

Stuart Resource Centre

Annual Report

2001

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INTRODUCTION

The year 2001 has been a very busy year for the centre staff.

At the end of November 2000, the Stuart Resource Centre re-located premises from the Bridge of Don to Mastrick, where it had been for 8 years.

The official opening of the Stuart Resource Centre took place on the 24th April and was performed by J.K.Rowling (the author of the Harry Potter books) J.K. Rowling being the official patron of the M.S. Society in Scotland. Approximately 75 people attended the opening and everyone enjoyed the day. The centre received coverage from the television and press.

Over the year the centre has been well used by people with m.s. their carers and staff from the statutory services.

The staff of the Stuart Resource Centre have always provided a high quality service to its clients and it aims to do the same in the future.

PUBLICITY

With the re-launch of the Stuart Resource Centre the publicity was re-vamped. 350 laminated posters, about the centre were distributed to central contact people in the old Grampian Region (Morayshire, Aberdeenshire, and the city of Aberdeen) The posters being sent out to health centres, G.P. surgeries, community centres and libraries, hopefully most of the posters are now on display on noticeboards.

Approximately 400 Stuart Resource Centre and 400 branch leaflets were sent out to 20 organisations within the city of Aberdeen, regular contact (yearly) will be made with these organisations in order that the leaflets are “topped up”.

It is also important to involve the local community in any new venture, approximately 12 neighbours accepted an invitation to see round the centre in January 2001.

When the branch have Fayres at the centre 50-60 fliers are handed out to the neighbours.

Over the year we have had people visit the centre that had been associated with the Mastrick Congregational Church, the people have either been church members, married or baptized in the church.

At the beginning of the year several invitations to visit the centre were given to the local Community Council and the local Councillor, unfortunately they did not reply back.

In April, three open days were held for branch members in the north of Scotland and local people from the statutory services-64 people came to the open days.

Six talks were given by the centre manager to various groups—

April-Inverurie branch-25 people.

April-Crossroads Care Attendants, Elgin-25 people.

May-student nurses, Robert Gordon University-60 people.

May-Choices, Westburn Rd.-8 people.

June-Hameworth Nursing Home, Northfield-10care assistants.

November-Crossroads Care Attendants, Aberdeen-20 people.

PAMPHLETS/LEAFLETS

YEAR	NUMBER DISTRIBUTED
2001	4,092 # SEE APPENDIX A
2000	2,437
1999	2,134

GROUP SESSIONS

EXERCISE GROUP- Led by Christian Taylor, this group proves to be popular. Approximately 20-30 people attend these sessions on a Monday and Tuesday morning.

Art group- Led by Jo Howarth, 5-7 people attend these sessions on Wednesday afternoons.
In November a successful art exhibition/sale was held, 22 paintings were sold, raising £385.

Relaxation group(s)-The centre has been unable to recruit a yoga therapist. All staff are now trained in relaxation techniques. These classes are run on Thursday and Friday mornings, 2-4 people attend these classes.

Social Groups- Two social groups are held on Monday and Thursday afternoons, on Monday 4-5 people attend, on Thursday afternoon 15-20 people attend.

SUPPORT Groups-It is hoped to start 1 or 2 support groups by the Spring of 2002.

Sunday Lunch Club-Two luncheon clubs have been held at the Buckie Farm Toby restaurant on the second Sunday of each month. It is hoped to continue this event in the New Year, about 10 people have attended the social gathering on each separate occasion.

INDIVIDUAL SESSIONS

COUNSELLING-The counselling service provided by Sandra Hart resumed again in May, for 5 hours per week, her post is funded by the Aberdeen branch. Since May 2001, Sandra has seen 20 people with m.s. and/or partners over 102 sessions.

WELFARE BENEFITS-The welfare benefits service resumed again in June, appointments are available on the second Tuesday every month. Emma Christie has had 26 appointments in the year.

MASSAGE- Massage sessions started in March. Freda Deacon can offer a massage most days of the week, apart from Thursdays. Freda has had 20 massage appointments in the year.

Snoezelen- The snoezelen equipment was installed in September. There have been 40 appointments to use the equipment.

CONTINENCE ADVISOR.-The continence advisor can see individual people on the third Wednesday of every month, this service will start in January 2002.

M.S. NURSE.- The m.s. nurse's post is jointly funded by Grampian Health board and the M.S. society Scotland, it is hoped that sessions can be provided at the centre on a rotational basis.

CONFERENCES AT THE CENTRE

In May, 2 Occupational therapists (from Causewayend and Horizons) organized a conference on m.s. for 60 Occupational Therapists from the Grampian region. The Stuart Resource Centre provided the venue, the half day event proved a success. Six speakers gave an individual presentation on a certain topic. In May the Stuart Resource Centre staff organized their own conference, 40 people from Health/Housing and Social Work attended the conference, there were five speakers, most of the people came from within Aberdeen City. It is planned to hold another two conferences in 2002, mainly for staff in Aberdeenshire.

RECENTLY DIAGNOSED SERIES

In the year, 38 people who had been recently diagnosed visited the centre either for information or to take part in the recently diagnosed series.

In the February/ March series 12 people with m.s. attended the meetings (although not all three meetings) some partners also attended.

In the November/December series 15 people with m.s. attended the meetings (although not all three meetings) some partners also attended.

Eleven people who visited the centre after being recently diagnosed (for information only) decided not to attend the series.

The format of the third meeting changed this year to include Dr. Fiona Summers the Neuropsychologist from Ward 40. Feedback from participants were generally favourable.

See Appendix 2 on number of people who attended the sessions.

UPDATE AND PROGRAMME

750 Updates are printed quarterly, of that—

560 Updates are sent to individuals with m.s.

145 Updates are sent to organisations/professionals

45 Updates are kept at the centre for distribution.

PROGRAMME PLANNING MEETINGS/EVENING TALKS/WORKSHOPS

The programme planners have met on four occasions during the year.

The group is not only made up centre users, but also people who use the centre for specific purposes. This gives the group a good balance for ideas and discussions.

The group is responsible for planning the one off talks we have at the centre.

See appendix 2 on talks held throughout the year and the number of people who attended.

The talks are advertised through the Evening Express, The Carers Centre, Horizons, G- Docs, and ward 40.

STAFFING

The centre staff consists of—

Ian Leslie (f.t.) Resource Centre Manager.

Ian Wells (f.t.) Resource Centre Officer/ Bus Driver

Lorna Allan (p.t.) Resource Centre Officer

Anne Sweeny (p.t.) Resource Centre Officer

Mary Grant (p.t.) Cleaner- 4 hours per week

Sessional staff include—

Christian Taylor, Physiotherapist, 2 mornings per week.

Jo Howarth, Art Tutor, 2 hours per week (started Jan.2001).

Sandra Hart Counsellor. 5 hours per week (started May 2001).

Angus Lloyd, Driver/Handyman, 4 hours per week (started October 2001).

The additional sessional staff that have started this year have included Jo Howarth, Sandra Hart, and Angus Lloyd.

If the number of clients visiting the centre does continue to rise in 2002, staffing levels need to be reviewed (in particular transport arrangements).

Centre staff participated in the following courses, First Aid, lifting and handling, health and safety, relaxation techniques (some of these courses A.R.M.S. Staff have participated in as well and the costs have been shared).

Two staff attended a one day course in Aberdeen organised by the Multiple Sclerosis Trust.

Staff meetings continue to be held every fortnight.

Staff supervision unfortunately fell by the wayside early in 2001, due mainly to centre activities, however it will re-start in 2002.

Staff sickness was low in the year (six days) were lost by employed staff.

THE BUILDING AND GROUNDS

Over the year many people have remarked on on how impressive the buildings appear and its fine finish.

Some clients have also commented that they would have liked to have seen ramps at the two back doors, electronic openers for the two main toilet doors, and the re-positioning of the two emergency pull cords, so that they are near the toilets. Some damp appeared below the stage, but this was put right by John Millar.

There has been some minor vandalism to the outside of the building, one broken window (although no entry is possible through the special re - enforced glass), Bushes removed from the garden, light fitting stolen from the back carpark, The extended carpark has proved beneficial.

The contractor John Millar visited the centre near the end of 2001 and went over the snagging list, at the time of writing the report, the work has still to be completed.

Transport

Transport plays a big part in the functioning of the centre. Approximately 50% of people attending sessions require transport.

Due to 13 people requiring transport on Thursday afternoon an additional bus driver was appointed for 4 hours on Thursday to help out.

Three people from Newtonhill / Portlethen come in with a mini bus, the transport costs being met by the Social Work dept.

STATISTICS

Generally the number of people with m.s. attending sessions has increased. There has been a large increase in the number of people who have recently been diagnosed, visiting the centre for the first time, either for information or to attend the recently diagnosed meetings.

There has been a drop in the number of information calls logged, the reason being that information calls are not logged of a trivial nature.

There has been a drop in the number of student training visits, the reason being that the Bridge of Don nurses/ health visitors automatically sent student nurses to the old centre at the Bridge of Don.

(see appendix3)

APPENDIX1-LEAFLETS GIVEN OUT IN 2001**M.S. GENERAL INFORMATION**

What is m.s.	473
Making most of life with m.s.	224
Sources of support	376
Treating m.s. Symptoms	178
Understanding m.s. research	191
Complimentary therapies	185
m.s. benefits	117
m.s. healthy eating	191
m.s. your home	46
fatigue in m.s.(s. burnfield)	43
Nutritional science	38
Bladder problems	38
Bowel problems	15
Has your mum or dad?	35
m.s. on your mind	289
coping and continent	100
working with m.s.	40
erectile dysfunction in m.s.	17

PERSONAL INFORMATION

Relationships and intimacy	24
Sexuality and m.s. fred foley	10
Parentability	3

TRAVEL AND TRANSPORT

Disabled persons railcard	8
Taxi card scheme	39
Bus concession scheme	12
Shopmobility scheme	8
Motability scheme	14
Blue badge scheme	26
Sport and leasure	15

FINANCE

A guide to staying in work	15
Employing people with m.s.	23
Insurance and m.s.	16
Grampian Welfare Rights	16
Handy Benefits Card	7
Sick or Disabled	5
Disability Living Allowance	21
Human rights act	10
Severe disability allowance	6
Work voluntary	3

Disabled persons tax credit	15
M.S. society disability law service	4

M.S. SOCIETY AND HOLIDAY INFORMATION

An introduction to m.s. society	16
Aberdeen branch leaflet	275
Membership application form	92
S.R.C. leaflets	428
Information list	41
Useful Contacts	69
M.S. society holiday homes	13
Holmhill	14
M.S. self catering holidays	19

DIET AND NUTRITION

Healthy eating summary	23
Healthy eating for (m.s.) ARMS	81
Increasing polyunsaturates	27
Decreasing polyunsaturates	17
Adapting recipes	31

INFORMATION FOR CARERS

Looking after a friend or relative	14
Carers emergency card	7
The carers centre	17
Are you a carer?	2
Crossroads respite service	4
Carers resource book	
Gordon carers resource book	
Caring for someone-benefits	6

APPENDIX2-“ONE OFF TALKS”/EVENTS**Diary of "one off" events at the Stuart Resource Centre**

<u>Date</u>	<u>Time</u>	<u>Description</u>	<u>Figures</u>
17/01/2001	7-9 p.m.	Recently diagnosed 1 of 3	12 + 5 partners
21/02/2001	7-9 p.m.	Recently diagnosed 2 of 3	9 + 5 partners
07/03/2001	7-9 p.m.	Recently diagnosed 3 of 3	6 + 3 partners
21/03/2001	7-9 p.m.	What can your G.P do for you (Dr Lawton)	15 + 8 partners
28/03/2001	12-4 p.m.	Invitation to open art class	6
07/04/2001	10 am - 4 p.m.	Open day	25
18/04/2001	7-9 p.m.	Counselling is it for me? (Sandra Hart)	7 + 1 partner
24/04/2001	11 am - 2 p.m.	Official opening (J.K Rowling)	75
25/04/2001	10 am - 4 p.m.	Open day	19 professionals
26/04/2001	10 am - 4 p.m.	Open day	20 professionals
04/05/2001	1-4 p.m.	O.T conference	60 professionals
16/05/2001	7-9 p.m.	Work and money (Patricia Salnja)	4
13/06/2001	11 am - 1 p.m.	Fatigue management (Carole Shaw)	15 + 2 partners 2 professionals
16/07/2001	3-4.30 p.m.	memory and cognitive problems (Dr Fiona Summers)	14 + 4 partners
09/08/2001	1.30 - 4 p.m.	Summer barbeque	23 + 10 partners
12/09/2001	10 am - 12 md	But it's so embarrassing (Wilma Nicholson)	6 ladies
26/09/2001	10 am - 12 md	But it's so embarrassing (Wilma Nicholson)	1 gentleman
10/10/2001	10 am - 12 md	There must be something in it	11 + 3 partners
24/10/2001	7 p.m. - 9 p.m.	Recently diagnosed 1 of 3	15 + 8 partners
07/11/2001	7 p.m. - 9 p.m.	Recently diagnosed 2 of 3	11 + 5 partners
21/11/2001	7 p.m. - 9 p.m.	Recently diagnosed 3 of 3	9 + 6 partners
14/11/2001	7 p.m. - 9 p.m.	The M.S Society in Scotland (Mark Hazlewood)	44
16/11/2001	9.30 am - 1 p.m.	Study day for professional carers	40
24/11/2001	10 am - 1 p.m.	Art Exhibition / Xmas fayre	No Figures
13/12/2001	1 p.m. - 4pm	Xmas Party	60

APPENDIX-3 STATISTICS

	1999	2000	2001
P.W.M.S attending weekly sessions	65	65	76
Relatives/carers attending/dropped in at weekly sessions	14	18	26
Visits to sessions	1385	1479	2236
Requiring transport	816	830	1148
P.W.M.S had "drop in visits"	73	68	110
Relatives/carers "had drop in visit"	32	49	51
Professionals/Committee "had drop in visit"	20	48	142
P.W.M.S had "drop in" information visits	35	26	37
Relatives/Carers had "drop in" information visits	24	11	31
Professionals/Committee had "drop in" information visits	10	14	25
P.W.M.S had information appointments	67	58	59
Relatives/carers had information appointments	24	23	31
Professionals had information visit	72	41	77
Student training visits	N.A.	26	14
Welfare rights appointments	18	18	26
Logged information calls	403	335	304
Recently diagnosed P.W.M.S attending centre for first time	28	18	38
Individuals visiting centre			
P.W.M.S	146	113	173
Relatives/carers/support/committee	93	85	175
Professionals	90	90	155
Total	329	288	503