 Days Out: Edinburgh Castle
- 20 Legal Eagle
- 21 Welfare Advice
- 22 Fundraising: Bucket Blitz
- 24 Fundraising: Milngavie Xmas Tree Festival
- 25 Thank You to our Fundraisers
- 26 Classified Advertising

facebook

www.facebook.com/spinalinjuriescotland



twitter.com/isonlineorg



www.youtube.com/spinalinjuriescot

All enquiries and applications to our address at:

Spinal Injuries Scotland
Fullarton Court (Unit C)
11 Drumhead Place
Cambuslang Investment Park
Glasgow, G32 8EY

Tel: 0141 427 7686

Freephone Line: 0800 0132 305

Email: info@isonline.org

www.isonline.org

SIS is a company registered in Scotland by guarantee and recognised as a charity.

Scottish Charity No: SC015405. ISSN 1363-6723

Any opinions expressed in the SIS Newsline are those of the person writing and not necessarily shared. Articles from Newsline are available on disc or in large print on request.



Spinal Unit Visit Times

Spinal Injuries Scotland staff and volunteers are in the spinal unit every Monday and Thursday from 1.00pm to 1.30pm in the day room and from 1.30pm to 3.00pm on the ward. Anyone wishing to speak to any of our staff or volunteers outwith these times please call our **Freephone Line 0800 0132 305** to arrange a spinal unit visit at Glasgow QENSU.

Legal and Welfare Advice Services

If you are concerned about legal or welfare issues, please call the office on our **Freephone Line 0800 0132 305** and we will put you in touch with our advisors.

Freephone Line 0800 0132 305

If you need someone to talk to, use the above number for enquiries great and small. If no-one is available then please leave your name and number with your message and someone will get back to you as soon as possible.

Honorary President

HRH The Princess Royal

Patrons

Paul Warwick
Harry Brown
Tracey Brown

Board of Directors

Linda Bamford (Chair)
Kevin Conlon
Jennifer Allan
Maureen Morrison
Ian Wilson
Woody Whittick
Patricia Clay-MacKinnon

In the Office

General Manager
Roslyn Scholarios

Peer Support Adviser
Laura Torrance

Fundraising Coordinator
Grace Laird

Peer Support Coordinator
Hugh Savage

Cover Photo: Keira Procter

Editorial Agency: Crossan Communications
Tel. 0131 553 1872. www.crossancom.co.uk

Designer: Karen Hall @ Clear Design (North)



Welcome

This Spring we hope that some of you might want to consider volunteering with us at Spinal Injuries Scotland. With that in mind we are introducing you to some of the team on pages 14 onwards. Read about them and what they get out of helping the charity and our members. Contact us if it is something you have been considering, we would be delighted to talk to you.

We are also able to tell you about our exciting **office move**. The team are on the point of moving as we go to press and we hope to welcome some of you into the new office at some point in the future.

If you are thinking about days out this year why not consider **Edinburgh Castle**, one of the most popular visitor attractions that Scotland has to offer. **Read about it on page 18.**

Our **fundraisers** have once again been doing an amazing job and the first ever **Bucket Blitz** took place earlier this year. Lots of fun and healthy competition led to buckets being filled with cash on a busy day in Glasgow. A huge thanks to all who took part.

We hope you enjoy reading this issue of Newsline and please get in touch with any thoughts or ideas for your magazine.

Happy reading!

The Editorial Team

CLEAN UP at Clober

Milngavie in Bloom are a wonderful group that provide help and a huge amount of continuous effort, year after year, to make our fully accessible garden at Clober Farm really beautiful.

Milngavie in Bloom helps our display garden grow and mature throughout the year, thus providing a great deal of joy to our SIS members and continuously making the garden somewhere where everyone can enjoy.

A recent Clean Up event was held at Clober and here are some of the photographs taken on the day.



News • News • News • News

SIS are FAB

Here, there and everywhere Bingo evening.

Another swinging social night hosted by SIS at the spinal injuries unit where patients and families had their eyes down for an evening of Beatles Bingo.

As well as games for the traditionalists in the room there was also the added attraction of **Beatles Bingo** where the fab four's songs on each person's cards were played in random order until someone called house... or is that scouse?!

With around thirty people in attendance, the evening was **hosted as always by the SIS volunteers**, this time helping the ever present Andy Nisbet from SIS were the excellent Neil and Amy from *Digby Brown*, with splendid support from our newest volunteer Katy Lovick. Katy is from Canada and studying to be an occupational therapist at Glasgow Caledonian University and was a great support all evening.

Pictures by Katy, Bingo Calling by Amy and Andy, and Neil on winning card checking to ensure fair play and no false calls.

General good humour by all! Complaints from disgruntled non-winners that the bingo machine was malfunctioning were disregarded!

Tribute to all the volunteers was the audience reaction where we had to add an extra game at the end to satisfy the crowd.

And eight new members - including Dougie who celebrated his birthday with everyone - signed up to support the charity, so everyone was a winner.



PIP Changes

Around 160,000 disabled people may be stripped of benefits entitlements after the Government shifted the goalposts to deal with legal rulings.

A tribunal last year said personal independence payments (PIP) claimants with psychological problems who cannot travel without help must be treated like those who are blind. It also ordered that claimants who need support to take medication should be assessed the same way as those managing therapies like dialysis at home.

Penny Mordaunt, disabilities minister insisted urgent reforms were needed following the upper tribunal rulings and said she would not be referring them for review to a specialist committee.

Ms Mordaunt said no claimants would see a reduction in the amount of PIP previously awarded by the Department for Work and Pensions (DWP).

But Labour's Debbie Abrahams, shadow work and pensions secretary, said: "Instead of listening to the court's criticisms of personal independence payment

assessments and correcting these injustices, the Government has instead decided to undermine the legal basis of the rulings.

"This is an unprecedented attempt to subvert an independent tribunal judgment by a government with contempt for judicial process.

"By shifting the goalposts, the Tory government will strip entitlements from over 160,000 disabled people, money which the courts believe is rightfully theirs."

PIP is extra money awarded to help people with everyday life if they have an illness, disability or mental health condition.

Ms Mordaunt said: "Two recent upper tribunal judgments have broadened the way the PIP assessment criteria should be interpreted, going beyond the original intention.

"In order to make sure the initial purpose of PIP is maintained, we are making drafting amendments to the criteria which provide greater clarity.

"This will not result in any claimants seeing a reduction in the amount of PIP previously awarded by DWP."



News•News•••



Spinal Injuries Scotland is moving!

On 11th April 2017 the Spinal Injuries Scotland team will be moving to new, larger offices in the Cambuslang investment Park.

Over the past year, and with the proposed future growth of the charity, things had been getting cosier down at our old offices at Festival Business Centre. So we will be making the move to a bigger office, where we have room to grow and space to further expand, as we continue to recruit staff and volunteers alike.

The charity will be sharing a building with corporate partner Bullen Healthcare who have kindly amended the existing building to provide more accessibility for wheelchair users. With the office move pending as Newsline went to press, the staff are excited to embrace a fresh new working environment and look forward to having the added space to welcome volunteers, members and charity partners.

Commenting on the move SIS General Manager, Roslyn Scholarios said, "This is an important move for Spinal Injuries Scotland. We've now got an excellent new base from which to offer our members an even better service over the next few years and some wonderful facilities to boot. I'm sure we'll be very happy there."

News•News•••

Peer Support Carry on Nursing

Volunteers from Spinal Injuries Scotland have been attending the Glasgow Caledonian University Nursing Degree recruitment events over February and March to offer their own perspective on nursing care based on their past and current experience of living with a spinal injury.

Jamie Ward, Andy Richardson and Kevin Mackin between them will have supported six different events at the university by the end of March and at each one all of them have been congratulated on their presentations and how inspiring they have been to the aspirant male and female nursing students.

Andy, Jamie and Kevin have graciously not only given their time but also shared their experience and expertise to offer a real life view of how the best nursing care should be delivered and they have been a credit not only to themselves but also to Spinal Injuries Scotland.

"A number of parents and applicants felt that the involvement of the charity made a real difference. Could you please thank your members and the teams involved for all the support. It was greatly appreciated." Said Christine Organ, Assistant Head of Department Dept. of Nursing & Community Health, Glasgow Caledonian University.



Could you be a Peer Support Volunteer?

Answer these three questions to find out:

1. Do you know what it's like to rehabilitate after a spinal injury?
2. Would you like to offer support to people in the spinal injuries unit in the Queen Elizabeth Hospital who are trying to come to terms with their own spinal injury?
3. Would you like to offer a couple of hours a week to join the Spinal Injuries Scotland volunteer peer support team?

If you answered yes to these three questions, and ready to use your skills, experience and empathy to help other people with a spinal injury, then please get in touch. You'll be very welcome!



Contact:
Hugh.Savage@sisonline.org
0141 427 7686

Spinal Injuries Scotland
Unit G10, Festival Business Centre
150 Brand Street
Glasgow, G51 1DH
www.sisonline.org

And if you don't have a spinal injury but would like to help people who do, and the only Scottish charity that supports them, we would also love to hear from you! We have a wide variety of alternative volunteering opportunities available.





Sport • Sport • • •

Jiu Jitsu

Peter McGregor was born in Glasgow, Scotland but moved to Canada when he was a young boy with his mum, dad and older brother Kevin. Peter was involved in a motor vehicle accident when he was eight and this led to a spinal cord injury, at level T8.

His mum was training to be a nurse at the time and Peter believes that this helped the family navigate their way through the system following the accident, that combined with the Scottish 'just push on' attitude.

Peter is currently making a name for himself in Jiu Jitsu, a martial arts specialism that is really starting to take off among disabled fighters. He is currently attending a worldwide training camp in Sweden and plans to compete in an international grappling tournament in New York at the end of April. The USA has the highest number of disabled participants with a spinal cord injury than anywhere else.

Peter talked to Newsline:

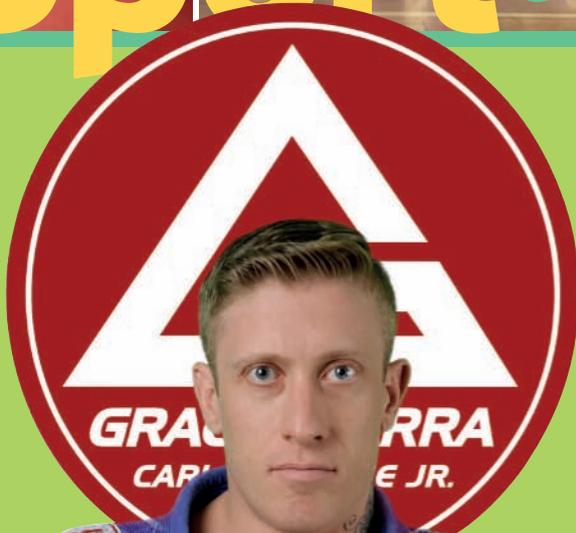
"I had represented Canada at international level playing wheelchair basketball but had reached a point where I could not risk the injuries that come with that sport. I was averaging about one major surgery a year with hip problems, skin breakdowns and bone defects taking their toll. I needed to stay fit and active and Jiu Jitsu really appealed. I had a love of fighting, probably inherited from my mum who has always followed boxing. So three years ago I started the sport. I have been blown away with the support from the fighting community. I have a great team supporting me and my training partners keep me going."

Peter was inspired by podcasts from martial arts guru Joe Rogan and also followed the progress of Joey Diaz, who lost weight and transformed himself through Jiu Jitsu training.

"I would love to be the first disabled black belt in the sport but ranking is secondary to what the sport brings me in the way of a fit and active lifestyle. I have met some great people along the way and love what the sport has given me. It is important that you look for your own avenue to follow in staying healthy, but don't be put off from trying something new or unusual. Just look at me!"



• Sport • Sport •



Para-Bowls

Scottish Disability Sport are working in partnership with Stonehaven Bowling Club to deliver an outdoor Para-Bowls 'taster session' for all players with a physical, learning or sensory impairment. The day will be held on Sunday 14th May from 1:30 - 3:30pm.

This event will invite players to come along to meet and work with experienced coaches in the world of Para-Bowls, providing the opportunity to learn new skills. All abilities welcome even if you have never picked up a bowl before.

For more information contact:
Claire McDonald
on 07533056564 or email:
claire.mcdonald@scottishdisability
sport.com





BBQ & ACTIVITIES

CASTLE SEMPLE VISITOR CENTRE

Wednesday 28th June 2017: 10am - 4.30pm

Join us for an afternoon of food, fun & fantastic activities.

As well as a mouth watering BBQ there will be the following activities:

- Hand biking
- Sailing
- Kayaking
- Canoeing
- Powerboating

All activities are suitable for wheelchair users (*family members also welcome to take part - however priority given to wheelchair users*).

For more information or to book activities please email info@sisonline.org or call us on **0141 427 7686**.

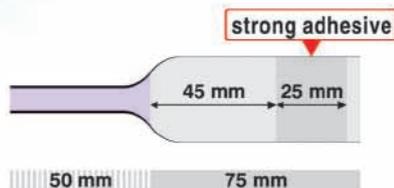
BRAND NEW PRODUCT LAUNCH

b.sure

SHORT & STRONG



START THE DAY
THE **b.sure** WAY



Urinary Sheath - **b.sure** - Strong Adhesive

Length 75mm, buffer zone 45mm, adhesive zone 25mm, strong adhesive

ø mm	DT code	PIP Code for Chemist
18	B18	401-8511
20	B20	401-8529
22	B22	401-8537
24	B24	401-8545
26	B26	401-8552
28	B28	401-8560
30	B30	401-8578
32	B32	401-8586
35	B35	401-8594

Please contact our helpline to arrange further information/free samples

Contact details

Helpline tel: 01604 595696

Helpline email:

helpline@manfred-sauer.co.uk

Website:

www.manfred-sauer.co.uk

b.sure

- Available in 9 sizes from 18mm - 35mm
- Shorter length 75mm
- Stronger Adhesive

Provided by Bullen Healthcare

Enjoy your food and drink!



Having a bladder or bowel condition shouldn't mean that you have to deprive yourself of the foods and drink that you enjoy, especially if you've had to have a restricted diet before your surgery, for example if you had Crohn's disease.

Here are some sensible approaches you can take to ensure you do enjoy your food and drink without suffering afterwards.

Chewing well - As children we were always told to chew our food. The action of chewing (albeit a chore) is a part of the digestive process. Whilst your teeth grind the food, saliva helps to break it down further and soften it ready for the next part of the digestive process in the stomach. There are other benefits of taking your time to chew; you eat slower and so avoid over-eating and it also reduces swallowing air which can cause wind.

Little and often - Eating regular smaller meals is generally recommended. Extremes like skipping meals and then over-eating because you are famished causes excess wind.

Experimenting with food - Try new foods in small portions, don't eat a whole plateful in one go, and try them at least three times before you decide that you won't eat them again.

Regular activities - Staying active can mean different things for different people; be it going to work, shopping, playing sport or meeting friends in the pub! Keeping active can avoid a lot of stomach problems. However be sensible with your activities to avoid overdoing it.

'That's the culprit' - Once you are familiar with different foods and how your bowel responds to them, introduce one new food at a time to see what the effect is - wind, consistency, odour.

Stay Hydrated - It is advised you should drink around 8-10 glasses per day, which may vary depending on the weather, your level of activity and if you have had alcohol. The intake can be made up of any liquid like milk, juice, squash etc. Dehydration affects your electrolyte balance, especially potassium and sodium levels. Symptoms such as loss of appetite or drowsiness may indicate sodium depletion. Fatigue, muscle weakness and shortness of breath are associated with low potassium. Your diet should include fluids and foods rich in sodium and potassium.

Enjoy your favourite tittle - Obviously you should follow the NHS guidelines about alcohol, but there is no reason to avoid alcohol just because you have a bladder or bowel condition. You may find that it affects you more in the early days after your surgery. If you do have a few too many beers, or glasses of wine, then try and drink a pint of water before you go to bed to rehydrate. It will help lessen the hangover the following day. Remember that beer may cause more wind, and that red wine might make your output looser.

For more information on how Bullen Healthcare can help you please call 0800 756 2423 or email us at sis@bullens.com.



Transport Ruling

Doug Paulley recently won a legal ruling that could have widespread implications for wheelchair users that rely on public transport.

The supreme court judgement highlights the need for legislative changes and ruled the 'first come first served' policy was unlawful discrimination in breach of the Equality Act 2010.

Doug, from Wetherby, West Yorkshire took a bus company to court after he was told he could not get on a bus because a pushchair user refused to give up the space.

"I was told to get off the bus and wait for the next one. Having approached the company directly in various other ways, this seemed the only way to force them to take the issue seriously and to make adjustments so wheelchair users can reliably take the bus."

In the February ruling the court allowed Paulley's appeal to the extent that the driver should have taken further steps to pressurise the non-wheelchair user into making space.

Doug took his claim for discrimination to the supreme court after the court of appeal decided transport firms were not required to force one traveller to make way for another.

Welcoming the decision Doug said: *"I'm absolutely delighted. It represents a significant cultural change. It's been a long fight of five years by a lot of people. I'm incredibly grateful that so many people put so much*

time, effort and passion into it. I know it was done for the cause. We have achieved something here that will make a difference not just for wheelchair users but for other disabled people.

The judgment strongly recommends that the law be looked at again, regarding priority for wheelchair spaces. The Minister for Disabled People, and the Department for Transport have indicated that they will look at taking action on this."

The Paulley principle' – as it is now being called – should give disabled travelers the expectation that they have a right to travel. The future policy of transport firms should go as far as removing people from the bus who do not comply with a request to make room. There is now priority and right of access.

The transport select committee has suggested that an EU regulation that will make disability training for bus drivers compulsory should be incorporated into domestic legislation.

The ruling sends a clear message to transport providers right across the UK that they have a responsibility to make travel easier and more comfortable for all of their customers.

A bus services bill is currently going through parliament.

SIS regularly consults and advises government on transport and travel issues for its members.

Andy Russell



Just over two years ago, on November 4th 2014, Andy Russell was a passenger in a car that crashed on his way to work and the next thing he remembers was three days later waking up in Glasgow's Spinal Unit.

Andy's wife, Pamela was able to explain what had happened and he then spent the next six months in the Unit, where the prognosis was not good.

He had brain injuries, nerve damage and a C7 incomplete spinal injury. It was around this time that Andy first encountered volunteers from Spinal Injuries Scotland. Andy explains: *"The charity spent time with me, offering advice and support and they really helped turn me around to the fact that there was going to be a life after my injury. I had always thought of myself as a fairly positive individual but this was a huge challenge."*

Andy (42) lives in Dalry, Ayrshire with his wife and two sons Ben (10) and Elliot (4) and there is never a dull moment in the household.

Before the car accident Andy worked making explosives for a living - no longer a viable option for him - he now spends as much time as possible doing all varieties of physio, to remain as active as possible.

The family plan to move this year and are on the lookout for a suitable home in Dalry, that meets everyone's needs. Andy told Newsline that finding the right place has not been easy, as there is a real shortage of the right kind of accommodation in the

local area. But he is positive that they will find a home close by that will prevent them disrupting the children's nursery and school lives.

"The boys have had enough disruption in the past few years so we are hopeful that we will find the right property soon," said Andy.

Andy's attitude is all about positivity and self-awareness. *"I was told I would not walk again but wherever possible you have to find hope and determination. You have to push yourself as far as you can and use all the support that is out there to help you."*

This year Andy plans to get involved with SIS as a volunteer as he has enjoyed meeting everyone at the charity and has made a range of good contacts through SIS. He met his Digby Brown lawyer at an SIS event and this relationship has worked well.

Andy explained: *"You really need all the help and support you can when you are fighting for what you need for the future. For example, going through the PIP process can be frustrating and if there are issues it can take up to six months to go to court. But we will get there in the end and my lawyer has been very knowledgeable and understanding."*

Andy and Pamela's extended family and friends have been a tremendous support to the family over the past few years and this has helped the Russell's to reach a point where life is becoming easier and some ordinary activities can once again be enjoyed.



Last year Andy and the family had an enjoyable holiday in Mallorca. The relatively short flight and finding a resort that meets your access requirements can make the difference between an ok or a great holiday.

"We stayed at a hotel we already knew and nothing was too much trouble, from an extra pillow to hiring a mobility scooter. On this trip we took time to see a bit more of the island and one of the highlights was a visit to a local market. Although after a look around I was happy to find a seat in the square and watch the Spanish world go by."





By Hugh Savage

I have been the peer support coordinator with SIS since September 2016.

I joined with over 25 year's experience in social care both as a senior manager and a trainer but only had limited experience of supporting people with a spinal injury. I am grateful therefore to the team of SIS volunteers for the support and patience they have shown to me and to their continued efforts on behalf of both the charity and people with a spinal injury.

I am deeply impressed by everything that each of the volunteers can offer and I understand the huge difference they can make to someone else beginning to live with spinal injury. I am often (justifiably) accused, of over the top 'gushing' about all the work the volunteers do. But I can only limit my praise to simply saying that they are '*probably the best team of volunteers in the universe!*'

Keira Procter

Keira suffered her injuries as a consequence of being a passenger in a road traffic accident and has been a volunteer with Spinal Injuries Scotland since 2005, making her one of the longest serving volunteers with SIS.

She lives in Dunoon, with her beloved dogs, but travels regularly across the country to volunteer and to support other people with a spinal injury. She supports the patient education classes within the spinal injuries unit by relating to new patients the way she has overcome the many challenges people face on returning home after their time in the unit.

Keira is a strong advocate for the rights of people with a spinal injury and is a core and valued member of the volunteer team.

Alex Findlay

Prior to a work accident in October 2015, Alex was a HGV driver for almost thirty years. Alex suffered compression fractures and describes himself as lucky to be able bodied

Alex has been a volunteer since March 2016 and is training to be one of our peer mentors in the year ahead.

One of the things he misses the most after his accident is not being able to play the bagpipes as he was at the time working towards a piping qualification courtesy of the *National Piping Centre* in Glasgow. He hopes nevertheless to be back playing at some point in the future.

Less than a year with the team, Alex promises to be a real asset to people with a spinal injury and their families in the future.

Andy Nisbet

Andy was injured 11 years ago as a result of a spinal bleed. Prior to that he was a primary school teacher for 35 years. Andy returned to work one year after his accident and spent ten years training teachers in ICT.

Andy has been one of the mainstays of the volunteer team for the last five years and has been a regular presence both in the spinal injuries unit and at SIS events. He and his wife Wendy have been central and a massive support to the monthly social nights held by SIS in the spinal injuries unit and both of them are invaluable in supporting both people with a spinal injury and their spouses and partners. It wouldn't be the same without them!



Andy Richardson

Andy has a complex spinal injury but combats the challenges of this with a spirit and tenacity and his own unique brand of humour. Prior to his injury Andy was an undertaker – which may account for the sense of humour - and a door to door salesman – which may account for the spirit and tenacity!

Another mainstay of the volunteer team, Andy has been with SIS for five years and has supported patients and families in the spinal injuries unit as well as attending a variety of external SIS events. Andy could have been seen recently over several days at *Glasgow Caledonian University* talking inspirationally to aspirant nursing students about patient care from a patient's perspective. Andy continues to make a real difference and a real impact on people coming to terms with spinal injury and everyone around them.

Jamie Ward aka 'Lucky Jim'

The epithet 'Lucky Jim' that James uses here describes his attitude to a serious injury he suffered in the Clutha Bar tragedy in Glasgow three years ago.

James, prior to his accident, was an HR manager/Consultant. He spent 7 weeks in the spinal injuries unit and is a fairly recent new member of the peer support volunteer team who do so much fabulous work in the spinal injuries unit and beyond.

He did however certainly volunteer as a *Samaritan* in the Kilmarnock branch and has already been hugely helpful to the team when he recently delivered a series of talks to aspirant nurses at *Glasgow Caledonian University* about the do's and don'ts of patient care.

Jamie is a hugely welcome addition to the team and we are delighted to have him on board!

Kevin Mackin

Kevin had his accident 21 years ago in Sheffield. Previously a forklift driver, he has been volunteering since his recovery for Back up and SIA, other spinal injury organisations in England.

He met his wife Jackie at a Celtic game and moved back to Scotland to get married. He has four boys and five grandchildren and loves sport and foreign travel. He has a proud history of volunteering already, especially as a school advocate helping children with a spinal injury back into mainstream schooling.

Kevin copes with a complex injury with spirit and resilience and has already made a significant positive impact on other people in Scotland coming to terms with a spinal injury.

Tony Kane

Tony is 32 years old, live in North Lanarkshire and has been living with a spinal injury for twelve years. He had been working in the construction industry when he had his accident and has a complete injury at C6/C7.

Tony spent fourteen months in the spinal injuries unit and has been volunteering as a peer supporter with Spinal Injuries Scotland for several years now.

Tony says that life with a spinal injury wasn't easy at first but that his life has settled down and become much easier. All of this achievement was down to a great deal of hard work on Tony's part and a great attitude to the challenges he faced and he is now an invaluable example to anyone trying to come to terms with a spinal injury.

Continued on page 16



Volunteering continued



Mike Thomas

Mike suffered his spinal injury skiing in Grenoble in 1991. He was able to return to his work in IT telecoms and computing within 6 months – Mike has a degree in Computer Science - and was living independently again in 9 months. After learning to fly in the US courtesy of a flying scholarship for disabled people- where he met his wife Lorna – Mike moved back to Edinburgh.

He has now taken early retirement to travel and get out and about hand-cycling, one of his passions which he is also keen to promote. Before his accident Mike had a variety of interests. Volunteering at a local preserved steam railway, he was also part of the *Swaledale Fell Rescue Organisation* and involved in several cave rescues. He is fairly new to volunteering with SIS but clearly has a heart and a commitment – and one of the best smiles around! - and we are delighted to have him with us!

Steven McGhee

Steven broke his neck jumping into a swimming pool when on holiday in 2007. He is paralysed from the neck down and needs to be ventilated 24hrs a day. He has been volunteering with Spinal Injuries Scotland for one year now and believes that offering peer support in the hospital is a rewarding service for both patients and himself.

He is a 35yr old football daft, film buff and enjoys socialising with friends and family in the pub, at the football, at the cinema or trying out new restaurants. He is studying for a degree in psychology with the *Open University* and think this is a great option for someone who wants to keep their brain active and improve their career prospects after a spinal injury.

Steven strongly believes that no matter what level of spinal cord injury someone experiences, life is still for living and loving. Steven is an inspiration to anyone coming to terms with a spinal injury.

Graeme Quinn

Graeme is 33 years old, originally from Edinburgh but now lives in Livingston.

Before his injury, he worked in Business IT Support and Sales. After his recovery, Graeme went back to his employer in a slightly different office based role but decided to leave after almost three years. He then went to evening classes at college for a year to work towards **Microsoft Certifications**, before starting to volunteer with SIS.

Graeme is currently taking an online course in **Application Development for iPhone**. He loves movies, going to live music and comedy gigs along with cooking, watching Formula 1 and Tennis.

He has volunteered with SIS for almost five years, is a vital part of the team, and believes that his time as a volunteer has shown him how far he has come since his injury, and given him the confidence, opportunity and expertise to pass this knowledge on and support others.

Mary Ballantyne

Mary is one of our newer volunteers. She previously trained with Backup Trust but has now joined our team of peer supporters.

Mary broke her neck and suffered two skull fractures in 1999. She is a single parent with three children and has also raised her grandson who she fondly titles 'a wee monster' since birth.

Mary has volunteered previously in nursery and primary schools effectively as a class assistant.

Her time as a volunteer with SIS has been limited due to family commitments but she is hoping to be able to get more involved in the future. Mary has been part of the training programme for peer mentors and has shown already an empathy and awareness that bodes well for the future.



Come and Stay at Clober Farm



The ground floor of this Grade C-listed property in Milngavie was bequeathed to Spinal Injuries Scotland. It forms part of a 280-year-old farmhouse which includes an extensive garden.

We identified huge potential in the property and converted it for use as accessible accommodation for those with spinal cord injuries and their families.

From concept to reality, the property has been conceived to be truly accessible, whilst still being a modern and comfortable family home.

The extension houses the living area along with the adaptable kitchen. There are three bedrooms which can provide accommodation for family or carers, two of which are wheelchair accessible and one has an ensuite wetroom. There is a modern and accessible bathroom facility.

Hire Clober Farm for a meeting, training course or conference or stay for longer.

Perfect if you are coming to Glasgow for a hospital appointment, a short break or a longer stay.

Please get in touch with
Spinal Injuries Scotland
on 0141 427 7686
or 0800 0132 305
Email: info@sisonline.org
www.sisonline.org

Edinburgh Castle

Edinburgh Castle is a world famous icon of Scotland and dominates the city's skyline. Its story has helped shape the nation's history; battles and sieges were fought over it, royalty lived and died within its walls, and countless generations have been inspired by it.

The Scots and English struggled for control of the castle during the Wars of Independence. In 1314 it was recaptured from the English in a daring night raid led by Thomas Randolph, nephew of King Robert the Bruce.

The castle has sheltered many Scottish monarchs, including **Mary Queen of Scots**, who gave birth to **James VI** in the Royal Palace in 1566. Her great-great-great grandson **Charles Edward Stuart** – Bonnie Prince Charlie – captured Edinburgh but was unable to take the castle during the 1745-6 Jacobite Rising.

The castle houses the **Honours of Scotland**, better known as the **Crown Jewels of Scotland**; the Stone of Destiny, the famous 15th century gun Mons Meg; the One O'Clock Gun and the National War Museum of Scotland.

Over the last 200 years Edinburgh Castle has become a national icon and is Scotland's number one paid-for tourist attraction.

Accessibility

The approach to the castle is across the esplanade which is surfaced with smooth tarmac and has a gradient of 5 degrees up to the castle. **Disabled visitors** will be met on the esplanade and their entry facilitated by staff at the drawbridge. A mobility vehicle is available to transfer those whose physical condition makes the steep slopes of the castle difficult to negotiate, which can be requested from the uniformed Castle staff on the Esplanade,

or contact the castle in advance to discuss your requirements. There are a number of cobbled areas. There are also two manual wheelchairs available to hire.

There is good disabled access around a number of major sights within the castle including Crown Square, The Crown Room, The Scottish National War Memorial, Mons Meg, St Margaret's Chapel and viewpoint, The National War Museum of Scotland, The Royal Scots Dragoon Guards Museum, Museum of The Royal Scots and The Royal Regiment of Scotland, and restaurants and shops.

Due to width restrictions, **some areas are unsuitable for wheelchair access.** These are Queen Mary's Room and King's Dining Room in the Royal Palace, St Margaret's Chapel, The Crown Jewels exhibition, The Great Hall, and The Military Prisons.

Cafés

The Redcoat Café, next to the Argyle Battery has step-free access. The Tea Rooms in the Queen Anne Building are accessed by 3 steps from Crown Square. Step-free access is available – please ask a steward for assistance.

Facilities

There are three sets of adapted toilets. The first is to the left upon entry to the castle. The second is in the Red Coat Café, and the third is in the Queen Anne building in Crown Square.

Parking

There are disabled parking spaces on the Esplanade for Blue Badge holders. It is worth noting that the Esplanade is closed from April to September due to the Royal Edinburgh Military Tattoo. The nearest car park is on Castle Terrace.



ADMISSION:
Adult: £17
Child: £10.20
Concession: £13.60

Carers accompanying visitors with disabilities are admitted free of charge. Carer admission tickets are not available online and must be collected on-site at the Visitor Information Centre.

VISITOR INFORMATION:
General Enquiries: Tel. 0131 225 9846
www.edinburghcastle.gov.uk
email: ecadmissions@hes.scot



Legal Eagle

This regular column is where your legal questions will be answered by our resident Legal Eagle. Please be aware that it is not possible to answer your queries directly. If you want a personal reply please use the SIS advice line. Please raise any legal queries you have either by e-mail to info@sisonline.org, tel **0800 0132 305**.

Q. *I was injured in an accident at work. I am making a personal injury claim. I have not been able to go back to work yet. I was getting full pay then moved onto sick pay. My employer said to me that he would continue to pay me after the end date for this. I agreed as I needed the money. I have still not been able to go back to work. I haven't yet spoken to him about how long he will pay me but I don't want to rock the boat as the money has been very helpful when I've been off work. Will this affect my personal injury claim?*

Nigel - Aberdeen

A. It is open to your employers to pay you for as long as they want. The statutory period is not binding and it does not prevent an employer continuing paying you beyond this period if he / she wishes.

In any personal injury claim, it is possible to claim for any wage loss suffered. That is calculated by looking at what you would have earned had the accident not happened. The earnings you have had since your accident are offset against that. If your employer is paying you less than your normal salary, you may have a wage loss. If you are not likely to get back to work, it will be necessary to consider how long you will be paid as it may affect a claim for future earnings loss if you do not return to work. If you haven't already done so, I would encourage you to take advice.

You should be aware that if you are off sick, you are still entitled to holiday pay. You can be paid in lieu for this. I would recommend that you take advice on this.

I would also say that paying you money now may affect your entitlement to benefits. Again, I would recommend that you take advice on this from a welfare rights adviser.

Q. *My accident gave me a real scare. I am lucky I didn't die. I am not able to get out and about as easily now, but do manage at times so I can get to the bank and take care things like that. I have also now started to use online banking. My husband takes care of other things for me.*

It has led me to think about what if something else happened to either of us. Is there any way to try and put something in place now so that someone can do things on my behalf like banking or dealing with bills?

Jean - Carluke

A. It is possible to grant a power of attorney in favour of another person or persons, which allows them the power to act for you if you are unable to do so yourself. It can cover both personal welfare and financial matters. You can only grant a power of attorney when you have capacity but if it is in place, someone else can act for you if something does happen.

The person(s) you appoint should be someone you trust as they will have power to act on your behalf. Often people will appoint their spouses, children or other close family members.

I would recommend that everyone has a power of attorney in place as you never know what can happen. The power of attorney does not need to be used until it is needed although be aware that financial powers can be exercised as soon as they are granted.

You can get further advice by contacting a solicitor. The *Office of Public Guardian* website provides helpful information about them as well - it is www.publicguardianscotland.gov.uk.

Spotlight on benefits

Industrial Injuries Disablement Benefit

You might be able to get Industrial Injuries Disablement Benefit (IIDB) if you're ill or disabled because of:

- an accident or disease caused by work
- an accident or disease caused while you were on an approved employment training scheme or course

Your disability will be assessed by a 'medical advisor' on a scale of 1 to 100%. To qualify for IIDB, generally you must reach a threshold of at least 14 per cent disablement but for certain diseases this can be as little as 1%.

You cannot claim Industrial Injuries Disablement Benefit if you were self-employed in the work that caused your accident or disease.

You cannot get IIDB until after 90 days from the date of the accident or the date of onset of the prescribed disease. How much you can get depends on your individual circumstances including your age and the severity of your disability. IIDB is not affected by how much savings or income you have but IIDB may affect your title to means tested benefits. If you are in receipt of means tested benefits, you should check if they will be affected before claiming IIDB.

How to claim

You can request a form by contacting:
Barnsley Industrial Injuries Disablement Benefit centre on:
Telephone 0345 758 5433 or
Textphone 0345 608 8551

You can also get a form online by going to www.gov.uk:

To claim for accidents

Print and fill in form B1100A

To claim for diseases

Print and fill in form B1100PD.

What happens if you are not happy with a decision on your claim?

If you have been refused Industrial Injuries Disablement Benefit, or if you think your award is wrong, you can ask for the decision to be looked at again. This is called a mandatory reconsideration. If the decision is still not revised in your favour, you can appeal against the decision to an independent tribunal.

Jacqueline Lange

Welfare Rights Adviser
Digby Brown Solicitors

Amount of Benefit

Assessed level of disablement	Percentage payable	Weekly amount (April 2016 rates)
0% to 13%	Nil	Nil
14% to 24%	20%	£33.60
25% to 34%	30%	£50.40
35% to 44%	40%	£67.20
45% to 54%	50%	£84.00
55% to 64%	60%	£100.80
65% to 74%	70%	£117.60
75% to 84%	80%	£134.40
85% to 94%	90%	£151.20
95% to 100%	100%	£168.00





Fundraising

Bucket Blitz

On Thursday 2nd March twelve volunteers from Digby Brown and Tilney Group headed out onto a very cold Buchanan Street in Glasgow to compete in the first ever SIS Bucket Blitz- a bucket collection with a competitive edge. Pride and the coveted title of 'SIS Charity Champions' were at stake, so there was everything to play for.

Glasgow was very busy with shoppers and visitors and our volunteers were extremely enthusiastic, so hopes were high for a good day of collecting. After each team was given an area of Buchanan Street to collect in, everyone set off shortly after 8 a.m. to begin a day of fundraising.

Spirits were high throughout the day and shortly after 2pm the teams headed back to the Grand Central Hotel, who had kindly donated a room to SIS to use as our base for the day, to hand in their buckets and t shirts.

After all the money was counted, a fantastic sum of £351.46 was raised by everyone, with Tilney Group being crowned **SIS Charity Champions** – well done to them.

We would like to thank all of our volunteers who gave up their time on the day and staff at the Grand Central Hotel, who were so helpful on the day.





LEFT:
Digby Brown
volunteers



ABOVE:
Digby Brown
volunteers

ABOVE:
Maureen (left) and
Digby Brown volunteers

BELOW:
Chris and
Graeme



We are very grateful to the Milngavie Churches Association and all of the volunteers who gave their time to make this event such a success and for making SIS one of their chosen charities.



Milngavie Christmas Tree Festival

SIS was delighted to be one of the nominated charities for the Milngavie Christmas Tree Festival, held in St Paul's Church in the early part of December last year.

Grace Laird, SIS Fundraising Co-ordinator, went along to the opening of the Festival on Saturday 3rd December to talk about the work of the charity. Representatives of the other two nominated charities also attended. They were Carers Link, who support carers in the East Dunbartonshire area, and The Angel Tree Project, run by Prison Fellowship, and works to provide Christmas presents to children of prisoners, who would otherwise not receive any.

The church was full with 33 amazing Christmas trees decorated by different groups from the community, including nurseries, children from local schools and groups from many of the churches within the local area.

A variety of music was provided throughout the week, ranging from nursery groups, to ceilidh bands, organists, singers and jazz bands.

The event was a great success and raised almost £3,800, meaning a fantastic sum of £1,262 went to each of the three charities.

We are very grateful to the **Milngavie Churches Association** and all of the volunteers who gave their time to make this event such a success and for making SIS one of their chosen charities.

Thank You

Fundraising & Donations

Thank you to pupils at **St Joseph's College** who raised £297 through a charity rugby match. St Joseph's College is the former school of SIS volunteer and Paralympic archer **Nathan MacQueen**, who was a keen rugby player before sustaining a spinal injury.

Thank you to **Ann Rattray** who donated £405.24 in memory of her husband, Paddy. We are grateful for her generosity.

Thanks to all of you who have been hard at work fundraising for our charity. We are always so delighted to hear your stories so please keep up the good work your efforts are hugely appreciated.

Thank you to **Brenda Bryce** and **Jill Forbes** who donated £10 and £30 respectively to SIS, instead of buying Christmas cards.

A massive thank you to **Shelby Landers** who has raised an amazing £208.76 by taking on the challenge of shaving her head.



Thank you to staff at **Ernst and Young** in Glasgow who raised £153.39 through a cake sale at their office.

Thank you to **Lanarkshire Indoor Bowling Club** for their kind donation of £100. We are very grateful for their continued support.

Thank you to members of **Glasgow Phoenix Amateur Boxing and Fitness Club**, who raised £200 through a sponsored cycle!

We were delighted to be one of the beneficiary charities at the **Milngavie Christmas Tree Festival**, which was organised by the **Milngavie Churches Association** in early December. The event was a great success and raised a fantastic £1,262 for SIS! Thank you to all involved with the organisation of this event.

Holiday Classifieds from SIA's forward magazine

HOLIDAY ACCOMMODATION FRANCE

COLLIOURE, SOUTH OF FRANCE

Ground-floor, two bedroom apartment, sleeps four/six. Level access throughout. Designed specifically for people with spinal cord injury. Ensuite bathrooms, air-conditioning, full heating. Height-adjustable beds, pressure-relieving mattresses. Separate upstairs apartment available for family or friends.

www.originicare.co.uk click on L'Origine or call Nathalie on 00 33 632 56 61 75

BRITTANY, FRANCE

Spacious wheelchair accessible holiday accommodation close to the North Brittany coast. Sleeps up to 8 people with 3 bedrooms and 2 bathrooms. Accessible ground floor double bedroom with large ensuite wheel-in shower room. Profiling bed, hoist and shower chair can be provided on demand. Another bathroom, and two further bedrooms upstairs. Situated in tranquil countryside, 20 mins drive to beautiful beaches. Within easy reach of ferry ports. Pets welcome. For details contact Clara and Martin Cronin on +33 296 47 17 86

Email: info@gites-en-tregor.com
www.gites-en-tregor.com

HOLIDAY ACCOMMODATION SPAIN

ALCOSSEBRE, SPAIN

Superior, front line two bedroom apartment with ensuite level access shower. Modern low rise complex, beautifully kept gardens, swimming pools. Large terrace overlooking beach. Wheelchair accessible throughout. Level access to bars and restaurants. Secure parking.

Email: tedbid@aol.com
Tel: 01228 561 219

COSTA BLANCA, JAVEA, SPAIN

Spacious, fully-equipped, luxury, five-bedroom villa, sleeps 10. Three bathrooms (two ensuite, one with roll-in shower). Flat plot, fully accessible gardens. 12m x 6m pool with hoist. Sky TV. 2.5km to beach. Vehicle required.

Contact John Kenny 07721 336 747
Email: enquiries@casadefloresspain.co.uk
www.casadefloresspain.co.uk

COSTA BLANCA, TORREVIEJA, SPAIN

Established, detached family villa with lovely gardens in sunny Torrevieja on the Spanish Costa Blanca. Huge wheel-in swimming pool. Custom built for C5 owner. Close to beach and all amenities. Airport 20-mins. Converted vehicle also available to hire. For details

Tel: 01262 676 015
www.disabledvilla.com

COSTA BLANCA, JAVEA, SPAIN

Lovely wheelchair friendly villa set in large colourful gardens on level, gated plot. Well equipped, three beds, two baths, master bed with large ensuite bathroom and wheel-in shower (chair provided). Cable TV with Sky and English channels, DVD player plus DVD library, free broadband internet access. Wheelchair-friendly gardens, 10m x 5m pool with easy-to-use water-powered pool lift and full-size outdoor tennis table. T1 paraplegic owner. Contact Norman or Sue.

Tel: 01900 67280 Mobile: 07818 406 861
Email: info@accessvillaspain.com
www.accessvillaspain.com

HOLIDAY ACCOMMODATION PORTUGAL

ALGARVE, PORTUGAL

Luz do Sol 4 bedroom villa with pool enjoys panoramic sea views, peaceful location Sleeps 7 spacious and light. Complimentary accessible car, pool lift, hoist, shower trolley, shower/commode chair, massage table, airport transfers. Fantastic family holiday villa.

www.algarve-vacations.com
Email: info@algarve-vacations.com
or call 00 351 919 032 377

ALGARVE, PORTUGAL

Your home from home in the sun including accessible transport and airport transfers. Owned by C4 tetraplegic, 20-minutes from Faro airport with stunning views and privacy. Three twin bedrooms, two with wheel-in showers. Pool with hoist heated to 25°C. Inclusive accessible vans & airport transfers, electric up and down bed, electric indoor hoist, shower/commode chairs etc. Not to be missed. See full details on our comprehensive website.

Tel: 00351 289 414 687
Email: sia@ouricodomar.com
www.ouricodomar.com



Holiday Classifieds from SIA's forward magazine

ALGARVE, PORTUGAL

Spacious private villa with pool and hoist. Three bed, two bath with wheel-in shower. Shower chair provided. Well-equipped kitchen. Two barbecues. All doors one-metre wide. Level access throughout villa and pool area. Paraplegic owner. Debbie Wells.

Tel: 01277 354 313

ALAMANCIL, ALGARVE, PORTUGAL

Outstanding, fully-accessible luxury private villa set in beautiful countryside. Three bedrooms, all ensuite with wheel-in showers. Private pool with hoist. Comfortable lounge/dining rooms and well-equipped kitchen. All you could wish for in a holiday home and so much more!

To contact us call 01530 833 690
or www.villas-algarve.co.uk

HOLIDAY ACCOMMODATION CYPRUS

VILLA CARPE DIEM, MARONI, CYPRUS

Consistently rated five stars, spacious, accessible private villa, own pool and hoist. Sensory gardens, shaded verandah, spectacular sea and countryside views. Designed with SCI person. 4 bedrooms, 4 bathrooms. Accessible suite - wheel-in shower including shower chair, level access, Theraposture profiling or Baltic turning electric beds, Likoroll ceiling hoist. Raise recline chair. Assistance available through local English agencies. Access statement www.villacarpediem.co.uk Child friendly. Wheelchair accessible vehicle, airport collection service. Local services and beach.

Call Andy 00357 99968418 or Niki 07866 441204
Email: office@villacarpediem.co.uk

POLIS, CYPRUS

Three-bed accessible villa Private pool with electric pool hoist, wide steps and handrails. Ramp access throughout the villa and grounds. Walking/pushing distance from shops, village and beach (with sea trac chair available in the summer season - see website). Wheel-in wet room with wall mounted shower seat and self-propelling shower chair available. Accessible hob and sink in kitchen. Child friendly. Owned and designed by an SCI person.

Email: timilyvilla@outlook.com
www.timilyvilla.co.uk

HOLIDAY ACCOMMODATION AMERICA

ORANGE TREE, ORLANDO, FLORIDA, USA

Five bed/four bath, purpose-built wheelchair accessible villa overlooking lake and conservation area. Level access throughout. Wheel-in shower and shower chair. Non-chlorine x-large pool with spa, both accessible by hoist. Free Wi-Fi, sleeps 12, short drive to attractions and amenities. Paraplegic owner.

www.ayersfloridavillas.com
Email: lucy@ayersfloridavillas.com

HOLIDAY ACCOMMODATION SCOTLAND

CLOBER FARM, MILNGAVIE, GLASGOW, SCOTLAND

Spinal Injuries Scotland were bequeathed this Grade C-listed property and have converted it to fully accessible accommodation, with extensive gardens, situated around 30 minutes from Glasgow city centre. The accommodation sleeps five/six and comprises adaptable kitchen, two double bedrooms, one with ensuite wet room, a single bedroom, plus a modern accessible bathroom.

For further information, see the SIS www.sisonline.org
Email: clober.farm@sisonline.org
Tel: 0141 427 7686 / 0800 0132 305

CRATHIE OPPORTUNITY HOLIDAYS, DEESIDE, SCOTLAND

These four fabulous cottages are 40 miles west of Aberdeen and are located in the old Manse Courtyard of Crathie Kirk. They are situated within the Cairngorm National Park on the banks of the River Dee and offer stunning views.

While accessible to all, the cottages offer facilities so that disabled people can also enjoy relaxing holidays in wonderful surroundings. The range of additional equipment is extensive and provided at no charge. The cottages have a security gate and are surrounded by a fenced play making them also ideal for families with children.

www.crathieholidays.org.uk
Tel: 013397 42100
or Email: info@crathieholidays.org.uk



Holiday Classifieds

from SIA's forward magazine

HOLIDAY ACCOMMODATION ENGLAND

CENTRAL CORNWALL, ENGLAND

Two barns, sleep 2/4 and 4/6, converted for wheelchair users, each with 2 wet rooms. Quiet level site on small working farm, 480 metre easy walk/wheel to village shops, pub, etc. Open all year. Owners live on site.

www.roperswalkbarns.co.uk

Email: peterandliz@roperswalkbarns.co.uk

Tel: 01209 891632

TODSWORTHY FARM HOLIDAYS, CORNWALL, ENGLAND

Luxury and spacious barn conversions on a family run working farm. Located in an area of outstanding natural beauty in the picturesque Tamar Valley. Owned by a C6/7 tetra both self-catering cottages are superbly adapted for wheelchair users and their families.

Both cottages sleep 6 and have a level access bedroom with a spacious ensuite wetroom. Shower chair, hoist and profiling bed can be provided. Both cottages are pet and family friendly. Perfect location for touring Devon and Cornwall. Open all year.

Tel: 01822 834 744

www.todsworthyfarmholidays.co.uk

TREWORGANS FARM HOLIDAYS, MID CORNWALL, ENGLAND

Specially converted cottages (sleep 4 & 6) that are fully wheelchair accessible. FREE use of 4-section electric profiling beds, air mattresses, electric hoists, shower chairs and rise/recline chairs as well as numerous other mobility aids. All bedrooms have en-suite facilities – each property has one level-access wet room. Adapted kitchens. Accessible decked patio areas. Detached. Ample parking areas. Care available from local agency. Exposed beams, wood burner. Ideal location for exploring the whole county.

Tel: 01726 883240 or 07762 173860

www.treworgansfarm.co.uk

POOLE, DORSET, ENGLAND

Hill Lodge. Owned by C5/6 Tetra. Holiday let in beautiful rural location just 10mins from Poole Harbour. Three double ensuite bedrooms. Sleeps up to 6 people. The accessible room is on the ground floor with ensuite wet room. Shower chair provided. Electric height-adjusted and profiling bed. Accessible kitchen with wheel-under hob and sink. Free WI-FI. Level access and exclusive use of gardens. Further equipment provided on request.

View at www.endeavour-uk.co.uk

Contact Becky becky@endeavour-uk.co.uk

Tel: 01202 630 075

ABNEY, DERBYSHIRE, ENGLAND

Room for all Seasons, fully adapted, luxury, self-catering property in the heart of the Peak District National Park. Wheelchair accessible, hoist available. Sleeps three.

www.laneendfarmtrust.co.uk

Tel Viv for leaflet or more information 01433 650 043

HOLIDAY ACCOMMODATION WALES

GLAN Y GORS COTTAGE, WALES

Snowdonia. Fully accessible, self-catering cottage in beautiful rural location, with open views of Snowdon and surrounding mountains. 4 bedrooms, 3 bathrooms, large kitchen/diner, lounge with log fire. Ground floor bedroom and shower room. Hospital bed and mobile hoist available. Sleeps 10 (12 with sofa bed), reduced rates for smaller groups. See website for details:

www.wilsons-holidays.co.uk

Email: info@wilsons-holidays.co.uk

Tel: 01286 870 261

STOP UTI

STOP UTI APP Stop Urinary Tract Infections

eaun European
Association
of Urology
Nurses

If you are using intermittent catheters and are concerned about Urinary Tract Infections (UTIs) then this app provides preventative advice. It also helps you understand Intermittent Self Catheterisation (ISC) in general:

- } Use the STOP-UTI check and get your own personal recommendations for preventing UTIs.
- } Boost your knowledge using information regarding UTIs and what you can do to prevent them.
- } This app has been developed by Wellspect HealthCare in cooperation with EAUN and recommendations are based on*EAUN guidelines.

Download the STOP UTI app and prevent your Urinary Tract Infections!



*European Association of Urology Nurses.

For more information, call us on +44 800 652 3350

Your Dedicated Home Delivery Service

Over 70 SIS members have joined it.

Over 90% of the SIS members who have joined it would recommend it.*



Bullen Healthcare provides a dedicated Home Delivery Service that can supply spinal cord injured people with all of their urology and stoma appliances and prescription medication efficiently and discreetly to their door.

Those SIS members who have joined Bullen Healthcare tell us that there are three great reasons why they are so happy to be using this service:

1. **The quality of the service is excellent;** you get your own dedicated customer advisor
2. **We supply all makes and manufacturers;** you don't have to make any changes to your orders
3. **There's a great range of complimentary items;** these are available free of charge with every order

It's so **easy** to join up to **Bullen Healthcare**. We will do everything for you.

To find out more about Bullen Healthcare you can

Call us on **0800 756 2423**

Email us at **sis@bullens.com** or Visit our website **www.bullens.com**