

April 2009
Issue 23

can
DO

Health & Disability News
Features
Holiday Reviews
Prize Competitions
and much much more

A hand is shown holding a newspaper, with the text overlaid on it. Below the newspaper, a mug with a colorful illustration of various fruits (apple, pear, grapes, etc.) is visible. The background is a dark gradient.

Scottish Carers Poverty Protest

Wednesday
22nd April 2009

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

Editor's Note

Welcome to another edition of CanDo Magazine; we are certainly ploughing through another year... it's hard to believe that April - and along with it, Easter - is upon us already.

Last month I mentioned that support is required 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. Following my appeal to our readers to sign the protest petition, I'm delighted to see many of our readers have done so.

A rally takes place in Edinburgh on the 22nd of this month to protest about the lack of support and care given to carers by the authorities. Details are on the facing page. Please do go along if you are able to. Also, please take a few seconds to sign the petition at www.carerspovertyprotest.info if you have not already done so.

Once again, this edition of CanDo Magazine tries to focus on the positives associated with disability and what better way to do so than by looking at a few of the thousands of people who will be taking part in walks and runs to raise funds for charities.

Our article on page 10 shows that many of these people have previously been affected by disability or illness want to take part to help others with similar conditions; whilst on page 14, we see how CHAS have honoured a long-serving volunteer.

If you've any feedback or comments about CanDo please feel free to email or drop me a line at the address shown below. I'd love to hear from you.

The next edition of CanDo Magazine will be out in early May but meantime, Happy Easter and good health for the coming month.

Regards

Nick Smalley FMA
Editor



www.candomagazine.com

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CanDo Magazine

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www.candomagazine.com

3 Five Roads, Kilwinning, Scotland KA13 7JX

Telephone: 01294 550791

Email: cando.magazine@btinternet.com

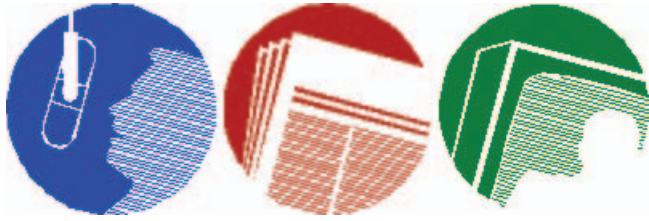
Editor: Nick Smalley FMA

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news bytes

Keep in touch with health
Keep in touch with CanDo

£12.50 a week to stop smoking

A scheme which offers smokers £12.50 a week to kick the habit has been launched.

Smokers in deprived areas of Dundee will get a credit which they can spend on groceries - as long as they stay off cigarettes.

The scheme was launched by public health minister Shona Robison. She said: "This is an innovative project and I'll be following the results with interest to see if lessons can be learned for the rest of Scotland."

Health chiefs say 1,800 people will take part in the two-year scheme and believe 50% could be successful.

Once accepted onto the scheme, those taking part make weekly visits to their local pharmacy, where a breath test on a carbon monoxide testing machine will show if they have been smoking or not, and for every week they stay smoke-free they receive a £12.50 electronic card credit up to a maximum of 12 weeks. This can be spent on groceries at Asda.

It follows the success of a similar scheme by NHS Tayside for pregnant mothers.

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

Washing their hands of it

NHS Lothian staff are continuing to improve their handwashing compliance in a bid to beat superbugs, a watchdog has confirmed.

A report shows that the rate for obeying the handwashing guidelines sits at 94 per cent, up from 87 per cent in May last year.

Health Protection Scotland monitored staff at the end of January in Lothian's hospitals and on 412 out of 440 occasions the opportunity to wash hands was taken.

Toddler's parents 'thank you' fund

The parents of a Fife toddler have launched a fundraising campaign to thank those who have helped their family.

Holly Ireland, aged 3, was left severely brain damaged after contracting meningitis. She showed no classic signs of the virus and was sent home three times by doctors.

Her mum Gillian Ireland said "She wasn't able to smile, speak or walk - she couldn't even sit-up. She just seemed to lose every skill she'd developed before she fell ill and they told us to prepare for the worst."

After six months in Edinburgh Sick Kids' Hospital, Holly attends a specialist centre in Valleyfield for one-on-one care.

Pat Warren from High Valleyfield Child Development Centre said: "What we're really looking at is extending Holly's concentration on the different activities, for example turning the pages of a book.

"She's made wonderful progress and she is quite a wee personality amongst her group of children."

Holly's condition is improving - although she has up to 25 epileptic seizures every day - but life will never be the same again.

Her dad Craig said: "You always have an idea what you would like your children to do and your hopes and aspirations for them - and ours were basically torn up.

"We don't know where she will end up but we just hope she'll be able to have a happy and fulfilling life."

The Irelands are now raising funds for the Fife centre, the Edinburgh Royal Hospital for Sick Children, as well as for the meningitis research charity.

Gillian added: "I can't put into words how proud I am of her. She's everything to us and she's battled through all of this and she's still come out laughing and smiling."

Margo's progress report on assisted suicide exercise

Independent MSP Margo MacDonald has given a progress report on her bid to legalise assisted suicide in Scotland.

More than 400 responses have been received to an opinion-sounding exercise she launched in December last year.

Edward Turner, whose mother Dr Anne Turner took her own life in Switzerland in 2006 with the help of doctors, has supported the idea.

Dr Turner, 66, a GP who had a progressive and incurable degenerative disease, supranuclear palsy, travelled to the Dignitas clinic in Zurich. Her husband, also a doctor, died after suffering from a similar illness.

Dr Turner's death was the subject of a television drama *A Short Stay in Switzerland*, in which she was played by Julie Walters.

"I utterly welcome the moral leadership which I think Margo is taking on this issue," Mr Turner said. "It will strike a chord with the vast majority of the public."

He spoke as Ms MacDonald said she is "quite satisfied" with the progress her proposal for a Member's Bill is making. More than 400 individuals and groups replied to her consultation on the issue, with these responses now being analysed.

It comes days after an STV opinion poll showed three-quarters of those asked thought people should have the right to choose when they die.

Ms MacDonald, who has Parkinson's disease, said the poll result is similar to other surveys. "I'm inclined to think we are absolutely on the right track in the Scottish Parliament in testing this now and in trying to frame a Bill," she added.

Mr Turner is a director for the campaign group Dignity in Dying. He told how his mother's illness would have left her "completely paralysed and trapped in her own body".

He said: "Faced with that future, with that prognosis, my mother decided three years ago to have an assisted death in the Dignitas clinic in Zurich. I thought it was unjust my mother had to leave her own country in order to have a dignified death.

"It's hard for us who are not facing the end of life to understand the desperation that people have. And the choice that they have is not between life or death, it's the choice between a good death and a bad death. When that is your choice you are prepared to consider these extreme options, including ending your life earlier than you would otherwise have done.

"My own mother was terrified of losing the ability to travel so she went at a relatively early stage in her condition. If assisted dying had been legal in the UK then she would have had extra months of life.

"We have a duty, a compassionate duty, to listen to the desires that mentally competent patients make about their own life."

For more information go to www.margomacdonald.org or www.dignityindying.org.uk



TB or not TB

A plan to keep Scotland free of tuberculosis is scheduled to be devised by experts in the disease, which was a major killer in Scotland until the 1950s and was particularly prevalent in damp and overcrowded tenements.

Now, thanks to advances in modern health care, there are around 400 cases a year, affecting seven people in every 100,000. That equates to fewer cases in Scotland than there are in the rest of the UK and many other European countries. The plan, which will be drawn up by the end of 2009, will focus on surveillance and screening of the disease.

The announcement was made by Scotland's public health minister Shona Robison on Tuesday, March 24th, designated as 'World TB Day'.

She said: "Tuberculosis is a serious disease which, although now thankfully rare, still exists in 21st century Scotland. We have a proud history of treating TB and we have a duty to build on that legacy to make sure we prevent the disease from spreading and provide effective treatment to sufferers to allow them to return to health."

"We want to look at what more can be done to see what more can be done about improving screening and public awareness to make sure we target and get services to those at risk.

"It is still a very small incidence in Scotland compared to where we were years ago when it was a scourge. Although we have been at the forefront of treatment for TB - it is still a problem for migrant communities at risk when their immune systems are compromised.

"It is important that the health service picks up those at risk early on and makes sure the public is aware of the symptoms."

A Scottish-based doctor, Sir John Crofton, was one of the leaders in the fight against the disease. Using the "Edinburgh Method", a combination of drugs to stop the spread of the disease.

Get yourself some Breathing Space

Anyone can feel down or depressed from time to time. You are not alone and talking to someone about how you feel is often the first positive step towards getting help.

Breathing Space has been set up due to serious concerns about the wellbeing of people in Scotland and is part of the Scottish Government's National Programme for Improving Mental Health and Wellbeing.

When you phone Breathing Space your call will be answered by a specialist advisor. He/she will then be able to listen to your concern in a caring and non-judgmental way. The advisor will not ask your name but may at the end of the call ask for the first three digits of your postcode. This lets us know of the general area in Scotland that you live and assists us with the future planning of the service.

In the event that your call was to last for a while this is okay. The advisor, on feeling that you have talked through your concern sufficiently, will bring the call to an end but if you feel you would benefit from speaking more then it is fine for you to call again on another occasion.

As stated, the advisor will listen to what you have to say and offer any help available. When you are phoning it may be helpful to have a pen and paper handy in case the advisor gives you any practical help with phone numbers, addresses etc.

The number for Breathing Space is **0800 838587**. At this time your call is also free if you phone Breathing Space from the 'Virgin', 'Orange' or '3' mobile phone networks.

You can also contact Breathing Space by visiting their comprehensive website - which includes a wealth of information, hints and tips, contact numbers and a very useful 'Self Help Toolkit' by logging on to www.breathingspacescotland.co.uk

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Winter Olympics 2010 Preview

Alpine Skiing

The Paralympic Games began after the Second World War as a sporting event intended to get injured British soldiers in wheelchairs moving again. Over time, however, the Games have evolved into an elite international competition involving a broader range of athletes from around the world.

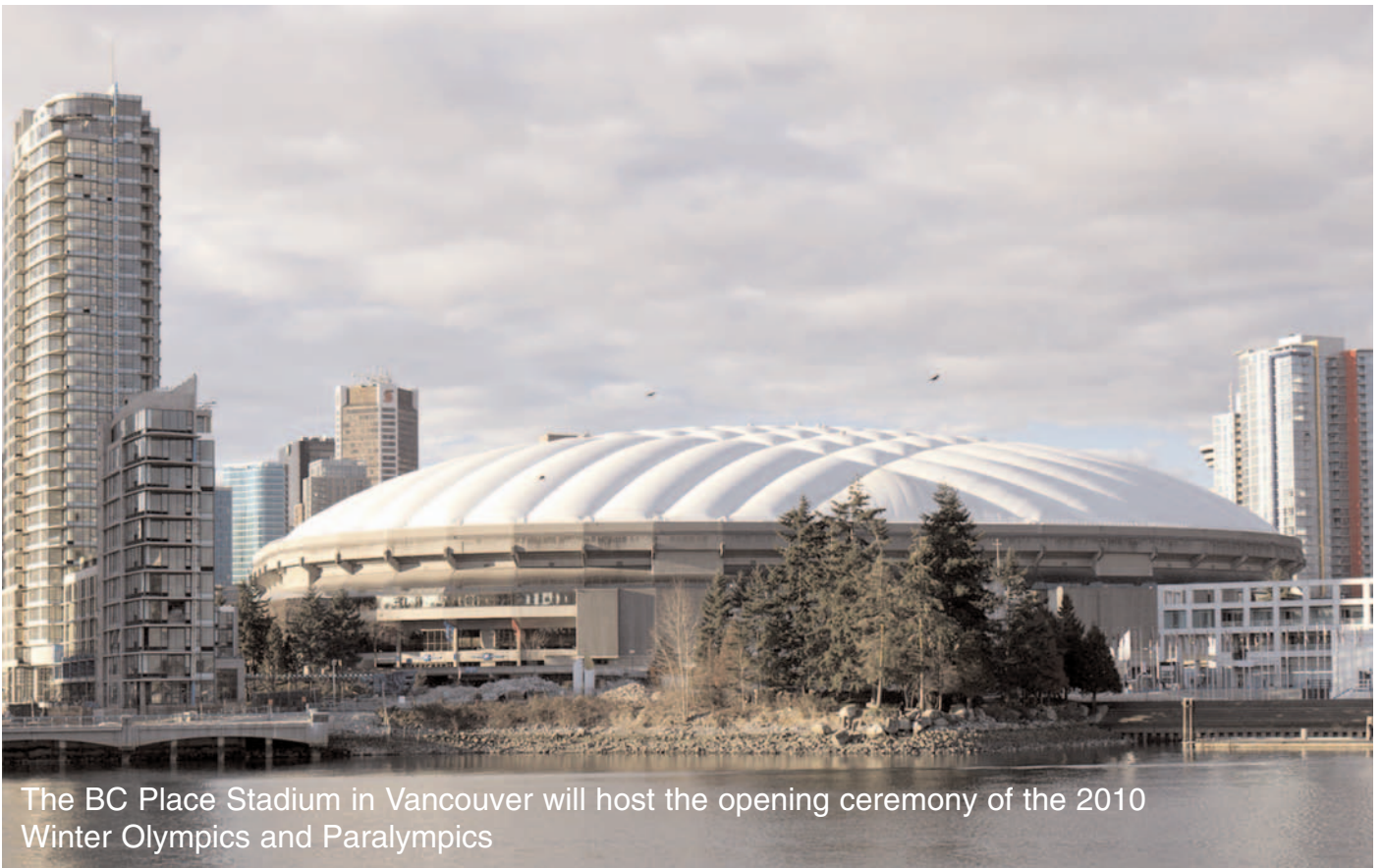
World War II left many soldiers with serious injuries so just after the war, in 1948, Sir Ludwig Guttman organised a competition in Stoke Mandeville, England, to get British war veterans with a spinal cord injury moving again. Four years later, athletes from the Netherlands joined the games.

The first Olympic-style games for athletes with a disability – now called the Paralympic Games – were held after the 1960 Olympic Summer Games in Rome, Italy. The first Paralympic Winter Games took place in Örnköldsvik, Sweden, in 1976. The Paralympic Games have taken place at the same venues as the Olympic Games since the Seoul 1988 Paralympic Summer Games in South Korea and the Albertville 1992 Paralympic Winter Games in France. In most Paralympic sports, competitors with similar disabilities compete against one another according to that sport's rules.

During the Vancouver 2010 Paralympic Winter Games, approximately 1,350 athletes will compete in five sports and over 60 separate medal events.

Following the end of the Second World War, there was a systematic development of ski sport for persons with a disability, as injured ex-servicemen returned to the sport they loved. In 1948, the first courses for skiers with a disability were offered.

Alpine ski races for athletes with a disability have been held wherever there are snowy mountains since the late 1940s. Up to the 1970s, these races were limited to skiers who could stand, or had a visual impairment. The invention of the mono-ski – a seat fixed on single ski – opened the sport to athletes who could not stand to ski. Mono-skis are equipped with short outriggers (forearm crutches with shortened skis attached at the base for balance and steering). Slalom and giant slalom were introduced at the first Paralympics Winter Games in Örnköldsvik in 1976. Downhill was added to the Paralympic Games in 1984 in Innsbruck, and Super-G was added in 1994 at Lillehammer. Mono-skiing became a medal event at the Nagano 1998 Paralympic Games



The BC Place Stadium in Vancouver will host the opening ceremony of the 2010 Winter Olympics and Paralympics

In Paralympic alpine skiing, racers can reach speeds of more than 100 kilometres an hour, traveling down a vertical drop that ranges from 120 to 800 metres. The vertical drop is made even more difficult by a series of gates the skiers must twist and turn to pass through.

In alpine skiing, athletes are classified as standing, sitting or visually impaired and compete against other athletes with a similar disability. Skiers with a visual impairment use the same equipment as able-bodied skiers, but ski with a guide. Skiers with locomotive disabilities may either use the same equipment as able-bodied skiers or a prosthesis (an artificial arm or leg) and stabilizers in place of ski poles (stabilizers are a type of crutch with a small ski at the end). Sitting skiers use a mono-ski. Alpine events for men and women are Downhill, Slalom, Giant slalom and Super G.

The downhill features the longest course and the highest speeds in alpine skiing. Each skier makes a single run down a single course and the fastest time determines the winner.

Super-G (for super giant slalom) combines the speed of downhill with the more precise turns of giant slalom. The course is shorter than downhill, but longer than a giant slalom course. Each skier makes one run down a single course and the fastest time determines the winner.

Giant slalom is similar to the slalom, with fewer, but wider and smoother turns. Each skier makes two runs down two different courses on the same slope. Both runs take place on the same day, usually with the first run held in the morning and the second run in the afternoon. The times are added together, and the fastest total time determines the winner.

The slalom features the shortest course and the quickest turns. As in the giant slalom, each skier makes two runs down two different courses on the same slope. Both runs take place on the same day. The times are added together and the fastest total time determines the winner.

The combined event consists of one downhill followed by two slalom runs, using a shorter course. Once again, the times are added together and the fastest total time determines the winner.

For more information on alpine skiing (Paralympic), please visit www.paralympic.org



A Paralympic Alpine Skier in action. See report above.

Fundraisers are on on their marks

Cancer Research UK's Relay For Life is returning to Lord Catto Park in Peterhead on Saturday and Sunday, July 25 and 26, and there are already 12 teams signed up to take part in the event. Last year's event raised £33,300 with 14 teams and the committee is determined to get 25 teams signed up for 2009 to raise even more vital funds for Cancer Research UK's life saving work and make Peterhead's Relay in 2009 the best yet.

Relay for Life is a unique, fun, 24-hour team fundraising event. It is a brilliant community event that celebrates life and honours those affected by cancer. Local teams are made up of family, friends, work colleagues, schools, clubs and organisations, it is open to all ages, absolutely anyone can take part.

Teams of between 8 and 15 people pitch their tents, camp overnight, and take turns to walk around the track throughout the 24 hours. This event isn't to do with athletics or sponsored runs, as teams fundraise throughout the year and months leading up to the event and Relay is a celebration of their achievements.

Christine McLeay, a team captain in 2008 and again in 2009, explains why she takes part: "Relay For Life is a great way to raise money while having fun! Everybody comes together for 24 hours for one reason - the experience is truly inspirational and worthwhile."

"While at least one team member is walking the track, the others in the team are free to take part in fun activities, such as fancy dress laps, live music, tug-o-war and fun inflatables.

"Some teams have a theme and dress up according to that theme and also decorate their tents. There are prizes for the best dressed team and the best dressed tent, as well as many prizes to be won for the various competitions and games throughout the day including karaoke, a penalty shoot-out and treasure hunt."

Team member Cheryl Sinclair says: "Being a girly girl the thought of wearing trainers and walking round a track, let alone camping, was just not for me. My time came last year and now that I have done it once I will do it for the rest of my days. So many emotions passed through me that day and I am now really inspired to keep helping such a worthy cause. The Candle of Hope Ceremony is truly breathtaking and will really inspire you to help too."

Signing up as a team captain simply means getting a few people together and supplying a bit of inspiration and encouragement to raise lots of money for life-saving research and make a real difference. To register you go onto www.cancerresearchuk.org/relay and click on Peterhead's Relay For Life page. It is £15 to register as a team captain and for 16s and over and £5 to register for under 16s.

Cancer survivor Evelyn Lorimer says: "A little time and effort on the part of anyone who wishes to join Peterhead's Relay For Life, will bring them great satisfaction when hope turns to cure."

Peterhead's Relay For Life is also looking for local companies and businesses to support the event by providing essential sponsorship. The committee is looking for a number of different sponsors who will receive various benefits, such as advertisement in local press and radio, banners advertising the company at the event and will be mentioned in the event programme.

Anyone interested in sponsoring all or part of this year's event should contact Angie Shearer on 07793 713927 or email angie_shearer@hotmail.com. Donations and gifts for the Relay For Life raffle will also be greatly appreciated.

Event chairwoman, Angie Shearer, said: "Please give 24 hours, just one day, enter a team today and join us for one reason...Together we will beat cancer!"

For more information about the event you can contact Angie on the above number, or contact Josephine Morgan on 07977 327418 or log onto www.cancerresearchuk.org/relay



As these photographs from various 'Relay for Life' events across the country show, it's a fun and worthwhile day out.

Ribbon Walk 2009

Ribbon Walks have raised more than £3 million for the charity Breast Cancer Care since they began in 2005, and this year will see the first event north of the border take place in the grounds of historic Scone Palace and two Dundee ladies have a special reason for taking part.

In October 1996, Helen Forbes was diagnosed with breast cancer. Then 52, she had gone for her first mammogram when doctors discovered the disease. She received the news the day before her son Alex was due to get married.

Helen told her husband (also called Alex) but kept the diagnosis secret from the rest of her family until after the wedding. Her daughter Elaine Stewart says it was an incredible act of bravery on her mother's part. "Before she attended the wedding my mum put the biggest actress's smile on her face and kept it there for the whole day," Elaine (44) says. "I've no idea how she managed to do it. I'm a police officer and I've dealt with many horrible things but this news absolutely floored me. I can't imagine life without my mum."

In the five weeks following her diagnosis, Helen visited Dundee's Ninewells Hospital every day, receiving a total of 25 treatments of radiotherapy. She also went under the surgeon's knife.

"I had what's called a breast conservation," Helen, now 65, explains. "Which is different from a mastectomy in that they only cut away the part with the lump in it and not the whole breast." Following this treatment, she spent the next five years on medication before being given the all-clear in late 2001.

For Helen, the worst thing about cancer was having no one who knew what she was going through. "This was in the days before Maggie's Centre opened in Dundee and I just felt like I had no support," she explains. "I didn't know anyone that had breast cancer so I had no one to talk to about what it was like. "All I wanted was one person who'd been through it and could tell me, you can survive this, there is life after cancer."

After reading an article in The Courier about Breast Cancer Care, Helen got in touch with the charity and immediately her situation began to change. "I was put in touch with people who had breast cancer.

"All of a sudden I had a network of people who were living with breast cancer and I didn't feel so alone. I met women who had breast cancer and women who had had breast cancer and been clear of it for five or 10 years. It made such a difference, just knowing that you could beat the disease and it wasn't necessarily the end."

"Breast Cancer Care helped my mum so much when she was ill," Elaine adds. "Being in touch with people who had been through it and could tell her you can survive cancer made a big difference to her. "When she became involved I started fund raising as well. It's such a help for anybody going through breast cancer."

Helen and Elaine have been volunteers for Breast Cancer Care for over a decade and have raised tens of thousands of pounds for the charity.

This summer, Breast Cancer Care are holding a Ribbon Walk. Starting in the grounds of Scone Palace, the walk continues through the quiet country lanes and riverside paths surrounding the historic palace.

It's the fifth year the cancer charity has held such an event, and the first one that has been held in Scotland.

The women who take part raise sponsorship and can complete either a 10 or 20-mile walk. The events have raised almost £3.4million over the years.



Ribbon Walks attract supporters from across the UK.

The Scottish broadcaster and Loose Women presenter Kaye Adams will be among those taking part in the walk. "I was thrilled to hear that there will be a Ribbon Walk in Scotland this year and I'm delighted that I'll be there to join in for what will be a very special day," she said.



Broadcaster and 'Loose Women' presenter Kaye Adams

"Like so many of us, I have friends who have been affected by breast cancer. I urge everyone to sign up to help ensure Team Perthshire is a massive success. Every penny raised will go towards raising funds for Breast Cancer Care Scotland—surely a fantastic reason to take part. I hope to see you there."

Both Helen and Elaine will also be taking part. "I'm planning on doing the 20-mile walk and my mum's doing the 10-mile one," Elaine says. "I'm proud to be involved and I'm so proud of my mum."

For more information or to become involved, please call 0870 145 0101.

Biggest-ever compensation pay-out for boy disabled by hospital blunder

The family of a boy left disabled through a hospital blunder has received compensation of £5.25 million, the biggest individual pay-out ever awarded in Scotland .

New figures obtained by the Scottish Conservatives also showed that the total cost of mistakes made in the NHS over the past two years was £36million.

A total of £21.4million was paid out in 2006-07. This was followed by a payout of £14.5million in 2007-08. These figures compare to a compensation bill of £2.8million in 1999-2000 - the first full year of devolution.

Jackson Carlaw, the Conservative health spokesman who received the figures in a recent parliamentary answer, said: "All Scots concerned about the future of the NHS will be shocked to learn that clinical negligence payouts have cost almost £36million over the last two years. That's £36million that could and should have been spent on direct patient care.

"At a time when taxes have risen to an all-time high and we are constantly told that investment in our health service stands at record levels, people have a right to ask why clinical negligence payouts are spiralling out of control in this way."

Labour health spokeswoman Cathy Jamieson called for a system of "no fault compensation" for patients - with maximum financial limits. She said: "NHS patients have the right to make complaints and receive compensation when things go wrong, but at the moment, the system is cumbersome and expensive."

The burden of the £5.25million payout will be shared by NHS Greater Glasgow and Clyde and NHS Highland after the birth of the boy in 1998.

A Scottish Government spokesman claimed there had been significant falls in the number of new clinical negligence claims in recent years.

He said: "This fall in our view demonstrates a continuing and significant improvement in the quality of NHS services in Scotland. Our consultation on a Patients' Rights Bill has just finished and responses are currently being analysed and will be published in due course. One of the main issues being explored is the best approach to resolving any problems patients may encounter when using health services and to ensure effective redress."

Have you got news for us?

If you have news, items, photos or events for inclusion in CanDo Magazine, please send them to us at cando.magazine@btinternet.com

Jail for pair who murdered vulnerable man

Two robbers who killed a vulnerable man after they tricked their way into his Fife home have been jailed for a total of 25 years.

Barry Kidd and Stuart Whyte attacked 31-year-old Mark White and placed a plastic bag over his head, leaving him to die in his Glenrothes bungalow last November. They appeared in Edinburgh High Court where they admitted to the lesser charge of culpable homicide. Judge Lord Brodie said their crime had been 'wicked' and 'callous'.

Lord Brodie pointed out that both men had previous convictions for housebreaking and sentenced them to 12-and-a-half years imprisonment each, saying: "You attacked and robbed a young man with learning difficulties who was described as a popular and well-known member of the community."

Using the pretence of being utility firm employees, the two men gained entry to the house and attacked Mr White, who was repeatedly punched and kicked, pinned to the ground and put in a headlock. A knife was put to his face and a plastic bag put over his head and bound with tape.

His hands and feet were taped and he was dragged into a cupboard. He was confined in the house after the robbery with doors being locked and keys taken. Kidd and Whyte had planned to get back Kidd's television - which was being stored at the victim's home - but they ended up robbing the man of the wrong TV, cash and his collection of ornaments.

Mr White died of hypothermia from a loss of blood. The court heard that the victim's father became very concerned six days after the incident when his son did not phone him at the usual time. He contacted a friend and asked him to check on his son.

Mr White's reading and writing skills were at the level of an eight- or nine-year-old. Despite his difficulties, he was able to live on his own and enjoyed visiting a local snooker club and watching films.

Advocate depute Ashley Edwards said of Mr White: "He was a vulnerable, trusting person with learning difficulties which were the result of complications during his birth, but despite all his difficulties he was able to reside on his own and lived a simplistic and very routine way of life. He was described as a popular and well-known member of the community, although he had very few close friends," she said.

Gaye honoured for CHAS support

A retired Caithness nurse who is a long-standing supporter of the Children's Hospice Association Scotland (CHAS) has received an award marking her achievements.

Gaye Gunn from Dunbeath was presented with the charity's Outstanding Commitment Award at last month's inaugural Scottish Variety Awards in Glasgow.

Since the mid-1990s Gaye (74) has raised a staggering £61,000 for the group, which has two hospices in Scotland offering ongoing support for up to 200 families every year.

Gaye is renowned in Caithness for her voluntary work which has included selling badges, running several successful bag-packs in the Co-op supermarket in Wick, and holding annual raffles.

Gaye said: "It's an honour to be chosen for this award but I really must say that without the people of Caithness and Sutherland, I couldn't have done it – people here have really been my mainstay."

In recent years Gaye has also become involved in raising funds for Light in Africa – a Tanzanian charity set up to provide care to poverty-stricken East African children.

She is pictured proudly receiving her well-deserved award from Roslyn Neeley, who is the director of communication and fundraising at CHAS..



Fun with CanDo

Can you identify the ten companies from parts of their logos shown below?
Answers are at the foot of the page.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____

Answers: The logos are those of 1. Boots 2. Apple 3. McDonalds 4. Red Bull 5. Pepsi 6. Castrol 7. Barclays Bank 8. Guinness 9. Rolex 10 British Airways

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**

Business Name*	Categories* Please indicate which category from the list below best describes your business activities.
Your Name*	Access and Security Systems
Position in organisation*	Aids for Daily Living
Business Address*	Bathroom Equipment
Telephone Number*	Building Trade
E-Mail Address*	Care and Care Homes
Website	Cars and Wheelchair Adapted Vehicles
Any additional information	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)
	Most appropriate category is....

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.

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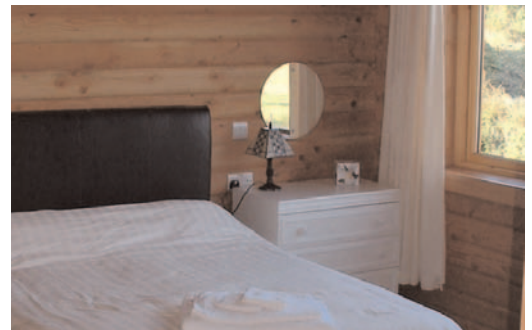
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Multiple Sclerosis Society Scotland
AYRSHIRE & ARRAN BRANCH



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

