

WINTER 2016

Newsline



Winter Dinner Dance

Wheelchair Skills

Paralympics Success

Buy SIS Christmas Cards



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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.

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Contents

Winter 2016

- 02 Welcome
- 03 News: Streets Ahead and a call for volunteers
- 05 Sports News: Update from Emma
- 06 Introducing your SIS Directors
- 08 Rio Results: Our fabulous Paralympians
- 12 Challenges to equality by Doug Paulley
- 13 Tips for better Wheelchair Skills
- 14 Member Profile: Elizabeth Ferris
- 16 The SIS Winter Dinner Dance
- 20 Days Out: Summerlee Heritage Park
- 22 Legal Eagle
- 23 Welfare Advice
- 24 Learn to glide with Walking on Air
- 26 Fundraising: The Mongol Rally
- 28 Check out Clober Farm
- 29 Buy your Christmas cards today
- 30 Thank You to our Fundraisers
- 31 Classified Advertising

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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.

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Welcome



Days are growing shorter and a fair bit colder as we settle into another Scottish Winter. But there are plenty of events and activities over these darker months to keep us busy.

Our **Winter Dinner Dance** was held in November and was a brilliant night. Check out the photographs and story on **pages 16, 17 and 18**. Irish television star and comedian, **Dara O'Briain**, was the first class, extremely funny, entertainer on the night. If you were unable to join us maybe you can think about coming along next year, it really is an event not to be missed.

We have lots of **Sports news** this issue, to be expected when we have had the **Rio Games** this year and lots of Scottish success. **See pages 5, 8 and 14.**

We also have lots of useful advice for readers, everything from legal pointers, welfare issues and getting the best out of your wheelchair. **SIS member Doug Pauley** also has lots to say on the subject of equality and areas surrounding the legal issues of access and transport, read his inspiring article on **page 12.**

Thanks for reading!

The Editorial Team

SPINAL INJURIES
SCOTLAND

WINTER 2016

Newsline

NEWSLINE Goes Digital

Spinal Injuries Scotland are pleased to announce that as from Spring 2017 they will be offering the opportunity for their members to receive a digital copy of Newsline via their email inbox rather than a printed copy by post.

As well as being better for the environment, this move will reduce production costs for the charity, allowing them to divert the extra funds back into the vital services that they provide to the Scottish spinal injured community.

If you would like to receive your future copies of Newsline via email, then please complete the form on the Spinal Injuries Scotland website: www.sisonline.org.

Alternatively, you can give us a call on 0800 0132 305 and sign up by phone.

Parking at the Spinal Unit

By Sylvia Sanderman

There will be six disabled parking spaces in Langlands Road, at the side of the Spinal Unit, plus a drop off point. A further 4-5 disabled spaces will be located behind Neuro. The whole area will be upgraded once the building works are finished with completion anticipated early next year.

The Hospital are currently costing a buggy transport service from the carparks. This will be wheelchair friendly and not necessitate transferring.

Thanks to everyone who has helped achieve this, particular thanks to David Loudon, Director of Property, Procurement & Facilities Management, NHS Greater Glasgow & Clyde and to Dr A Maclean, QENSIU.

News • News • News

Streets Ahead

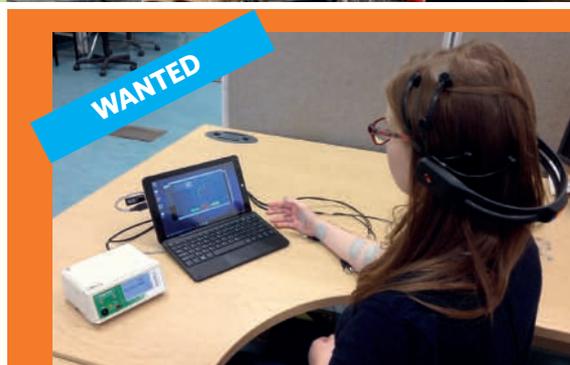
SIS member Laura Torrance shared her experiences with young drivers recently at an event in the Corn Exchange, Edinburgh.

At the four day **Streets Ahead Edinburgh Young Drivers** event there was over 2,000 youngsters in attendance, they were there to learn about the dangers of driving. Laura, from East Kilbride, was 16 years old in 1999, when she was a passenger in a road collision.

Road crashes are the biggest cause of death for people aged between 15 and 19, with an average of 54 accidents a week in Scotland involving a driver aged between 17 and 25.



Keira Procter,
a SIS peer support
volunteer.



The Joy of Volunteering. Why not join the team!

By Hugh Savage. Peer Support Coordinator

Spinal Injuries Scotland places enormous value on its current group of Peer Support volunteers.

The charity can't thank them enough for their contribution and their dedication - but they need your help.

SIS spoke recently to a peer support volunteer- a man living with a spinal injury - who told us about someone else who had been finding it difficult to adjust to life after a spinal injury.

The person's partner reported that after a long conversation with our peer support volunteer there was a marked improvement in their partner's attitude and optimism. There were still challenges to face but they now felt that their partner was better placed to begin to deal with them.

That is why volunteering, especially peer volunteering, is so vital to SIS and all of its members.

However, there are plenty of other volunteering opportunities within the charity, all of which can make a significant, personal and long-lasting contribution to people living with a spinal injury and their families. It doesn't have to be a major time commitment - we will be happy to chat with you about what you feel you can offer.

Simply pick up the phone to Freephone 0800 0132 305 or email us at info@sisonline.org.

Join us now - you will make a difference!

Peer Support not suitable for you? There are many ways to volunteer for Spinal Injuries Scotland. Why not enquire about our other volunteering opportunities, such as assisting with events, fundraising, activities days, social nights and research and admin projects.

Wanted - research volunteers

Home based hand rehabilitation system

The research team from the **Centre for Rehabilitation Engineering** at the **University of Glasgow** has developed a portable system for rehabilitation of the hand. The system, for people with tetraplegia, consists of a wireless wearable device for recording brain activity (Epoch, Emotiv, USA) also available on the Internet as a gaming gadget, a tablet computer and a battery operated multichannel functional electrical stimulator. The system records peoples' brain activity while they attempt to move the hand, and use it as a switch to activate the stimulator causing a hand to move. It has been tested on more than 10 able-bodied people and now we would like to see how it works on real potential users.

Dr Aleksandra Vuckovic, Senior lecturer in rehabilitation engineering, and her research team, are looking for 5 volunteers to visit the laboratory at the University for about 1.5 hours and try the system. The building has a disabled car park and an easy access to a spacious laboratory, with a disabled toilet and is situated at the Main campus of the University of Glasgow.

If you are interested to know more about this study you can email Dr Aleksandra Vuckovic Aleksandra.vuckovic@glasgow.ac.uk or call on 07906441955



News•News•••



Laura Torrance.

Laura works with Spinal Injuries Scotland as a peer support advisor and was previously a volunteer peer supporter. Laura has been living with a spinal injury for 17 years and will be helping to support the new volunteer peer mentors.

Peer Mentoring Scheme

Friendly, supportive, positive and confidential. All you need to do is pick up the phone.

If you're someone with a spinal injury, facing a challenge or problem and you could do with someone to talk to about it, someone who's been through it all before and come out the other side, then our peer mentors could help.

Our peer mentors - these are people who have personal experience of a spinal injury. They have been screened and trained by Spinal Injuries Scotland to guide you through a clear and structured process that works to help **you** to move your life forward.

If you're happy to take part, you'll be paired with a mentor who has been living with a spinal cord injury for some time now. They'll arrange a convenient time to share a fortnightly phone call and they will assist you through a process designed to help you meet whatever challenges you are facing.

The relationship is confidential and constructive, based on mutual trust and respect and it focuses on the future, not the past. Mentors are people who really get it, who know exactly what you have been through and are going through.

No matter where you live in Scotland we will be able to provide a mentor to assist you. They are all volunteers who appreciate the worth of all the support that they received from other people with a spinal injury and want to give back similar,

positive and life-affirming support.

They won't judge or tell you what to do, they will simply help you take back control of your life.

All we need now is you!

Spinal Injuries Scotland is here to help

We hope to launch our pilot scheme early in 2017, however, we will need people to take part in this initial 12 week project. We're seeking people with a spinal injury, anywhere in Scotland, facing a possible dilemma and who would appreciate support from a mentor.

Not only will you be helping yourself, you'll be helping SIS with vital feedback that will allow us to evaluate and improve this new service. This will help us to offer more people the support that they need and deserve, as they prove that there is life after a spinal injury.

If you would like to take part in the pilot scheme early in 2017 - as mentees (getting support) please pick up the phone and let us know. We'll then give you full details of the project and put you in touch when the mentors are ready to help.

Equally if you are interested in becoming a peer mentor then give us a call or send us an email.

Call us on Freephone 0800 0132 305 or if it's easier just email us at info@sisonline.org

Thanks for your help!



News • Sport



Changing Places toilets

The lack of suitable changing facilities in community toilets is one of the most restrictive practical problems preventing families from going out and about and participating in everyday activities.

PAMIS – (*Promoting a More Inclusive Society*) supports people with profound and multiple learning disabilities, PMLD and their carers'. We found that one of the major barriers affecting people with PMLD and also people with complex physical needs e.g. spinal injuries, is the lack of fully accessible toilets. PAMIS together with Mencap and several other organisations formed the *Changing Places Consortium* www.changing-places.org which this year celebrated its 10th Anniversary. The Consortium not only campaigns for fully accessible toilets but also registers new *Changing Places toilets*. To date there are almost 900 across the UK, of which 139 are in Scotland.

The essential requirements for a Changing Places toilet are:

- a height adjustable adult sized bench, either wall mounted or free standing
- a ceiling tracking or mobile hoist
- a peninsular toilet allowing 2 carers to support from both sides of the toilet
- adequate space for a disabled person, a wheelchair and up to two carers – 12 m².

All registered *Changing Places toilets* can be found online www.uktoiletmap.org where there is detailed information and photographs plus an added feature of planning a journey via changing places toilets and a web APP.

PAMIS also has a *Scottish Directory* of all the *Changing Places toilets*, which includes facilities that don't quite meet the standards, but do have a hoist and a height adjustable bench. This directory can be accessed at www.pamis.org.uk.

Recently, PAMIS has been involved in the discussions with the Scottish Government to improve transport for people with disabilities. The resulting framework '*Going Further*' recognises the importance of such facilities for people with complex needs and we are hoping this will lead to an increase of fully accessible toilets at major transport hubs, including Scottish airports.

For more information on Changing Places toilets or if you would like to help us campaign for fully accessible toilets, please contact PAMIS E. pamis@dundee.ac.uk or T. 01382 385 154.



Update from Emma

2016 has been a year of ups and downs but is thankfully ending on a high. After a couple of set backs with Solly being injured, his turn instead of mine. August saw us competing successfully at Bishop Burton College in Yorkshire at our only international competition this year. We came 3rd overall and 2nd in our freestyle to music.

September brought even more excitement.... Rio Paralympic Games. It was such an honour and amazing opportunity to have been selected to go to **Rio Paralympics** as part of the *Paralympic Inspiration Programme*. I took away so much from 6 days we had! We travelled over as group of 14, comprising of 11 athletes, one psychologist and two coaches, all selected and there to learn from the games experience. We had a hand book which had 10 learning modules in it. So every day was very much a learning day and we had to try and observe as an athlete and not get too involved as a spectator... This was obviously quite difficult when you were consumed by the atmosphere.

We had access to the athletes village, food hall and also the accommodation. And also we got access to the *British House*, where athletes, friends, family and media go to chill out away from the village and competition environment. This was a fantastic experience and we really got a feel for being part of **Paralympic GB family**. We also learnt how to compete as a Paralympian, covering areas on how to compete under pressure, how to get about at the games - scale and size, transport systems and accessibility. We learnt how to manage our energy and hydration and was told about media management and anti doping rules.

I faced many challenges - from navigating Heathrow airport, travelling on my first long haul flight since my accident. I was travelling outside the UK for the first time since my accident and having to manage my energy levels on very long days and in the heat! So many personal goals achieved and an acknowledgement of what I need to change, or work on, to better improve my own performance and get me on track for Tokyo!

I've also just recently been shortlisted for *The Women of the Future Awards 2016* in the sport category. This is also a huge honour and the awards are to be held on the 16th November in London Hilton.

I am now hoping to be reselected onto the **World Class Development Programme** for the next two year cycle and I am also mid qualifying for the *Para Winter Championships* which will be held in March 2017.



Meet the SIS Board



LINDA BAMFORM – CHAIRPERSON

Linda's career background is mainly in NHS Scotland, initially as a psychiatric and general nurse, before moving into Para medicine with the Scottish Ambulance Service. After 13 years as a frontline paramedic in Glasgow, Linda moved into management, holding various senior positions within the ambulance service for over 15 years. She is the recipient of two Queen's Medals. One for "Long Service and Good Conduct" to the NHS and the second for "Dedication to the NHS".

She recently had to take early medical retirement after several lots of surgery for a spinal cord injury at L3/4/5 and S1. Linda is now involved in *Children's Hearings Scotland* and is also a qualified counsellor. She will take up the position of National Convenor for Mobility Access Committee Scotland (MACS) in Jan 2017.

Hobbies before her injury included cycling, squash and various water sports, some of which she hopes to pick back up with some assistance.

Being involved with SIS affords Linda the opportunity to utilise some of the skills that she's developed over her 30+ career years in the NHS and also allows her to learn more about her condition and to pay back a little for the help she received during her rehabilitation.

Linda brings to the Board experience and qualifications in Operational Management, Corporate Governance, Strategy Development, Risk Management, Team Building and Leadership.

WOODY WHITTICK – TRUSTEE DIRECTOR

Woody was born with a multi-systemic connective tissue disorder (Ehlers-Danlos Syndrome).

Her career began in Human Resources and Training & Development within a local authority, and she later progressed into a management role within Citizens Advice. Following a spinal injury (L4/5) which left her with Cauda Equina Syndrome, Woody took on a part-time role within a *Council of Voluntary Service*, where she managed a Volunteer Bureau and developed a new referrals scheme for individuals to neighbourhood and community support services. She worked from home for a few years providing freelance administration and management support to local businesses, before taking time out to attend art college as a part-time student.

Woody joined SIS in a salaried role at the end of May 2016 as Peer Support Coordinator, and produced the underpinning strategy documentation for SIS's new *Peer Mentoring Scheme*. Unfortunately working full-time worsened Woody's spinal symptoms and a recent MRI scan showed that she now has degenerative disc disease at L4/5 and T8/9, compounding her *Cauda Equina Syndrome* and *Ehlers-Danlos Syndrome*. She reluctantly had to leave her job on medical advice after a few months, but she is delighted that she can continue to contribute to SIS's work on an unpaid basis as a Director, as the charity's work is so close to her heart.

MAUREEN MORRISON – TRUSTEE DIRECTOR

Maureen has a spinal cord injury, L4/5. She first heard of SIS's work when she was in the Spinal Injuries Unit for a checkup. Maureen read Newsline and couldn't believe that all this information was out there for people like her. She signed up and joined the peer group for the development of Clober Farm. Seeing the massive difference that Clober Farm made to families is what convinced her to get more involved in the charity. Being able to truly understand the challenges faced by those living with an SCI and the support given by SIS at the outset is invaluable. For Maureen, giving back is truly rewarding.



Ian Wilson



Kevin Conlon

KEVIN CONLON – TRUSTEE DIRECTOR

Kevin had a road traffic accident in 1983 which resulted in him sustaining a spinal cord injury at T4. Following his accident, and subsequent rehabilitation at Edenhall Hospital in Musselburgh, Kevin settled in East Lothian where he still lives with his family. He worked in Local Authority housing and IT until he retired in 2009. He now enjoys gardening, dog walking, music and spending time with his wife and two children.



Patricia Clay-Mackinnon



Jennifer Allan

FIONA TAYLOR – TRUSTEE DIRECTOR

Fiona's background is in operations and as a Project Manager across a wide variety of industry sectors including voluntary, financial (banking), education and public sectors. She brings with her to the board a very specific skillset as well as extensive experience in business to business and in the staging of showcase events both nationally and internationally.

She is an expert in presentation skills and in particular how to effectively harness the power of your voice and how to use it for optimum impact; the specific topic of her recently published book.

She also has considerable experience as a trainer, facilitator and coach and her interests include sailing and travel, particularly if it is on a boat!

IAN WILSON – TRUSTEE DIRECTOR

A profit driven Director/Senior Management Professional operating nationally, with a record of achievement of improving both profit and performance through tight procurement control. Has focused on establishing and implementing strategies for exploiting existing and new markets in addition to substantial restructuring of resources to achieve efficiency, growth and cultural change. A team player who possesses strong and visible leadership qualities coupled with strong analytical, communication and presentation skills.

PATRICIA CLAY-MACKINNON – TRUSTEE DIRECTOR

With over 20 years' experience in Project Management disciplines, Patricia has had experience, at a senior level, in a broad range of industry sectors including - Engineering, Utilities, Telecoms, Nuclear, Gas and Oil and Town Planning.

Giving back to the community has always been a family affair and when deciding which charity to join, SIS was of particular interest to her. Having met people with SCIs in her schooldays in Australia and throughout her adult life in the UK, it made a great impression and a realisation that SCIs impact on people from all walks of life and can happen to anyone, at any time.

Patricia brings planning, governance and quality assurance using project methodologies to the Board.

JENNIFER ALLAN – TRUSTEE DIRECTOR

In 1992 Jennifer qualified as a registered nurse (RGN) and since then has worked both in clinical care and in management for a variety of organisations that offer at-home support to individuals with complex healthcare needs, including spinal cord injuries.

Throughout her life Jennifer has also dedicated much of her free time to volunteering for a variety of charities, finally leading her to Spinal Injuries Scotland. Through working with the charity as a Trustee Director, Jennifer has been able to bring her particular skill set and considerable experience to bear; sharing her experience of both working directly with patients and within private care organisations.





Victorious Scots shine in Rio

Scottish athletes returned home victorious upon the conclusion of the Paralympic games on September 18, having won 17 of Great Britain's total 147 medals – a total six more medals earned than at the London 2012 games. Thirty-three Scottish athletes participated in the Paralympics in Rio, competing across 12 different sports including Boccia, Cycling, Powerlifting and Swimming.

One sport in which Scotland received tremendous accolades was Tennis, where wheelchair tennis player Gordon Reid was awarded the singles Wimbledon Champion and Australian Open title.

The 24-year-old won a gold in the competition against Great Britain teammate Alfie Hewett – scoring 6-2 and 6-1 in 54 minutes – and silver with Hewett as his teammate in the men's doubles. Gordon was also awarded *Scottish Paralympic Sportsperson of the year* when he returned from Rio at the end of September.

Reid first took up wheelchair tennis after developing a rare neurological condition called transverse myelitis in 2004. Though unplanned and

unexpected, this diagnosis has not held him back as he has pursued and claimed four doubles and two singles *Grand Slam* titles to date.

In the same way, Paralympics athlete and SIS member, Nathan MacQueen overcame similar devastating news at the age of 17, when he was told he would never walk again after a near-fatal accident. Skidding his motorcycle into a car, he shattered 30 bones, punctured both ribs and underwent several surgeries to realign his spine and legs.

However today, MacQueen accepts his condition and plays wheelchair Basketball and trained in Powerlifting before taking up Archery, for which he has a natural talent. *"I've had bigger hurdles in my life, so I just set my goals and moved on,"* the 25-year-old said recently in an interview with the Daily Record.

Within his first season of Archery, he broke all of his personal best scores. Seeing his natural talent, his coach encouraged him to compete internationally. MacQueen took his advice and began competing in 2013. He went on to win silver at the *2016 European Para-Archery Championship* in Dubai.





ABOVE:
Gordon Reid

BELOW, LEFT:
Alfie Hewitt
and Gordon Reid

BELOW, RIGHT:
Nathan MacQueen



LEFT:
Samantha Kinghorn

RIGHT:
Nathan MacQueen

See pages
5 & 14 for
further sports
based articles



Through opportunity and perseverance, both Reid and MacQueen are examples of strong individuals overcoming challenges in their life brought on through physical conditions. Both men have excelled in sport, with medals to prove it. Embracing the wheelchair, it is seen as a piece of sporting equipment, like a pair of tennis shoes, not as an obstacle.

Three-time European champion Samantha Kinghorn came fifth in the women's 100m T53 final in Rio in a time of 17.13 seconds and she finished sixth in the final of the women's 800m T53.

The 20-year-old clocked a time of 1:49.51 in what was her third final in Rio with the gold going to China's Zhou Hongzhan in a world record 1:47.45.

Kinghorn said: *"I'm really happy - I've got so much to take from that final as well. I just need to work on my tactics and be a bit pushier and that's what I need to do. It's been incredible, I've enjoyed everything about it. I've enjoyed every single race and I've learnt so much from it. I never thought three and a half years ago I'd be competing in my first Paralympics in such a short time. Tokyo better be ready."*

Overall the Rio Games was a great result for Scottish Paralympians and bring on Tokyo.



- A series of exceptional performances ensured ParalympicsGB comfortably passed the 121 medal target set by UK Sport, eventually finishing with 64 golds, 39 silvers and 44 bronzes, a total of 147 medals - a result which sees the team finish second in the table behind China.
- The team won gold medals in 11 sports - this matches China in 2008 as the highest number in Paralympic history.
- ParalympicsGB secured medals in 15 sports - a feat which equals the record previously held by the USA from Athens 2004 as the greatest ever in one Games.



ABOVE: Team GB

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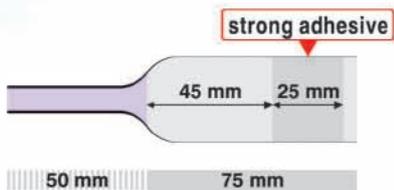


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The Fight for Equality

By Doug Paulley



I am a wheelchair user through autonomic function rather than through spinal injury, but my experiences with acquired impairment will be familiar to many, I should think. There is a unique stress of being articulate and empowered, and yet in the vulnerable position of being reliant on others for everyday life.

Many disabled people with life-long impairments have sadly been let down by systems designed to empower them, and have to some extent (and through no fault of their own) become used to such treatment. In the care home in which I live, a workshop facilitator once asked residents what they would like to do or achieve if they had all the support and resources they needed, but the idea was so alien to people who don't get the assistance to leave the building for weeks at a time, that they were stunned into silence. This is shocking and utterly unacceptable. Suddenly arriving into this dynamic, from a background of being a bright and independent non-disabled person, came as a huge shock to the home, Social Services and to me.

Many of the services we receive aren't geared up for disability equality. This includes both services for the general public, and services specifically for disabled people. We live in a world in which the *Disability Discrimination Act* and its successor the *Equality Act* have been around for 20 years. All service providers have a duty to make reasonable adjustments to ensure access for disabled people. Yet a walk down the high street reveals shops don't have wheelchair access; Sky TV don't have subtitles on their *On Demand* programming; Government information is not provided in Easyread; and town planners are building shared spaces in the full knowledge that they are difficult and dangerous for blind people to navigate. These are obvious barriers; there are major attitudinal barriers, including the portrayal of disabled people as malingering scroungers (*'life unworthy of life'...*), assumptions about people with invisible impairments, and people refusing to give up the

wheelchair spaces on buses without good reason. It is these things that disable us, that prevent us from taking as active a part in society as we would like and as we deserve.

If discrimination is illegal and providers must make reasonable adjustments for disabled people, why is this so widespread? The answer: enforcement. The *Equality Act 2010* makes it illegal for service providers to fail to make reasonable adjustments, however only individual disabled people can enforce the Act. They have to do so through the Courts (which have their own access problems) and usually have to do so without a solicitor. This model is fundamentally flawed.

If somebody was to get food poisoning from a dodgy kebab, they could complain to the Council that they hadn't inspected the kebab shop properly and ask them to take action. If one is prevented from accessing the kebab shop and thus denied the opportunity of acquiring salmonella in the first place, one can't just call Environmental Health or the Police, one has to make a complaint to the shop and if necessary prosecute the owner oneself. Why aren't service providers inspected for access, just like food safety or health and social care inspections? Why has this been set up differently?

I think those who can take legal action on discrimination should do so for their benefit, and that of other disabled people. There is a cost in time, risk, finance and headspace in doing so - on top of the extra hassle and stress we all experience daily due to our impairments. I am currently awaiting the judgment in *Paulley vs Firstbus*, after a driver refused to insist a mother removed her pushchair from a bus's wheelchair space so I could travel. That case has been in the courts for 5 years now; the Supreme Court judgment should be out this side of Christmas. **But despite these difficulties, I think more disabled people should fight because without us, nothing will change.**



By Lee Fawcett

Wheelchair Skills



Here's just a few tips on how to get around in your wheelchair:

Pushing Techniques

In hospital learning to propel my wheelchair with the standard wheelchair I was given was extremely difficult. I always found that a longer push used to get me places quicker whilst conserving my energy, rather than lots of quick hand pushes. Start by bringing your hand to the back of the rear wheels and push all the way through, which will give you maximum power in your push. It is important to keep your body weight forwards to avoid the risk of tipping backwards. This technique can help when tackling slopes, too. Practice by finding a small slope and as you gain confidence you can approach steeper inclines.

Manoeuvring

Learning to manoeuvre between objects can also be a challenge when learning to drive your own wheelchair.

As a tip for practice, purchase some small cones, find an open space and position six cones in a line with a gap between them over around two metres. Practice pushing in between these cones without touching them, very much like a slalom drill. As you progress this should become quite easy, so you can then practice going through the cones backwards. You will gain your confidence and you will soon be able to reduce the gap between the cones to one and half metres and then 1 metre.

Wheelie Skills

The most challenging wheelchair skill is the wheelie.

As a safety precaution you should only ever practice this skill if you have support from a helper who will be behind you to support you from falling. With the wheelie people may think it is for showing off your skills, however learning it and being confident with it can help you greatly with your independence.

Practice. Make sure you have a helper spotting you. Position your chair in its balancing position and then tip the chair backwards, counteract this with a forward lean and pushing forwards on the wheels. Once learning this action, you will be able to do this smoothly and be total control of your wheelchair. Do not do independent practice with this until you are 100% confident of not falling backwards.

Finding the right chair for you hugely impacts upon your mobility. Is your current one too heavy? Can you lift it into the car easily? Does it actually fit and support you properly where you need it to? I come across so many people who are in a chair that just isn't helping them live their life to the max.

For any advice on our wheelchairs or if you have questions about mobility problems, please email me at LeeF@rgklife.com

I am a Mobility Advisor for RGK Wheelchairs. In 1992 I was left paralyzed at T6 level following a medical accident; I have been a wheelchair user for over 25 years. Sport was my main rehabilitation and spending time with other people with spinal injuries really helped me learn how to cope with my condition. My main sport is wheelchair basketball and I have been lucky enough to compete for my country at two Paralympic games. My biggest fear when I was first hurt was about how everything in my life was about to change. For the first few years I didn't even want to leave the house.

I believe everyone has strength inside them, and to overcome tragic circumstances you just need to find a way to release it. My dreams were to become a sportsman, husband, father and an inspiration. I spent almost 16 years in the GB squad, I have a beautiful wife with five children and I am an inspirational speaker at schools and businesses. I also have a prestigious job working as a Mobility Advisor for RGK Wheelchairs, who are a market leader in made to measure wheelchairs. It gives me a great sense of pride helping people achieve their own mobility needs and being a part of influencing their own plan for life. I have always used *RGK Wheelchairs* myself and even though I never envisioned I would become a Mobility Advisor, I really enjoy the job. A word I like to use a lot is determination: I have achieved so much in life because when times have been hard I simply never gave up. **My motto is "failure will never overtake me if my determination to succeed is strong enough".**

Learning to deal with life in a wheelchair is hard enough, but facing the challenges of access problems can be a scary experience and can dent your confidence and ambition for true independence.



Dragons and Doctors



By Elizabeth Ferris

I became Spinal Cord Injured as a result of inflammation in the blood vessels around my thoracic spine at T10-12. I have Vasculitis, and as well as being blind in my left eye, unfortunately SCI was another consequence of the condition.

I was first treated in Ninewells Hospital Dundee, as the inflammation had also affected the blood vessels in my lungs so I was quite unwell. I was transferred back to Northern Ireland when stable enough to commence rehab, as that's where my family home was at the time. In total I spent over five months in hospital and underwent chemotherapy infusions in an effort to try and control the vasculitis. I remain on powerful immunosuppressive drugs now and it's not unusual for me to be in and out of hospital frequently, due to the ongoing nature of my condition.

I learned about Spinal Injuries Scotland (SIS) when returning back to Scotland to recommence my degree at Dundee University. The charity quickly became a great source of information and support when I came back to live in the city and settle into life in my adopted nation once again, though this time sitting down. My first big SIS event was the Winter Dinner Dance which was a great night's fun!

I was very fortunate to be awarded a grant by SIS enabling the purchase of a Quickie Attitude Hybrid Handcycle attachment; what a fantastic gift!

I absolutely love the freedom the handbike brings, and it helps me stay active and as fit as possible, which I wouldn't be able to do without it.

I was asked to become an ambassador for the charity by trustee Maureen Morrison and I was only too happy to say yes; they've given me so much so it's the least I could do!

Before becoming unwell I was a keen kayaker, but I didn't really fancy going back on the water after SCI, so instead I tried my hand at Wheelchair Rugby League and quickly fell in love with it.

I was fortunate enough to be selected for the 2013 Scotland WRL World Cup squad, which was a fantastic experience. My health now means that I don't stay well enough to play competitively anymore, however I'm still involved with the sport as I'm currently chairperson of the SWRL Board. I also serve as chairperson of *Dundee Dragons Wheelchair Sports Club*; a local charity which I founded.

When I returned to Dundee there was nowhere to play team based wheelchair sport here. There was lots of support for *Learning Disability Sport* and individual pursuits such as Horse Riding and Swimming, but there was nothing like Wheelchair Basketball or Rugby in Tayside.

I sought about getting together with other chair users in the area to see if there was a demand for such a club and it turned out that people were really up for coming together to enjoy sport in the area, thus *Dundee Dragons* was born.

We offer six key sports at Dragons and it was my role in setting up the club that saw me selected as a *Queen's Baton Relay Bearer* for the 2014 Commonwealth Games, something which I really didn't expect! It was a memorable experience for sure, and one I fondly look back on.



I was very fortunate to be awarded a grant by SIS enabling the purchase of a Quickie Attitude Hybrid Handcycle attachment; what a fantastic gift!



I've learned that practicing medicine sitting down is really not that different to my colleagues who can walk. Granted, I won't be able to work on rapid response vehicles as I had originally intended, but I'm pleased to say I'll be working as a junior doctor in NHS Tayside from 2017, a really exciting prospect!

I think I'd like to specialise in Neuro-Rehabilitation, as I know first hand what patients are going through when they receive news of SCI. I also see the difference that sport makes to the everyday lives of players at Dragons and in the Scotland squad, so if I can combine that with medicine then I think I'll be pretty happy... busy, but happy!



When I first came to Dundee in 2008 it was to study Medicine. My goal was to continue working in the Pre-Hospital environment upon graduating, as I had been a specialist nurse in London before becoming a student again.

Obviously vasculitis wasn't on my horizon, never mind sustaining an SCI or losing vision because of it, so I had to re-evaluate what it was that I would do as a doctor in a wheelchair. The Medical School at University of Dundee were very supportive and encouraged me to come back if that's what I wanted. So after a total of 3 years off I re-commenced second year medicine in 2012 and I've just passed my medical finals, so the end is in sight!



Digby Brown and Spinal Injuries Scotland would like to thank the following for their assistance and donations to support this event:

Ampersand Chambers, Arnold Clark,, Barr soft drinks, Bauer Radio, Bullen Healthcare, Castle Semple, Clyde Muirshiel Regional Park, Celtic Football Club, Chisholm Hunter, Cochrane Dickie, Craig Semple - Digby Brown, Crieff Hydro, DoubleTree by Hilton Glasgow Central, Edrington, Global Radio, The Glynhill Hotel, Garry Conway of Scottish Illustrations, Heart of Midlothian Football Club, Hibernian Football Club, Hilton Glasgow, Hull City Football Club...

Winter Dinner Dance



The Digby Brown Winter Dinner Dance for Spinal Injuries Scotland was once again held at Glasgow's DoubleTree by Hilton Hotel on Friday 4th November. It was attended by around 500 guests and raised close to £60,000 for SIS. This is a fantastic amount that will go towards helping the charity to continue providing vital services to the spinal injuries community in Scotland.

Chris Stewart, Digby Brown Partner and Head of the firm's Serious Injury Department, said, *"The Winter Dinner Dance for Spinal Injuries Scotland is always a fantastic event and this year took us to new heights. We were delighted to welcome so many guests and some really world-class entertainment. All of that had an important purpose though - to raise vital funds to support a great charity in its work across Scotland.*

"At Digby Brown we see first-hand the incredible difference that Spinal Injuries Scotland makes, not only to the lives of those with spinal cord injuries but their friends, relatives and carers. We are proud of our long-standing relationship with the organisation and pleased that we were able to play our part in helping them continue their excellent work.

"Such a successful event could only be achieved through the generosity of many people and I would like to place on record our thanks to those who attended and gave so much on the night and the individuals and organisations that supported the evening in many different ways."

Guests were treated to a moving speech by guest speaker Joanna Martin. Joanna was a former Spinal Injuries Scotland Trustee Director who went on to compete as part of *Team GB* in the *Invictus Games*, winning a silver medal.

We also heard from Maureen Morrison, Trustee Director of Spinal Injuries Scotland, who spoke about the vital work that our thanked the guests, table hosts and donors for their support.

Our compere for the evening was comedian and radio presenter **Des Clarke** who was in top form and kept the guests laughing with his quick fired delivery.

Continued on page 18



Digby Brown and Spinal Injuries Scotland would like to thank the following for their assistance and donations to support this event:

...Ike Curran, Jamie's Italian Kitchen, Jury's Inn Liverpool, Kilmarnock FC, Kirsty O'Donnell, KK Snaps, Langstones, Lee Cairney - Digby Brown, Motherwell Football Club, Peter Vardy Motherwell, Parklands, Proact IT UK, Rennie Mackintosh Glasgow Central Hotel, St James's Place Wealth Management, Sally Holistic and Beauty Therapist, Scotch Whisky Experience, Scotmid, Tunnocks, Walkers Shortbread, William Torrance, West Brewery.

Winter Dinner Dance continued

The night's entertainment was kicked off with the Golden Ticket draw, whereby all guests who found a golden ticket in their goody bags won a bottle of bubbly. This was quickly followed by the **Snowball Quiz** which saw representatives from each table answering quiz questions by moving around the dancefloor to stand in areas marked A, B, C and D. The winners of each round gaining snowballs for their table centerpieces which kept score throughout the dinner.

The evening's entertainment was rounded off with a performance by Irish comedian Dara Ó Briain. The comic was well received and, after a lengthy sketch covering everything from charity balls, to medical professionals, to parenting, left his audience in stitches of uncontrolled laughter.

The casino, tombola and auction were also on the go throughout the evening. **The Winner of this year's Casino was Martin Eadie from Laroque Software Limited**, who was delighted to take home an iPad mini.

We were also fortunate to have a fantastic array of auction items this year, with prizes such as a diamond bracelet donated by our patrons, *Harry*

and *Tracey Brown* from *Chisholm Hunter*, an urban hybrid road bike, signed football shirts from a variety of Scottish and English teams, a Swarovski crystal ornament, tickets to see *Take That*, restaurant vouchers, signed and limited edition bottles of whisky and spirits, hotel stays and spa vouchers. The auction itself raised over £5000 and we are extremely grateful to everyone who donated items.

One of the highlights of the Winter Dinner Dance is the prize draw for a brand new car and this year was no exception, with a brand new Vauxhall Viva on offer. Thanks to *Digby Brown* and to *Peter Vardy of Motherwell*, who provided the car at a discount and delivered it to the hotel.

This year's winner was Wendy Gordon (25 years' service with Digby Brown) who was there as a guest of Fraser Oliver, Chief Executive, Digby Brown Solicitors as a thank you for her long service with the company.

Huge thanks to Digby Brown Solicitors and to everyone who contributed to make the night such a success, thus helping to ensure that Spinal Injuries Scotland can continue to provide our services to the spinal cord community in Scotland.







Summerlee Museum

of Scottish Industrial Life

Situated in Coatbridge, an important centre within Scotland's industrial heartland, Summerlee Museum of Scottish Industrial Life is built on the site of the old Summerlee Ironworks.

The main exhibition hall, created in the late 1980s from the former Hydrocon Crane works, now provides an excellent space for the museum's displays and working machinery, including a huge winding engine from the former Cardowan Colliery.

Summerlee received a £10 million redevelopment in 2008, and today the museum is a modern and thriving visitor attraction.

Explore the exhibition hall - home to an amazing array of social history, working machinery and interactive displays, the exhibition hall is a fascinating, hands-on glimpse into bygone days. Don't miss the outdoor engineering pavilion just north of the main hall.

Visit the Vulcan canal barge - the Vulcan is a replica of the world's very first iron-hulled vessel, reflecting the skill of her builders whose techniques made this pioneering boat possible.

Take a ride on the tram - no trip to Summerlee is complete without a ride on the Edwardian tram! Get your tickets at the gift shop, sit back and enjoy the ride. The tram is wheelchair accessible. Don't forget to pick up your tram ticket at the shop and, for a small fee, you can ride the trams all day.

Experience the mine tour and miners' row - take a guided tour down the mine shaft and experience the dark, cramped and damp conditions in which miners used to work. This is obviously not suitable for everyone but there is plenty of other things to see and do. Above ground, visit the miner's row and see how mining families lived, from the basic conditions of the 1840s to the comforts of the 1980s.



OPENING HOURS:

Summerlee is free to visit,
and is open 7 days a week:
From 1 April through to
31st October, 10am to 5pm
From 1 November to
31 March, 10am to 4pm

ACCESSIBILITY:

Wheelchair accessible tram
Exhibition hall fully accessible
Lift to gallery space and
Ironworks view pod

Summerlee Museum of Scottish Industrial Life

Heritage Way
Coatbridge,
North Lanarkshire
ML5 1QD
Call: 01236 638460
www.culturenl.co.uk/summerlee
Email: info@culturenl.co.uk



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. *My husband suffered a spinal cord injury many years ago following an accident at work. I look after him at home and my children help out where they can, but we also have some input from the local council. We don't currently pay the council for the care they give us. My husband has recently inherited quite a bit of money following the death of his great-aunt. I am worried about how this will affect the free care that we receive from the council. Can you help?*

Jo, Dumbarton

A. *The Council of Scottish Local Authorities (COSLA) has issued guidance called 'Charges Applying to Non-residential Social Care Services'. However this is only guidance, and each local council can take a different approach to assessing contributions towards non-residential care. Each council will have their own non-residential charging policy which should be available on their website so I would suggest that you have a look there first.*

Your local council will take into account any income, savings or capital that your husband has and work out how much he should be paying towards the care that he receives. This is called a financial assessment. COSLA recommends that capital below £6,000 is disregarded, however that figure is decided by each individual council and may be higher in your area. COSLA also recommends that there should be no upper capital limit at which people would be refused a service.

I suggest that you contact the financial assessment officer in community care at your local council. Ask them about how the council will work out what your husband should be paying towards his care now that he has inherited this money.

Another thing to bear in mind is that COSLA suggests that people over the age of 65 are entitled to free personal care. If you have been assessed as needing the personal care you should receive it regardless of any income, capital etc that you have. This is something which you can speak to the financial assessment officer about as well.

Q. *My partner and I lived together for 14 years but never got married. We have two children but the house is in his name. I gave up work to look after the children and only returned part-time when the children started school. We split up a few months ago. Can I make a claim against my ex?*

Aileen, Livingston

A. The good news is Scots Law does provide you with a remedy to seek a capital sum from your ex. The court can also make a separate award specifically for the economic burden of caring for the children after the end of the cohabitation.

The bad news is the amount you would be entitled to is difficult to quantify and your award is still likely to fall short of what you would have obtained had you been married.

Although the law regulating claims arising on the end of cohabitation is now 10 years old, lawyers and judges are still wrestling with interpreting the intention of the legislation. Your case typifies what the law was designed to remedy. You would need to be able to prove a case to show you are entitled to compensation because you have suffered an economic loss in the interests of the relationship. So, you might be able to show that at the start of the relationship your career prospects or earnings were better than they are now because you made sacrifices for the family.

You could show how your former partner has benefited by payments you have made towards the house he owns. All of this, and other factors, would go in the mix in trying to arrive at a figure which reflected your economic disadvantage and/or his advantage.

You also need to be aware that there are strict time limits to make a claim. You only have a year from the date you separated. Sometimes the date you separated may be a question of factual dispute, particularly if you gradually drifted apart. You should therefore take legal advice immediately as you may need to raise urgent court proceedings.

Welfare Advice

The Benefit Cap

The government has announced changes to the Benefit Cap and the changes will take place on a rolling programme from 7 November 2016. The cap is reducing and will be different depending on where you live in the UK.

What is the Benefit Cap?

The benefit cap is a limit on the total amount of income from certain benefits a household can receive when aged between 16 and 64. How much you get for certain benefits may go down to make sure the total you get isn't more than the cap amount.

Currently the cap is:

- £500 per week (£26,000 per year) if you're in a couple, whether your children live with you or not
- £500 per week (£26,000 per year) if you're single and your children live with you
- £350 per week (£18,200 per year) if you're single and you don't have children, or your children don't live with you

What will the new Benefit Cap be?

If you live outside a Greater London borough, the cap will be:

- £384.62 per week (£20,000 a year) if you're in a couple, whether your children live with you or not
- £384.62 per week (£20,000 a year) if you're single and your children live with you
- £257.69 per week (£13,400 a year) if you're single and you don't have children, or your children don't live with you

If you live in a Greater London borough, the cap will be:

- £442.31 per week (£23,000 a year) if you're in a couple, whether your children live with you or not
- £442.31 per week (£23,000 a year) if you're single and your children live with you
- £296.35 per week (£15,410 a year) if you're single and you don't have children, or your children don't live with you.

Am I affected?

The cap applies to all benefit claimants who are working-age and receiving Housing Benefit or the Universal Credit Housing Costs element, unless they:

- Are working enough hours to qualify for Working Tax Credit, or
- Are claiming Universal Credit and earn at least £430 per month, or
- Have someone in their household who is receiving a disability benefit, or
- Their partner is over Pension Credit age

When you are subject to the Benefit Cap, your Housing Benefit or Universal Credit award is reduced to bring your total benefits in line with the cap amount.

You're not affected by the cap if anyone in your household gets any of the following benefits:

- Armed Forces Compensation Scheme
- Armed Forces Independence Payment
- Attendance Allowance
- Disability Living Allowance (DLA)
- Employment and Support Allowance (*if you get the support component*)
- Industrial Injuries Benefits (and equivalent payments as part of a War Disablement Pension or the Armed Forces Compensation Scheme)
- Personal Independence Payment (PIP)
- Universal Credit payment for '*limited capability for work and work-related activity*'
- War pensions
- War Widow's or War Widower's Pension

More information on the Benefit Cap can be found at <https://www.gov.uk/benefit-cap/overview>

You will find a benefit cap calculator there which you can use to see if you are affected.

Jacqueline Lange

Digby Brown Solicitors





Walking on Air

By Colin Stewart
(T2 Traumatic Paraplegia)

Deep in the Cairngorms is a small gateway to heaven!

Glen Feshie is a small glen a few miles south of Aviemore running off the B970. There is the home of Cairngorm Gliding Club. Gliding, you are saying, why is an article about gliding appearing in Newsline?

We were on holiday in the area and stopped just outside the airstrip watching the gliders. A chap stopped and told us to come in. We did and explained that as I was in a wheelchair I could not fly. They said that a charity was bringing a hand control glider to Glen Feshie soon and I should come back when they were there.

Walking on Air is a charity founded in 1995 to promote gliding for the disabled. It is based in Port Moak near Scotlandwell, by Loch Leven. They have a *Schleicher K21 glider* which is a two seater. It has been converted to enable wheelchair users to fly, take the gliders pilots licence and take to the skies. The hand control is the rudder operated by the left hand, the joystick is used as usual by the right hand. The other control, the air brake is operated as usual by the left hand, but is only used during landing... another story.

We are fortunate to have a chalet nearby, so when the glider was up in the area we went along.

What a wonderful experience and a great group of volunteers, for whom almost no problem is insurmountable.

I was offered a flight and after permission from the Boss (she who must be obeyed), I was fitted with a parachute and lifted into the glider and strapped in.

Peter Clayton, the instructor (and treasurer of Walking on Air), sat behind me and with a small tug aeroplane pulling, we were launched into the air. We reached about 1500 feet before the cable was released and we were alone in the skies. Once stabilised I was allowed to try the controls and fly the glider. The scenery was amazing the hills, snow - it was May, heather and glens all laid out below. Finding an updraft we were able to gain height and the view extended.

After about 30 minutes he took us down to land. The glider was lined up, air brakes opened and we flew about four feet above the ground, the round out lasted for a few yards and then we were on terra firma... amazing experience. So much so I went up again in the afternoon!



Walking on Air is a charity founded in 1995 to promote gliding for the disabled. It is based in Port Moak near Scotlandwell, by Loch Leven.

The instructors are all qualified and highly skilled and all are great sports when taking novices and those more experienced up.

To say that I have been smitten is an understatement. I fly as often as possible and after two and a half years I still have a lot to learn, but I can take off, fly about and land, but still all with an instructor.

The main flying is at Port Moak on Fridays.

The volunteers give their time free and arrange to get the glider out of the hanger, do the pre-flight checks and give any assistance required to enable disabled people to fly. The instructors are all qualified and highly skilled and all are great sports when taking novices and those more experienced up.

At Port Moak there are two methods of getting airborne. There is a winch, which is a cable puller. It pulls the glider up to about 1000 feet. The acceleration is extraordinary, about 0 to 60 mph in two seconds. The cable then is released and you are on your own. This is the usual launch method at Port Moak. However there is also an aero-tow, which is a small powered aeroplane which pulls you up at a more sedate rate. It can take you up to much higher altitude. It is more expensive however.

The costs are based on an initial subscription and each flight is calculated on the method of launch and the duration of the flight.

There are a few restrictions to being allowed to fly.

Those overweight is one example with a weight limit of about 16 stone, this is defined by the gliders manufactures. Weather conditions can also impact on flights.

Most frequent flyers have a **"Pilots Log Book"** in which the flight is recorded with duration, place of launch, glider type and importantly the instructors comments!

There are also various courses, including cloud flying and aerobatics (scare-obatics as one instructor calls it and I can vouch for that sentiment). Flying solo follows and a full gliding pilots licence and even a gliding instructors licence is possible.

I recommend the whole experience it opens a whole new visa on life. Further details can be found on the web site:- www.walkingonair.org.uk



16 July -
22 September
2016

Mongol Rally 2016

By Alexander Macgregor

Ardnamongolia

Ardnamongolia is a fundraising team made up of three friends - Jack Macmillan, Alexander Macgregor and Adrian Stace, all from the remote Ardnamurchan Peninsula, located on the North West coast of Scotland. The team took part in this years' Mongol rally.

Mongol Rally 2016

16 July - 22 September 2016

The Mongol Rally is a 10,000 mile charity rally that runs from the UK to Mongolia.

The only catch is that the engine in the car can be no bigger than a 1.2ltr. This means that each team attempts to cross rivers, mountain ranges and deserts in their tiny ill equipped cars, not too dissimilar from travelling down the road to Kilchoan on a wild day.



We wanted to raise money for Spinal Injuries Scotland as it is a charity that supports people who have suffered spinal injuries right from the point of injury and throughout the rest of their lives. The charity has been working with our friend - James Strachan, after he suffered a severe spinal injury while working in the forestry industry.

For more information on the amazing trip or to donate please go to the following web pages:

<https://www.facebook.com/ardnamongolia>

<https://mydonate.bt.com/fundraisers/ardnamongolia>



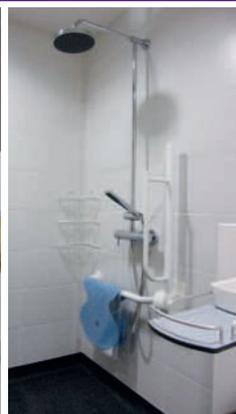
Ardnamongolia is a fundraising team made up of three friends - Jack Macmillan, Alexander Macgregor and Adrian Stace...

www.facebook.com/ardnamongolia
<https://mydonate.bt.com/fundraisers/ardnamongolia>





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

Christmas Cards



Design 1. O Christmas Tree



Design 2. Santa's List



Design 3. Home for Christmas



Design 4. Christmas Bauble



Design 5. 12 Days of Christmas-



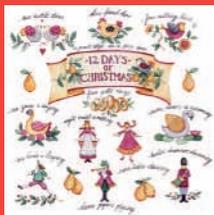
Design 6. Christmas Tree



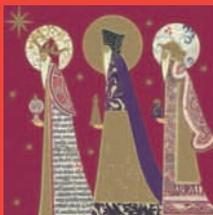
Design 7. Happy Christmas



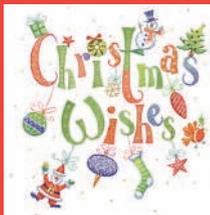
Design 8. Reindeer



Design 9. 12 Days of Christmas-2



Design 10. Three Kings



Design 11. Christmas Wishes



Design 12. Ski-ing Santa



Design 13. Jingle all the Way

Christmas Card Order Form 2016

All cards sold complete with envelopes in packs of 10, unless otherwise stated. Please fill in your name, address and daytime telephone number and indicate your card selection on the order form. This year's Christmas cards come in packs of 10 and they cost £3.50 per pack.

DESIGN	NAME	PRICE (£)	QTY	TOTAL (£)
1	O Christmas Tree	£3.50		
2	Santa's List	£3.50		
3	Home for Christmas	£3.50		
4	Christmas Bauble	£3.50		
5	12 Days of Christmas	£3.50		
6	Christmas Tree	£3.50		
7	Happy Christmas	£3.50		
8	Reindeer	£3.50		
9	12 Days of Christmas-2	£3.50		
10	Three Kings	£3.50		
11	Christmas Wishes	£3.50		
12	Ski-ing Santa	£3.50		
13	Jungle all the Way	£3.50		
Sub Total		£		
Postage & Packing		£		
Optional Donation		£		
TOTAL ENCLOSED		£		

Postage & Packing

Up to 5 packs - £2.50
6 or more packs - £4.40

To place your order and pay by card over the phone, please contact:
The office on 0141 427 7686 or place your order by email.

Or return the completed form to:
Spinal Injuries Scotland
150 Brand Street, GLASGOW G51 1DH

Please complete in block capitals:

Name

Address

..... Postcode

Please include a contact telephone number should we have any queries about your order.

Telephone Email

Delivery address (if different from above)

Address

..... Postcode

Please make cheques payable to: Spinal Injuries Scotland

CARD DETAILS (Please tick appropriate box)

I wish to pay by:

Mastercard Visa Delta Maestro

I authorise you to debit my account with the purchase on this form.

Card Number:

Issue Number:

Name as it appears on the credit/debit card

Card start date: / /

Expiry date: / /

Security code:

Signature of cardholder

Thank You

Fundraising & Donations

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.



A huge thank you to **Lisa Saunders** and **Mark Steele** who raised an amazing £1143.97, including Gift Aid, running the **Bear Grylls Edinburgh 10K!** Lisa's father was cared for at QENSIU a number of years ago, and her boyfriend's close friend is now in the unit after suffering an accident at home.

Thank you to **Shona** and **Sherelle**, who recently completed the **Great Scottish SwimRun** on behalf of SIS, raising an amazing £900! Shona wanted to raise money for the charity as she feels very lucky to have avoided a serious spinal injury after a horse riding accident last year.



Thank you to **Vanessa Henderson**, who donated £175 to SIS in memory of her mother **Eunice Wilson Carter**.

SIS would like to thank **Mark Houston** and his family for their donation of £1702.71. This was collected at the funeral of Mark's father, **Gilbert Scott Houston**. We are grateful for their generosity.

Thank you to **Lesley Johnston** who made a very kind donation of £250 in memory of her parents.

Thank you to **Angela, Paul** and **Christopher Williamson** and her family who raised £185 through taking part in **Pedal for Scotland**. Paul's father has a spinal injury and has been supported by SIS in the past.

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

Many thanks to **Mr K. Blundell** who donated £1831.86 to SIS in memory of his wife, **Eileen**.



Kelly Burns participated in the **Baxters 10k**. Completing the run in **1:03:18**, knocking 3 minutes off her Personal Best time. Kelly said: "SIS were, and continue to be a great support for my mam, **Anne Burns**, who was a patient in the **Spinal Injuries Unit** in Glasgow between July and October 2013."

"My mam went into hospital back in January 2013 for an operation on her back which did not go to plan, leaving her almost completely paralysed. After a month in **Aberdeen Royal Infirmary** and five months in **Raigmore hospital**, she was transferred to the **Queen Elizabeth National Spinal Injuries Unit** at the **Southern General** in Glasgow. Here she underwent more intensive Physio and was introduced to SIS.

Mam spent three months in Glasgow, with dad travelling down every weekend without fail to see her. She was then transferred to **Invergordon County Community Hospital** for a further eight months. SIS continue to offer support to my mam and our family and I wanted to raise some money as a small thank you."

Kelly raised over £1000 for SIS.

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

PROVENCE

Detached single-storey villa adapted for wheelchair user. Owner T3 paraplegic. Private gardens, pool and secure parking. Sleeps four in two bedrooms. One with wheel-in wet room, shower and shower chair, the other with bath and shower. 10-minute walk from the shops at Lorgues and a 45-minute drive from the coast. www.accessvilladelorgues.co.uk. Contact Geoffrey Croasdale. Tel: 01753 850 564. Email: g.croasdale@btopenworld.com

BRITTANY

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

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

ACCESSIBLE ANDALUCIA

Discover beautiful unspoilt Andalucia. Stylish accommodation offering the very highest level of accessibility. Wheelchair accessible transfers & transport. Mobility aids and care available. **LAS PIEDRAS RURAL HOTEL** In a stunning mountain setting, heated pool with hoist or **EL PLEAMAR APARTMENT** Right on the Mediterranean, pool with hoist. Contact Hannah or Adrian for a brochure or information. Tel: 029 212 54321. Email: info@lapiedras.co.uk www.laspiedras.co.uk

COSTA BLANCA, JAVEA

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 on 07721 336 747. Email: enquiries@casadefloresspain.co.uk www.casadefloresspain.co.uk

COSTA BLANCA, TORREVIEJA

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

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

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

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

ALGARVE

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

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

Spacious accessible villa with large private pool (and hoist) surrounded by lovely gardens. Four bedrooms, 4 bathrooms, 1 with wheel-in shower including shower chair. Level access throughout. Ample parking, wheelchair accessible vehicle. Choice of Theraposture electric profiling bed or Baltic turning bed. Easytrac, Voyager hoist. Care available from local English agency. Well equipped kitchen, broadband WiFi and more. 3km to the beach. Call Andy 00357 999 68418 or Niki 07866 441 204 or Email: villacarpediemcyprus@gmail.com www.villacarpediem.co.uk



Holiday Classifieds (continued)

HOLIDAY ACCOMMODATION CYPRUS

POLIS

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

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

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 website www.sisonline.org
Email: clober.farm@sisonline.org
Tel: 0141 427 7686 / 0800 0132 305

HOLIDAY ACCOMMODATION ENGLAND

WHOLE BARN, DORSET

Sleeps 12 people, can be split into two units (Dairy4/Dutch8). Accommodation comprises 3 barrier free ground floor double/twin bedrooms with 2 ensuite wet rooms. Upstairs 3 further double/twin bedrooms with 1 ensuite bath/shower room and 1 family shower room. Induction loop available in DUTCH barn. Four electric profiling beds available, 1 height adjustable with removable cot side. Two mobile shower commode chairs available. Flat tarmac outside and parking. **Tel:** 01963 23156. **www.blackrowfarm.co.uk**. **Email:** anniecoultas@gmail.com

CENTRAL CORNWALL

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

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.todsworthfarmholidays.co.uk

RATCLIFFE DISABLED HOLIDAYS

C5 quadriplegic owner. Overhead electric hoists. Electric hi-lo beds. Wheel-in showers. House flats sleep six-10. Open all year. Heysham on Morecambe Bay. Superb sea and mountain view. Access to five-mile promenade. Caravans on Haven Parks in Southern Lake District and at Filey near Scarborough. **www.theukweb.com/disabled_holidays** or phone for more information Allan or Jan 01274 588 142

TREWORGANS FARM HOLIDAYS, MID CORNWALL

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

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

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, 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**, info@wilsons-holidays.co.uk. **Tel:** 01286 870 261





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.

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*European Association of Urology Nurses.

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A man with grey hair, wearing a light pink shirt and a headset, is sitting at a desk in a call center. He is smiling and looking towards the camera. In the background, another person is visible, also wearing a headset and working at a computer.

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