



Newsletter - Winter 2012

Bighearted

Scotland

Creating Positive Futures Together

Welcome to Bighearted Scotland's Newsletter

In my first year as Chair of Bighearted Scotland, I would like to welcome you to our Winter 2012 Newsletter.

2012 has proved to be a much evolving year for Bighearted with a few changes to our core structure and I would like to introduce myself as the new Chair. My name is Lucy Wilson and I am the Fundraising Assistant with Momentum Scotland who have been a part of Bighearted Scotland since September 2007.

First of all I would like to thank Morag McIntosh from CLIC Sargent, our outgoing Chair of the past 2 years who has kept Bighearted Scotland on the right track through what has been a very difficult few years.

We have also had a change within our core charity base and we are sorry to say good-bye to Scottish Native Woods and Alcohol Focus Scotland. Both charities have played a huge part in Bighearted Scotland and its growth over the past 18 years and we would like to thank Dianne Laing (Scottish Native Woods) and Christina McKenzie (Alcohol Focus Scotland) for their contribution during that time and we wish them both the very best and good luck for the future.

On a very positive note, I would like to formally welcome to Bighearted Scotland, 2 charities that you will all be very aware of here in Scotland, Erskine and Scottish Spina Bifida Association (more on Page 2).

Whilst we may all come from differing charities providing a wealth of support and information services across Scotland, we all believe that by working together and by sharing skills we can successfully grow both the profile of the individual charities (CLIC Sargent, Penumbra, Epilepsy Scotland, Momentum Scotland, Erskine and Scottish Spina Bifida Association) and more importantly, raise much needed funds for people in Scotland.

Unity is strength, and to everyone in Scotland who donates to the six Scottish charities via Bighearted Scotland, we give a very heart felt 'Thank You'.

Lucy Wilson, Chair of Big Hearted Scotland



A TREK with a Big Heart...

Sahara Desert Trek & Street Child Project Challenge

19th-26th October 2013

This is a once in a lifetime experience in the stunning landscape of the Sahara desert.

You will trek for 3 days, learning about the lifestyle of the nomadic tribes which still wander with their camel trains across the lunaresque dunes.



Each night you will have the chance to sleep under the stars (weather permitting!), eat incredible food cooked in the traditional Berber style and fall asleep to the sound of the crackling campfire and gentle snores of the camels.

After your trek, spend 2 days helping on a range of tasks at a street child project based in Marrakesh.

You can be involved in many tasks while helping there, such as painting

and decorating a shelter or educational rooms.

Registration fee: £300
Minimum sponsorship: £1,900

Do not be put off by the fundraising target. Not only do you have a year to raise the money, but we can give you help and support with fundraising.

For further information, please contact Sheena on 0131 475 2549 or sheena.breeze@penumbra.org.uk

Doing any sponsored event - www.justgiving.com/bigheartedscotland

FOCUS ON... New Charity Members

Bighearted Scotland is delighted to welcome two new charities, Erskine and the Scottish Spina Bifida Association. Trustees from these charities will be Sara Bannerman, Head of Fundraising for Erskine and Clare Cogan Turner, Deputy Director of Fundraising for the Scottish Spina Bifida Association.



scottish
spina bifida
association

Scottish Spina Bifida Association (SSBA) offer a lifetime commitment of support, training and information to over 3,500 individuals, across

Scotland, whose lives have been affected by spina bifida and/or hydrocephalus. Most of those born with spina bifida are paralysed from the waist down and will have life-long complex kidney and bladder problems. In addition 80% of those born with spina bifida also have the condition hydrocephalus. This causes numerous neurological disorders including problems with learning. Both conditions cause life-long complex disabilities.

Each year SSBA family support workers handle over 2,500 enquiries and make over 250 home and hospital visits, and provide intensive support, training, recreational/support groups and health check clinics throughout Scotland.

Further information at www.ssba.org.uk

The Other Members of Bighearted Scotland

Epilepsy Scotland Since 1954 we have been working throughout Scotland to help the 54,000 children and adults and their families who live with epilepsy. Your donations help us provide 1 to 1 practical support and emotional assistance to help them lead a full life. www.epilepsyscotland.org.uk

Momentum works in partnership to enable and empower more than 2,000 disabled and socially excluded people to identify and achieve their life goals. www.momentumscotland.org

Penumbra is one of Scotland's leading mental health charities, working to improve mental wellbeing for adults and young people across the nation. www.penumbra.org.uk

CLIC Sargent Every day 10 families are told their child has cancer. As the leading children's cancer charity, we are the only charity to offer them all round care and support.

www.clicsargent.org.uk



Erskine, founded in 1916, has provided nursing and medical care for members of our Armed Forces ever since – rebuilding shattered lives and

providing first class care.

We owe a lot to our country's Veterans. The world we live in would be a very different place without their dedication and courage. In return, when veterans need care, Erskine is there for them.

Each year the charity cares for around 1400 ex-Service men and women in homes in Bishopton, Erskine, Glasgow & Edinburgh and in its social firms and cottages at Bishopton.

Further information at www.erskine.org.uk



epilepsy scotland
Scotland's voice for epilepsy



Momentum
Investing in People, Changing Perspectives

penumbra
your way to a brighter future

ONE Donation Supporting SIX Scottish Charities

THANK YOU to all our regular Payroll Giving Donors for your continued and much needed support. Your donations are the vital blood supply to our Big Heart, allowing all 6 Bighearted Charities to plan their support, care and information long into the future. At present there are 800 payroll giving donors who donate over £4,350 per month.

Benefits to Payroll Giving

- It's easy to do through your work
- You are supporting 6 causes with 1 donation
- If Gift Aided, payments made through Payroll Giving can be increased, at no extra cost to you, by up to as much as 50%

- Your donation is taken straight from your pay before tax is deducted. (This means you are given tax relief immediately at your highest rate of tax, eg. It would only cost you £8 to make a £10 donation, if you pay tax at the basic rate of 20%).

How Can I Donate?

To become a Regular Payroll Giver ask your payroll dept if they run this scheme and they will set it up for you.

If your organisation doesn't but they would like further information on starting the scheme ask them to contact us at trustees@bigheartedscotland.org Alternatively set up a regular donation through Justgiving at www.justgiving.com/bigheartedscotland

Already Donating

As a supporter reading this newsletter you know that regular donations are one of the best ways you can help us because it's so easy to do and benefits so many people.

As we are sure you are aware the economy is still in bad shape and inflation is on the way up, both of which has reduced many long standing donations, so again we thank you for staying with us. Where possible we would ask you to consider increasing your donation, even by as little as 10%. If you are able to increase your donation please email us at trustees@bigheartedscotland.org or call Richard Donald (CLIC Sargent) on 0141 572 5700.