

## **Could You Benefit ?**

Les Wooding who previously worked at the Citizens Advice Bureau, has volunteered to assist members with benefit advice. An appointment can be made with Les on a Wednesday morning via Carole or Aileen. Rest assured that these meetings are strictly confidential between Les and yourself.

## **Never Too Late To Learn !**

ILA Scotland is a Scottish Government scheme to help people who are on benefits or whose income is £22,000 or less . You can get £200 or £500 towards a wide range of courses from learning providers to enhance skills you already have or learn new ones. The funding is not cash but 'sits' in an account for you for a year until used.

**[www.ilascotland.org.uk](http://www.ilascotland.org.uk) or call free on 0808 100 1090 for an application pack - more information.**

## Amusing Sentiments !

Another year has passed and we're all a little older.

Last summer felt hotter and winter seems much colder.

There was a time not long ago when life was quite a blast.

Now I fully understand about 'Living in the Past'

We used to go to friends' homes, football games and lunches.

Now we go to therapy, to hospitals and after-funeral brunches.

We used to have hangovers from parties that were gay.

Now we suffer body aches and sleep the night away.

We used to go out dining and couldn't get our fill.

Now we ask for doggie bags come home and take a pill.

We used to travel often to places near and far.

Now we get backaches from riding in the car.  
We used to go out shopping for new clothing at  
the Mall  
But, now we never bother...all the sizes are too  
small.  
That is how life is and now my tale is told.  
So, enjoy each day and live it up...Before you're  
too darn old!

### **D.I.S.P**

Disability Information Service in Perthshire is  
sponsored by NHS Tayside providing  
personalised disability related information.  
Information is readily available on accessible  
transport, personal equipment, adaptations,  
education & employment, holidays & insurance,  
money and benefits and more !

If you have an enquiry or need more information  
Tel 01738440099 10am-3pm, call in to 4a St  
Catherine's Road, Perth, visit [www.disip.org.uk](http://www.disip.org.uk)

## **IT'S UP TO YOU!**

It appears we need to reinforce our policy of each and every individual being responsible for booking their own appointments and no more than two weeks in advance. This is NOT the responsibility of the Operator, however, it IS the responsibility of staff members to actually enter the appointments in the appointment book. Members MUST NOT unfairly override the system by doing this for themselves. It is essential this system continues unhindered as it has allowed the people on the waiting-list to access HBO much more readily and a much more economic use of the chamber as more runs are full.

**THANK YOU TO ALL OUR  
WONDERFUL VOLUNTEERS AND  
FUNDRAISERS WHO UNDERTAKE  
ALL SORTS OF TASKS TO  
ENSURE THE CENTRE CAN RUN  
AS SMOOTHLY AS IT DOES. WE  
COULDN'T MANAGE WITHOUT  
YOU ALL!!**

## **Money, Money, Money**

To help us 'keep track' of all monies coming in could you please identify any cash you, leave in particular after chamber use.

Leaving money in an envelope or a post it note attached with your name written on, with a volunteer, other member or Carole would prove very useful as just leaving it on the desk makes it hard to identify the 'donor'. Thanks.

## **WE ARE THE MANAGEMENT!**

The Centre is run by a Management Committee/Board of Directors, whose photos are displayed for recognition and information purposes. These are the people responsible for all policy and decision making as well as tackling all problems or issues brought to their attention and implementing any action required. There is a 'Points Of View' box on the main table in the social area of the Centre which gives everyone the opportunity to have their say, make a complaint, point or suggestion - anonymously if required. If preferred, some members of the

Committee can be approached direct, contact details are held in the office.

Edited ( to ensure privacy/anonymity because some 'delicate'/personal issues discussed) minutes are available within the Unit to all members. Any decisions made by the Committee are agreed upon after much discussion and 'soul searching' and ALWAYS with the good of the Unit and all members in mind !

### **Talking Books**

Is a charity that provides a postal and internet based audio library service to anyone who has an illness or disability that makes it impossible or difficult to hold a book , turn it's pages or read in the usual way. Audio books are offered through the post, MP3 or CD.

£20 per year gives you internet listening via computer, £35 per year gives home delivery, no return time so no late fees and pre paid envelope provided for return of CD. Free membership may be available to a limited number of qualifying individuals living in Dundee. Tel: 020

7403 1377, Website: [www.listening-books.org.uk](http://www.listening-books.org.uk),  
email: [membership@listening-books.org.uk](mailto:membership@listening-books.org.uk)

### **Ceilidh/Concert**

Members of the **Dundee & Strathspey Reel Society** are back by popular demand to our Unit on **Saturday April 24th at 7pm** to entertain with their own brand of music, singing and humour.

This year we are hoping to also have a range of home baking for sale. The usual Tea/coffee will be provided.

As we can only accommodate 50 people it will be 'first come first served' for tickets which can be purchased at our Unit, cost **£7**.

Miss out on this and you'll be missing out on an entertaining evening!

### **Cheese and Wine**

Please take note of the invite to cheese and wine after the **AGM** as per **AGM** agenda.

Views expressed in this Newsletter are individual and cannot necessarily be endorsed by M S Therapy (Tayside)Ltd

