

The logo for 'can DO' is positioned in the top right corner. The word 'can' is written in a lowercase, sans-serif font where each letter is contained within a colored circle: 'c' is red, 'a' is yellow, and 'n' is dark blue. Below 'can', the word 'DO' is written in a larger, bold, blue, uppercase sans-serif font.

**can**  
**DO**

The background of the cover is a landscape photograph of Goatfell on the Isle of Arran. The mountain peak is visible in the distance, partially obscured by a light mist. The foreground features a calm body of water reflecting the sky and the surrounding greenery. A line of trees and a grassy field separate the water from the mountain.

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## Editor's Note

As I'm writing this, the first 'real' snow of the winter is falling and, as usual, stories emanate from across the UK of transport and public services grinding to a halt at the first sign of snow.

Schools close, trains and planes are cancelled, whilst broadcasters batter us with warnings not to drive 'unless absolutely necessary'.

However, as the temperature drops it's good to hear of heartwarming stories like that of Laura Lawes and her husband Andrew, who - having been denied IVF treatment in the past - now have a healthy son after doctors agreed to the treatment. Laura's story (plus, of course, a photo of wee Aaron) appears elsewhere in this magazine.

In our January issue, we put out an offer to budding photographers to submit their work for display on our cover. We were delighted to receive the image which appears on the front cover this month.

The autumnal photograph of Goatfell on the Isle of Arran was taken by Peter Honeyman of Kilmarnock and we thank him for sharing this with our readers.

On a personal note, I was surprised how many people affected by disability do not seem to know about the 'Direct Payments' scheme and their right to choose this option.

Direct Payments is a facility which allows those entitled to a certain level of Social Services support to 'opt out' of receiving local authority provided Home Care in favour of receiving the funding direct so they may employ the staff of their choice. A full report on this appears on page 6 of this publication.

Finally, you will find within this issue, several pages of information about a new web-based resource called The Scotland Directory which I would recommend as being worth a visit.

Enjoy this issue, see you next month.

**Nick Smalley FMA**  
Editor



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

### Issue 21: February 2009

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## CanDo Magazine

a not for profit company limited by guarantee

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# news bytes

Keep in touch with health  
Keep in touch with CanDo

## Andy's On The Run

Andy Kerr pulled on his running shoes last month to help launch the UK's only all-male 10k road race.

The East Kilbride MSP joined fellow runners and health professionals at Bellahouston Park in Glasgow on Tuesday to encourage men from across Scotland to register for the fourth annual 'MHFS 10k'.

Andy said: "I've been a strong supporter of the MHFS 10k for Men since its launch and have taken part every year since. It's a great day out and one that I hope many more Scottish men take part in this year."

Organisers hope to attract 5000 entrants to the event, which takes place on Fathers' Day, June 21, in aid of Maggie's Cancer Caring Centres.

There are five Maggie's Centres in Scotland in Glasgow, Edinburgh, Dundee, Fife and Highlands – plus one interim facility in Lanarkshire.

Last year over 3,000 men of all abilities, aged from 15 to 80, took part and it is hoped that this year's run will be even more popular.

Mark Ward, national co-ordinator for the Men's Health Forum Scotland, said: "We at the MHFS want to encourage as many men as possible to take part in the 10k, whether they walk, jog or run.

"It's a fantastic challenge to undertake with friends, family or workmates. It offers a great opportunity to take up a new form of exercise, set yourself a challenge and improve your health.

Taking part in regular physical activity can have a high preventative effect on many chronic diseases or disorders, including cancer and coronary heart disease.

To register for the Men's Health Forum Scotland 10k for Men, open to men aged 15 or over, visit [www.mhfs10kformen.co.uk](http://www.mhfs10kformen.co.uk)

## Wicked World Tours

Wicked World Tours are a charity set up to facilitate adventurous travel and 'gap year' opportunities for disabled people.

They are currently looking at the feasibility of purchasing and adapting a vehicle as a mobile home to allow disabled people to travel with family, friends or carers in a fully accessible vehicle. The vehicle would go some way to overcoming the barriers of inaccessible accommodation and difficult travel whilst on an adventure holiday.

Research is being carried out by Community Enterprise to establish if there is enough interest for this kind of holiday to consider the purchase of the vehicle. They are keen to find out the views of disabled people, particularly young people, about the length of holidays they would be interested in; whether they need to have accompanying carers etc.

To that end, an online survey has been put together and they would like to encourage as many people as possible to take the time to fill it in. It will only take a few minutes to complete. Responses should be completed by the end of February 2009.

The link can be found by clicking Wicked World Tour survey which can be found at: [http://www.surveymonkey.com/s.aspx?sm=HHZx04VbirZ1tb1h03s\\_2fEg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=HHZx04VbirZ1tb1h03s_2fEg_3d_3d)

For more information on the study please contact:

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## Apology

In our January issue we stated that a special holiday feature would appear in this issue. The article will in fact appear in our March and April issues. Apologies for any disappointment.

## Parking Row Puts Lives At Risk

Cardiac arrest teams at two Glasgow hospitals claim lives are being put at risk because they are threatened with £40 fines for parking in patient-only areas.

The 'crash teams' at the Southern General and Stobhill use their own cars to get across the sprawling sites when the alarm is raised to tell them that a patient in another department has gone into cardiac arrest.

However the Unison union says Southern General staff risk a ticket for parking in the patient-only area near the unit if they go over the four-hour limit for free parking introduced at the end of 2008.

Health bosses deny the claim and say there are special arrangements in place for the cardiac arrest teams.

Matt McLaughlin, regional organiser for Unison, said : "Lives are at risk. In a heart attack situation, vital seconds count, and it is ridiculous to expect staff to run all the way across the Southern General site, or up the hill at Stobhill because they can't park."

The Southern has 679 permits issued to staff, but nurses say the majority are held by admin staff and managers. They say there are just 53 staff spaces at a select few other locations.

A health board spokeswoman said: "We refute the allegations. There are safe arrangements for cardiac arrest teams to get to emergency situations and we are shocked Unison has suggested otherwise.

"Any staff who need to park on our sites to carry out the responsibilities of their post will have a parking permit.

## New National Uniform

After trials, a new simplified uniform for NHS Scotland staff has been approved by the Scottish Government.

From September, the new uniform will be phased in with a requirement for all Health Board staff to wear the new uniform by 2012.

Uniforms will consist of trousers and a tunic or polo shirt colour coded according to rank throughout the Scottish NHS

## Alzheimer's Pensioner Ordeal

An investigation has been called for after a pensioner was left on a hospital trolley for 12 hours.

Cathy Jamieson MSP, who is Labour's health spokeswoman, said that the way 86 year old John Mulligan was abandoned at Glasgow's Southern General Hospital was unacceptable.

Mr Mulligan - who has Alzheimer's disease - spent 12 hours waiting for an ambulance to take him to his home to Pollok and was offered nothing to eat or drink during that time.

Ms Jamieson has written to Health Secretary Nicola Sturgeon, in whose constituency the Southern lies, asking for an urgent meeting, stating: "This is completely unacceptable and an immediate investigation should be launched."

Ms Jamieson added she was concerned that this was the latest in a series of worrying incidents at the hospital - which is due to be replaced by a new super-hospital - including reports that patients were given extra blankets as wards were left without heating.

She said that health union Unison had raised concerns with her that the hospital was being neglected and left to run down.

Ms Jamieson urged Ms Sturgeon to invest in front-line services and to look into the situation and ensure NHS Greater Glasgow and Clyde is provided with any additional funding required to ensure patients at the Southern General are not put at risk during this period of transition".

Unison regional organiser Matt McLaughlin said: "Unison is concerned the hospital is being neglected in the run-up to its closure." A spokesman for the Scottish Government said that the ambulance service had made an apology to the patient.

### ***Don't forget to tell us!***

If you have appropriate news for inclusion in this publication email it to our editor at:  
[cando.magazine@btinternet.com](mailto:cando.magazine@btinternet.com)

## Direct Payments: The Facts

Direct payments are local council payments for people who have been assessed as needing help from social services, and who would like to arrange and pay for their own care and support services instead of receiving them directly from the local council. A person must be able to give their consent to receiving direct payments and be able to manage them even if they need help to do this on a day-to-day basis.

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

If you're not receiving social services, to get direct payments you'll need to contact your local council to ask them to assess your needs. Social services - and therefore direct payments - are normally available if you are: disabled and aged 16 or over; a carer aged 16 or over, including people with parental responsibility for a disabled child or if you are an older person.

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

The amount you receive will depend on the assessment your local council makes of your needs. Direct payments are made directly into your bank, building society, Post Office or National Savings account. If you need someone who cares for you to collect your money, or you are registered blind, payment can be made by sending a cheque which can be cashed at the Post Office.

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

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

You cannot use direct payments to pay for permanent residential accommodation - but you may be able to use direct payments to secure occasional short periods in residential accommodation, if your local council agrees that is what is needed nor can you use the funds to secure a service from your spouse or civil partner, close relatives or anyone who lives in the same household as you, unless that person is someone who you have specifically recruited to be a live-in employee (other than in exceptional circumstances, which your council may agree with you) .

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

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

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

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

If your circumstances change, contact your local council as soon as possible so that they can reassess the level of payments you require. It doesn't matter whether the changes are long- or short-term.

For example, if you don't need to spend the full amount because your condition improves temporarily, or you go into hospital, they may need to adjust your payments.

If at any point you decide you don't want to continue using direct payments, you can opt out and your local council will arrange services for you instead.

Source: [www.direct.gov.uk](http://www.direct.gov.uk)

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Starting

Weds 22 April from 1.30-4pm

For details or to book a place call Alex on **0845 600 3756**

## ***“Emergency? You’ll Just Have To Wait!”***

An Angus man has claimed he was told he would have to wait 48 hours to get his repeat prescription - despite it being a medical emergency.

Norrie Guthrie of Dundee was in a motorcycle accident three years ago and as a result the nerves around his bladder were severed. Since then he has needed catheters to drain his bladder.

He recently lost his repeat prescription for these and, with only a few left, contacted his GP surgery. Despite the urgency, he was told he would have to wait at least 48 hours for the Park Avenue Medical Centre to issue a new prescription.

Mr Guthrie said, “When I realised that somehow the prescription had been thrown out, I tried to order another one but was told by the receptionist that I would have to wait 48 hours. They didn’t seem bothered even though I said it was really a problem.”

Mr Guthrie explained that the consequences for his health if he ran out of catheters would be disastrous. “I told them I only had two or three left but use about five a day. If I don’t get them my bladder will burst and I could poison myself.”

Practice manager Audrey Whitton said: “A 48-hour wait for a repeat prescription is normal, but staff are willing to speed up the process in emergencies. We can’t comment on this case directly because of patient confidentiality.”

## ***Musical Cheers!***

Young patients and their families at the Paediatric Unit in Ninewells Hospital in Dundee were recently treated to a morning of live music given by Music in Hospitals’ group ‘Sunshine’, with singer and pianist Clare Edwards & singer & guitarist Mary Carr. The concert is one in a series of 60 Music in Hospitals concerts funded by the Hilton in the Community Foundation, scheduled to take place in areas near to Hilton hotels around the UK.

The main aim of this project is to use live music to inspire children and young people in healthcare to think positively about their future and recognise their potential whatever their age, illness or disability. The musicians sensitively encourage each individual to participate in and contribute to the concert in a way that helps to improve their confidence and self-esteem. This may be achieved through playing instruments, requesting favourite songs, singing and participating in whichever way feels most natural.

Established in 1980, Music in Hospitals draws upon the talents of some of Scotland’s leading musicians to perform for people in over 550 hospitals, hospices, homes, day care centres and special needs schools across Scotland. Over 1600 concerts are arranged annually, and the aim is to make a wide range of high quality live music more widely available to people whose access to entertainment is curtailed by illness, age or disability. Medical, nursing and care staff constantly acknowledge the valuable part live music can play in the treatment and care of patients: from seriously ill children to patients with mental health issues, dementia or special needs, stroke victims, elderly people in long-term care and hospice patients.

Tom McDermott, General Manager of the Hilton Dundee, said: “The Hilton in the Community Foundation is dedicated to making a real difference to those most in need, wherever Hilton operates and we are delighted to support Music in Hospitals.

We’re immensely proud of the fundraising activities the team at the Hilton Dundee undertake to allow us to support projects such as this.”



## ***Megan's Good To Have Around In A Crisis!***

Young Megan Johnston is the highly deserving recipient of a Confident Individual and Responsible Citizen certificate from St Mary's Primary in Cumbernauld following an extraordinary incident last November.

The Primary 5 pupil was happy as she took part in a dance club as part of St Mary's After School care programme, but when she returned to her home, within minutes it was a very different story.

In a scene that would throw most adults, she found that her mum Lorna had collapsed and was lapsing in and out of consciousness, after experiencing excruciating stomach pains. Lorna, who is a full-time mum, thought that the situation might improve by lying down in her bedroom but the bad turn which would eventually be diagnosed as pancreatitis continued to exert its grip.

But amazingly, Megan knew exactly how to handle the situation by telephoning dad Brian at work then informing her mum's best friend and neighbour Carolyn McNair who rushed to the scene and summoned an ambulance. Megan took care of her two younger sisters Rebecca (6) and Keira (4) helping them get dressed to go back to Carolyn's house before the paramedics arrived.

However, Megan's contribution did not end there as she proved to be a massive help to her dad while Lorna spent a full week recovering in Monklands Hospital; looking after the younger girls, helping at mealtimes and generally boosting morale.

This remarkable little girl is also extremely modest – after the drama, she told no-one what had happened with the exception of her best friend. In fact, staff and pupils of St Mary's Primary only learned about Megan's response when Lorna turned up at the school's Christmas craft fayre a couple of days after being discharged from Monklands.

She let them know about Megan's actions and astonished head teacher Geraldine Fleming felt that Megan should be rewarded with a special certificate. Mrs Fleming said: "We are now calling Megan 'Mum's Superhero!' This is very much in keeping with the way Megan is at school. She is a very mature wee girl for her age and is very hardworking and caring.

"We wanted to give her the certificate because we think this is just such a good example to the other children to see someone being so grown up and responsible," added Mrs Fleming.

Megan's actions have also won her praise from the Scottish Ambulance Service who believe that she is a shining example of how anyone, young or old, should behave in a crisis.

A spokesperson said: "This little girl has shown great presence of mind for someone of her years. To act as she did at a time which must have been so traumatic and frightening is just fantastic."

When the News spoke to Lorna she said that the most striking recollections of this highly charged scene are the supposedly incidental details – all of which show how caring her daughter really is.

"It is the funny the things I remember about it," said Lorna, "Megan, God love her, brought me up a gel pack and some paracetamol. She obviously thought it would help and was absolutely brilliant throughout it all," .

"She also brought up a wet facecloth and I remember it was so wet that I thought the pillow would get soaked. She just did everything thing she could," she added. "The strange thing is that she doesn't think she has done anything special and she was a bit embarrassed when she heard she was getting her photograph taken for the local paper." said Lorna. "When we talked about it, all she said was 'you're my mum and I wanted to help'. There really is something a bit different about Megan. I know I am biased because I am her mum but I don't know anyone, adult or child who doesn't think there is something special about her."

"She has always wanted to be a vet but I think she would make a great nurse. She is amazing," she added.



GAYLE FORECASTS  
A SUCCESSFUL  
PAIN SURVEY

## Gayle Forecasts a Successful Pain Survey

An Ayrshire physiotherapist is in the throes of preparing the largest UK survey of its kind, in relation to MS-related pain.

Gayle Connolly (28) qualified as a physiotherapist at Glasgow's Caledonian University in 2002 and, after working on a one-to-one basis with patients for NHS Ayrshire and Arran, decided in 2005 to undertake her Masters' Degree in Public Health to enable her to combine physiotherapy with the study of health at a more population-based level.

Gayle says: "After doing my Masters I was eager to continue in the field of research. The current MS research post was ideal- MS is an area I am greatly interested in and more research is definitely needed in relation to MS-related pain." She added that the post is a PhD studentship, which allows her to continue working with patients and obtain a PhD on completion of the research.

The research is a joint project between NHS Ayrshire and Arran and Glasgow University and is funded by the MS Society. It will take place at the Douglas Grant Unit, Ayrshire Central hospital, where Gayle will be supervised by Dr Paul Mattison, lead clinician and Linda Miller, specialist physiotherapist. During the PhD studentship, Gayle will split her time between the unit and Glasgow University, where she will be supervised by Dr. Lorna Paul of the Division of Nursing and Health Care, with ongoing support and training available at each step of the PhD.

Gayle added: "Pain is something that has largely been overlooked when it comes to people with MS in Scotland. Although pain is recognised as a disabling symptom of MS, the number of people affected is still unknown. Previous research was done on much smaller, more specific groups of people with MS, making it harder to gain a true picture of the frequency and pattern of pain for the rest of the MS population. The current research study therefore aims to recruit as many people with MS in Ayrshire and Arran as possible so as to accurately estimate the frequency and experience of pain for the wider MS population. It aims to be as far-reaching as possible, by including a variety of groups of people, i.e. people at different stages of their disease, with different types of MS, and different levels of disability".

Participation in this study, which is subject to final ethical approval, involves completing and returning a questionnaire, with any information provided being completely confidential. Information gathered from completed questionnaires will then be pooled together to make conclusions about pain in MS.

On completion of the research, the results will form part of a PhD thesis. It is hoped that the findings will be published, but the results of individual participants will not be identified within the publication.

A feedback session, where the results of the study will be presented will be held in late 2009.

People with MS, who are known to the Douglas Grant Unit, will be contacted by Dr Mattison about the study in the very near future.

Gayle is hoping to get as many responses as possible, as larger numbers will increase the scientific weight of the research. She adds that "completion and return of questionnaires is encouraged if individuals with MS wish their personal experience of pain to be counted."



Gayle Connolly (left) with Linda Miller, MS Specialist Physiotherapist (centre) and Jacquie Downs, Rehab Co-ordinator and MS Managed Clinical Network Manager.

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# Make No Bones About It... Medics In Hunt For Corpses

Just like the 'Burke and Hare' period of the early 1800s, Scottish medics are on the look out for corpses. From students of medicine through to the most experienced surgeons, they need whole, dead bodies.

However, there's no cause for the people of Edinburgh and other cities to worry; unlike the 19th Century anatomist Dr Robert Knox, modern medics won't be resorting to employing grave-robbers to get bodies - instead they hope to see an increase in people donating their bodies to medical science.

Her Majesty's Chief Inspector of Anatomy for Scotland, Professor Bertie Wood says the number of people donating their mortal remains to medical science needs to double "with immediate effect". Professor Wood needs 300 bodies a year to keep pace with developments in training that offer new hope to the living.

One of the key new demands is from surgeons who specialise in operating on the joints to help arthritis sufferers and other patients with debilitating conditions related to their limbs. These already highly-trained doctors need a steady supply of bodies on which to hone their skills.

Professor Wood said he was issuing new guidance to GPs' surgeries explaining how patients interested in donating their bodies can register their wishes. Lawyers will be given the same guidance for clients who express an interest while drawing up their wills.

The number of Scots donating their bodies to medical teaching has increased in recent years from 98 in 2003 to 163 in 2008, but it is still not enough and around a dozen body parts recently had to be imported from the United States because there were not sufficient numbers available for use in training surgeons in complex shoulder surgery techniques.

Professor Wood said: "New surgical training has taken off more rapidly than we thought it would. The total number of bodies received has been going up in the last few years but numbers are going to need to double with immediate effect. I want to reach the point where it is no longer necessary to import body parts for training". He added: "We are reluctant to start appealing directly to the public through advertising as this could be counterproductive and we believe the trend is going in the right direction. What we are seeking to establish with the cooperation of doctors and solicitors is an understanding that when someone raises the issue to donate, they are directed to one of the bequeathal secretaries at their local department and that individuals can have an informed discussion and go away with the appropriate addresses."

When a donor dies their body it is handed over to one of five universities in Scotland registered to handle them. The body should be transferred to the facility within 48 hours and embalmed. Once a body has been dissected by medics, the remains are put back together and given a proper burial or cremation, paid for by the university. Universities will generally accept any body except where there has already been a post-mortem examination. It may even accept a body if the deceased had been an organ donor, although in most cases they are over the age of 60, where organ donation would have been unsuitable.

Staff said that far from being "ghoulish" their work was positive. Dr Quentin Fogg, a licensed anatomist at Glasgow University, said: "Almost everyone asks what happens to the cadavers. We tell them straight up they might be looking at tissue in this way or that way – it might be students doing it or researchers doing it. Their main concern is that it's some sort of ghoulish dark thing that people are doing, and it's quite the opposite. You think that everyone is working around death and everyone is going to be a bit dark about it and on a bit of a downer, but it's very much a positive experience for everyone. Even people who are scared to walk into the room aren't scared for very long; they think it's actually quite nice. We can see the bodies are well looked after and we can see that everyone's acting very respectfully."

One potential body donor is 33-year-old Juliet Wilson, from Edinburgh. As a Humanist Celebrant, Wilson has conducted many funerals and came to the conclusion that bequeathing her body to Edinburgh University's medical school was the right thing to do.

She said: "Some people are buried and some people are cremated and I feel that whatever age I die, if my body is useful then that is quite a nice way to think about dying." Juliet's family are happy with her decision, and her 54-year-old husband Tim has also bequeathed his body to medical teaching.

"I feel that when I die my body is just a body. OK it's mine and I love it now, but I don't believe in any life after death, or feel that my body is precious to me. I am on the Organ Donor Register, but body donation is a good second option. I really don't care what they do. The thought of my liver in a jar in a laboratory does not remotely bother me. I am not squeamish about it."



Multiple Sclerosis Society Scotland  
AYRSHIRE & ARRAN BRANCH

## Helping People with Multiple Sclerosis

Ayrshire and Arran Branch of the UK Society provides emotional and financial support for people affected by Multiple Sclerosis; Scotland's most common disabling neurological condition.

The Branch offers a confidential service which supplements the mainstream work of the NHS and Social Services of the local authority.

Although there is no known cure, many of the symptoms of MS, such as pain, fatigue and lack of mobility can be alleviated by rehabilitation therapies (physiotherapy and occupational therapy etc.) and modified by supervised drug regimes. These are available at the Douglas Grant Unit at Ayrshire Central Hospital in Irvine.

The local Branch services are open to those affected by MS, their families and carers whilst the national UK Society funds research into establishing both the cause and hopefully finding a cure for the condition.

The Branch is run entirely by volunteers with no paid staff and no government grants. It relies on the help of the people in the Ayrshire and Arran to continue its work. In its almost 40 years existence, the community has not let us down.

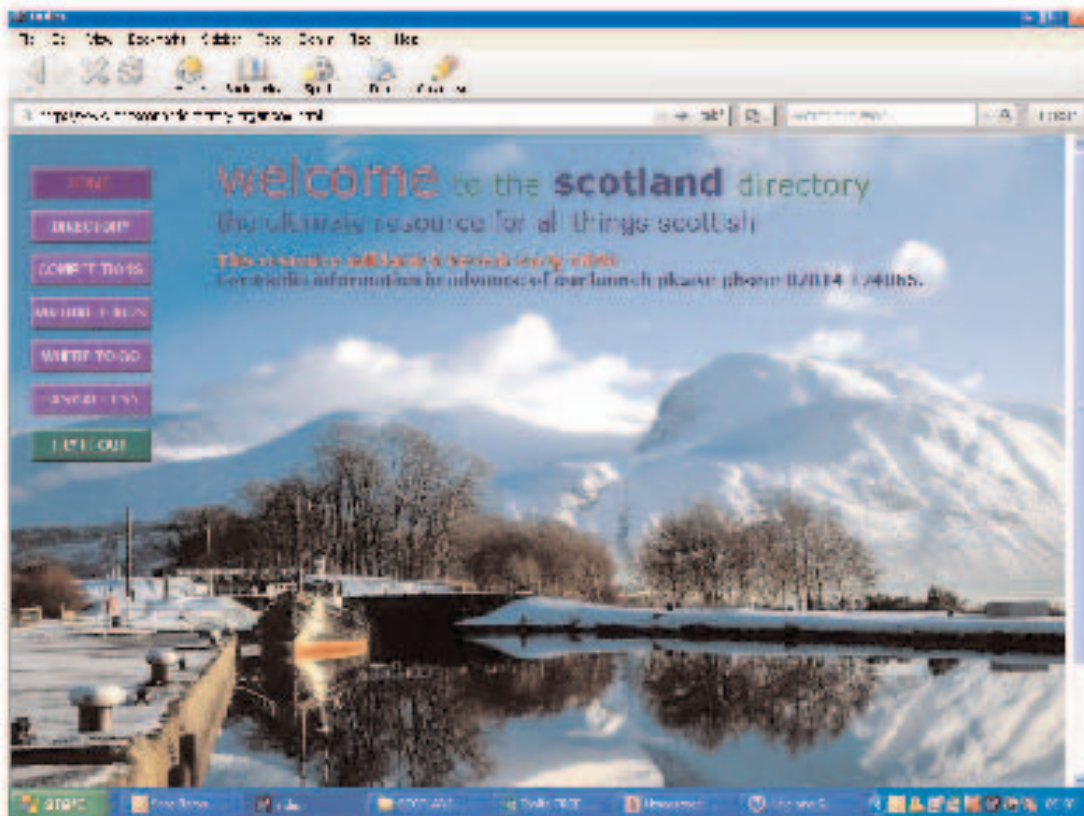
If you think you could assist us OR indeed think we can help you, please phone, in confidence, our local office in Kilwinning on **01294 558866**, email us at **[msayrshirebranch@tiscali.co.uk](mailto:msayrshirebranch@tiscali.co.uk)** or visit our website at **[www.msayrshire.com](http://www.msayrshire.com)**

Donald McNeill OBE  
Chairman  
MS Society  
Ayrshire and Arran Branch

Registered Charity Number SCO16433



# Get a **FREE** listing in the **scotland** directory



This is an independent online resource to promote and provide information about Scotland and will launch in February.

We are doing this in the form of a directory which will initially be available on the internet, not only through our own websites, but also linking the directory with the websites of many other organisations in order to give maximum coverage and readership.

Later in the year the information we accumulate will appear in the form of a printed directory which will be circulated to organisations and individuals.

As you will imagine, compiling this information is a large task, so we ask you to assist us, simply by submitting an entry into our directory using the details below.

We estimate that during 2009, as many as a 150,000 people will make use of the directory. Placing an entry is totally free of charge and will allow you to be reached by thousands of people who may not otherwise know you are there.

How to place your details in the directory: Log on to [www.thescotlanddirectory.org](http://www.thescotlanddirectory.org) and click the green button marked "add an entry". This will take you to a simple form when you tell us what you want your entry to say...and just to recap, it's totally free.

Once we receive your submission, it will be added to our directory we will send you a confirmation when your listing appears in the directory.

If you have any general queries please call us on 07814 124065  
If you would like to advertise on our site please call 01294 212738

This new Social and Business Directory highlighting Scotland is accessible online at [www.thescotlanddirectory.org](http://www.thescotlanddirectory.org) from early 2009.

It is clearly laid out and easy to use with five main categories.

**Where To Go:** Looks places to visit by our experienced writers.

**Competitions:** Competitions with some great prizes to be won each week

**Virtual Tours:** Want a taste of Scotland right now? Take our popular virtual tours.

**Easy Access:** As the title suggests, places accessible by people with limited mobility

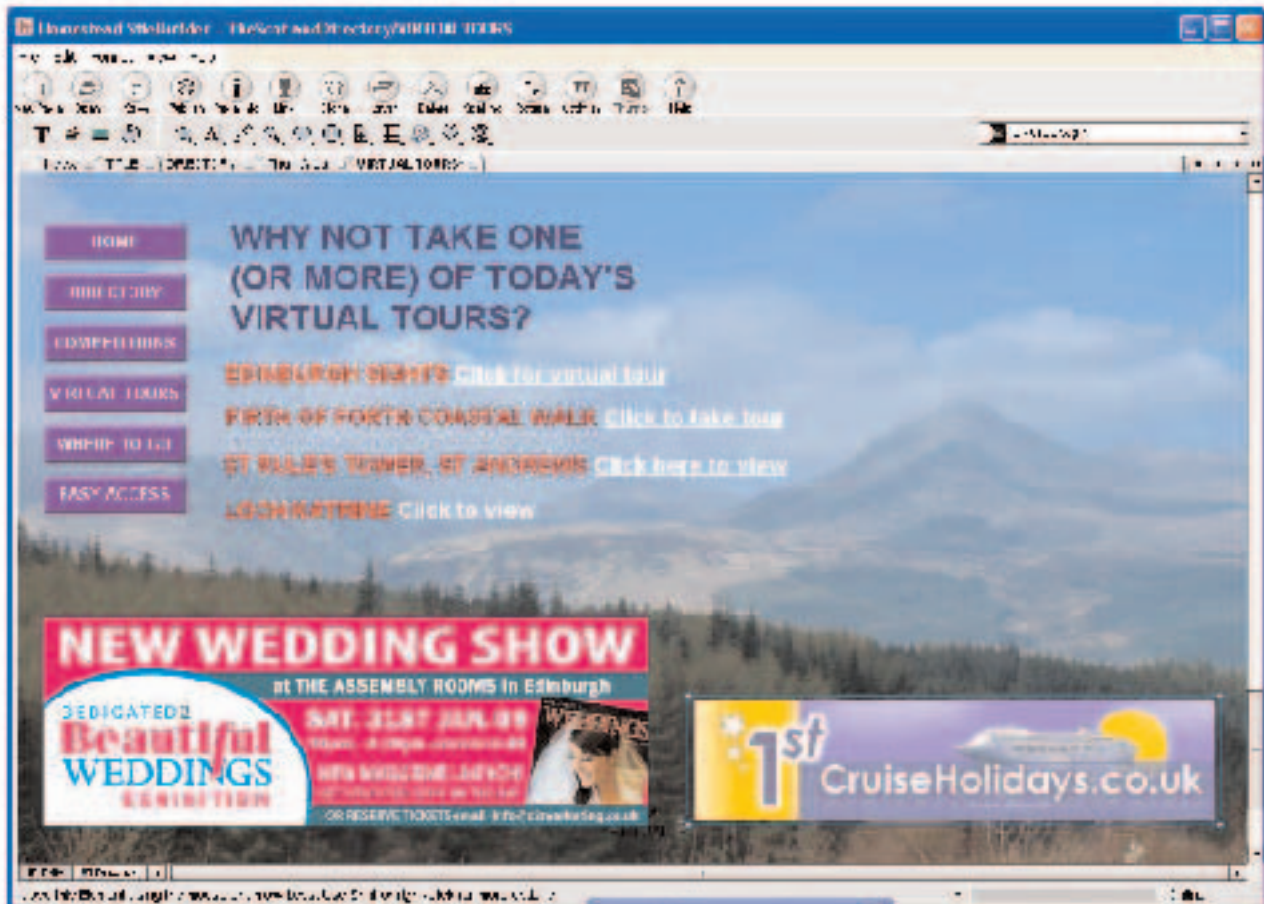
**Directory:** From Car Repairs to Cleaners to Kilt Makers... it's all here.

## Advertising rates:

Whilst lineage adverts within our directory are free, we do have some prime advertising spots for rent as follows:

Large (as per 'Wedding Show' on image below):	£140 per year
Medium (as per 'Cruise Holidays' on image below):	£80 per year
Small (half the size of 'Cruise Holidays' on image below):	£45 per year

We also have a site sponsorship opportunity available, please call 01294 212738 or 07814 124065 to find out more.



**BUSINESSES AND ORGANISATIONS: TO GET YOUR FREE LISTING EITHER LOG ON TO [www.thescotlanddirectory.org](http://www.thescotlanddirectory.org) OR USE THE FORM OVERLEAF**

GREAT NEWS FOR BUSINESSES AND ORGANISATIONS  
**100% Free** Listing in **thescotlanddirectory**

One of our main projects this year is to build an information resource to allow people affected by disability to easily find goods and services that are accessible to them.

We are doing this in conjunction with The Scotland Directory, a new resource which is initially available on the web, through the websites of charities and other organisations. Then, later in the year the information accumulated will appear in the form of a printed directory which will be circulated to disability groups, organisations, libraries and individuals.

As you will imagine, compiling this information is a large task, so we ask you to assist us by submitting an entry into the directory using the details below. We estimate that during 2009, over 150,000 people will make use of the directory. This entry is **totally free of charge** and will allow you to be reached by thousands of people who may not otherwise know you are there.

**How to place your details in the directory:**

You can either use the online form at [www.thescotlanddirectory.org](http://www.thescotlanddirectory.org) or print off the form below, fill it in and post / fax / email it to

Fields marked with an asterisk (\*) are mandatory, but it is in your own interest to give as much information as possible.

DETAILS FOR INCLUSION IN **thescotlanddirectory**

Business Name*	<p>Categories*</p> <p>Please indicate which category from the list below best describes your business activities.</p> <ul style="list-style-type: none"> <li>Access and Security Systems</li> <li>Aids for Daily Living</li> <li>Bathroom Equipment</li> <li>Building Trade</li> <li>Care and Care Homes</li> <li>Cars and Wheelchair Adapted Vehicles</li> <li>Communication</li> <li>DDA Compliance Goods</li> <li>Employment and Training</li> <li>Fuel Supplies</li> <li>Hoists and Ceiling Track Hoists</li> <li>Holidays and Travel</li> <li>Housing</li> <li>Insurance</li> <li>Motoring Services</li> <li>Moving and Handling</li> <li>Optical Services</li> <li>Organisations &amp; Charities</li> <li>Pain Relief</li> <li>Printing and Publishing</li> <li>Ramps</li> <li>Scooters &amp; Wheelchairs (Powered &amp; Manual)</li> <li>Seating and Furniture</li> <li>Stairlifts and Lifts</li> <li>Stairclimbers (Powered)</li> <li>Other (Please state)</li> </ul> <p>Most appropriate category is....</p>
Your Name*	
Position in organisation*	
Business Address*	
Telephone Number*	
E-Mail Address*	
Website	
Any additional information	

EMAIL the completed form to [editor@thescotlanddirectory.org](mailto:editor@thescotlanddirectory.org)  
 FAX to 01294 550791 or POST to Directory,c/o CanDo Magazine,  
 3 Five Roads, Kilwinning KA13 7JX

We aim to have entries added within 72 hours and will email you with the link to your entry. We reiterate there is no cost for this service.

## *Honorary Membership for Little Aaron*

A woman from Stevenston is celebrating the "miracle" birth of her son after she was given IVF treatment.

Laura Lawes admits she thought her life was over when she was diagnosed with MS in 2006.

The 40-year-old had tried for more than 11 years to have a baby with husband Andrew, 43, but had been unable to get IVF treatment on the NHS because she moved home several times.

But in 2007, her MS started to go into remission and she learned that, despite her age, doctors had agreed to fund her fertility treatment. She gave birth to a son, Aaron on December 30 - two weeks early.

Laura, from Stevenston, Ayrshire, said: "When I was diagnosed with MS I thought, 'That's it, it's all over'.

"But Aaron's put a new perspective on things. I'm not thinking of death but of Aaron's future and being around to see it."

Admin worker Laura added: "I spoke to others with MS and they are usually advised not to have children.

"I think it's a miracle because I got the treatment even though I'm an old mum - nearly 41 - and also because of the MS." Laura had the final stages of the IVF treatment in April last year.

She said: "I never thought it would happen and that I would have a baby. I think my story will give hope to people who have MS. Life is not over."

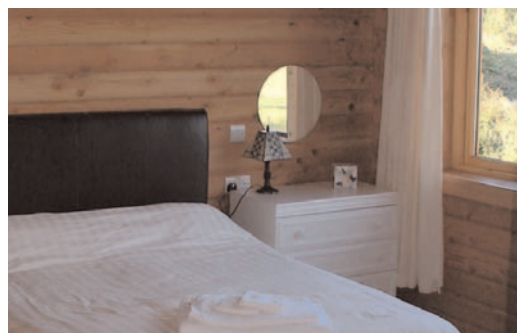
Donald McNeill, chairman of the Ayrshire and Arran Branch, said: "This story is an inspiration. It sends out an important beacon of hope to many with MS. Baby Aaron is now an honorary member of the branch. We are all delighted for the family."



### Two Luxury Pine Lodges **FULLY WHEELCHAIR ACCESSIBLE** *Self-Catering from £250 a week*

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**“When I was told I had MS I thought it was terminal, but there’s life after diagnosis. Self management courses taught me how to turn negative into positive”**

**Surinder, 39, Glasgow**

*MS has damaged my nervous system and my symptoms can change as quickly as the weather. Learning how to deal with the bad days has made a big difference. Life is never the same with MS, but there’s a lot you can do to adjust.*

*There’s a whole range of emotional and practical support available from the MS Society, whether you want to know about self management courses, or just need someone to talk to who understands what you’re going through. Call the MS Society helpline on 0808 800 8000 or visit [www.mssocietyscotland.org.uk](http://www.mssocietyscotland.org.uk)*

**MS**  
Multiple Sclerosis Society  
Scotland

**MS Society Scotland. Pulling the pieces together.**