

The logo for 'can DO' is positioned in the top right corner. The word 'can' is written in lowercase letters, with 'c' in red, 'a' in yellow, and 'n' in blue. Below it, the word 'DO' is written in large, bold, green uppercase letters.

can
DO

Health & Disability News

Features

Holiday Reviews

Prize Competitions

and much much more

March 2009
Issue 21

thescotlanddirectory

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and much more!

Almost 12,000 visits were made to
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Editor's Note

Hello again and welcome to another edition of CanDo - Scotland's disability magazine.

I'm hoping that through CanDo Magazine, we can drum up some support for the 'Stop Carer Poverty' campaign which is currently trying to improve the financial situation of people who care for relatives and friends who are disabled, sick or elderly.

Many people - 15% of the population on the UK - through no fault of their own, are unexpectedly forced to give up their jobs to provide care when a loved one becomes infirm or disabled.

These 'home carers' save the NHS a massive £87 BILLION a year.

Often, carers are on call 24 hours a day, seven days a week, 52 weeks a year... every year.

For this level of commitment, they receive the paltry sum of £50.55p a week from the government.

The sad thing about this situation is that most carers are looking after loved ones and would do the necessary care work for no pay at all.

The government know this and take advantage of the situation by offering only a pittance. Many carers spend in excess of 15 hours a day caring... that equates to a measly rate of just 48 PENCE an hour.

We hear people protesting about the human rights of sweat-shop workers in Asia and about the Fairtrade scheme giving African farmers a living wage.... maybe it's time we looked closer to home... FairCare perhaps?

Please take a few seconds to sign the petition at www.carerspovertyprotest.info

There is more about the campaign elsewhere in this magazine; please do share this information with your family, friends and colleagues.

Hoping you enjoy this edition.

Nick Smalley FMA
Editor



www.candomagazine.com

Issue 22: March 2009

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news bytes

Keep in touch with health
Keep in touch with CanDo

Obesity 'as bad as smoking' claim

Obesity increases the risk of dying just as much as smoking, a study carried out recently has suggested.

Researchers discovered that the health risks associated with being an obese non-smoker was equivalent to a healthy-weight person smoking more than ten cigarettes a day.

Experts looked at weight and smoking status of almost 46,000 men at the age of 18 and followed them up for 38 years.

They found being obese or smoking more than ten cigarettes a day doubled the risk of dying prematurely.

Meanwhile, being overweight or smoking one to ten cigarettes a day increased the chance of dying prematurely by more than 30 per cent.

Being obese and a heavy smoker increased the risks, but other combinations of weight and smoking did not appear to have that effect.

Writing in the British Medical Journal, the authors of the report said this highlighted that being overweight or obese was linked with early death, regardless of whether a person smoked, saying "Obesity and overweight are as hazardous as heavy and light smoking respectively."

Weather hits hospital targets

One of NHS Lothian's top autism workers has played a key role changing the way the condition is viewed in Bangladesh.

Adult autism co-ordinator to NHS Lothian, Jane Neil-McLachlan was flown out to the country to open a conference about changing the way the country deals with the disease.

She addressed politicians, local media and charities about autism in the Lothians.

Weather hits hospital targets

Hospitals failed to hit targets for maximum waiting times in accident and emergency departments towards the end of last year, figures have revealed.

Nicola Sturgeon, the health secretary, blamed the bad weather for the fall.

A national target says 98 per cent of patients attending A&E departments should be treated, admitted or discharged within four hours.

However, in December the figure achieved was only 96.7 per cent. This compared with 97.7 per cent in November and 98.1 per cent in October. This gave a quarterly figure of 97.5 per cent, slightly down on previous quarters.

Other figures showed most health boards were already meeting a tougher hospital waiting-time target yet to come into force. At present there is a maximum target of 18 weeks for seeing a consultant after a patient has been referred by their GP or dentist. This is to go down to 15 weeks by the end of March.

Free sunbed sessions slammed

A CHAIN of Scottish sunbed salons which has offered a day of free sessions to customers has been criticised as "irresponsible marketing" by doctors and cancer charities.

Hot, which runs 13 salons across Glasgow, Greenock, Dumbarton and Paisley, is offering the chance to have a free six minutes session worth up to £6.

The offer was released just days after 14-year-old Kirsty MacRae, from Wales, suffered first-degree burns after spending 19 minutes in an unmanned tanning salon.

Professor Rona Mackie, a senior research fellow for the Department of Public Health, who is based at Glasgow University, described the offer as "unwise." She said: "Sunbed use is proven to increase the risk of skin cancer."

Telehealth investment

MORE technology is being put into the NHS to enable increasing numbers of patients to be diagnosed closer to home.

A £1.6 million investment into "telehealth" projects was announced in Stirling recently by Nicola Sturgeon, the health secretary.

The projects include putting touch screens into the houses of hundreds of patients with chronic conditions in the Lothian areas, enabling symptoms to be monitored from home.

New software will also enable patient records in Glasgow to be sent electronically, direct to consulting rooms.

In Orkney, online scanning is to be introduced to enable patients to be diagnosed remotely, avoiding long journeys to hospital.

A total of 16 projects will share the £1.6 million of funding.

Testers Wanted

Disabled 'testers' are being sought by the Museum of Transport in Glasgow.

The museum wants wheelchair users to help them test some of their displays planned for the new Riverside Museum, which is due to open in 2011.

A spokesperson for the museum said: "We would like to encourage wheelchair users to visit the Museum of Transport over the next few weeks, and to let staff at the information desk know you are there. They will then inform the right staff who will take up about 10 minutes of your time.

For more information on this project contact Sam Groves on 0141 287 2708 or e-mail sam.groves@csglasgow.org

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

Wigtown's Charity Event

Wigtown's Bladnoch Park will be the venue for a very important fundraising event this summer.

The 24-hour Cancer Research UK Relay For Life event will take place on June 13 and 14, and organisers are looking for as many teams of people as possible to take part.

Gillian Carey of the volunteer team said this week: "It is not a sponsored event; relay funds are raised by each team, by whatever means, prior to the event and the relay is a celebration and finale of the fundraising."

Teams can be made up of friends, relatives or work colleagues and there is no age limit for the event as each member only walks for as long as they can manage.

Teams can camp overnight or come and go as they please, as long as one member is on the track at all times.

An opening ceremony for survivors of cancer including cancer patients, their families and carers will be held, followed by a Candle of Hope ceremony as darkness falls which celebrates survival, gives the opportunity to remember those who have passed away and gives messages of hope to those who are still undergoing treatment.

A closing ceremony will take place at the end of the 24 hours where it will be announced how much money has been raised.

This will be the second Relay for Life in Dumfries and Galloway. The first raised a phenomenal £47,698 for the vital work of Cancer Research UK.

Gillian Carey added: "The hard work is the fundraising. This is a fun event where we rekindle old acquaintances and make new friends while enjoying the party atmosphere with live music, games, fundraising and cancer awareness raising activities."

For more information or for a DVD which gives prospective team captains a better idea of what the event is all about, contact Anne Barclay on 07834 693420.

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 that 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

Arthritis Care are offering the following
**SELF MANAGEMENT
COURSES**

free of charge to people with
long-term conditions. Attendance is
once a week for 6 weeks.

The next course is at:

**ARDROSSAN
YOUTH CENTRE**

Starting
Weds 22 April
from 1.30-4pm

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



AYRSHIRE INDEPENDENT LIVING NETWORK **DROP IN DAY**

AILN Committee and Staff would like to invite you all to a drop in day at the Grand Hall Kilmarnock, on the 31st March, drop in anytime between 11am & 3pm. Come and have a free cuppa and a cake.

Try your hand at our Easter egg painting competition (the winner will receive a very large chocolate Easter egg) feel free to bring the children.



There will also be information stalls set up, those involved will be:

AILN Self Directed Care Services, Scottish Huntington's association, Princess Royal Trust for Carers, Spinal Injuries Scotland, Strathclyde Community Safety Police, Community Health in Partnership, Kilmarnock College Beauty Students – Doing Hand & Face Massage.



North Ayrshire Council



East Ayrshire Council



South Ayrshire Council

Ayrshire Independent Living Network, Self Directed Support Services
Pavilion 9, Ayrshire Central Hospital, Irvine KA12 8SS
01294 272260
mail@ailn.org

Defying Disability: Mary's Book of Leaders

Mary Wilkinson, who was the editor of the campaigning newspaper Disability Now for over 20 years, has written a book called Defying Disability.

The book tells the stories of nine disabled leaders who, by force of personality and concrete achievement, have made us think differently about disability. Whatever direction they have come from, they share a common will to change society so that disabled people get a fair deal.

Those covered in the book include paralympic athlete Dame Tanni Grey-Thompson, politician Lord Jack Ashley and disability rights campaigner Bert Massie.

Defying Disability is based on extensive interviews with the subjects and people who know them. It marks their similarities and differences, the forces that drove them to achieve, the impact they have had on policies and practice, and how the modern history of disability in the UK has been played out in their lives.

It is not just a good read; it will inform professionals in the field, students in disability studies, disabled people, their families and carers, and everyone interested in disability politics and policies.

Reviewing the book, disability consultant Claire Tregaskis, said: 'This important book provides a fascinating insight into the achievements of nine disabled leaders and the development of British disability politics and practice over the past 40 years.'

'The leaders profiled reveal both a range of approaches to tackling disabled people's exclusion, and differences in personal attitudes towards impairment and disability politics itself. In doing so, Defying Disability provides a more accurate reflection of the diversity of disability than some traditional disability texts.'

The book, details of which appear below, is now available to order both online and at bookshops..

Defying Disability: The Lives and Legacies of Nine Disabled Leaders by Mary Wilkinson

Published February 2009 .

224 pages.

ISBN 978 1 84310 415 5

Travellers concerned about lack of information

Disabled customers are not confident of receiving accurate information about accessibility when booking holidays with a travel agent.

A survey conducted by Accessible Travel and Leisure which covered 500 clients or prospective clients who have reduced mobility, or would be travelling with someone with reduced mobility, revealed that 91% said that accessibility of the accommodation and facilities was very important or important.

However, respondents were concerned about the lack of information provided. Many had arrived at resort on previous holidays to find they could not access a hotel, use transport to a resort or even use a toilet. Airlines were highlighted as the 'weakest link in the chain' according to ATL managing director Andy Wright.

He said airlines are a 'law unto themselves' because they are exempt from the Disability Discrimination Act. Problems including embarkation/disembarkation, appropriate seating and inaccessible toilets were some of the major issues raised.

The majority of those surveyed take one or two holidays a year, with 16% taking between three and four; whilst it was found that 19% do not holiday overseas at all.

Out of 10 million disabled people in the UK, only 2.5 million travel regularly.

Mr Wright said: "Disabled people have had to endure second-class service and facilities for far too long. They have had to put up with inferior service, lack of facilities and a lack of understanding of their needs. This is no way to treat a large sector of the UK.

"If 2.5 million disabled people are known to travel, what about the remainder? This is an opportunity not to be ignored by the travel industry.

"This survey highlights issues related to the disabled market and is a wake-up call for the travel industry."



Scottish Carers Poverty Protest

Wednesday
22nd April 2009

Edinburgh Castle
March @ 1pm
Scottish Parliament
Rally @ 2pm

CARERS SAY "ENOUGH IS ENOUGH!"

Carers Poverty Protest on 22nd April 2009 with London and Edinburgh Rallies

Carers from all over the country, supported by the major Carer's Charities, Carers UK and the Princess Royal Trust for Carers, are joining together to demonstrate on Budget Day: Wednesday 22nd April 2009 in London at Trafalgar Square, on the North Terrace outside the National Portrait Gallery from 11.00am to 2.30pm and in Scotland, marching from Edinburgh Castle from 1 pm and rallying outside the Scottish Parliament, Edinburgh from 2 pm.

Carer centres have been fundraising to hire coaches, newsletters have gone out, and support is growing right across the UK. They aim to end the injustices of the benefit system perpetrated on a band of very hard working people, who not only underpin the NHS and social services, but save the taxpayer billions, whilst barely making ends meet themselves.

Carers find themselves eligible for services to help them to cope with a 24/7 caring life, but they and their eligible carers don't get them as there are no services available due to cutbacks.

Carers are people who give up their hopes, their dreams, their lives, because something happens to one whom they love. It happened to them, it can happen to you, it only takes a moment in time to become a carer.

Carers get £50 per week... could you live on that? However, many Carers are ineligible for support - such as students and carers aged over 65. Many Carers are on call, 24 hours a day, 7 days a week, 52 weeks of the year... could you live like that?

Carer and co-organiser of the Carers Poverty Protest group, Christine Steel, speaks about the group's plans for the protest this spring and the choice between "eat or heat" facing many carers in these tough economic times.

Christine cares for a relative and has seen first-hand the financial struggle facing carers. Along with Tony Dennis she set up the Carers Poverty Protest group with other online carers from across the UK after the idea came up on a carers' internet forum. They realised there was nothing stopping them and Carers Poverty Protest was born.

The group isn't short on ambition, and is calling on the nation's carers to help them take their cause straight to the heart of government with a protest march in April where they'll hand in a petition calling for an end to carer poverty.

Christine took time out to talk about the plans for the protest.

Tell us about the march. How can carers get involved?

"Carers can get involved by attending either the London or Scottish March, by attending their own local day of Protest on the 24th and lobbying their own MP at their surgery, by printing off a copy of the petition and asking local shops etc. to put it on their counters for signatures, by using the template letter for writing to MPs.....in fact as much as their caring role will allow. Everything that gets the message across is invaluable!"

Why should carers get involved?

"Because the issues involved affect us all, new carers, 24/7 carers, child carers, student carers, working carers, pension age carers - anyone who cares for someone 35 hours per week.

"We need to be recognized for the unique position we hold in society and to highlight the inequalities inherent in the current system."

Where will it be and what's going to happen?

"The London Protest and Rally will be held in Trafalgar Square on the North Terrace outside the National Portrait Gallery between 11am and 2.30pm on Wednesday 22nd April 2009 when the petition will be handed in to 10 Downing Street by a smaller group.

"The rally will have guest speakers and there'll also be an opportunity for carers to be heard.

In Scotland, there will be a march starting from Edinburgh Castle then walking right down the Royal Mile to Holyrood, starting at 1pm on Wednesday April 22nd, led by a pipe band. Wear tartan and bring your own banners.

“People who are unable to march can join the rally outside the Scottish Parliament from 2 pm, from where another copy of the petition will be handed in to Scottish Ministers and the Petitions Committee.

“Following the march a rally will be held outside the Scottish Parliament with celebrity speakers, followed by a lobby of MSPs.”

What are your aims for the protest?

“Carers Allowance should be paid regardless of carers means or receipt of other “income replacement” benefits (including the State Pension); carers should not have to self-fund their caring role (live off their savings); means-testing and the overlapping benefit rule should be scrapped (carers should not be forced to live on a government imposed limited income) and students should not be excluded from receiving Carers Allowance.

“Carers Allowance should be paid at a level that allows carers dignity and quality of life and at a level that recognises that carers are unique within the benefit system.

“The government must recognise the injustice inherent in the fact that social care and respite provision are dependant on local authorities budgets and not on the service users needs.”

How do you feel about the future? Are you optimistic?

“I am cautiously optimistic as I feel that carers are joining together for their common cause and in doing so are feeling less isolated and hopeless about their circumstances and that there is something they can do to make their voices heard.”

Do you think the 'credit crunch' is affecting carers?

“Oh, most definitely! Many carers live on the breadline as it is as they have no way of subsidising their income without financial penalties, under the present system of overlapping rules. So with everything going up, it really can be a choice between eat or heat.”

Do I have to be a member of a carers group - or a carer myself - to come?

“No - just turn up on the day - but check our website first for breaking news and contact information.”

The Carers Poverty Protest website is at www.carerspovertyprotest.info

Below: The Scottish Parliament at Holyrood will be the protesters' destination.



Council rapped over Blue Badge discrimination

A national organisation has accused Midlothian Council of discriminating against Blue Badge holders.

Capability Scotland has criticised the local authority's decision to introduce a £20 charge over a three year period, as part of measures to bridge its £5 million funding gap.

It is expected the move will bring in £30,000 a year.

But as the county's 4,538 Blue Badge holders work the extra cost into their budgets, eligible residents in Edinburgh, West Lothian and East Lothian continue to enjoy the scheme's benefits free of charge.

Richard Hamer, director of external affairs with Capability Scotland, said: 'Councils are under a legal duty...to make every attempt to ensure disabled people are treated the same as non-disabled people.'

'Charging disabled people for the means of getting access to their own parking spaces seems to be at odds with discrimination law and another cost that those on low incomes can barely afford.'

A Midlothian Council spokesman said: 'The blue badge scheme is a national scheme administered by local authorities on behalf of the Scottish Government for which the Council receives no recompense.'

'This charge has been agreed by the Scottish Parliament – and adopted by other Scottish local authorities and is also intended to discourage fraudulent use and abuse of the badge.'

The spokesman added the council is required to implement all relevant legislation and strives to ensure equal opportunities for all as part of its social inclusion policy.

Artist puts his talent to good use.

Kilwinning artist Joe McLaughlin is putting his talent to good use by offering a charity a painting that they can sell at an exhibition to raise much needed funds.

Joe's painting will be given to Hansel Village, a charity working with disabled children in Ayrshire and follows on from his efforts last year when Hansel Village benefitted to the tune of £1,100 from the sale of his painting "A very windy day" which was inspired by Troon beach.

The artist, who is well known for his legal spat with the famous Scottish painter Jack Vettriano over a copyright issue, also gives paintings to boost CLIC Sargent's funds.

Along with other painters, Joe (44), will be offering the public the opportunity to buy an unsigned print before it is signed and increases in value. This format proved successful last year.

He said: "Hansel Village works with disabled youngsters offering them the chance to gain skills and confidence. If I have the time and can support the work of the charity, I'm happy to do so. I will also be donating a painting to the CLIC Sargent Auction in March".

The Hansel Village Art Sale takes place at the Lochgreen House Hotel in Troon on Tuesday April 21st.



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Keen Photographers Wanted!

Supply our Cover Photo

During 2009, we will be giving photographers the opportunity to supply our cover photo. It doesn't matter whether you're an amateur snapper or a professional photographer, all we ask is that photos are a minimum of 300dpi, are in portrait format and are your own work.

Send your shots plus a description of the subject by email to:

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We will let you know if and when your work will be used.

Note: this is not a commercial opportunity, no payment is made for photos.

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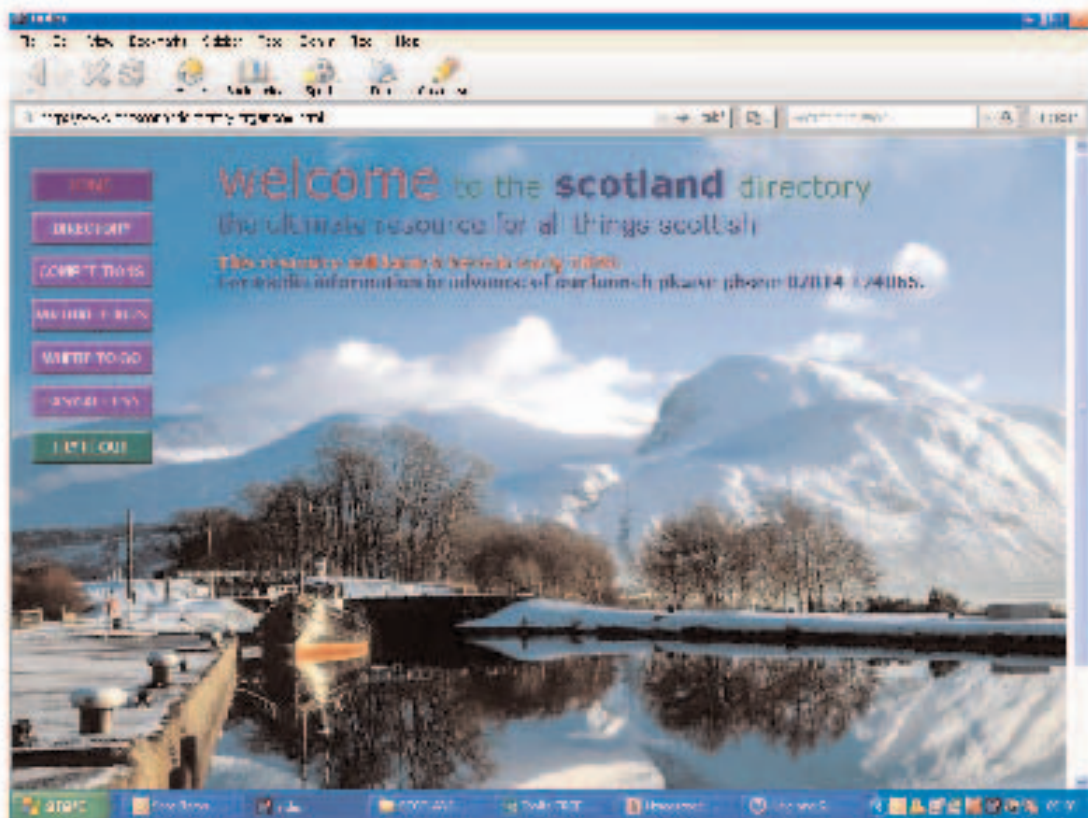
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This is an independent online resource to promote and provide information about Scotland and will launch in February.

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 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 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

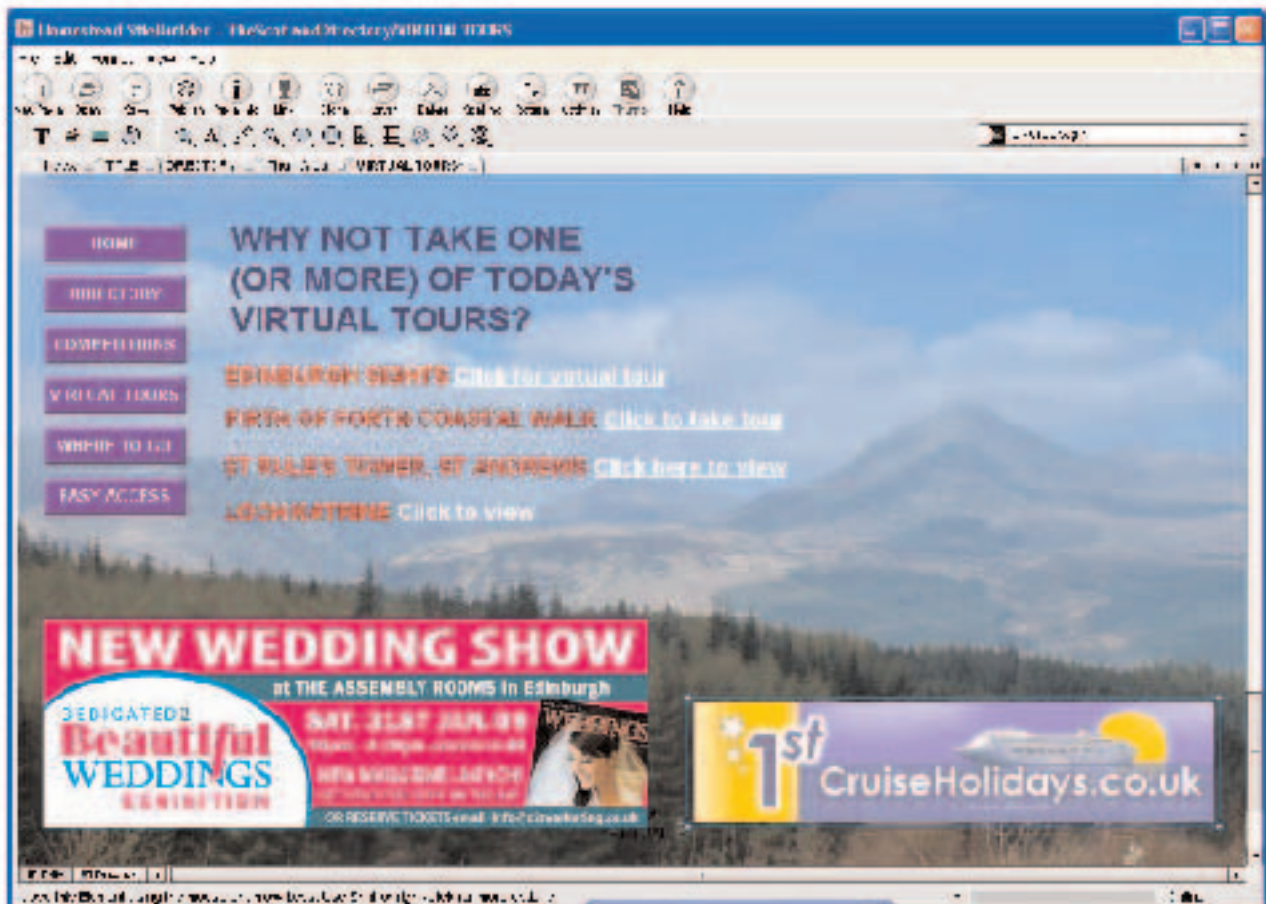
Directory: From Car Repairs to Cleaners to Kilt Makers... it's all here.

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 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 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**

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

EMAIL the completed form to 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.

Ability Fest 2009 celebrates its 10th year

Festival of Opportunities for disabled people at the SECC, Glasgow on 29th October 2009

The Number One event is happening again this year for disabled people, the agencies and the businesses who work together to “make a difference” within our communities.

When it comes to the rights of disabled people does your company sit on the fence, or does it take a stand? Because if your company takes the disability sector seriously, taking a stand at Ability Fest 2009 can do amazing things for your company!

At this year's event, as an exhibitor of services you will have the opportunity to make new connections and meet new people. As an employer possibly looking to recruit, you will have the attention of dedicated individuals seeking to secure sustained employment and establish your company as an organisation with an inclusive, positive and pro-active frame of mind.

Make a difference and take a stand; to book a stand or go to the website www.abilityfest.org.uk and find out more about what's available to you as a sponsor, exhibitor and visitor at this year's Number One event.

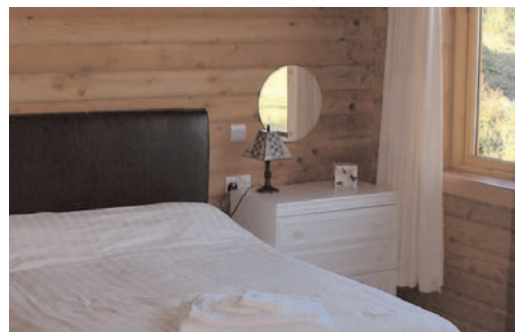
Glasgow Centre for Inclusive Living is the co-ordinator of Ability Fest 2009. For more details regarding the event visit www.abilityfest.org.uk or contact:

Heather O'Brien
Ability Fest 08/09 Co-ordinator
Glasgow Centre for Inclusive Living
117-127 Brook Street
Glasgow G40 3AP
Tel: 0141 550 7481/07989 049715
Textphone: 0141 554 6482
Fax: 0141 550 4858
Web: www.gcil.org.uk
Web: www.abilityfest.org.uk

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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** or visit our website at **www.msayrshire.com**



Donald McNeill OBE
Chairman
MS Society
Ayrshire and Arran Branch

Registered Charity Number SCO16433