



Wellbeing Grant Guidelines

The MND Scotland Wellbeing Grant is intended to provide funding of £600 per person to help access complementary therapies and/or self-care services that enhance wellbeing.

Complementary therapy and self-care services might be:

- * **Acupuncture**
- * **Aromatherapy**
- * **Hypnotherapy**
- * **Indian Head Massage**
- * **Massage**
- * **Meditation**
- * **Mindfulness**
- * **Reflexology**
- * **Reiki**
- * **Yoga**
- * **Hair dressing**
- * **Beard trimming**
- * **Podiatry**
- * **Facials**

Please note: Complementary therapies will complement existing medical care and should not be seen as a replacement to current prescribed medication. If you have been diagnosed with MND you and your partner/carer can both access this grant.

Conditions to accessing this grant:

- * Complementary Therapy is appropriate for the client (to be confirmed by your GP or MND Clinical Nurse Specialist if you are a person with MND).
- * You are aware and liable for any risks associated with the therapy or self-care service (read disclaimer below).
- * Your therapist or service provider must comply with current Covid guidelines (see [Coronavirus \(COVID-19\): guidance - gov.scot \(www.gov.scot\)](https://www.gov.scot/resources/documents/2020/06/20200616_COVID-19_guidance.pdf)).

Receipts will be required to demonstrate the grant was spent on the items for which it was awarded. Failure to provide receipts will prevent the applicant from accessing any other grant aid from MND Scotland.

Please note grants will not be made for services that have already been supplied.

For more information please email grants@mndscotland.org.uk or call us on 0141 332 3903.

Disclaimer:

MND Scotland cannot confirm the nature or suitability of any measures adopted by third party service providers to mitigate the risk of contracting COVID-19.

Any individual applying to MND Scotland for funding to pay for complementary therapy and/or self-care services should be aware that there is an inherent risk in contracting COVID-19 when those therapy/self-care services are provided. The consequences of contracting COVID-19 are potentially very damaging for individuals with MND. Individuals considering the use of complementary therapy/self-care services should undertake their own research into service providers in order to ensure that the individual understands the steps taken to mitigate the risk of COVID-19 by therapy/self-care providers.

Where MND Scotland has identified third party service providers that are known to MND Scotland to provide or market services to individuals with MND, MND Scotland cannot confirm the nature or suitability of any steps taken by those service providers to mitigate the risk of contracting COVID-19. MND Scotland has not undertaken any checks with third party service providers and only identifies those services as they are known to MND Scotland to have provided complementary therapy services in the past.

MND Scotland does not endorse any particular third party service provider and encourages the recipients of funding to conduct their own checks prior to engaging with third party service providers. Recipients of funding should ensure that they are comfortable with the measures adopted by third party service providers before using any funding to pay for those services.

Therapy/self-care providers and individuals should act in a manner that is consistent with the Scottish Government's [guidance](#) relating to COVID-19 at all times. Individuals should only seek complementary therapy if they believe that the procedures adopted by the therapy provider are consistent with the individual's risk profile and medical advice. If you are in any doubt about the suitability of complementary therapy and the associated risk of COVID-19 given your condition, please speak to your doctor.

MND Scotland does not accept any legal liability for the acts or omissions of any third-party service providers approached in order to provide complementary therapy services.