



Bighearted Scotland

Creating positive futures together

UPDATE
WINTER
14/15

Welcome to Bighearted Scotland's Newsletter

In this newsletter you will find details of how the member charities of Bighearted Scotland are transforming lives across Scotland and all thanks to you. You will read how people with epilepsy receive advice, information, support and services across Scotland; how ex-Service men and women are supported in homes and social firms and how disabled and socially excluded people are supported to identify and achieve their life goals; how the mental wellbeing for adults and young people is improved across the nation and support, training and information is provided for children, young people and adults whose lives have been affected by spina bifida and/or hydrocephalus. And how the welfare of all animals, whether wild, farmed or domestic pets is improved.

We want to tell you about some of the work that is made possible by your donations. At the same time we are conscious of costs, as every penny saved is more money for good work. So if you have an email address please let us know at trustees@bighearted-scotland.org and we will send future updates by email.

Bighearted Scotland relies solely on voluntary donations and gifts in wills from kind people, just like you. Our member charities rely on such donations to carry out their vital work for children, adults and animals across Scotland.

You make our work possible. It's as simple as that. Without the generous support from people like you, none of our work would be possible. Thank you

John Brady,
Chair of Bighearted Scotland



Our Newest Addition

OneKind

Bighearted Scotland has always been made up of 6 amazing charities doing amazing things for people across Scotland. But now we're delighted to say we're working to help animals as well.

We'd like to introduce to you, our newest charity, OneKind.

OneKind is a UK-based animal protection charity working to end animal suffering through campaigns, research and education. 2014 was another very busy year for OneKind, with some fantastic highlights and groundbreaking projects launched. Here are just a few of the key issues we have been working on;

- International media coverage for our stance on zoo management practices, following the death of giraffe Marius in Copenhagen Zoo.
- OneKind organises a successful "Celebrate Animals Week" in the Scottish Parliament.
- We meet with the Northern Ireland Minister for the Environment and with Welsh Government officials to press for better regulation of snares.

- OneKind calls on the UK Government to repeal the current "secrecy clause" and ensure wider scientific and ethical scrutiny of proposals to use animals in experiments.
- OneKind supporters urge the Prime Minister and other key government figures to deliver the promised ban on the use of wild animals in circuses.
- OneKind volunteers help identify unscrupulous online pet adverts and 100,000 are removed from UK websites.
- Publication of our Pet Origins report, calling for a review of pet vending legislation and a "positive list" of animals deemed suitable for keeping as pets.

And it looks as though 2015 is going to be even busier as we get ready to tackle some of the appalling issues that surround animal welfare in the UK.

As a charity that does not receive any government or lottery funding we rely solely on voluntary donations and gifts in wills from kind people, just like you. Only then can we put a stop to the mistreatment and suffering that sadly many animals endure each day.

Payroll Giving is **LIFELINE** for Bighearted Charities

Thanks to the generosity of our Regular Donators and Payroll Givers, Bighearted Scotland are delighted to announce that this year has raised in excess of £48,000 for their Scottish charities.

Regular donations are one of the best ways you can help Bighearted Scotland because it's so easy to do and benefits so many people.

Benefits to Payroll Giving

- It's easy to do through your work (ask your HR Dept)
- You are supporting 6 important 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%).

Through this Newsletter we hope to highlight the good work of the member charities and show how your support can positively impact the lives of those living in Scotland.

As a group of small charities in need of funding we need your support and are grateful to you for your ongoing donations.

Would you like to start Payroll Giving or increase your contribution?

Please email: trustees@bigheartedscotland.org for full details on how easy that can be, or contact your HR Department.



How you helped Katrina...

Katrina Downie's life changed after a car accident left her with a brain injury.

With Momentum's help, she's now gained full-time employment and is getting her life back on track.

Here is her story in her own words:

"An injury, illness or disability can happen to anyone, of any age, at any time in their life. I know this because at the age of 22, I was involved in a car accident which completely changed my life. I was in a coma for two weeks and when I awoke, I had little memory, couldn't walk and had severe physical injuries.

After spending a lot of time in hospital recovering from my injuries, getting home felt great but it was clear that parts of my life were not as easy as they should be. My memory gave me the most trouble but I was also having panic attacks.

I started attending Momentum's brain injury vocational rehabilitation service where staff taught me techniques and strategies to manage the areas of my brain affected by the injury, such as memory, and also helped to rebuild my confidence. They supported me in gaining new skills including an I.T. qualification and to prepare for job interviews. Meeting other people at the centre who have also experienced a brain injury and seeing how they have progressed showed me that improvements in my condition were possible.

I am happy to say that I am now in full-time employment and have moved into my own flat.

None of this would have been possible without the help and support of staff at Momentum. Every day they are working to make people's lives better. You can do the same.

Thank you."

Epilepsy Scotland's Support Groups overcome social stigmas

Epilepsy remains a condition that is often hidden and ignored. There are around 54,000 people living with epilepsy in Scotland and the condition can be exacerbated by the social stigma and lack of understanding. Many individuals, especially people with additional needs, are afraid to speak about their epilepsy through fear of discrimination and rejection by their peers.

Epilepsy Scotland's Lighthouse Activities Group works with adults who have epilepsy (or an epilepsy related condition) and additional needs, to improve life skills, become more independent, increase confidence and take part in activities they would otherwise be unable to.

All of the group members have a disability and are often unable to carry out basic tasks such as cooking, cleaning, writing a letter, completing a form or taking a bus journey, the



Lighthouse Activities Group encourages participation in regular tasks and is a fully engaging learning experience.

Recently the group celebrated Halloween by throwing a party (pictured above). The group made decorations and party food with the support and advice of the Support Workers. They planned games, music and asked the Support Workers to create a quiz. For most of the group members this was completely new and exciting experience.



Positive Outcomes for Edinburgh West Group

Penumbra is one of Scotland's most innovative mental health charities, working to improve mental wellbeing for adults and young people. They provide a range of services which offer hope and practical steps towards recovery, including support for people in their own homes, supported accommodation, self harm reduction and dedicated youth services.

In the last few months, Penumbra's Edinburgh West project has introduced some creative group work

into the usual support routine. At the beginning of July, they welcomed the summer weather by having a garden art project. Staff collected donations of pallets and tiles and created mosaic planters for the back garden.

Everyone involved got the opportunity to try something new. Many had never done mosaic before, many had never tried Spanish omelette before and some had never even been in the back garden before! The garden now has 2 mosaic planters that will keep colour in the garden all year round and will remain a positive memory for all involved.

PLEASE Donate Now

Winter is a difficult time for many of the children, adults and ex-servicemen and women who are supported through Bighearted Scotland.

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

What does a donation do?

A donation to Bighearted Scotland means making a difference to the lives of children, young people, adults and animals in Scotland.

A monthly donation will help **support a family** coming to terms with an unexpected diagnosis and at the same time will help **protect animals** from testing for household products. It will help us **improve healthcare** and support services for those affected by a variety of complex disabilities including epilepsy and spina bifida whilst also providing **first class care for ex-servicemen and women.**

AND a monthly donation will also help **empower disabled people** to gain the skills they need to live independently and to gain access to employment whilst being able to **support those with mental health issues** and set them on the road back to health and **wellbeing.**



"The Scottish Spina Bifida Association for me have been a friend, they have been the reassurance when I needed it, they have been the people who took the work and the worry out of my day and the situation. They've guided me through and gave me hope."



THANKS TO YOU

Erskine has been able to continue its care to ex-Service men and women within its 5 homes across Scotland. Support has included a Shoulder to Shoulder project with one to one volunteer support for those recovering from mental health issues - and to help their families adjust to civilian life.

Text BIGH34 £10 to 70070 to donate to Bighearted Scotland and make a difference today

Feeling sporty or silly? Either way, why not get sponsored to do it!

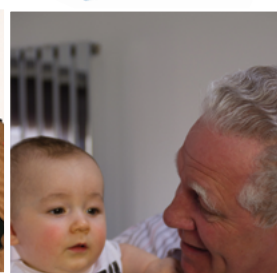
Some have shaved their hair off, others have trekked Kilimanjaro. Some have run a 10K whilst others made donations instead of accepting birthday presents.

Whether your character is sporty or silly; generous or adventurous - or perhaps you are all of the above, please consider undertaking a sponsored activity for Bighearted Scotland in 2015.

To see our latest trek, please visit bigheartedscotland.org.uk/treks or to start an online fundraising page

please visit 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.



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Registered Office: 1 Exchange Crescent, Conference Square, Edinburgh EH3 8UL