Spring Newsletter 2023

Hi Everyone

I am pleased to see that normal life seems to be progressing. I can now make an appointment with a doctor and dentist.

The council where we live are providing meals at our local community centre once a week covering the three villages for a small fee. This has been very well attended. We also have a small charity called Pauls Parcels who provide soup and roll plus coffee and tea free of charge over the three villages plus a community fridge. This is very well attended and roughly 200 people use the community fridge (shops give produce for people to have, free of charge).

Not sure how the weather is as we have had snow, rain and a couple of sunny days. I love the summer and cannot wait for the warmer weather.

Archie and I do have the heating on as we polio’s do feel the cold in our arms and legs. Worry about the bills as they come in!

Archie is in the process or organising the team to attend the National Games in Leicester. Bill Fenwick did all the paperwork in the past, he is sorely missed.

**The three Graces**

A maritime city in England, Liverpool was an important trade and migration port from the 18th century up to the early 20th century.

I was born in Liverpool in 1952. I actually worked in Cunard Building in 1975 just after the birth of my son .The first of the ‘Three Graces’ on Liverpool’s waterfront was completed in 1907 when the Port of Liverpool Building, then known as the Dock Offices, opened. The final product though was far different than first envisaged, as a plan for a twenty storey skyscraper was rejected and a dome added to the chosen design late. The three buildings given their name were the Port of Liverpool Building, Cunard Building and the Liver Building.

**Royal Liver Building** takes pride of place at the heart of Liverpool’s iconic waterfront; the building was once the tallest in Europe. For the first time in its history, the Royal Liver Building’s doors are unlocked to the public for an immersive experience through its iconic history. It houses many offices such as insurance companies. It is beautifully decorated. My friend worked there for 33 year for Liver Insurance before he retired.

Perched on top of the historic Royal Liver Building, the Liver Birds are said to have originated in 1207 when King John was granted a Royal Charter to register the city of Liverpool as a borough. . It is normally represented as a cormorant, and appears as such on the city's arms, in which it bears a branch of laver seaweed in its beak as a further pun on the name "Liverpool".

The **Port of Liverpool Building** (formerly Mersey Docks and Harbour Board Offices, more commonly known as the Dock Office) is a 2 [listed building](https://en.wikipedia.org/wiki/Listed_building) in [Liverpool](https://en.wikipedia.org/wiki/Liverpool). It is located at the [Pier Head](https://en.wikipedia.org/wiki/Pier_Head) and, along with the neighbouring [Royal Liver Building](https://en.wikipedia.org/wiki/Royal_Liver_Building) and [Cunard Building](https://en.wikipedia.org/wiki/Cunard_Building), is one of Liverpool's *Three Graces,* which line the city's waterfront.

The building was designed by Sir [Arnold Thornely](https://en.wikipedia.org/wiki/Arnold_Thornely) and F.B. Hobbs and was developed in collaboration with Briggs and Wolstenholme. It was constructed between 1904 and 1907, with a [reinforced concrete](https://en.wikipedia.org/wiki/Reinforced_concrete) frame that is clad in [Portland Stone](https://en.wikipedia.org/wiki/Portland_Stone). The building was the headquarters of the [Mersey Docks and Harbour Board](https://en.wikipedia.org/wiki/Mersey_Docks_and_Harbour_Board) (MDHB) for 87 years, from 1907 to 1994, it was sold to Downing, a Liverpool-based property developer, and between 2006 and 2009 underwent a major £10m restoration that restored many original features of the building. Again another building for the ornamental detail both on the inside and out. I did visit but it was in the 80’s, although I thought it was a lovely building then.

**The Cunard Building** In 1914 the [Cunard Steamship Company](https://en.wikipedia.org/wiki/Cunard_Steamship_Company) commissioned the construction of new headquarters for their company. Cunard's expansion meant that they had outgrown their previous offices, which were also in [Liverpool](https://en.wikipedia.org/wiki/Liverpool), and the site chosen for construction was at the former [George's Dock](https://en.wikipedia.org/wiki/George%27s_Dock), in between the [Royal Liver Building](https://en.wikipedia.org/wiki/Royal_Liver_Building) and [Port of Liverpool Building](https://en.wikipedia.org/wiki/Port_of_Liverpool_Building). The building was designed by the architects William Edward Willink and Philip Coldwell. It was constructed by [Holland, Hannen & Cubitts](https://en.wikipedia.org/wiki/Holland,_Hannen_%26_Cubitts) between 1914 and 1917.

In 1934 the Cunard Steamship Company merged with the [White Star Line](https://en.wikipedia.org/wiki/White_Star_Line) to form Cunard White Star Line, becoming the largest passenger [steamship](https://en.wikipedia.org/wiki/Steamship) company in the world and helping to make Liverpool one of the most important centres of the British [trans-Atlantic](https://en.wikipedia.org/wiki/Transatlantic_crossing) [ocean liner](https://en.wikipedia.org/wiki/Ocean_liner) industry. Many famous ships were developed and designed at the Cunard Building, including the [RMS *Queen Mary*](https://en.wikipedia.org/wiki/RMS_Queen_Mary), [RMS *Queen Elizabeth*](https://en.wikipedia.org/wiki/RMS_Queen_Elizabeth) and the [Queen Elizabeth 2](https://en.wikipedia.org/wiki/Queen_Elizabeth_2).

During the [Second World War](https://en.wikipedia.org/wiki/World_War_II), the sub-basement level of the Cunard Building was used as an [air raid shelter](https://en.wikipedia.org/wiki/Air_raid_shelter) for workers in the building and also for those from adjacent premises. The basement levels also served as the central [Air Raid Precautions](https://en.wikipedia.org/wiki/Air_Raid_Precautions) headquarters for the City of Liverpool during the war. Additional reinforced steel joists were fitted to further strengthen the basement in case of a direct hit on the building.

Cunard subsequently sold the building to [Prudential plc](https://en.wikipedia.org/wiki/Prudential_plc) in 1969. In 1965 the Cunard Building was awarded Grade 2 [listed building](https://en.wikipedia.org/wiki/Listed_building) status by the [English Heritage](https://en.wikipedia.org/wiki/English_Heritage). Initially, it was listed together with the Royal Liver Building and the Port of Liverpool Building under Pier Head, but in 1985 each building gained its own listing. In November 2001 the building was sold to the Merseyside Pension Fund, an organisation providing pension services to public sector workers on Merseyside. Today, the building provides a range of office accommodation for a variety of public and private sector organisations.

I worked there for 6 ½ years1975 to 1982 in a shipping company called All Transport.

Pat Leyden

# Orthotics

The Orthotist works as part of a multi-disciplinary team, ensuring that the Orthotic prescription reflects the most appropriate solution to meet the clinical needs of the patient and that the patient’s wishes are given a high priority.

The aim of the Orthotic Service is to facilitate the treatment and rehabilitation of patients through assessing the need and provision of an orthosis to either remedy or relieve a medical condition or disability. When necessary, we also provide support and reassessment of need once the orthosis has been supplied along with review, maintenance, and repair services.

The orthotist carries out a full biomechanical evaluation of a patient’s needs, designs, takes the measurements required (which may include a plaster cast or CADCAM scan), provides full manufacturing specifications and fits the finished device to the patient. The patient may receive their orthosis at their first appointment or  it may be specially made or ordered and a second appointment will be required for fitting. The orthotist will explain what the outcome measures of the orthosis should be and when and how to wear it.

#### Where Do We Provide Clinics:

The Orthotics service operates 5 days per week Monday to Friday from 0830 – 1630hrs.  
**Adult Clinics**

* SMART Centre, Astley Ainslie Hospital
* Royal Infirmary Edinburgh
* Western General Hospital
* St John’s Hospital
* East Lothian Community Hospital

**Who to refer:**

* All patients who need to be assessed for suitability for provision of an orthosis.
* Patients who have been seen by the orthotic service previously*but haven’t had contact with our service for more than 2 years*. This group of patients need referral to ensure we have up to date medical information

**How to refer**

We accept referrals from GP’s. We also accept referrals from specialist Allied Health Professionals on pre agreed pathways. The patient can **self refer to Orthotics** if they have been seen within our services*within the previous two years*. All referrals should be sent direct to the Orthotic Department within the SMART Centre.

Referral should include the following:

* Full demographics with contact telephone numbers.
* Nature of condition and duration.
* Relevant past medical history.
* Results of previous x-rays (or other investigations) together with a copy of the reports

**How to Contact Orthotics**

Orthotics can be contacted via the following telephone numbers:

* **SMART Centre, Astley Ainslie Hospital   0131 537 9418/9479**(NRIE, AAH, EL & ML and *All Paediatrics* *in Edinburgh)*
* **Western General Hospital**                         **0131 537 2436**  (*All patients seen at WGH)*
* **St John’s Hospital, Livingston**                   **01506 522108**(*West Lothian patients)*

Sourced from RefHelp

I get my callipers, crutches and shoes from Monklands Hospital but I do know that Hairmyers and Wishaw also have orthotic departments. If you do not have an orhtotist you can ask your doctor to refer you. I found that I have had to train each orthotist to how I like my appliances to suit me. With polio’s (one fit does not suit all). I believe we will always have an upward battle as not much has changed, in my case, for 63 years.

**SCOTTISH OWL CENTRE**

The Owl Sanctuary was founded in 1998 to provide a home for abandoned or injured falcons, hawks, and wild owls, and more, which are later released into the wild. Today, you will find more than 50 birds of prey from all over the globe, including vultures, eagles, and buzzards.

The Scottish Owl Centre houses over 100 owls from around the world. Have fun learning about their habits and habitats, they have daily all-weather flying displays, and let you hold an owl for a photo.

You can visit Polkemmet Country Park with its cafe, adventure playground, woodland walks, golf and bowls. Situated halfway between Edinburgh and Glasgow the Centre is easily accessible from M8 J4A. I often visit this venue when family come to visit. Adult £8.50; Child (age 3-15) £6.50; Concession (Seniors, Disabled, Students) £7.50; Family (2+2) £28; Under 3's, Registered Carers free.



This is my favourite place to visit when family and friends come to see me.

**ANNUAL GENERAL MEETING**

The next Scottish Annual General Meeting will be held on the 7th May 2023 at Stirling Court Hotel. Please see below minutes of last AGM 2021.

**ANNUAL GENERAL MEETING**

22nd May 2022 at the Stirling Court Hotel

**PRESENT**

Archie Leyden, Mary Guild, Joan Cameron, Elizabeth Gardiner, Eleanor Farley,

George Allan, Mary Thompson, Stuart Thompson, Jeff Draper, Margaret Draper,

Christine Black, Ralph Black, Helena Barker, Roy Barker, Chris Bennett,

Margaret McMahon, Helen Douglas, Frank Irvine, Pam Bochell.

**APOLOGIES FOR ABSENCE**

Christine Linn, Billy Fenwick, Ann MacKay, Mora Reid, Lyla Scott, Margaret Greevy, Pat Leyden.

**CONFIRMATION OF MINUTES**

Proposed by Stewart Thompson

Seconded by Helen Douglas

**MATTERS ARISING**

No matters were raised from 2019 minutes.

**CHAIRMAN’S REPORT**

Subs to Central Office have changed. Instead of a fixed subscription a donation was welcomed. A membership renewal form can be found in the ‘Bulletin’ or alternatively can be acquired by phoning Central Office. It was suggested that perhaps a copy of the form could be included in subsequent Scottish Region newsletters.

Due to the rising rental costs the franking machine has been returned thus the need for postage stamps.

Central Office are taking part in a Health Pathway. At the moment this is in England only. They are pushing for all devolved nations to participate. It was suggested that Frances Quinn, would be an ideal contact for this venture.

The Burnham Bungalow BPF holiday has now been sold.

Central Office are proposing to employ a Communications Officer.

Archie has put himself forward again as a Trustee and elections will take place in September.

There was a very good turn out at the National Indoor Games held in Leicester. Many medals were won by Scotland who came 4th.

Despite the pandemic, regional meetings have restarted and well attended.

**SECRETARY’S REPORT**

The Newsletter will continue to be sent out and the secretary has also been contacting members via telephone.Kept central office informed of members who have passed or moved address.

**TREASURER’S REPORT**

No report, at this time as a new treasurer was appointed at this AGM due to ill health of previous treasurer who for many years was in this role.

**ELECTION OF COUNCIL MEMBERS**

The current committee, with the exception of Stuart Thompson and Billy Fenwick, have agreed to stand. Georgina Hay has been elected as Treasurer. Stewart and Billy have been thanked for all their valued input and service over the years.

**ANY OTHER BUSINESS**

George Allan asked if it was ok to distribute PPS questionnaires from Ruth Bridgen of the Expert Panel. Ruth also had polio.

A date for the October Get Together at Stirling Court Hotel has still to be arranged.

There was a lengthy discussion re what would happen to BPF Scottish Region should we gain independence.

The Roosevelt Fund is now being ring fenced for adaptations and the Chair encouraged members to contact Central Office if grants were required.

**AGENDA for AGM 7th May 2023** is as follows:

**Agenda for AGM 07/05/23**

**Location: Stirling Court Hotel** 10.30 am – 11.00 am start

1. Present
2. Apologies for absence
3. Confirmation of minutes
4. Matters arising
5. Chairpersons report
6. Secretary’s report
7. Treasurer’s report
8. Election of Council Members
9. AOB

If you wish to attend, please confirm your details below as we will be providing a buffet lunch, tea and coffee.

I will be coming to the AGM on 07 May 2023.

Name ……………………………………………………..

Address ……………………………………………………………………………………………………………………………..

...…………………………………………………………………………………………………………………………..

Telephone/Mobile No ……………………………………………………………………………………………………….

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**Please return this slip to Mrs P J Leyden, 2 Crown Place, Harthill, Shotts ML7 5GZ**

**(Telephone number 01501 753859)**

**JOKES**

**1. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven**[**apples**](https://parade.com/1330308/bethlipton/types-of-apples/)**. Why?**

An apple a day keeps the doctor away!

**2. I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?**

White, since the only place you can do that is the North Pole and polar bears are the only kind of bears that live there.

**3. A woman shoots her husband. Then she holds him underwater for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?**

The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

**4. What is special about these words: job, polish, herb?**

They are pronounced differently when the first letter is capitalized.

**5. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?**

Pencil lead

**6. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?**

The river was frozen

**7. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?**

Love

**8. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?**

The number 8

**9. No matter how little or how much you use me, you change me every month. What am I?**

A calendar

**10. How can 8 + 8 = 4?**

When you think in terms of time. 8 AM + 8 hours= 4 o’clock.

**Sad News**

It has been a sad year last year as we lost a few members including the Regional Treasurer and games organiser, Bill Fenwick, a Regional Council Member, John Callendar also a Council Member and a long standing volunteer, Helen Brown. We also lost a few members across Scotland.

Edited by Patricia Leyden