

# **The Stuart Resource Centre**

**Annual Report 2004**

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## **Introduction**

The year 2004 has again been a busy year at the Stuart Resource Centre. Most of the sessions have been well attended. The Information part of the Centre has been well used.

## **Public Awareness**

During MS Awareness week in April, Cynthia Benz the Author of “Coping with Multiple Sclerosis” came to the Stuart Resource Centre. The morning workshop was attended by 12 people with MS and 6 Professionals. The evening discussion was attended by 20 people with MS, 8 Relatives and 15 Professionals.

The Art Group held a small Art Exhibition, the paintings and drawings being displayed for a few weeks.

There was a Summer Fair held in June which was well attended, there were a larger number of neighbours at the event than at previous Fairs.

After the Lobby of Parliament at the Hub in Edinburgh in November 2003. Three local MSP's visited the Centre in the early part of 2004.

In June 2004 a question and answer session was held at the Centre comprising 4 MSP's from different parties and representatives from the Social Work Depts. in Aberdeen City and Aberdeenshire, unfortunately the Chairman of NHS Grampian had not received the letter of invitation for someone to represent NHS Grampian, it

was then too short notice to get someone from NHS Grampian to be there on the day. The day was well attended with approximately 50 people, there were a large number of issues raised, many of which were Health related. It was agreed at the session that there should be a working part set up to look at services in the area, but also to look at what services did not exist in Grampian. (There have been similar working parties set up recently to look at services for people with Autism, Brain Injury and Epilepsy)

The group consists of representatives from the MS Society( Aberdeen Branch) Grampian Friends of ARMS, NHS Grampian, Community Services (Aberdeen City Council) Housing and Social Work (Aberdeenshire Council) The group hopes to identify someone from The Community Services dept. in Moray to join the working party.

The group have met on 3 occasions towards the end of 2004 and have been given the approval of The Joint Care Planning Team (Aberdeen City) and The Grampian Wide Partnership to continue with the work, with an interim report on progress to go to the Grampian Wide Partnership by May/June 2005.

The Chairman of NHS Grampian, Jim Royan visited the Centre infomally in mid September.

## **Talks at the Centre/ Talks given by PWMS and the Centre Manager**

Two talks at the RGU School of Nursing and Midwifery were given to approximately 150 Student Nurses by a person with MS and the Centre Manager.

Another talk was given to 5 Care Managers from Aberdeenshire Council (south)

The Centre were again given a stall at a Continence Exhibition arranged by the Continence advisors, the event took place at the Richard Donald suite at Pittodrie Stadium.

The Stuart Resource Centre was represented at the Glasgow Science Centre in June, the event was organised by the MS Society Scotland, and was aimed at younger people with MS, at the event there were various speakers, exhibitors, and demonstrations by alternative therapists. It was a very successful day and was attended by approximately 200 people.

Aberdeen Action on Disability held their AGM at the Centre, the speaker that night was Laura Gray the Director of Corporate Communications of NHS Grampian, the changes to the out of hours GP services were discussed.

## **Study Days**

Two Study Days were held at the Centre during the year. 115 Professional Carers e.g. Care Managers, Care Staff, O.T.'s attended over the 2 days. We have now held 8 training days at the Centre, attracting approximately 400 people.

## **Group Sessions**

**Exercise Group:** Lorna Strachan the Physiotherapist started in June. The Monday and Tuesday exercise group remains popular with people.

Approximately 20-30 people attend over the 2 days.

**Art Session:** Jo Howarth leads the Art Group, approximately 10-12 people come to the session. In April/May a small art exhibition was held at the Centre.

**Relaxation Session:** This Thursday morning group is not currently well attended with only 3 regular people coming. However a number of people come once or twice to get a “feel” for relaxation and the Centre will provide them with relaxation tapes that they can use in their own homes.

**Yoga Sessions:** The yoga classes have been more popular this year, with 10-12 people coming to the classes. The classes are lead by Shelia Harper.

**Social Group:** The Thursday afternoon Social Group remains very popular, with 15-25 people attending.

**Support Group:** These gettogethers continue to be very popular, they are held every second Wednesday, individual people receive mutual support from others if they are having problems at that moment in time. Approximately 10-12 people come to this session.

**Sunday Lunch Club:** These gettogethers continue once a month on a Sunday. Different venues are chosen each month. About 10-14 people attend these functions.

**Young Persons MS Group:** The young persons group has been running since November 2003 with varying degrees of success. At best it has attracted about 10 people for the evening, normally there is only about 3 or 4!

As you can guess this is rather disappointing as we know that there is a large number of people out there that are “Young” and have MS in the Aberdeen area.

Previously questionnaires were sent out to all the people who attended at some point asking what we can do to get them to come back along, unfortunately very few were returned . As a result it was decided that we would change the day of the meeting to the second Thursday of the month.

So what we would like is for more people to come along so that we are able to organise other things to do for example going out for meals etc.

Please do come along, we do not bite or anything like that. Everyone that has come along has been made welcome and it is nice to meet others who are affected by this condition in a positive and cheerful environment. Everyone is welcome so please do come along and feel free to bring someone with you.

If you would like to ask any questions, you can either send me an e-mail ([iain@ms-aberdeen.org.uk](mailto:iain@ms-aberdeen.org.uk)) or call me on 01224 313222 (after 6pm)

(This article was written by Iain Morrison and will appear in the Spring addition of the next Update)

## **Individual Sessions**

**Counselling:** The Counselling Service continues to provide an invaluable service to people with MS and their carers. During the year Sandra Hart has seen 27 people over 153 sessions.

**Massage:** During the year Freda Deakin has had 29 massage appointments.

**Snnozelen:** The Snnozelen room has been reasonably well used in the last year 55 appointments have been made to use the equipment.

## **Self Management Training**

At the beginning of the year, the self-management training started, the Course was organised by the MS Society Scotland in conjunction with Arthritis Care, the Stuart Resource centre provided the venue and the admin. back up. Nineteen people started the Course and twelve people finished the Course.

Overall, the Course seemed to be well received.

Comments from the evaluation being: people liked the venue; thought there were sufficient breaks and that there was a supportive learning environment. The course did not seem to do so well with regards to meeting people's expectations or leaving them feeling more in control of their condition. Participants did not seem to find the materials on the resource table helpful and some found the weekly sessions too long.

The second course was run from the Moray Resource Centre in Elgin.



In order for the Course to be expanded out of the Aberdeen area, it is hoped that more Course Tutors will volunteer their services.

## **The Update and Programme**

900 copies of the Update are printed every Quarter. There has been an increase of 50 copies distributed in the last year. The Update seems to be well received by many people.

## **Staffing**

The Centre staff consists of:

Ian Leslie (Resource Centre Manager)  
Ian Wells (Resource Centre Officer/Bus Driver)  
Lorna Allan (Resource Centre Officer) part time  
Anne Sweeny (Resource Centre Officer) part time  
Marilyn Cook (Cleaner) 4 hours per week

Sessional Staff include:

Jo Howarth (Art Tutor) 3 hours per week  
Sandra Hart (Counsellor) 5 hours per week  
John Geddes (Bus Driver for Thursday afternoons) 5 hours per week.  
Shelia Harper (Yoga Therapist) 2 hours per week  
Lorna Strachan (Physiotherapist) 3 hours per week.  
Started June 2004. Previous to this there was no Physiotherapist at the Centre for 15 months.

The Staff group works well together, team meetings are not held so frequently (about 6 weekly) we will try in the New Year to rectify this.

Staff sickness for the 5 Contracted Staff was 10 days in the year.

Lorna continues to work on the Professional Diploma in Multiple Sclerosis Care.

### **The Buildings and Grounds**

Some vandalism to the building occurred last year, damage to one window frame, and damage to the wire fencing at the back and front gates. Several problems kept occurring with the gas boiler after it was serviced. Two parts of the interior of the Centre will be re-emulsioned this year – the kitchen and reception. The outside grassed areas and bush plant areas continue to be well maintained.

### **The Information Room**

The MS Society in London has produced more updated pamphlets and leaflets.

The number of pamphlets and leaflets distributed last year was 6,789 a drop of 1,167 compared to the year 2003. The probable reason for this was that pamphlets were distributed to GP's in the year 2002 and 2003.

“Bulk” pamphlets and leaflets were distributed at Study Days, talks at RGU (School of Nursing) and the Continence open day at Pittodrie and at Glasgow Science Centre.

After the talk with Care Managers in Port Lethen, the Centre produced an Information pack for the 5 Social Work Offices in South Aberdeenshire.

### **Pamphlets/Leaflets distributed:**

Year 2000	2,437
Year 2001	4,092
Year 2002	5,738
Year 2003	7,956
Year 2004	6,789

### **Transport**

Transport plays a big part in the lives of people with MS who cannot drive. Transport is provided for people most of the year round, however, it is hoped that when no transport is available that people will make there own way into the Centre, a list of taxi companies can be obtained at the Centre.

In the Autumn a request was made to people who were provided with transport for a donation towards the cost of tranport. To date £70 has been donated by 5 people. 39.9% of people who come to the sessions have used the Centre mini bus this year, compared to 41% last year.

### **The Budget**

**Staff Costs:** Staff costs were under spent by approximately £1,700

**Direct Running Costs:** Direct running costs were under spent by approximately £2,100 under spends occurred

mainly on equipment, the garden, maintenance, postage, stationary and the telephone.

**Net Direct Running Costs:** The net direct running costs were under spent by £3,871.

The costs of the Centre will continue to rise over the coming years.

The Aberdeen Branch of the Multiple Sclerosis Society fund the Stuart Resource Centre, it relies solely on fund raising/donations/wills/legacies and received no monies from NHS Grampian or the Social Work dept. An approach to the Social Work dept/s may need to be made in the not too distant future for some funding.

### **Summary**

The weekly sessions continue to be well attended (3,202) visits to sessions, by 95 different people. The number of Students has also increased.

The number of professionals/ Committee had “drop in visits” information visits has fallen, as has the number of people with MS having an information visit. There has also been a gradual drop in logged information calls; one probable reason for this is the easy availability of the Internet.

Ian Leslie  
Resource Centre Manager  
**January 2005**

## Visits to the Centre 2005

## APPENDIX 1

	1999	2000	2001	2002	2003	2004
P.W.M.S attending weekly sessions	65	65	76	89	90	95
Relatives/carers attending/dropped in at weekly sessions	14	18	26	31	43	51
Visits to sessions	1385	1479	2236	2593	3025	3202
Requiring transport	816	830	1148	1324	1242	1278
P.W.M.S had "drop in visits"	73	68	110	112	99	89
Relatives/carers "had drop in visit"	32	49	51	45	54	69
Professionals/Committee "had drop in visit"	20	48	142	85	69	52
P.W.M.S had "drop in" information visits	35	26	37	45	42	35
Relatives/Carers had "drop in" information visits	24	11	31	34	30	23
Professionals/Committee had "drop in" information visits	10	14	25	19	44	29
P.W.M.S had information appointments	67	58	59	36	29	25
Relatives/carers had information appointments	24	23	31	32	13	17
Professionals had information visit	72	41	77	58	60	48
Student training visits	N.A.	26	14	31	43	76
Welfare rights appointments	18	18	26	20	2	
Logged information calls	403	335	304	250	215	145
Recently diagnosed P.W.M.S attending centre for first time	28	18	38	18	16	17
Professionals attending Study Days	N.A.	N.A.	N.A.	90	114	115
Contenance Advice appointments				32	20	36
Massage Sessions				19	7	29
Snoozelin Sessions				30	26	55
Counselling				150	142	153
				32	29	27
Respite/Holiday journeys (return trips)						29
Individuals visiting centre						
P.W.M.S	146	113	173	174	203	206
Relatives/carers/support/committee	93	85	175	170	199	182
Professionals	90	90	155	239	323	294
Total	329	288	503	583	725	682