Life
SPINAL
SCOTLAND

Bullen’s Travel Tips

HRH Princess Royal

SUMMER 2018 • www.sisonline.org

Castle Semple Barbecue and Activities Day
It's about supporting Spinal Injuries Scotland help people who sustain a spinal cord injury.

Until it happens to your family, none of us will ever really understand what it feels like to have a loved one seriously injured as a result of the negligence of others. We know that. Our job is to understand the law and bring our many years of experience, knowledge and expertise to bear, making it our mission to help where we can.

You need answers to questions and where appropriate fair compensation to financially assist with the challenges ahead.

Tel: 0333 200 5929
digbybrown.co.uk
We hope you have enjoyed the first two editions of **Spinal Life Scotland**, our new improved **free** magazine from Spinal Injuries Scotland.

Our aim is to make this magazine relevant to you, and provide you with something more interesting and in touch with the spinal community. The team of writers, editors and designers are ready for the challenge! You are always welcome to let us know what you think about the magazine. Maybe there is something you would like us to include. Maybe you want more information about an article from **Spinal Life**. Maybe you just need some advice and don’t know where to go. We are here to help and promise to do everything in our power to meet your needs.

**This is your magazine, about you and for you.** At Spinal Injuries Scotland, we want to provide a quality magazine, free of charge, and offer something for everyone. We will be bringing you interesting features, real life experiences and all the latest news from the spinal community. We also want your input. Have you been anywhere or done anything that other members might find interesting? If so, get in touch and get involved.

Importantly, we want to make sure the magazine reflects real spinal life. That means we need to be honest. We will not shy away from subjects that could be challenging. We want to let you to know that you are not alone by including real life stories about real life struggles. Spinal Injuries Scotland will always be here if you need to get in touch.

Spinal Injuries Scotland is completely free to join, we will send you this magazine every quarter and you can take advantage of all the other benefits our members enjoy. Just get in touch through the email address or phone number below. You can also join up online at [www.sisonline.org](http://www.sisonline.org).

Please, enjoy your new edition of **Spinal Life**.

**The Editors.**

info@sisonline.org
0800 0132 305

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**IN THIS ISSUE...**

On pages 14,15, 16 & 17 see the annual **Spinal Injuries Scotland Barbecue and Activities Day**, which was held at Castle Semple Visitor Centre in June. The sun was in full force and allowed the participants to enjoy a day of activities and a chance to try out new sports and get moving after their spinal cord injury. It was a huge success.

In March we were honoured to host a fundraising event dinner, at Ardoe House Hotel in Aberdeen, for our Honorary President HRH The Princess Royal. Read about the event on **page 9**.

Read about **Scotland’s Outdoor Access Pioneers, Equal Adventure**, who have been inspiring inclusive outdoor adventure on **pages 4 & 5**.
In the Spring 2018 edition of Spinal Life Scotland we wrote about how Spinal Injuries Scotland had been taking part in a Consultative Committee to examine Edinburgh Airport’s current processes for assisting passengers with additional needs.

Many readers got in touch to describe their experiences which were passed on to the airport. At the end of May a group of representatives for Spinal Injuries Scotland took part in an awareness tour of Edinburgh Airport, to provide feedback of the new infrastructure the airport has invested in and to pass on their own personal experiences of air travel.

The day began by scrutinising the connection points to the airport such as the tram and bus stops and the car drop off point. The group then went through the check-in process to assess how helpful the current airport processes are and how successfully the special assistance check-in, bag drop off, and self check-in works for someone with a disability. The group then progressed through security and went through the process of locating and finding their gate. Finally, the group reviewed the arrival processes, going through passport check and baggage reclaim.

The day was a great opportunity for everyone to learn from each other and make the journey smoother for other travellers.

If you would like to visit the airport because you are unfamiliar with the services available, are nervous about flying, or would like to share your experience travelling by air please email info@sisonline.org.
If you've ever tried accessible outdoor adventure like paddle sports, climbing, sailing or overland expeditions, then there is a good chance you've used kit from Equal Adventure.
They have been resourcing and inspiring inclusive outdoor adventure since 1995 and their range of over 200 products are used all over the UK by individuals, groups and charities including the Calvert Trust and the Backup Trust.

Since late 2017 Equal Adventure has been manufacturing the Boma 7.5 All Terrain wheelchair, a highly adaptable and extremely capable all terrain mobility product for all ranges of ability.

Each Boma is manufactured at the Equal Adventure headquarters based in the Scottish Highlands and is built based on how you will use the Boma, everything from how you get in and out, how it is controlled, whether you want to carry equipment with you.

Boma also integrates with popular Equal Adventure products, making a more cost-effective solution for all your outdoor adventure plans.

As well as producing the Boma 7.5 All Terrain, Equal Adventure also offers coached activities, expedition and adventure experiences in the beautiful Cairngorms for groups and individuals, including those with the most complex conditions. A wide range of activities, from Boma trekking and guided mountain tours, to climbing, paddling and sailing are available; all fully accessible.

Equal Adventure has over 25 years experience successfully pioneering inclusive adventure in environments from Greenland, northern Canada, and across the United Kingdom. If you are thinking of getting involved in outdoor adventure then we would recommend getting in touch to find out more about their products and solutions, including the new Boma.

For more information please contact us at equal@equaladventure.org or telephone 0147 9861 200.
Clober Farm celebrated the fifth anniversary of its first guest at the start of this year.
Spinal Injuries Scotland held a party to acknowledge this, inviting those who helped to create Clober Farm and those who help to maintain the property.

The guest list included family of Vivian Donaldson who bequeathed the property to Spinal Injuries Scotland in 2007 and landscape designer Karen Laing who created the stunning fully accessible garden that so many guests have enjoyed.

The day consisted of tea, coffee and cake for those who could make it, as well as a speech from Spinal Injuries Scotland’s UK Ambassador Joanna Martin. Joanna thanked everyone who came along and made special mention of Marianne Prentice who has been the caretaker since it opened five years ago and has greeted Clober Farms guests when they check in, showing them how to use the technology in the state of the art house. Marianne’s role as caretaker will now be taken over by Donna Douglas.

Spinal Injuries Scotland was also pleased to host members of Milngavie in Bloom who have helped them for five years doing Spring and Autumn gardening days. In May they planted bedding plants in the raised beds with students from Clober Primary School which added some colour to the garden after the harsh Winter.

Ryan MacDonald from the organisation Euan’s Guide also came along to view the property as it is such a stunning example of accessible accommodation.

Spinal Injuries Scotland would like to thank everyone who has helped ensure that Clober Farm has offered its guests the best possible experience, along with all the guests that have stayed over the last five years. We are looking forward to the next five years and have many plans to provide an even better experience when staying at Clober Farm.

If you would like to know more about adapted houses or about Clober Farm, contact Spinal Injuries Scotland at info@sisonline.org
It's back

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Helpline telephone: 01604 595696
Helpline email: helpline@manfred-sauer.co.uk
Website: www.manfred-sauer.co.uk
The dinner was held in March at Ardoe House Hotel in Aberdeen.

HRH The Princess Royal was joined by Spinal Injuries Scotland’s UK ambassadors Joanna Martin and Dr. Elizabeth Ferris, SRU President Rob Flockhart, Spinal Injuries Scotland’s Patron Paul Warwick, Trustees Jennifer Allan and Stuart Bowie, and Sandy Brown, Oli Bryce, Bill Dunnett, Angela Fletcher, Jon Graham, Lesley MacDonald, Maxwell McFarlane, Ronnie Muir, Mark Patterson, Mairi Smith, George Steel, Innes Walker and Helen Stokes.

The dinner was held at Ardoe House in Aberdeen in the hope of gaining support for resurrecting the Oil & Gas Fundraiser that was traditionally held in Aberdeen at the beginning of the year. With this goal in mind Spinal Injuries Scotland’s Patron Harry Warwick took charge of the guest list.

The dinner was punctuated with a video from our other UK ambassador Steven McGhee, who unfortunately could not travel up to Aberdeen. Steven told his story and explained how the charity has helped him. It is no exaggeration to say that everyone in the room was affected by his story.

After the meal everyone retired to the drawing room for tea and coffee and conversation with HRH The Princess Royal.
THE WHOLE TRUTH
STEVEN’S STORY

Steven is a volunteer with SIS who 11 years ago had an accident leaving him with no movement below his neck and needing a ventilator 24 hours a day. Despite these challenges Steven is an example that no disability should mean an end to fun and enjoying life.

SURVIVING ONE DAY AT A TIME

It is common for people in the spinal community to share stories about success, overcoming adversity and great achievements. It is not so common for us to talk openly about pain and suffering. It’s not a weakness to be honest about how difficult life can be after a spinal cord injury and these experiences can be some of the most important.

After breaking my neck while on holiday in Spain, I was home ‘recovering’ at the spinal unit in Glasgow. I had a complete C3 injury which left me with no movement or sensation from the neck down and unable to breathe on my own. I was in intensive care and attached to a high dependency ventilator. This meant I was unable to speak, eat or drink and I remember feeling completely useless. Like I was trapped inside a shell. If this was going to be life then what was the point?

Losing the ability to speak was soul destroying and by far the greatest challenge.

I was full of thoughts and questions but I had no way of communicating other than using the alphabet chart. I had started to use this while in Spain and it was a mind-numbing process. Someone would move a finger along the chart, one letter at a time. When they reached the one I wanted I would blink then start all over again.
I started to use the alphabet chart while in Spain and it was a mind numbing process.

At the end of each word I would blink twice and the slow conversation would continue. It felt like I had been stripped of my identity and personality. At times during those weeks without any voice it felt like I would never be ‘me’ again. Hopefully I will never forget how vulnerable I felt. It is important to help me remember during my darkest times that things will, eventually, get better.

Another basic ability most of us enjoy without taking the time to appreciate is being able to eat and drink as we please. It is so easy to ‘pop the kettle on’, get some water from the tap or grab an apple (or chocolate bar!) on the way out the door. The level of my injury resulted in a real danger that I had lost the ability to swallow properly and if so, any food or liquid would travel straight into my lungs rather than my stomach. I was refused any food or drink whatsoever for weeks and weeks. During those hot summer months my mouth was painfully dry and I longed for just a mouthful of water for some relief. I couldn’t communicate my distress without going back to the alphabet chart and it all fell like one battle too many.

Of course, I now know that I was wrong. I was stronger than I realised and time would eventually provide relief. I just had to get through one day at a time, a lesson I have benefited from many times since.

I believe that when we are struggling in life it is important we don’t expect too much of ourselves. A spinal cord injury can be a devastating setback and can trigger all sorts of mental health issues. Coping with life one day at a time should be recognised as an achievement, not a sign of weakness.

Challenges like losing the ability to speak, eat or drink helped teach me the importance of patience. Some people may think that is easy to say but trust me, it has taken me many years and long spells in dark places to accept it. Life is now better than I could ever have imagined but I am aware that the next struggle could be just around the corner. When that time does come I can only hope that someone is good enough to remind me of my own advice. Go easy on myself, fight one day at a time and have the strength to believe that patience will eventually be rewarded.
My older dog, Boof, is almost 11, and happily enjoying retirement with us as a pet dog.

The one thing I’ve learned in my 20 years as a working dog handler, is that they’re all different. My three dogs have all been Black Labs, but have had massively different personalities.

My first boy, Monty, was a serious, steady worker, who loved being with you but wasn’t particularly demonstrative. I always said if he could talk he’d have said, “Of course I love you. Don’t ask me to prove it. If anything changes I’ll let you know.”

Continued on page 13
Monty was incredibly intelligent. Could respond to requests if I asked him in English or Welsh. Needed very little training time to learn new tasks, and was always eager for new challenges. Monty’s only idiosyncrasy was his tendency to separation anxiety. He hated change and needed much reassurance if, for example, I was in hospital for a while.

My second partner, Boof, is the total opposite. He is incredibly affectionate, very laid back, quite lazy, and takes a lot of teaching to learn new tasks. He’s also extremely obedient and trustworthy wherever and whatever situation we are in. He has no problems with separation anxiety, and often sits bang in front of the TV when he wants to pack us off to bed.

Horace. Oh my word! Does he keep me on my toes! He is a donkey sized Lab with some Retriever in there and has boundless energy. He’s a total clown, very mischievous, vocal, and often quite naughty. He picks up new task work very quickly but gets bored easily and often amuses himself by running off with an item I’ve asked him to pick up for me, or by taking things from my bedroom bin, and arranging them all over the bedroom floor when I’m out without him. He isn’t destructive with items, he just likes to occupy his time till I return. He often tries to climb up onto my knee in the evenings when I’m watching TV, and I have to remind him he’s not a puppy any more. He’s a 6 stone lump who’s taller than me at full stretch! He and Boof get along famously, although sometimes Boof has to remind him:

a) that he’s the eldest and that demands respect
b) that as an old fella, he can’t play tug of war with their favourite toy for endless hours.

These three dogs have enhanced my life in innumerable ways. They’ve taught me much about dogs, and much about myself. They’ve encouraged me to get out and do much more than I ever would have done without them by my side. They’re there for the good and the bad days. But most of all they’ve taught me that every single one of them is a unique individual with differing needs. We’re a team; they work so hard for me, and my role within our partnership is to fulfil their needs as best I can.

For more information about Dogs for Good, visit www.dogsforgood.org
The annual Spinal Injuries Scotland Barbecue and Activities Day was held at Castle Semple Visitor Centre on Wednesday 27th June.
This year the sun was in full force and allowed the participants to enjoy a day of activities outside. A shuttle bus ferried many patients and staff from the Queen Elizabeth National Spinal Unit, and Spinal injuries Scotland’s fabulous volunteers also came along. Our friends and partners from Digby Brown and Bullen Healthcare were also there for what turned out to be a great day.

Activities available included sailing, kayaking, canoeing, powerboating and hand biking.

The sailing boats fit one or two people, and have a very high resistance to capsizing. The hand controls allow participants to start sailing by themselves in no time! Unfortunately, with the splendid sunshine came almost no wind which meant that those who took part in the sailing had to be rescued a couple of times when they found themselves stuck in the middle of the loch with no way to get back to shore!

The powerboating was as popular as ever with everyone. The level access by ramp allows people to board and sit on the boat in their own wheelchair (manual or power), but still experience the adrenaline rush! The boat can even be driven by someone sitting in their wheelchair, and many participants eagerly had a go at driving the powerboat.

Continued on page 16
The large variety of hand bikes for use included manual hand bikes such as the **Mountain Trike** for outdoor everyday use, whether it be a muddy woodland trail, a trip to the shops, or a walk in the park. For the more adventurous, it has even been known to climb the odd mountain or two! Upright hand cycle-trikes and fully recumbent performance hand cycles were also available to try. There were also electric options such as the **Batec** wheelchair attachment and the all-terrain **BOMA** which has been driven to the top of Ben Nevis.

**The canoes and kayaks** were fitted with a floating device that prevented the boats from capsizing for those that have balance issues, allowing for adventurous individuals to take off into the middle of the loch.

**Colin Duthie from Disability Motorsports Scotland** came along with an example of an adapted car and offered information to individuals interested in trying their free motorsport taster sessions. **Wheel-Air** were present too, allowing people to try their cooling back rest which everyone was very appreciative of in the warm weather. Our partners Bullen Healthcare and Digby Brown also had stands providing welfare advice and information on their home delivery service respectively.

**The barbecue was as popular as ever** with excellent burgers, sausages and vegetarian options to satisfy everyone’s appetites. Many thanks to Digby brown for providing everyone with the delicious lunch.

**It was an excellent day and Spinal Injuries Scotland are honoured to be able to give individuals a chance to try out new sports and get moving after their spinal cord injury.** Spinal Injuries Scotland would like to thank everyone who came along to try the activities and everyone involved in supporting the day. Hopefully we will see those who have tried out the activities back for another session at some point.

If you would like to try sailing, kayaking, hand biking or canoeing please contact Spinal Injuries Scotland on info@sisonline.org for more information. We are very happy to help individuals get started in these sports.
It was an excellent day and Spinal Injuries Scotland was honoured to be able to give individuals a chance to try out new sports...
Whether you are staying closer to home, heading for far off places, leaving on a jet plane or letting the train take the strain, the key to any trip is to be prepared.

A good suggestion is to take twice as many supplies as you would normally use. That will cover you if you find that you need to use more products due to heat, or a change in food or drink. If you take your products out of the packaging that they come in you will find them easier to pack and they’ll take up less space in your case.
If you are visiting friends or family you could send some supplies out to them ahead of time. Or if you are a Bullen Healthcare customer you can speak to your personal advisor about having your supplies sent directly to your hotel.

Remember though that parcels can get held up by customs, so do ensure that you order with plenty of time to spare to allow for any unexpected delays.

You may want to order some extra supplies ahead of your holiday. You should check with your GP first, so that they are aware that you will be ordering more than usual, and you should also ensure that you place your order with your delivery company in plenty of time. Don’t leave it until two weeks before you travel!

If you are travelling with prescription medication then it is best to keep it in the original packaging with the pharmacy dispensing label on. You should also carry your repeat prescription with you, in case of any difficulties. Not all countries have the same rules as the UK on medication, in some countries medication that can be brought over the counter here is illegal. You should always check before you travel.

If you are going abroad then you will need to check that your travel insurance covers your condition. You will need one that covers pre-existing medical conditions and you need to declare all of your medical conditions to ensure that you are fully covered. If you are travelling within the EU then you can apply for the European Health Insurance Card (EHIC) which covers reciprocal state healthcare in other EEA countries and Switzerland. The EHIC does not replace travel insurance. You can find out more and apply for one at: www.gov.uk/european-health-insurance-card

Did you know that Bullen Healthcare can deliver appliances abroad? If you give us enough time we can have your appliances delivered to your holiday destination* prior to your arrival, so you don’t have to worry about them.

*There are certain holiday destinations that we are unable to deliver to but if you speak to your personal advisor they will be able to advise you of these.

For more information on how Bullen Healthcare can help you with your bladder and bowel products and prescription medication needs please call 0800 756 2423 or email us at sis@bullens.com.

If you are going abroad then you will need to check that your travel insurance covers your condition.
Universal Credit is a means tested benefit for people who are on a low income and are of working age. It can be paid whether you are in work or out of work.

UC has replaced the following existing benefits:
- Income support
- Income-based Jobseeker’s Allowance
- Income-related Employment and Support Allowance
- Child tax credit
- Working tax credit
- Housing benefit

Contributions-based Jobseeker’s Allowance and Employment Support Allowance, remain unaffected by UC although are now called ‘New style JSA or ESA’.

UC is being phased in gradually across the UK, and it depends on where you live as to whether you can make a claim. You can find out when the service will be available, based on your circumstances and the area you live in, by checking the Universal Credit online web tool: http://universalcreditinfo.net. Claims to UC must be made online but if you are unable to complete an online application you can contact the Universal Credit Helpline for assistance on 0800 328 9344 or Textphone 0800 328 1344.

WHAT HAPPENS IF YOU ARE CURRENTLY RECEIVING ONE OF THE BENEFITS THE GOVERNMENT IS REPLACING?

The government will start transferring people who are still on existing benefits or tax credits onto Universal Credit from July 2019 and expect it will take until March 2022 to complete the process.

The DWP will contact you closer to that time with more details of what will happen and when. When you are due to transfer, you will have to make a claim for Universal Credit and this may involve an assessment. The government has confirmed that the last claimants to be migrated will be those in the Employment and Support Allowance support group.

IS UNIVERSAL CREDIT WORTH LESS THAN I GET NOW?

The government say that most households will either receive more under Universal Credit, or the same amount as they receive now, but it depends on your personal circumstances. This is because the amounts for Universal Credit are mostly at the same level as the means-tested benefits it replaces.

There are some significant differences to note though:
- The government has abolished disability premiums for most disabled adults. This includes the Severe Disability Premium which gives additional support to disabled adults who receive the middle or highest rate of the care component of DLA, any rate of PIP and live on their own (or just with dependent children) and no one is paid Carer’s Allowance for assisting them.
- The amount for most disabled children is less. At present, families with a disabled child may be entitled to receive support through the disability element of Child Tax Credit. Under Universal Credit, the DWP provides this support through “disability additions” within household benefit entitlements but it will be cut in half.

TRANSITIONAL PROTECTION – ENSURING YOU DON’T LOSE OUT

If the DWP moves you over to Universal Credit and your circumstances have not changed, you will be entitled to transitional protection. This means that you should not lose out at the time you change to Universal Credit because the DWP will ensure that you do not receive less than you did under your old benefit or credits. The amount of Universal Credit you receive will remain the same until:
- your circumstances change
- or the amount of Universal Credit you are entitled to catches up with the amount you were receiving under the old benefit or tax credits system.

However, if you live in an area where Universal Credit is operating and need to report a change in your circumstances before DWP decide to change your claim over to UC then transitional protection rules do not apply - at the time of writing this article this is being challenged by welfare rights groups. It may be best to seek advice from someone with Welfare Rights experience if you think this affects you. You will normally be able to get advice from your local CAB or council office.

Jacqueline Lange
Welfare Rights Adviser
Digby Brown Solicitors.
Clober Farm
Accessible self-catering accommodation

Fully accessible living accommodation and accessible garden with patio area and raised beds, designed with the wheelchair user in mind. Close to Loch Lomond and the Trossachs. Open all year.

Please get in touch with Spinal Injuries Scotland on 0800 0132 305 Twitter@cloberfarmSIS. Email: info@sisonline.org

- Level access throughout
- Sleeps 6
- Master bedroom with Liko 200 ceiling tracking hoist, height adjustable profiling bed and Invacare pressure relief air mattress, plus single bed
- Ensuite wetroom with shower chairs provided and right-hand transfer accessible toilet
- One double room and one twin room
- Family bathroom with over bath shower, height adjustable sink and accessible left-hand transfer toilet
- Combined kitchen/living area with patio doors leading onto a patio area and landscaped wheelchair accessible garden
- Wi-Fi internet access
- Private accessible parking, 2 spaces
- Fully accessible kitchen with low level fridge, freezer, microwave & oven. Adjustable height worktop with induction hob and sink
- Utility room with washing machine, dishwasher and clothes airer
- Assistance dogs welcome
- Pets welcome
- Non smoking
It takes a lot of guts and determination to make the most of any spinal cord injury. Ben Wimbush has taken his disability and created a positive movement across social media. Inspiring others through his own injury tells us a lot about what kind of person Ben is. *Spinal Life* took the opportunity to have a chat with him and find out more...

**TELL US A LITTLE BIT ABOUT YOURSELF AND YOUR SPINAL CORD INJURY**

My name is Ben Wimbush and I’ve been injured ever since I got a somersault wrong on a trampoline in 2011. My ex-wife ran to the scene and I was very lucky as she kept my head still preventing any further damage. During those first 24 hours I was very close to dying. It turned out I had shattered my C3 vertebrae by pinching it between the bones on either side which forced shards of bone into my Spinal Cord. As a result, I’m a tetraplegic so I am paralysed from the chest down. It affects my core muscles and I only have very limited use of my right hand. It’s an incomplete injury as my Cord wasn’t severed so signals still get through, this means I have limited use of my arms and surprisingly I can feel my entire body which is very lucky.
CAN YOU EXPLAIN WHAT #20ISPLENTY IS ALL ABOUT?
I wanted to raise awareness of SCI but realised it’s such a rare condition it was vital to speak about other things as well. I started doing 20 minutes exercise per day. From there sprung the concept of #20isplenty which simply asks people to add that hash tag to posts on social media relating to physical activity or relaxation choices. Again, the aim being to do approximately 20 minutes daily which I found enough to help maintain both physical and mental health. Basically exercise and relaxation can be used as medicine and they are free.

WHAT MOTIVATED YOU TO START THIS CAMPAIGN?
I’m very lucky as I have access to an FES bike. It is a static exercise bike which uses electricity to power my muscles to simulate riding a bike. I realised quickly that using it made a huge difference to my own clinical depression. After I realized it worked for me I started off just focusing on 20 minutes exercise and it gathered pace from there. Now people all over the world are joining in.

WHAT HAS BEEN THE RESPONSE TO YOUR ONLINE VIDEOS PROMOTING #20ISPLENTY?
Humbling, as I wanted it to be inclusive and something anyone can do regardless of ability, age, sex or disability. I’ve also had messages from people all over the globe saying it’s helped them get started. Let’s be honest, if going for a walk counts then most people can help maintain their own health. I also love the fact that a community has sprung up and we all look out for each other, which is great.

HOW HAS YOUR OWN LIFE CHANGED THROUGH BECOMING MORE ACTIVE?
I certainly feel better within myself and it helps me specifically as I now shake off infections and skin issues far quicker. As I’ve mentioned, I use it to help combat my clinical depression. I’ve mentioned paralysis but another part of my SCI is that I’m doubly incontinent and exercise makes my bowels work much better which is a huge plus. All in all, it’s such an integral part of my life and #20isplenty helps me stick to all of it.

DO YOU HAVE ANY PLANS FOR WHAT COMES AFTER #20ISPLENTY?
Funnily enough I’ve added an extra part to my campaign which is to promote the idea of trying to eat as many meals with other people as possible so we can keep looking out for our loved ones. I ask people to share pictures of eating with others including #AteWithaMate and #20isplenty to show that #MentalHealthMatters. So I shall be busy rolling that out as well as a challenge using my FES bike with details out shortly so watch this space.

IN ONE SENTENCE, SUM UP YOUR MESSAGE TO OTHERS WITH A SPINAL CORD INJURY
I think Spinal Cord injury can be a life changing situation but as long as you never give up it’s not life ending. Life must go on, so, enjoy every breath as it’s a gift not to be wasted.

Spinal Life would like to thank Ben for taking the time to share some of his story with us. We would encourage you all to get involved in #20isplenty. If you have any questions about what kind of activities you could be enjoying then please get in touch with us using the usual phone number or e-mail address.
REACHING OUT TO OFFER MORE SUPPORT

Spinal Injuries Scotland is delighted to announce positive changes to peer support on offer in Aberdeen. Thanks to funding from The Robertson Trust we have employed a peer support advisor who will focus on providing more effective support at the NHS outreach clinics. He will also concentrate on building better relationships in and around Aberdeen with the goal of localising the peer support available.

We would love to make peer support accessible to everyone with a spinal injury and currently have a peer support volunteer available at the Glasgow spinal unit five days a week. This involves our team using their own experience of spinal injury in a positive and meaningful way. Their unique understanding of life with a spinal injury can be a great support to others who are going through the difficult recovery process. One of the most important reasons we offer peer support is to ensure that everyone with a spinal injury understands that they will never be alone as they try to adapt to their new life.
We would love to make peer support accessible to everyone with a spinal injury and currently have a peer support volunteer available at the Glasgow Spinal Unit five days a week.

While we are happy to offer this service in Glasgow we are also aware that as a national charity we must do more to support individuals when they return home from hospital. We have spoken to our members and this seems to be especially important for those who live away from the central belt.

There are five NHS outreach clinics every year in Aberdeen designed for those who cannot travel back and forth to the Glasgow spinal unit. The outreach clinics give these ex-patients the chance to meet with a consultant to discuss their medical circumstances. Spinal Injuries Scotland also has peer support volunteers on hand at each clinic to have a chat, answer any questions and reassure that we are still available to support them in any way we can.

The great news that we have a peer support advisor dedicated to the Aberdeen area means that we will now be able to create a local network that offers a more extensive range of peer support.

The new advisor will be responsible for coordinating a team of local volunteers and managing the support at each clinic. He will also be looking to organise informal events outwith these clinics that offer new ways of supporting people with a spinal injury and their families. Peer support can sometimes be more effective in the relaxed setting of a coffee morning or drop in centre. We understand this and it will be one of the areas we concentrate on.

This will be of huge benefit to individuals in the Aberdeen area. We know through our work in Glasgow that a strong peer support system is a great way to help individuals with a spinal injury move towards achieving personal, emotional and physical goals while encouraging better social health.

We know how important local peer support is so we have no intention to stop at Aberdeen. When we can show how successful our recruitment has been in Aberdeen we will be looking at ways to fund local peer support at the other outreach clinics across the country. Rest assured, we will not forget about individuals who live in Inverness, Arbroath, Dumfries, the Borders or anywhere else in the country. In the meantime, we will continue to support the NHS outreach clinics in these areas to the very best of our ability.

If you attend the Aberdeen outreach clinic or would like to meet others in a similar situation to yourself then look out for big changes. We will be in touch soon with more information about how a locally run peer support service will be able to help you. Also, if you live in or around Aberdeen and are interested in becoming one of our local peer support volunteers then we would love to hear from you. Please get in touch through the usual e-mail address (info@sisonline.org) or phone number (0141 427 7686).
Recycle Mobility Centre provide the opportunity for people to obtain mobility aids at an affordable price.

As a social enterprise they offer the community the choice of quality assured reconditioned equipment as an option that not only saves money but benefits the environment. Materials are no longer scrapped and sent to landfill as equipment is generously donated by those who no longer need it. They also seek to provide training places for the young or the long term unemployed as well as volunteer positions within the company.

Elaine Williamson started the company over four years ago in response to a situation she encountered while working in a care setting. Elaine witnessed the difficulty and hardship care users had to endure in managing funds. She also noted the sad lack of consideration and understanding shown in the demand for payment for care and equipment. She realised that being disabled is expensive.
This was the trigger for *Recycle Mobility Centre*, where a more socially conscious and environmentally friendly approach could be followed. The Centre seeks to help people who face difficulties in maintaining their independence due to mobility issues and the extra costs and challenges they encounter arising from their condition.

**Talking and listening to people** and developing an understanding of their needs and expectations motivates the suggestions and recommendations they make as a company to a customer. *Recycle Mobility Centre* wants to ensure that people get the equipment that is right for them.

*A boot-mobility scooter* is great for transportation by car and moving around a shopping mall but not if you intend using it regularly on steep inclines and bumping up and down pavements. It will burn out the motor. It would be much better in those circumstances to use a pavement scooter. The range of movement and dexterity and awareness of a potential customer are very important factors in answering what best serves a person’s needs.

*Recycle Mobility Centre* accept donations of mobility equipment across the central belt and as far south as Dumfries. They have even received offers on numerous occasions from as far afield as London and the South-East. They recognise the remarkable thoughtfulness and generosity of people prepared to think of the benefit they might bring to another. As a small company with limited resources they don’t have available transport to travel the four hundred miles to London. If you are in Scotland and have mobility equipment that you no longer use and feel that it might help make someone else’s life better they would love to hear from you.

*Recycle Mobility Centre* has given employment and training to the young and long term unemployed through community jobs along with developing an active equality and diversity programme. If you have or would like to develop skills in sales administration, social media or mechanical engineering and have a few hours to spare, you could benefit the local and wider community by volunteering. They would be delighted if you visit them at their office 470 Dumbarton Road, Dalmuir, G81 4DN. Or alternatively give them a call on 07592 581 425.
We are looking for participants to take part in a research study on the relationship between technology usage and spinal cord injury. Interacting with technology is part of our daily lives: whether we want to send messages to our friends and family, read news, share updates on social media or book a train ticket online, we are bound to use some electronic device.

These tasks were traditionally performed with desktop computers, even though mobile technology is becoming more prevalent nowadays. However, both computers and smartphones are not always adapted to or designed for users with motor impairments because they promote two-handed interactions and rely on precise motor control of fingers through keyboards and touch screens.

In this research project, we want to document how users with spinal cord injury adapt their behaviour to overcome interaction difficulties, and reflect on the differences between different devices we have at our disposal. By gathering user experiences, this knowledge could help us improve everybody’s interactions.

This is where your experiences are very helpful: we are interested in having you partake in the study. This entails an hour long interview and you will be compensated £10 for your time. We do not require you to be a heavy technology user but only generally using computing devices (smartphones, tablets, smartwatches, computers...), so do not hesitate to get in touch with us.

For more information, please reach out via email a.loriette.1@research.gla.ac.uk or social media Antoine Loriette. You can also consult the information sheet online http://antoineloriette.info/participant_information.pdf, for more information.
Thanks to all of you who have been hard at work fundraising for our charity. We are always so delighted to hear your stories, so please keep up the good work. Your efforts are hugely appreciated.

**THANK YOU**

**FUNDRAISING**

**DEBBIE MC RONALD AND JACQUIE ROSS**
raised £1165 doing the Aberdeen Kilt Walk.

**LINDA RAE**
raised £532 doing the Glasgow Kilt Walk.

**CHRIS WATTERS & KIERAN MCCULLOCH**
raised £1515 climbing Ben Nevis, Ben Vrackie and Ben A’an in one weekend.

**THE PEAKY CLIMBERS**
raised £2,926 for Spinal Injuries Scotland and other charities by completing the Three Peaks Challenge.
Thanks to all of you who have been hard at work fundraising for our charity. We are always so delighted to hear your stories, so please keep up the good work. Your efforts are hugely appreciated.

THANK YOU

LUNCHES CAFÉ CUSTOMERS
Donated £30

MARY WALLACE
Donated £10

DONALD AND MARY MACKAY
Donated £100

DRUMMOND MILLER LLP
Donated £20

MURRAYFIELD INJURED PLAYERS FOUNDATION
Donated £3500

JESSICA BORWELL
raised £500 completing the 5 Ferries Challenge

CONGREGATION OF ALL SAINTS, CHALLOCH
Donated £91.13

ROTARY CLUB OF ABERDEEN DEESIDE
Donated £300

MARY MARSHALL
Donated £100

Lanarkshire Indoor Bowling Club
Donated £100

JEAN FERGUSON
Donated £10

JEMMA THORBURN
ran the Edinburgh 5k and raised over £500

WOULD YOU BE ABLE TO FUNDRAISE FOR US?

At Spinal Injuries Scotland we are dedicated to helping people who are living with a spinal cord injury. We need your help so we can be there - on the other end of the phone, in local communities and building relationships with decision makers.

There are so many different ways you can make a difference, from a coffee morning, to running a marathon, to a gift in your Will.

If you are interested email info@sisonline.org for a fundraising pack filled with ideas and advice for your fundraising event.
HOLIDAY TRANSPORT
NEW ZEALAND

Explore New Zealand using our hire vehicles: wheelchair vans and cars, hand control and left foot accelerator cars. We are known for our friendliness and service. Happy to advise on accessible accommodation and activities. See www.freedommobility.co.nz

HOLIDAY ACCOMMODATION
FRANCE

LANGUEDOC, SOUTH OF FRANCE

A spacious, open-plan villa with an accessible swimming pool that’s designed and owned by a T3 para. Lift to first-floor master bedroom with balcony and ensuite; hydrospa bath and a ‘loo with a view’. Downstairs; two bedrooms and a sofa bed, so can sleep 8 max; wheel-in wet room; fully accessible kitchen and Barbecue area. Large garage and covered terrace with great views of the High Languedoc National Park. Easy 5-minute push across the river Orb to the boulangeries, bars and restaurants in a lively, family-friendly village. www.frenchliberty.co.uk.
Contact Chris Dabbs on: 01604-495435 or 07785-338497. Email: frenchlibertyuk@gmail.com

ALCOSSEBRE, SPAIN

A spacious, open-plan villa with an accessible swimming pool that’s designed and owned by a T3 para. Lift to first-floor master bedroom with balcony and ensuite; hydrospa bath and a ‘loo with a view’. Downstairs; two bedrooms and a sofa bed, so can sleep 8 max; wheel-in wet room; fully accessible kitchen and Barbecue area. Large garage and covered terrace with great views of the High Languedoc National Park. Easy 5-minute push across the river Orb to the boulangeries, bars and restaurants in a lively, family-friendly village. www.frenchliberty.co.uk.
Contact Chris Dabbs on: 01604-495435 or 07785-338497. Email: frenchlibertyuk@gmail.com

COLLIoure, SOUTH OF FRANCE

Ground-floor, two bedroom apartment, sleeps four/six. Level access throughout. Designed specifically for people with spinal cord injury. Ensuite bathrooms, air-conditioning, full heating. Height-adjustable beds, pressure-relieving mattresses. Separate upstairs apartment available for family or friends. www.originincare.co.uk, click on L’Origine or call Nathalie on 00 33 632 56 61 75.

BRITTANY, FRANCE

Spacious wheelchair accessible holiday accommodation close to the North Brittany coast. Sleeps up to 8 people with 3 bedrooms and 2 bathrooms. Accessible ground floor double bedroom with large ensuite wheel-in shower room. Profiling bed, hoist and shower chair can be provided on demand. Another bathroom, and two further bedrooms upstairs. Situated in tranquil countryside, 20 mins drive to beautiful beaches. Within easy reach of ferry ports. Pets welcome. For details contact Clara and Martin Cronin on +33 296 47 17 86. Email: info@gites-en-tregor.com. www.gites-en-tregor.com.

HOLIDAY ACCOMMODATION
SPAIN

ALCOSSEBRE, SPAIN

Superior, front line two bedroom apartment with ensuite level access shower. Modern low rise complex, beautifully kept gardens, swimming pools. Large terrace overlooking beach. Wheelchair accessible throughout. Level access to bars and restaurants. Secure parking. Email: tedbid@aol.com. Tel: 07770 567 132.

COSTA BLANCA, JAVEA, SPAIN

Lovely wheelchair friendly villa set in large colourful gardens on level, gated plot. Well equipped, three beds, two baths, master bed with large ensuite bathroom and wheel-in shower (chair provided). Cable TV with Sky and English channels, DVD player plus DVD library, free broadband internet access. Wheelchair-friendly gardens, 10m x 5m pool with easy-to-use water-powered pool lift and full-size outdoor tennis table. T1 paraplegic owner. Contact Norman or Sue. Tel: 01900 67280. Mobile: 07818 406 861. Email: info@accessvillaspain.com www.accessvillaspain.com

HOLIDAY TRANSPORT
PORTUGAL

ALGARVE, PORTUGAL

Your home from home in the sun including accessible transport and airport transfers. Owned by C4 tetraplegic, 20-minutes from Faro airport with stunning views and privacy. Three twin bedrooms, two with wheel-in showers. Pool with hoist heated to 25ºC. Inclusive accessible vans & airport transfers, electric up and down bed, electric indoor hoist, shower/commode chairs etc. Not to be missed. See full details on our comprehensive website. Tel: 00351 289 414 687. Email: sia@ouricodomar.com. www.ouricodomar.com

ALAMANCIL, ALGARVE

Outstanding, fully-accessible luxury private villa set in beautiful countryside. Three bedrooms, all ensuite with wheel-in showers. Private pool with hoist. Comfortable lounge/dining rooms and well-equipped kitchen. All you could wish for in a holiday home and so much more! To contact us call 01530 833 690 or www.villas-algarve.co.uk

ALGARVE, PORTUGAL


HOLIDAY TRANSPORT
CYPRUS

POLIS, CYPRUS

Three-bed accessible villa Private pool with electric pool hoist, wide steps and handrails. Ramp access throughout the villa and grounds. Walking/pushing distance from shops, village and beach (with sea trac chair available in the summer season - see website). Wheel-in wet room with wall mounted shower seat and self-propelling shower chair available. Accessible hob and sink in kitchen. Child friendly. Owned and designed by an SCI person. Email: timilyvilla@outlook.com. www.timilyvilla.co.uk
HOLIDAY CLASSIFIEDS
FROM SIA’S FORWARD MAGAZINE

HOLIDAY ACCOMMODATION

AMERICA

ORANGE TREE, ORLANDO, FLORIDA
Five bed/four bath, purpose-built wheelchair accessible villa overlooking lake and conservation area. Level access throughout. Wheel-in shower and shower chair. Non-chlorine extra large pool with spa, both accessible by hoist. Free Wi-Fi, sleeps 12, short drive to attractions and amenities. Paraplegic owner. www.ayersfloridavillas.com
Email: lucy@ayersfloridavillas.com

POOLE, DORSET
Hill Lodge. Owned by C5/6 Tetra. Holiday let in beautiful rural location just 10mins from Poole Harbour. Three double en suite bedrooms. Sleeps up to 6 people. The accessible room is on the ground floor with ensuite wet room. Shower chair provided. Electric height-adjusted and profiling bed. Accessible kitchen with wheel-under hob and sink. Free Wi-Fi. Level access and exclusive use of gardens. Further equipment provided on request. View at www.endeavour-uk.co.uk.
Contact Becky becky@endeavour-uk.co.uk.
Tel: 01202 630 075.

HOLIDAY ACCOMMODATION

SCOTLAND

CLOBER FARM, MILNGAVIE, GLASGOW
Fully accessible self-catering apartment & landscaped garden. Clober Farm is situated 45 mins from Loch Lomond & the Trossachs National Park and only 7 miles from Glasgow. Master bedroom with Liko 200 ceiling tracking hoist, height adjustable profiling bed and Invacare pressure relief mattress. En suite wetroom. Sleeps 6. Pets welcome. Open all year. For more information and to book: Tel: 0141 427 7686.
Email: info@sisonline.org. www.cloberfarm.co.uk

HOLIDAY ACCOMMODATION

ENGLAND

TODSWORTHY FARM HOLIDAYS, CORNWALL
Luxury and spacious barn conversions on a family run working farm. Located in an area of outstanding natural beauty in the picturesque Tamar Valley. Owned by a C6/7 tetra both self-catering cottages are superbly adapted for wheelchair users and their families. Both cottages sleep 6 and have a level access bedroom with a spacious ensuite wetroom. Shower chair, hoist and profiling bed can be provided. Both cottages are pet and family friendly. Perfect location for touring Devon and Cornwall. Open all year. Tel: 01822 834 744
www.todsworthyfarmholidays.co.uk

RATCLIFFE DISABLED HOLIDAYS


GLAN Y GORS COTTAGE, SNOWDONIA
Fully accessible, self-catering cottage in beautiful rural location, with open views of Snowdon and surrounding mountains. 4 bedrooms, 3 bathrooms, large kitchen/diner, lounge with log fire. Ground floor bedroom and shower room. Hospital bed and mobile hoist available. Sleeps 10 (12 with sofa bed), reduced rates for smaller groups. See website for details: www.wilsons-holidays.co.uk
Email: info@wilsons-holidays.co.uk.
Tel: 01286 870 261.

TOWYN, NORTH WALES
Brand New 2018 Willerby, Richmond fully disabled caravan, sleeps maximum of 5 with full wet room including fold down shower seat, hand rails and fold down rail next to the toilet. Wide sliding doors with ramp access and low kitchen worktops and cooker, equipped with banana transfer board, reach grabber and portable helper frame. For prices and availability, pictures and Golden Gate’s facilities. Contact: Email: sbgoldengate@outlook.com.
Tel: 07858044721
Facebook: www.facebook.com/sbgoldengatetowyn

POOLE, DORSET
Hill Lodge. Owned by C5/6 Tetra. Holiday let in beautiful rural location just 10mins from Poole Harbour. Three double en suite bedrooms. Sleeps up to 6 people. The accessible room is on the ground floor with ensuite wet room. Shower chair provided. Electric height-adjusted and profiling bed. Accessible kitchen with wheel-under hob and sink. Free Wi-Fi. Level access and exclusive use of gardens. Further equipment provided on request. View at www.endeavour-uk.co.uk.
Contact Becky becky@endeavour-uk.co.uk.
Tel: 01202 630 075.

HOLIDAY ACCOMMODATION

WALES

WYE VALLEY, MONMOUTH
Owner T12 complete. Rural, fully accessible spacious ground floor S/C apartment with large wet room. Superking bed or twin beds in large bed sitting room opening onto an extensive private patio with wonderful views. Separate well equipped kitchen. Access to heated indoor resistance pool and lessons if required. Use of Magic Mobility X8 and V6 all terrain wheelchairs by arrangement to enjoy woodland paths. Accessible kayaking and sailing available on the Wye or nearby reservoir at RYA accredited Sailability Centre with excellent disabled facilities including fully accessible changing room and hoist. Clay pigeon shooting available locally. Good pubs and shopping, theatre and cinemas nearby. For more information see website for details; http://bit.ly/2G4LS3d or Email: info@adastradventures.com or call Kat on 07921 143 280.

TREWORGANS FARM HOLIDAYS, MID CORNWALL
Specially converted cottages (sleep 4 & 6) that are fully wheelchair accessible. FREE use of 4-section electric profiling beds, air mattresses, electric hoists, shower chairs and rise/recline chairs as well as numerous other mobility aids. All bedrooms have en-suite facilities – each property has one level-access wet room. Adapted kitchens. Accessible decked patio areas. Detached. Ample parking areas. Care available from local agency. Exposed beams, wood burner. Ideal location for exploring the whole county. Tel: 01726 883240 or 07762 173860. www.treworgansfarm.co.uk

www.wilsons-holidays.co.uk.
Email: info@wilsons-holidays.co.uk.
Tel: 01286 870 261.
ILF SCOTLAND COULD PROVIDE 100% FUNDING FOR YOUR NEW WHEELCHAIR AND BATEC

Funding is now available for young disabled people between the ages of 15 and 21 living in Scotland.

- £7,500.00 maximum available per applicant
- You’ll need proof of your disability or impairment
- You must have less than £26,250 of personal savings

Cyclone Mobility have staff in your area. Call today on 0800 1804850 and find out if you qualify for an ILF fully funded wheelchair and Batec handbike. For more info visit:

www.cyclonemobility.com/ILF1

Email us at info@cyclonemobility.com
Your Dedicated Home Delivery Service

Over 70 SIS members have joined it.
Over 90% of the SIS members who have joined it would recommend it.*

Bullen Healthcare provides a dedicated Home Delivery Service that can supply spinal cord injured people with all of their urology and stoma appliances and prescription medication efficiently and discreetly to their door.

Those SIS members who have joined Bullen Healthcare tell us that there are three great reasons why they are so happy to be using this service:

1. The quality of the service is excellent; you get your own dedicated customer advisor
2. We supply all makes and manufacturers; you don’t have to make any changes to your orders
3. There’s a great range of complimentary items; these are available free of charge with every order

It’s so easy to join up to Bullen Healthcare. We will do everything for you.

To find out more about Bullen Healthcare you can

Call us on 0800 756 2423

Email us at sis@bullens.com or Visit our website www.bullens.com

* based on a survey in February 2017 by Bullen Healthcare to the SIS members who have joined the service.