

MURRAY FOUNDATION 2003

By Susan Shaw

The Murray Foundation is now into its 7th year of existence and it is time not only to review past activities but also to look to the future in terms of events and activities for the coming year. Towards the end of last year saw the long awaited release of our "Living with Limb Loss" series of videos. This boxed set of three is aimed at new amputees and comprises of three videos

- Looking after yourself – aimed at all amputees whether limb fitted or not
- Living with your prosthesis – those fitted with a prosthesis
- Physio & Occupational Therapy – again aimed at all amputees

In addition to the videos, two of our most commonly used leaflets have been redesigned and updated. Our main leaflet, **About The Murray Foundation**, outlines the work of the Foundation and lists the publications, videos and services we offer. The **Counselling & Support** leaflet gives details of the hospital visiting and counselling services available and how to access them. In due course, the leaflets providing information for new patients, both lower and upper limb will also be replaced. Also, in response to a large number of requests, we are currently putting together a fact sheet on phantom limb pain/sensation that should be available soon.

Events

Over the course of 2003 there are a number of events taking place, which we are hopeful, will be of interest to all amputees, their families and their carers. Some are events which the Murray Foundation has successfully held in the past, and some are new to the calendar and being organised in conjunction with other organisations.

Demo/Conference Day

On May of last year we held our very first Demonstration Day, which showcased a number of new prosthetic components. We have decided to repeat the event in November of this year and to include a number of presentations on paediatric rehabilitation; phantom pain/sensation and the psychology of limb loss. We are also hoping to present an update on the ossiointegration study that has been running for a number of years now at the centre in Roehampton.

Inside>>

2 | The Murray Foundation 2003

3 | David Cassidy

4 | The Christmas Party

5 | A Day Filming With The BBC

6 | Study on Phantom Limb Pain

7 | Jim Bonney Story

8 | Support Groups

Ossiointegration is a method where by the prosthesis is suspended directly onto the residual limb by means of an abutment, which is surgically attached to the bone at the end of the stump. There will also be an Open Forum on service provision, which will include representatives from the groups and organisations who are responsible for delivery of the prosthetic service to the amputee population of Scotland.

Complementary Therapy



The benefits of complementary or alternative therapies have been known for a number of years now. However, if you are an amputee who suffers from phantom pain/sensation or even just general aches and pains due to the additional strain on your body, then trying these therapies can be a costly experience.

The Murray Foundation Complementary Therapy Day offers the chance to try out or learn about a number of different therapies, which you can then follow up with a practitioner in your own area.

This very successful event, which has been held twice before, will be happening in October at the Glasgow Moat House. Some of the therapies have been included before, such as Reflexology and Aromatherapy but there will also be some new additions to the programme; Reiki : Acupuncture and The Alexander Technique. The day will be a mixture of presentations, demonstrations and treatment sessions. Places at this event are always limited due to the time each individual requires to spend with the therapist, so please ensure you book early.

Reiki is a Japanese word meaning 'Universal Life Energy' and is a system of natural healing which aims to restore the body's natural balance. Reiki healing can be given at any time as no special equipment is required and neither person has to use any effort of will or concentration during the process. Reiki flows to the

areas of need, soothing pain and supporting the body's natural ability to heal itself.



Acupuncture is a method of stimulating the nerves in the skin and muscles with the use of fine needles. This is reported to release the body's natural painkillers and also modifies the way pain signals are received and can affect the nervous system, muscle tone, the circulation and allergic responses.

The Alexander Technique is a way of learning how you can get rid of harmful tension in the body. By re-educating both the mind and the body, it is possible to see improvements in freedom of movement, balance, support and coordination. The technique can show you how to use an appropriate amount of effort for a particular activity, thereby giving you more energy for other activities.

Amputee Open Golf Championship

For the first time ever this annual championship is coming to Scotland and the Murray Foundation is very proud to be a sponsor of such a prestigious event. There are more details within the magazine on this event, but I would urge all of you, golfers or non golfers (like myself!) to think about attending as the skills and determination shown by the many participants is both inspiring and joyful to watch.

Other Activities

In terms of research, we are currently assisting The Scottish Physiotherapy Amputee Research Group (SPARG) with their study into attitudes towards prosthetic

use. This study is looking to identify why some people adapt more readily to using a prosthesis than others and to see if there is a way of predicting early in the rehabilitation process, what the outcome of the rehab is likely to be. To do this, Murray Foundation hospital visitors will visit new amputee's in their own homes, both at one month and six months after discharge, to complete a number of surveys. This is an ongoing study, the results of which will not be fully available for a few years, but will be invaluable in assisting not only the rehabilitation professionals who provide the service, but also organisations such as our own, that provide ongoing help and support.

For those of you involved in support groups, you will be interested to know that new groups have been established through at the Astley Ainslie Hospital in Edinburgh and also at the Woodend Hospital up in Aberdeen. More details about these groups and contact numbers can be obtained from the office. We have also reached the time of year for election of support group representatives to the Executive Committee. This is an excellent opportunity for any of you involved in support group work to get together with some of your colleagues to share experiences and information and also to keep up-to-date with the Murray Foundation

activities and work. Details regarding these elections will shortly be going out to all of the Scottish support groups, so if you think you would be interested, please ask your local group members for more details.

We have also been talking, over the past 6 months with a number of parents who have children attending WestMARC, about the services and support they require. One outcome of these discussions was the very successful children's Christmas party held at WestMARC, but in addition, other areas of support have also been identified. Discussions are still ongoing, but the plan is to establish a Parent Contact List, similar to that of the Hospital Visitors, so that any parent of a child needing to speak with someone in similar circumstances will be able to do so. WestMARC has also now established monthly paediatric clinics, which will provide a contact point for many of the parents and children who attend.

If you require more details or information regarding the work of the Foundation or any of the events which are happening this year, either e-mail us on info@murray-foundation.org.uk, telephone the Freephone **Helpline** on **0800 0282822** or call the Foundation on **0141 580 8564**



David Cassidy
1950 - 2003

It was with great sadness that many of us attended the funeral of David Cassidy, who died in January of this year after a long spell of ill health.

I first met David over eight years ago when we were looking at the possibility of setting up the Murray Foundation. Not only was he of immense help at that time, but since then he has helped numerous support groups and individuals around Scotland. As well as being a tireless campaigner for people with all types of disability, he also was responsible for the formation of the PUSH amputee support group through in Edinburgh.

He gave so much help and support to others in so many ways, sometimes with scant regard for his own health and well-being. I don't think he knew what that meant to people. It was just David - it was just what he did. He was both a colleague and a friend, and is greatly missed by all who knew him.

By Susan Shaw

Study on Phantom Limb Pain

I am a physiotherapist who has worked with amputee patients for many years both in Glasgow and a developing country - Cambodia. As part of a Masters course in Pain, I am studying at Queen Margaret's University in Edinburgh and I would like to complete a project on questionnaires that measure Phantom limb Pain and its effects.

If you have experienced Phantom Limb Pain, either constant or intermittent, I would be interested in hearing

from you to complete one or possibly two questionnaires. This would involve approximately 30-45 minutes of your time. The questionnaires will be posted complete with a stamped addressed envelope and all responses will be anonymous.

If you are interested in taking part then please contact the Murray Foundation by 30th of May. Questionnaires will be posted out in early June.

By Paula O'Neil

2002 QUIZ FINAL

The 11th December saw the keenly contested final of the Inter Support Group Quiz at Ibrox Stadium.

With angelic hosts and several new and seasonal rounds added to the proceedings, the contest proved to be at times challenging, but a great success. The surprise arrival of a Mr L. Amoruso at the interval further enhanced the evening's enjoyment and the festivities where topped off by the appearance of a Mr A. McLeish who kindly presented the cup to the winning team.



Alex McLeish presents the cup to the winning team, ALF.



Lorenzo Amoruso signs autographs

The ALF group from Fife emerged as the winners narrowly defeating the SCAFFOLD group, with the PAGE group in third place.

BALASA AMPUTEE OPEN GOLF CHAMPIONSHIP 2003 COMES TO SCOTLAND 26th – 30th AUGUST

Each year the British Amputee and Les Autres Sports Association (BALASA), as part of their golf programme, stage the British Amputee Open Golf Championship. This year, the European Year of the Disabled, the championship will be held in Scotland for the very first time.

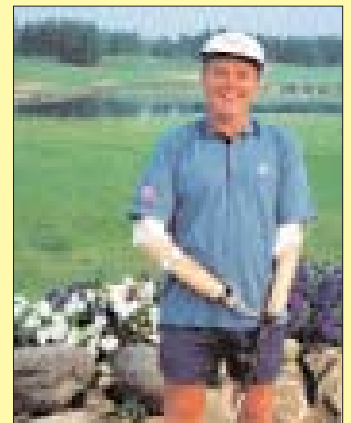
The venue is the top class Westwood Hotel and Golf Complex in Cumbernauld. This golf course, designed by Ballesteros, offers a challenge for golfers of all standards.

This championship, which is open to any golfer who is missing a limb at a major joint, is already attracting considerable support. While the majority of the competitors will come from the United Kingdom, it is also attracting amputee golfers from Sweden, Finland, Holland, Italy, South Africa as well as the United States and Canada. It is estimated that between 80 and 100 competitors will take part.

To find out more about this exciting event please contact:

B.A.O.G.C. 2003
Donny McDiarmid
Tournament Director
10 Whitecross Avenue
Dunblane, Perthshire
FK15 OBX
Tel: 01786 824282
E-mail: geraldinefsaunders@btopenworld.com

Or visit the web site at: www.britishamputee-opengolf.co.uk



THE CHRISTMAS PARTY

Christmas 2002 saw the first ever party arranged for the younger children with limb loss, who attend the West of Scotland Mobility and Rehabilitation Centre (WestMARC) at the Southern General Hospital in Glasgow. This centre serves children from a large area of Scotland who have undergone an amputation or been born with a congenital absence of one or more limbs.

As a group these children form a relatively small number and rarely have the chance to socialize with each other or for their parents to meet. For this reason the Murray Foundation, WestMarc and the Southern General NHS Trust organised a Christmas party complete with a clown, face painting, a disco with Karaoke, balloons, wonderful food, a chill out room for the parents to chat in and, of course, Santa!

A great time was had by all and new friendships were made. This is due, in no small part, to everyone who helped on the day and all those who helped us raise the money needed to make this party such a success. Thank you all.



Thanks also to the following companies for their generous donations: Azure, Bacchus, Celtic Football Club, Clydesdale Bank plc, Direct Line, IBM, J&B Promotions, Orthopro, Otto Bock Ltd, Platinum Limo Company, Rangers Football Club Commercial, RFC Retail, RSL Steepers Ltd, Thorn Motor Sales and Victoria Barbers.

By Marjorie Dodds

A DAY FILMING FOR THE BBC

Last year, I was contacted by Sandra at the Murray Foundation asking me if I would like to participate in a small scene for a two-part drama called "The Key" for the BBC. I obviously was interested, especially when the sum of £80 was mentioned. It wasn't until about two months later though that I was called by a girl from the BBC apologising for the short notice (this was the Friday) but would I like to come down to Stirling train station to be an extra in Monday's filming? I said yes and was told that I could bring along a helper. To be fair to the BBC, a helper wasn't really required but as long as they were offering I knew one of my mates would love the opportunity. He was also paid £80 and was part of the filming, which pleased him no-end. We were dressed as soldiers from the First World War who were protesting, along with Unionists and women, for a 40-hour week and the opportunity for women to work alongside the men for a fair wage. These events actually happened at George Square in Glasgow in the early 1900's, so it was good to feel that you were re-enacting a true part of Scottish history.

There were 3 amputees present and my helper, so they decided 4 soldiers would be enough. Our role in the scene was to protest loudly and fight (gently) with the other extras dressed as policemen from the period so that Dawn Steele could be pushed into a horse trough. Armed with two crutches, we set about the policemen who, for the majority, had rubber truncheons. No contest really!! We scuffled and swung our crutches about trying to stop them just before they hit our policeman target. Sometimes we stopped a bit too late but no blood was spilled (not by me anyway). The whole process is very laborious and repetitive and, quite honestly got to be boring towards the end. That's not to say that I can't wait until it is shown on TV just to see if I can spot myself in the battling crowd (I'm the one in the kilt with a leg missing!).

We were very well treated with seats provided and people to get us the occasional cup of tea or coffee, as it was a cold damp day. We were also allowed to watch

as they acted out the scene where Dawn Steele's stuntwoman was hit by a policeman on a horse and forced into the trough. This in itself was worth all the hanging around and the occasional gust up my kilt.

After this was done and Dawn Steele was placed into a nice warm trough, we were called back out for continuity and the scuffling started again. I don't know if I had got myself out of position, or if I was meant to look horrified as the same horseman came directly towards me swinging the same huge truncheon that the padded up stunt woman had just been accosted with. I turned my back on the horse and could see out of the corner of my eye the huge truncheon being swung at me. I braced myself to be thrown forwards and tensed any and all back muscles I had to prepare for this almighty whack I was about to receive. Thankfully, the stuntman had swapped truncheons and was now swinging a very soft rubber one instead. I tried to look sore rather than relieved but I am not sure if I accomplished it.

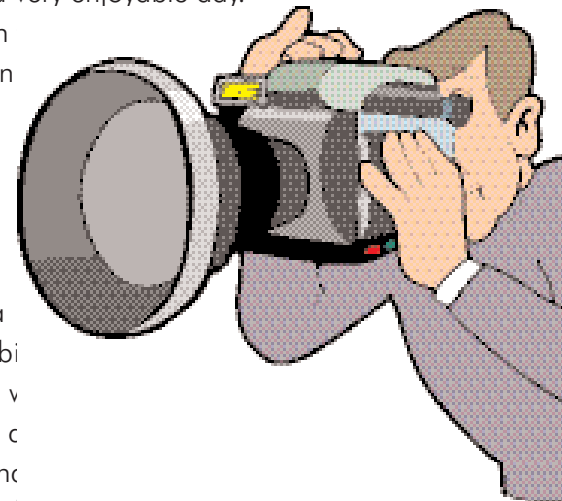
All in all it was a very enjoyable day.

I was even given number of an extras agency with whom I have since done a scene for another two-part drama starring Robbi Coltraine. That v

all we had to c

football game the That wasn't so hard, especially when instructed to support Rangers - no acting required, and I was allowed to have two legs that time.

So in case of further extra work from the agency, I would like to thank Sandra once again for getting the ball rolling in the first place.



By [Stephen Livingston](#)

Jim Bonney Story

Jim Bonney is a 25-year-old Royal Marines Officer from the UK. In 2002 he made the difficult decision to have his right leg amputated below the knee following a serious mountaineering accident. Jim has documented his story on the Ossur web site, and hopes that by doing so, he can help others who might be facing a similar choice. To follow Jim's story through from his preparations for surgery to early days with his new limb, log onto www.ossur.com or go through the Foundation website at www.murray-foundation.org.uk and access the Ossur site through the links page.



letter from ANTONI

Hi! My name is Antoni Burns and I am 8 years old. My Mum's name is Helen. My Mum is sick a lot and I try to help her. She has lost half of her leg and she is 'a Diabetic'. I help her take her tablets and her Insulin. On a Saturday, my Grandad comes and takes us out and I help push her in her wheelchair. When we go for messages I put them in the trolley and then into bags and when we get home I help her put them away. At night time we sometimes play cards or else we watch

the telly. At bedtime, I help my mum upstairs and then I get her Insulin for her and we have milk and biscuits before we go to sleep. In the morning, before Granda comes to take me to school, I fix cereal for me and my Mum. I sometimes get tired and go to sleep. When I come home from school, I go to a meeting with my Mum and see her friends at PAGE. I like going there and play bowls and help put away the rubbish and empty glasses and then go home.

By Antoni Burns

PROJECT FOR AMPUTEES IN GLASGOW EAST RECEIVED FUNDING

The PAGE group, who help support amputees, their families and carers in the east of Glasgow, have been given a boost to their finances by a generous donation from the Abbey National Charitable Trust. The money will go towards the cost of outings and bus trips for their members.



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please contact:*

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Amputee Support Groups

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AYR Ayrshire	Archie Bennie	01294 215208
DUNDEE Tayside	Laura Rosbottom	01382 660111
ELGIN Elgin & Morray	Thomas Quinn	01542 886304
HISAG Highlands & Islands	Anne Driver	01463 793584
IN STEP Falkirk & Forth Valley	Donnie McDiarmid	01786 824282
LAWSTEP Lanark	John McNeil	01555 770730
LOONS Aberdeen & North East	Dave Macdonald	01224 644749
PAGE Glasgow (Central & East)	Norman McCallum	01236 873459
PUSH Edinburgh	David Wraight	0131 258 9555
RAMP Inverclyde	Agnes Lang	01475 742723
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