



**“ Christmas is a season not only
of rejoicing but of reflection**

- Sir Winston Churchill

ELIZABETH BAYNE-JARDINE (LIBBY)

OUR DEEPEST GRATEFUL THANKS MUST GO TO LIBBY

Sadly Libby passed away on 28.12.22 having had a caring, long & selfless life. Without Libby's kindness, not only to Finola and myself in the early days when we didn't have a home, but in later life with the support of helping accompany me & Finola to Portland College, Nr Nottingham, as the drive could be anything up to 9 hours. Always offering to help when we hit a barrier with equipment and for the last 7 years of her life paying not only for Finola's physio in full for the year but for the insurance on the van (£5K per year from the EA Bayne-Jardine Trust). It all took a great load off my shoulders and I am truly grateful to her. All these offerings were from Elizabeth directly, all given without asking.



Libby and Finola
inspecting the new
Finola Trust van

The biggest gift was the base panel van that she donated in 2021, as without transport our lives would be very different today. The Finola Trust raised the van adaptation costs which totalled £24,460 and was reported in the 2022 newsletter.

Libby was very much part of our lives, so much so she shared with mummy seeing Finola roll for the first time ever; she came to practically every single birthday & Christmas party and only missed the last few years. She was a tremendous support and we are forever grateful for her kindness and understanding over the years. We truly thank her for everything that she did for us and yes Libby you are still missed.



THANK YOU TO VISION SCOTLAND

THE BIGGEST THANK YOU EVER....

must go to Vision Scotland,
Ratho Park to Mr Jonathan
Ross, Mr Manjit Mehat
& to the wonderful team
for helping secure Henri
(mummy's) sight in her
right eye.

Thank you
thank you
thank you!



www.visionscotland.com

Henri, Finola & M.Mehat with Orbit



MUMMY'S HEARTFELT THANKS CONT...

A facility that is state-of-the-art and purpose-built, friendly, professional, and truly amazing.

Vision Scotland's clinics have had 30,000 successful procedures and I am so very grateful to have been one of them.

Our wonderful Ophthalmologist, Ian Cameron from Cameron Optometry, <https://cameronoptom.com>, wrote to Vision Scotland on my behalf in 2022 as my retina in the right eye for the last couple of years was showing signs of layering, plus my eyelid was closing & my sight was changing. Having been on the waiting list for the NHS for the previous year and a half for the eyelid procedure, I received an appointment last December with Mr Jonathan Ross. On our initial encounter I had the shock news from Mr Ross, post the eye tests, of the following words, "what would you like us to help you with as you do not have one thing wrong but five?!" He very kindly performed surgery on my right eyelid (no mean feat I can tell you!) in January 2023.

Mr Manjit Mehat, an award-winning eye surgeon who specialises in cataract and retinal surgery, mid November performed an epiretinal membrane peel (this condition is an abnormal layer that forms on the surface of the macula), plus he replaced the lens in the right eye at the same time. As he explained "Your eye is like a camera, to have a good picture you need a good lens and a good film!"

Finola & mummy arriving at Vision Scotland



Fourteen days after surgery my right eye, which should naturally be my dominant eye, has taken over and although it is still patchy is seeing better than the left for the first time ever! Thank you, thank you, thank you to you all for your great kindness, expertise and for your empathy with our situation.

What has been taught this year in Henri's myriad of life experiences is about being able to see..

"It is not until your vision lessens that you realise the importance of having the ability to see and the impact it has on your life and those around you."

THE THANKS CONTINUE...

FINOLA IS ADMITTED TO HOSPITAL, THE ROYAL INFIRMARY OF EDINBURGH, 51 LITTLE FRANCE CRESCENT, OLD DALKEITH ROAD, EDINBURGH (RIE) 5 - 8 SEPTEMBER 2023

What a fright we all had when owing to a series of illness, during the year - New Year flu/ March Covid/ August chest infection – Finola's immune system became weakened & Finola started having multiple seizures. As this has not happened since Finola was firstborn this was a huge shock for us all, especially poor Finola, and took mummy back to those early days of uncertainty. However looking positively at this period we can now reflect and say

1. Finola is now under the watchful eye of Dr L Davidsons, neurologist consultant, RIE – thank you so much for your expertise and understanding.
2. Mummy's notes for her GP worked and not only did Finola have mummy staying with her 24/7 in hospital but we were allowed to bring in her own equipment so she could sleep in her comfy chair & have her usual shower chair
3. Thank God, literally, for Bruce Forbes who was a superstar for looking after Orbit so well and for coming in daily to see us. For driving to Gullane to pick up the equipment & for being his usual caring self. We are truly blessed for having him in our lives. Thank you so much Bruce for being you!
4. Thank you to all the wonderful NHS Staff who helped look after Finola during her stay. We are extremely grateful for your kindness, expertise and understanding. Thank you to you all





AND STILL WE HAVE TO THANK SOME WONDERFUL PEOPLE



FILIP VERVAEKE PHYSIOTHERAPIST OPTIMISING MOVEMENT, RESILIENCE, CREATIVITY AND HEALTH

Filip is a physiotherapist with 26 years of experience. He specialises in working with children and adults with cerebral palsy of all ages and is a Clinical Expert in Bobath therapy. He has been central to Finola's health for the last 21 years and we are truly grateful for his expertise, advice and friendship for not only Finola but also for mummy. Thank you Filip for being such a star and continuing to come to Edinburgh and Gullane every other week throughout the year.

Without Filip and the Bobath technique there would be a real risk of contractures and pain. Studies show that 70% of adults with Cerebral Palsy live with acute pain.

Thank you so much Filip for all your support, expertise and kindness.

<https://awakenedpages.co.uk/listing/filip-vervaeke-physiotherapy/>



Thank you thank you thank you!

LONG TERM GOAL

Finola has achieved being able to sit by herself on the physio plinth with hands on a table in front → her Goal would be to be able to do this confidently so she can also use her hands without worrying because she would feel confident to regain balance/bring herself back to the middle (she is already capable of this but she doesn't "believe" herself that she can do this consistently..)



ABLE CREATIVE ARTS - KEITH MCDUGALL

www.ablecreativearts.com

Keith and Finola are continuing to meet weekly at Finola's flat. Finola has compiled many songs and one of them being a rock theme called **Henri's hell** !

(the song mentions the most terrifying experiences mummy has ever done on behalf of the Finola Trust eg. abseiling off Meadowbank House/ Freak Out / swimming with sharks and so it goes on....)



Next year Finola is going to work on her book turning it into a sound story.

Sound stories are a great way to express creativity and imagination. As Finola has already written her story the next stage is to start recording using a computer studio. Finola, Keith, Henri & Bruce will create character voices, make, and add sound effects and Finola with the help of Keith will create their own music.

Watch this space!

**THANK YOU SO MUCH TO
THE E.A.BAYNE-JARDINE
TRUST**

**Lastly but by no means
least thank you so much
to the trustees who have
kindly donated £3000
to the Finola Trust.
This money has been
put towards Finola's
physiotherapy sessions
with Filip. Thank you.**

WHAT HAS BEEN ACHIEVED DURING 2023 BY THE FINOLA TRUST?

THE BIGGEST ACHIEVEMENT!

ALEX & FINOLA HAD THEIR HOLIDAY AT THE CALVERT TRUST, KIELDER 15 - 22ND MAY 2023 & WHAT A TRULY AMAZING HOLIDAY IT WAS

The Finola Trust paid for Finola's chalet (£930) and activities (£440) and we fundraised separately for Alex's costs. We would like to thank everyone who helped make the two holidays happen.

Alex has an underspend of £1003.88 of which she is looking at putting towards her next adventure. A stay at Leuchie House, North Berwick, East Lothian – a national respite centre (<https://www.leuchiehouse.org.uk>) Here are some photos that say it all...

Funds raised for
Alex totalled -
£4623.45!



Ready and waiting to go!



DAY 1 - BUGGY RIDE IN THE FOREST





**TWO MORNINGS OF HYDROTHERAPY
IN THE WONDERFUL NEW POOL AT THE
CALVERT TRUST**



CANOEING ON KIELDER WATER



THE HOLIDAY CONT.

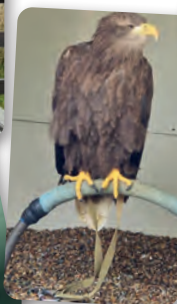
ZIPCOASTER & KING SWING



Barn Owl flies on to Finola's head!

VISIT TO THE KIELDER WATER BIRDS OF PREY CENTRE www.kielderbopc.com

The Birds Of Prey Centre boasts one of the largest collections of Birds Of Prey in the North of England including Owls, Eagles, Hawks, Falcons and Vultures.



**FINOLA'S BIRTHDAY
CELEBRATIONS 20.5.23**



Sadly we had to say goodbye...



until the next time!



ON 20.5.23 MUMMY & COUSIN JACKIE SURVIVED THE KIELDER ZIPCOASTER!

Mummy & Cousin
Jackie raised
£2,685.89!

+ received a promise of a further **£1,000**
(to be received as at 10.12.23)

On line, after Crowdfunding costs – **£1,923.59**
(£1,988 prior to crowdfunding costs)

On line, after Crowdfunding costs – **£290.30**
(£300 prior to crowdfunding costs)

Cash donations – **£72 + £400**

In May 2019 the Calvert Trust introduced the Kielder ZipCoaster.. Using an adapted roller coaster rail, the custom-built 'Kielder ZipCoaster' sees thrill-seekers safely harnessed into a seated position as they glide amongst the trees, dipping and twisting at speeds of up to 20mph. The ride is 197.6mtr long with 8 Vertical Elements and 3 Horizontal Elements, including a 270-degree turn and a 3m free-fall drop.



Thank you **thank you thank you**

Henri & Jackie thank everyone who sponsored them & to the Calvert Trust activity staff for looking after them so well! Thank you so much for all of your support & kindness.

FREEZE THE FEAR FOR FINOLA TEAM RAISED £4,544.02 ! FRIDAY 25 AUGUST 2023



A huge grateful thanks goes to each one of you but especially to Lorraine McDonnell our wonderful Wim Hof instructor, our first female Wim Hof instructor in Scotland and now Level 2 qualified. Thank you for looking after us all so well. She taught us the 3 pillars of the Wim Hof method: breathing technique, cold exposure, and commitment.... and what a wonderful day it was in so many ways. We all did so well. In fact since then several of us have found the breathing technique very useful. I certainly used it prior to my recent operation!

What a team effort on the day... people braving the ice bath/ ice footbaths/ our wonderful chefs Scott Bryson and Andrew Forman for cooking the goodies on the BBQ. Thank you so much to you all – a truly memorable day!

Back row top from left: Filip, Bruce, Andrew, James, Vanessa, Suzie. Middle from left: Lorraine, Marion, Debbie, Henri (mummy). Robin in the icebath! Front row from left: Finola, Willow (our youngest ice bath participant, only 8 yrs old!), Liz, Alex.

Total raised
£4,544.02

Online raised
£ 3,346.41
(£3,460 less costs 2.9%
+ 25p per 53 donations)

Honoree Marce
£417.61
bags

Cash donations
£780

WHERE ARE WE AT WITH...

OUR TOTAL TOWARDS A REPLACEMENT QUICKIE JIVE ELECTRIC WHEELCHAIR?

Reserves as at 1.1.23	£4,141.73
Kielder ZipCoaster 20.5.23	£2,685.89
Freeze the Fear for Finola 25.8.23	£4,544.02
Cumulative total received	£11,371.64

**With a promised £1,000 sponsorship still to come
from the ZipCoaster event**

WHAT ARE WE GOING TO DO TO RAISE THE £15,500 NEXT YEAR? HENRI WHO CAN'T STAND HEIGHTS IS GOING TO DO THIS!!!

On SATURDAY 15th JUNE 2024 (date tbc)

HENRI WILL BE LAUNCHED OUT OF A PLANE

— and yes this IS CORRECT!

I have 6 months to prepare myself so please if you would like
us to achieve the £5,500 target I have set for myself,
(I am not doing it for anything less!) then please sponsor
me and in your comments say

YES DO IT or NO PLEASE DON'T

And whichever is the highest I promise to do it!

All donations gratefully received at -

<https://www.justgiving.com/crowdfunding/HenrisTandemSKYDIVE2024>

I have told Finola this will be the BIGGEST, SCARRIEST thing I have ever done
and no I will not be doing a parachute jump EVER!



WHAT ELSE ARE WE DOING TO RAISE FUNDS?

WE ARE SELLING FINOLA'S EDINBURGH CASTLE PAINTING

Framed - £95 (this includes framing costs and a £50 donation to the Finola Trust)

To order please contact Henri@finolatrust.co.uk
M: 07720 837 683

The painting is all Finola's own work with an art therapist, Mrs Nelson, who helped Finola with her colours and made cut outs for her to paint through. A lot of the picture has been completed by finger painting. It has taken tremendous effort and time and was completed during the Summer 2009.

Each painting is signed by the artist and has an authenticity certificate. The series is from Learning the Hard Way. Edition size – 495



WHAT ARE WE SELLING? CHRISTMAS CARDS PAINTED BY HENRI!

Cost 6 cards with envelopes – £15

Text inside –

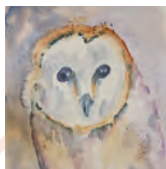
Wishing you a very Happy Christmas & New Year

Plus postage & packing if required

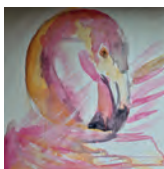


Henri took up Watercolour painting in February this year and joined Kat Healey's (Fidra Collection <https://fidracollection.com>) wonderful workshop groups held in Gullane Recreation Hall.

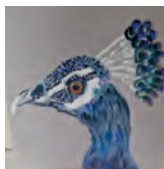
THE BIRD COLLECTION



18.2.23
barn owl
(1st ever!)



22.4.23
Flamingo



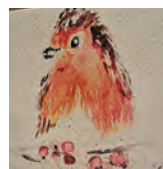
17.6.23
Peacock

WOODLAND CREATURES

Owing to Finola in hospital and my eye surgery I could only attend two sessions



14.10.23
the Fox



4.11.23
Robin

FINOLA & ALEX'S BIG CHALLENGE FOR 2024

- TO RAISE FUNDS FOR FINOLA'S CURRENT CHAIR TO BE REFITTED & THE BASE UNIT RECONDITIONED BY MOTUS MEDICAL. THE CHAIR WILL THEN BE GIFTED TO FINOLA'S GREAT FRIEND, ALEX.

What are they going to do?

They are going for a dip at North Berwick, West Bay Beach – date to be announced but will be a Sunday morning in late August 2024

Logistically how will this happen?

RNLI Lifeboat Station, North Berwick are kindly going to support the event with not only allowing us to use their slipway but also have the lifeboat out in the water.

We will be speaking with Beach Wheelchairs, North Berwick (<https://www.beachwheelchairs.org/north-berwick>) once a date is confirmed with RNLI Lifeboat Station.

Finola has never had more than her feet in the sea so this is going to be an experience. If I can throw myself out of a plane... Finola you do this!

Please do come and support them on the day. Once dates and arrangements are in place the information will be widely circulated.



WHAT ELSE HAVE WE DONE DURING 2023?

ON 4.4.23 LORD OF THE RINGS, USHER HALL...

we took Alex as our guest and met Sauron, the primary antagonist who rules Mordor and has the ambition of ruling all of middle earth. The Australian actor Charlie Vickers plays the part of Sauron in all the Lord of the Rings series.



24.4.23 KNOCKHILL RACECOURSE...

Henri's Car Experience & what an experience! Belated Christmas/birthday present of 2021



ON THE 16.6.23 WE MET GRANDAD AT PITLOCHRY FESTIVAL CARPARK AND HAD A PARTY - IT WAS GRANDADS 97TH BIRTHDAY!





THE FORMAN GATHERING 21 - 23.8.23, GULLANE

Really lovely to see as many of us as possible however sadly not all could come... next time!



24.10.23 WE WENT TO THE CANINE PARTNERS OPEN DAY ROADSHOW/ STIRLING RUGBY CLUB

The senior leadership team, volunteers, partners and of course the most important of all, the Canine Partners themselves met, spoke and informed us as to what is happening currently with the wonderful charity.



Rob MacKinnon, Aftercare Instructor – Scotland & N Ireland,
Finola & the new CEO Alex Lochrane with Orbit



Finola's faithful friend



Orbit has started seeing Lisa Cleeton in July 2023 once a month for treatment. Lisa is a fully qualified Veterinary Physiotherapist, McTimoney-Corley Animal Spinal Manipulator & Shiatsu Practitioner. She treats not only dogs but cats and horses. She has been an animal therapist since 2007 and Orbit loves visiting her. Lisa very kindly gave Orbit his jacket – doesn't he look smart. Lisa thank you so very much for your kindness and for your valuable advise.

We would like to say a huge thank you to James ThorntonSmith & the team from Abercorn Veterinary Clinic, for looking after Orbit so well.

For an older dog of 11yrs (equivalent to 77yrs+ in human years) he is not doing badly at all. Now on monthly Librella injections he gets a bit stiff but are not we all! Still has a desire of play and wanting to perform tasks like undressing Finola, carrying DVDs, getting the post, taking washing to the washing machine. What a star he is.

Canine Partners have advised that Orbit will need to retire on his 12th birthday so date is in the diary for his big day – **ORBIT'S RETIRAL DATE 6th SEPTEMBER 2024**



ABERCORN
VETERINARY CLINICS

www.abercornvets.co.uk



Lisa Cleeton BSc, MSc, AACVPM, MRCVS Dip ACAN
07971-845492
www.vetphysioandmanipulation.co.uk

vetphysioandmanipulation.co.uk

OUR SINCERE THANKS...

Firstly we have to thank our superstar Bruce Forbes. If Bruce had not come into our lives 5 years ago, we would be in a very different place. He has stuck by us and allowed us to have some 'normality' in our lives. Without his support I would not have been able to have the eye operation and by now I would be seriously on my knees.

We have advertised three times this year for 'friends' to join the team but sadly nothing... one application only for the whole year! So Bruce you are extremely precious to us and we truly thank you for your kindness and support. You deserve the superstar accolade!

Thank you thank you thank you



OUR THANKS AS ALWAYS GOES TO THE FOLLOWING ORGANISATIONS:

The City of Edinburgh Council

We would like to thank Margaret Patterson, Direct Payment and ILF assessor for all of her support over the years and to wish her a long and happy retirement as we understand she is to retire in 2024. Thank you for everything.

Without the support from Edinburgh City Council and ILF Scotland Finola would not be able to live independently so huge thank you as always for enabling us to realise Finola's dreams.

ABBNEYHILL FOOTCARE HCPC REG. PODIATRISTS



Joshua Wheatley has continued giving Finola home visits throughout the year. He and Ruairi Baxter very kindly performed surgery on Henri on 9.2.23. It truly has been a year where we have to thank so many kind people.

HARBOUR HOMES (FORMERLY PORT OF LEITH HOUSING ASSOCIATION)

We would also like to thank POLHA now known as from 22.11.22 as Harbour Homes for the wonderful flat that is Finola's home. We would like to say a very big thank you to Harbour Estates for assisting us with the various floods that have been happening in Finola's bedroom. No more please!

K & I LTD COACH BUILDERS.

Hardengreen, Eskbank

We would like to sincerely thank Scott and the team for looking after the van so well. Having been hit by a lorry's wing mirror in the Spring – which incidentally barely scratched theirs but obliterated our drivers mirror; all has now been restored. Thank you so much for all that you do.

ABLE CREATIVE ARTS

www.ablecreativearts.com

Finola has been having 1:1 sessions with Keith in her own home since May 2022. In fact she was Keith McDougall's first student in his newly formed business !

A fabulous service and you just need to visit his website to see what he does! We know you will do well Keith and wish you every success for the future. Keep up the good work!



www.motusmedical.co.uk

We would like to thank Motus Medical for their continued service in maintaining Finola's wonderful chair. Next year if all goes well Finola will be fitted for a new chair. The current chair will have a makeover, receive new parts and also seating appropriate for Alex Maxtone-Graham's needs. Watch this space...

LOTHIAN CENTRE FOR INTEGRATED LIVING

www.lothiancil.org.uk



Finola and I would like to say a very big thank you as always to this organisation that processes wages and also supports with advertising for new life enabling companions/friends. We will endeavour to find exceptional people next year to enhance Finola's circle of support. Surely 2024 will be a different year.

CAMERON OPTOMETRY

AWARD-WINNING EYE CARE

cameronoptom.com

Finola and Henri thank Ian Cameron for his amazing services and for looking after them so well.

Poohy Pamper

www.facebook.com/qualifiedgroomer

Orbit, Finola and I would like to thank Sarah for her wonderful grooming skills. We would not hesitate in recommending Sarah to others. Thank you so much for your kindness to both humans and dogs!

wink creative

www.winkcreative.co.uk

Last but by no means least we would like to thank Will again for all your help with the Finola Trust website and for this years' newsletter/ card. We are extremely grateful for your skills, support and kindness. You too are a superstar!



WE WISH YOU ALL A VERY HAPPY CHRISTMAS & VERY BEST WISHES
FOR A HEALTHY & PROSPEROUS 2024

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www.finolatrust.co.uk

the **finola**
trust

Maximising the Ability
Minimising the Disability