



Bighearted Scotland News

Creating positive futures together

October 2013

Dear Friends,

As we approach Autumn, everyone at Bighearted Scotland is looking forward to continued partnership working. I'm delighted to say that our new charities, Erskine and Scottish Spina Bifida Association, have settled in brilliantly - their individual skills enhancing the already dedicated team here within Bighearted Scotland.

This year has been about finding ways to raise the profile of Bighearted Scotland and our individual charities; CLIC Sargent, Penumbra, Epilepsy Scotland, Momentum Scotland, Erskine and Scottish Spina Bifida Association. We are committed to helping each other increase awareness of the wide and diverse range of assistance needed by people in Scotland, and to strengthen and support each other in raising the funds necessary to continue providing our vital, and very often life-saving, support.

Finally, and most importantly, on behalf of all Bighearted Scotland's member charities I would like to offer a warm and heart felt 'Thank You' for your continued support.

Your regular donations remain the backbone of this charity and allow the Scottish Spina Bifida Association, Momentum, Epilepsy Scotland, Penumbra, CLIC Sargent and Erskine to continue their important work right here in Scotland.

Lucy Wilson, Chair of Bighearted Scotland



Have you joined us online yet?

Bighearted Scotland add Facebook and Twitter to its online networks

With almost 2.5 billion people currently online and engaging in social media, Bighearted Scotland has furthered its online web community by adding Facebook and Twitter to its communications network.

Many of you will have visited www.bigheartedscotland.org and now we'd like to encourage you to follow us on Twitter and join us on Facebook.

So if you're on these networks please visit:

Facebook - www.facebook.com/BigheartedScot

Twitter - @BigheartedScot

Even our website has had a wee facelift so it's worth visiting just to see what's new.

"By joining Facebook and Twitter in addition to our already existing website we hope we can further engage with our supporters, bringing them regular information on the work of our 6 partner charities."

Lucy Wilson, Chair of Bighearted Scotland

Your REGULAR DONATIONS making an EXCEPTIONAL DIFFERENCE

THANK YOU to all the Payroll Giving Donors and Regular Donors for your continued and much needed support. Your donations are making a huge difference to 6 vital Scottish charities at a time when they are being hit the hardest by the continued economic crisis.

Over £4,000 is donated every month

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.

However, many people have had to cut back on charitable donations and we have started to notice a dip in monthly income. While we strive to recruit more donors we are keen to retain current donors and ask, where possible, if an increased donation would be considered.

Alternatively, in the lead up to Christmas, would you consider an extra one-off donation of £10, £20 or £50?

A single donation can be made by visiting www.justgiving.com/bigheartedscotland

How Can I Donate or Increase My Contribution?

Please email trustees@bigheartedscotland.org for full details or a regular donation can be set up through Justgiving at www.justgiving.com/bigheartedscotland

Benefits of Payroll Giving

- It's easy to do through your work
- You are supporting 6 causes with 1 donation*
- Your employer processes your donations for you
- 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%).
- You have the option to donate anonymously

*If Bighearted Scotland is your nominated charity.



FOCUS ON epilepsy scotland

Scotland's voice for epilepsy

Your support helps each of the Bighearted Scotland charities provide a range of essential services, information and support across Scotland.

This is Epilepsy Scotland's story of their award winning Lighthouse Youth Group (LYP)...

"The whole project is a lifeline to me and my family. Just speaking to the staff on the phone for advice and reassurance is great. I could not be happier with the service." Parent of LYP member.



The LYP took a group of children with epilepsy climbing at Aberdour Sea Cliffs. The aim of the day was for fun and to inspire. With this in mind the Youth Workers in attendance also aimed to encourage all of those who attended the group to talk about their condition and not be ashamed of having epilepsy.

The day proved a great success and one of the reasons for this was because of one particular thing that happened to an 18 year old group member called Jamie (pictured above). He only has the use of one arm, limited use of one of his legs and is partially sighted but was determined to climb with the rest of the group. After a risk assessment, it was decided that this young man could give the climb a try, but the instructor wasn't confident he would be able to climb to the top with the group because of his limited ability. The entire group saw how determined Jamie was and during the climb realised he wasn't going to reach the top with them.

Between them, they decided to reach the cliff top first and then wanted to do whatever they could to help Jamie to join them.

They lifted him every step of the climb using a long rope line and when he reached the top he had the biggest smile on his face

The whole group felt bonded because they had taken part in achieving something together, regardless of disabilities.

Bighearted Scotland is a charity (SC023039) and a company limited by guarantee (SC390449)
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Find out more at www.bigheartedscotland.org

Or Email us on trustees@bigheartedscotland.org