

MURRAY FOUNDATION

>> a support service for those affected by limb loss or absence in Scotland

WHAT IS THE MURRAY FOUNDATION?

The Murray Foundation is a charitable organisation, established in 1996 by David Murray, which provides help and support for all those affected by limb loss or absence.

The Foundation works closely with those professionals within the NHS to supplement the service already offered.

This not only benefits the patient and their family directly, but also all of those involved in the rehabilitation process itself.

MF PUBLICATIONS

- About the Murray Foundation
- Counselling and Hospital Visiting Services
- Information for New Patients (Lower Limb)
- Information for New Patients (Upper Limb)
- Sport and Leisure Contacts
- Wheelchairs - Advice for Private Purchase
- Biannual magazine (April/October)

FACT SHEETS

- Phantom Pain/Sensation
- Driving
- Water Activity Limbs
- Employment

MF VIDEOS/DVDs

- **Adapting to Limb Loss (set of 3 separate Videos/DVDs)**
- The Way Forward (The rehabilitation process)
- Going Home (Returning home from hospital)
- Manufacture (How an artificial limb is made)

- **Living with Limb Loss (set of 3 separate Videos/DVDs)**
- Looking After Yourself
- Living with Your Prosthesis
- Physio and Occupational Therapy

SUPPORT SERVICES

- Provision of BAC accredited counsellors (see counselling/HV leaflet)
- Hospital visiting of new patients (see counselling/HV leaflet)
- Family Support Network
- Scottish wide network of support groups

ACTIVITIES

- Complementary Therapy Day
- Limbs with Attitude – sport & leisure workshops
- Demonstrations of prosthetic products
- Family Fun Day
- Conference Day
- Children's Water Activities Day
- Scottish Open Golf Championship

INFORMATION/ADVICE

- Benefits
- Driving & car adaptations
- Holidays
- Associated organisations

FREEPHONE HELPLINE

0800 00282822

www.murray-foundation.org.uk

A PERSONAL MESSAGE FROM DAVID MURRAY

"I'm fairly well known both in the world of business and professional football, but I'm also someone who has experienced first hand the many difficulties and challenges faced by those with limb loss or absence.

Regardless of the reason, it can be a very traumatic experience with all aspects of your life being affected. Whilst your physical needs are catered for in every sense – there are a number of other needs such as need for information, the need for emotional support and the need to alleviate any senses of isolation and fear that you may feel – that need attention.

By establishing a Foundation, I hope to go some way towards meeting these needs, and by doing so, enable you to return more readily to your usual way of life."

SCOTTISH REHABILITATION CENTRES

GLASGOW

WESTMARC
Southern General Hospital
NHS Trust
1345 Govan Road
GLASGOW G51 4TF
0141 201 2620

EDINBURGH

Rehabilitation Engineering Services
Eastern General Hospital
Seafield Street
EDINBURGH EH6 7LN
0131 536 4663
Moving Summer 2006

DUNDEE

TRES Prosthetic Services
Tayside Orthopedic
& Rehabilitation
Technology Centre
Ninewells Hospital
& Medical School
DUNDEE DD1 9SY
01382 496296

ABERDEEN

Mobility &
Rehabilitation Services
Woodend Hospital
Eday Road
ABERDEEN AB15 6XS
01224 556843

INVERNESS

Limb Fitting Centre
Raigmore Hospital
Perth Road
INVERNESS IV2 3UJ
01463 706165

SUPPORT GROUPS

CONTACT NAMES AND NUMBERS

ALF	<i>Fife</i>	<i>Gillian Cosgrove</i>	<i>01383 726135</i>
AYR	<i>Ayrshire</i>	<i>Archie Bennie</i>	<i>01294 215208</i>
DUNDEE	<i>Tayside</i>	<i>Laura Rossbottom</i>	<i>01382 660111 ext 36149</i>
ELGIN	<i>Elgin & Moray</i>	<i>John Barclay</i>	<i>01343 820899</i>
HIASG	<i>Highlands & Islands</i>	<i>Anne Driver</i>	<i>01463 793584</i>
IN STEP	<i>Falkirk & Forth Valley</i>	<i>Donnie McDiarmid</i>	<i>01786 824282</i>
LAWSTEP	<i>Lanark</i>	<i>John McNeil</i>	<i>01555 770730</i>
LOONS	<i>Aberdeen & North</i>	<i>East Dave Macdonald</i>	<i>01224 644749</i>
PAGE	<i>Glasgow (Central & East)</i>	<i>David Allister</i>	<i>0141 647 2547</i>
PUSH	<i>Edinburgh</i>	<i>David Wraight</i>	<i>0131 258 9555</i>
RAMP	<i>Inverclyde</i>	<i>Agnes Lang</i>	<i>01475 742723</i>
SCAFFOLD	<i>Glasgow (North East)</i>	<i>Jim Caldwell</i>	<i>01236 601970</i>
SWAGGER	<i>Glasgow (South West)</i>	<i>Johan Graham</i>	<i>01389 730012</i>
TULIP	<i>Glasgow (North West)</i>	<i>David Lang</i>	<i>0141 576 0565</i>

THE MURRAY FOUNDATION

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