



Bighearted Scotland

Creating positive futures together

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Update
Autumn
2017



Pictured on the left is Catriona MacNee.

Pictured right are the Finalists of Miss Scotland 2017.

Payroll Giving?

Would you like to start Payroll Giving or increase your contribution to Bighearted Scotland? For further details please email:

trustees@bigheartedscotland.org

for full details on how easy that can be, or contact your HR Department.

Spina Bifida
Hydrocephalus
Scotland



Catriona's fundraising drive

Bighearted Scotland are delighted to have support from model and Miss Scotland finalist Catriona MacNee. Catriona is urging all Bighearted supporters to get behind her fundraising drive and also the charity itself. Here's what Catriona had to say -

"Miss Scotland is all about beauty with a purpose. One main purpose being to conduct lots of charity work and this is what drove me to enter the contest. I have always been a charitable person but with limited resources and time so I jumped at the opportunity to take on this unique position. Each contestant chooses their own charity and I am delighted to be supporting Bighearted Scotland because this benefits six diverse Scottish charities all over Scotland. This aspect is important to me as three of the charities are particularly close to my heart, while I have discovered yet more worthy causes to support!

I have already raised £150 through my JustGiving page and am incredibly grateful to everyone who donated but I want to keep going so keep an eye out for news of the events I am going to organise over the coming months and join in if you can."

Visit Catriona's JustGiving page here: <https://www.justgiving.com/fundraising/catriona-macnee-1>

If you would like to donate today

We are incredibly grateful for your continued support but during the Winter months can you give a little more and make an even bigger impact on the lives of those you are already helping?

Would you consider an extra, one-off donation of £5, £10, £20 or £50?

A single donation can be made by either visiting www.justgiving.com/bigheartedscotland or by sending a cheque or postal order made payable to 'Bighearted Scotland' to:

Bighearted Scotland, C/O Shepherd & Wedderburn LLP, 1 Exchange Crescent, Conference Square, Edinburgh EH3 8UL.

Bighearted Scotland takes data protection very seriously. If, at any time, you no longer wish for us to contact you with information on our charity please email trustees@bigheartedscotland.org with your details and we will unsubscribe you from receiving further correspondence.

To help keep our costs down and receive this update by email next time, please get in touch and provide your preferred email address: trustees@bigheartedscotland.org



- ❖ SBH Scotland offer specialist support and information to over 4,000 people affected by spina bifida and/or hydrocephalus across Scotland
- ❖ In the last 12 months SBH Scotland Support Workers made over 3,100 home, hospital and school visits with individuals and families
- ❖ SBH Scotland have an award winning, adapted respite holiday cottage in Carnoustie. It's available to rent by anyone with any disability.



- ❖ Each year Erskine looks after over 800 veterans and their families, the youngest veteran currently supported by Erskine is just 28 years old and the oldest is 100 years old
- ❖ Over 80,000 families have benefited from Erskine's care and support since we were established in 1919
- ❖ Erskine has 4 residential care homes across Scotland and 44 independent family cottages and offers a unique quality of care with services which include physiotherapy, speech & language therapy, podiatry and recreation
- ❖ Each year, Erskine provides 5,475 stimulating recreation sessions for veterans and their spouses.



- ❖ OneKind's education website inspires and educates over 300,000 users every month about how to treat animals with compassion
- ❖ Over 10,000 people signed OneKind's petition for greater protection for mountain hares in Scotland
- ❖ OneKind's research into the trade in exotic pets online in Scotland revealed over 100 species for sale and led to a review by the Scottish Government of the welfare of the animals caught up in the trade.



- ❖ One in four Scots will experience mental ill health at some point in their lives, ranging from anxiety and depression to personality disorders and schizophrenia
- ❖ Penumbra began in 1985, by providing the first supported accommodation services in Scotland, enabling people with long term mental health issues to live with independence
- ❖ Penumbra's services are personalised and do not presume that "one size fits all". We believe it is essential to enable people to have care and support built around their personal needs, choices and aspirations
- ❖ At Penumbra we feel it is important to know if the work we are doing is of value to those who use our services. This is why we developed I.ROC (Individual Recovery Outcomes Counter). I.ROC measures the recovery journey of people who use our services.



- ❖ Since 2016 Momentum has supported 290 people with a brain injury in Scotland
- ❖ Momentum does this through 7 specialist services throughout Scotland including Aberdeen and the Scottish Borders
- ❖ Just £20 can make a big difference to the people we support through providing special software that can increase their independence and confidence.



- ❖ There are 55,000 people affected by epilepsy in Scotland. That's one in 97 people
- ❖ Epilepsy Scotland provides direct support, training and online and telephone helpline to those who need our help
- ❖ More people are affected by epilepsy in Scotland than have HIV, Diabetes Type 1, Parkinson's Disease and Multiple Sclerosis combined in Scotland
- ❖ In June 2017 Epilepsy Scotland delivered training to our 20,000th person - on how to understand and manage epilepsy.

justgiving.com is the no.1 way for our fundraisers to raise funds

Bighearted Scotland would love for you to take part in any form of fundraising activity for us and the simplest way to raise funds is online through JustGiving.com/bigheartedscotland

For paper sponsor forms, more details or to keep us up to date with your fundraising activities please contact Sheena Breeze on **0131 475 2549** or email: sheena.breeze@penumbra.org.uk

A big thank you to all of our fundraisers who have made a big difference to our six Scottish charities across Scotland.

For more information, please visit the website:

www.bigheartedscotland.org.uk