



# Bighearted Scotland

Creating positive futures together

UPDATE  
WINTER  
15/16

## Thank you for your continued support

In the blink of an eye twelve months have passed since our last newsletter. In those months the Bighearted charities have made a huge impact on the lives of those they support. An impact made possible by you.

Spina Bifida  
Hydrocephalus  
Scotland



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[www.bigheartedscotland.org](http://www.bigheartedscotland.org)



## Spina Bifida Hydrocephalus Scotland celebrate 50 years of support

Spina Bifida Hydrocephalus Scotland (SBH Scotland), formerly Scottish Spina Bifida Association, is celebrating its 50th year of support and advocacy for people across the country affected by the lifelong, complex conditions.

Spina Bifida Hydrocephalus Scotland was formed in 1965 by group of parents who each had a child with spina bifida (a fault in the spinal column where vertebrae do not form completely) and/or hydrocephalus, a condition where increased pressure on the brain can cause social, emotional, cognitive and behavioural difficulties. Now 50 years later, the charity support over 3,500 children, young people, adults, their family members and carers every year in Scotland whilst retaining their family orientated approach.

The charity celebrated their 50th birthday (pictured above) in October on World Spina Bifida and Hydrocephalus Day, an international day to raise awareness of the conditions, with a birthday party for over 140 members.

Jacqui Young said: "SBH Scotland has been absolutely brilliant, from the beginning when I was shocked by the news my baby would have spina bifida to now where Kyle regularly attends his Superhero Youth Group. The charity is well informed and have always been there to support me from their first hospital visit when Kyle was born.

"Now at 13 years old, the youth group is brilliant for Kyle, because of his recently diagnosed Asperger's, he doesn't always mix with people as well as others but he just loves his friends at SBH Scotland and really enjoys going to the group. We're delighted with the services they provide."

Based at the Dan Young Support Centre in Cumbernauld, the charity works across Scotland, from Shetland to the Borders, and is the only dedicated charity of its kind in the country. SBH Scotland provide critical support and information services such as their national helpline, health check clinics, one-to-one support, social groups, advice and training; and they're all supported by donations.

**SBH Scotland are also delighted to announce that they have just been awarded the Charity Champions Disability Charity of the Year Award.**

## Six charities with one big heart - beating because of you.

You've donated through payroll giving, set up a regular donations, fundraised for us or made a one-off donation. However you have contributed you have helped to raise over £50,000 to support our Bighearted charities in the past year.

Please continue your support in 2016. Together we're doing amazing work for children, young people, adults and animals in Scotland.



## Penumbra develop HOPE toolkit

**It is important for Penumbra to have support from Bighearted Scotland's donors as this helps us to continue to develop and innovate our work in supporting people with mental health problems.**

Donations help us to try new ways of working with people with mental health problems and ensure that they are at the centre of all we do. This includes pioneering approaches to housing and support, short breaks and peer support (where we directly employ people with a lived experience of mental health problems so that they can be a coach and mentor to others). In many cases we have been able to show the evidence from our charitably funded work to persuade Local Authorities and Health Boards to adopt this model of working.

Currently we are continuing to develop our I.ROC (Individual Recovery Outcomes Counter) and HOPE toolkit which we believe helps ensure that people can measure their personal goals and

outcomes in relation to their recovery. I.ROC is an outcome measurement tool created by Penumbra in order to measure the recovery journey of people who use our services. Recovery is the realisation of a meaningful and fulfilling life in the presence or absence of any mental health problems. There is worldwide interest in this work and we are currently developing a digital version of I.ROC for people to use on computers.

The money that Penumbra receives from Bighearted Scotland could help us to provide 440 teenagers with a one to one counselling session with a member of our Self Harming team or pay for 375 home visits from a Penumbra support worker, focusing on improving a person's home, opportunities and sense of empowerment.



## Epilepsy Scotland continues award winning, life-saving projects and services

**During 2015 Epilepsy Scotland created several new projects to better address the needs of people living with epilepsy, this includes the new Bridging the Gap service.**

Bridging the Gap reaches out to geographically isolated places in Scotland, where there is a lack of

epilepsy specific services. The Team hosts school awareness talks, information events and meets with people in the local area to offer advice and support around epilepsy.

So far the team has visited Pitlochry, Fort William, Inverness, St Andrew's, Stornoway and Ullapool and locations are being discussed to continue the project into 2016. If you would like to suggest an area for our team to visit,

please email [enquiries@epilepsyscotland.org.uk](mailto:enquiries@epilepsyscotland.org.uk)

The work that Epilepsy Scotland carries out helps to address the needs of the 54,000 children and adults living with epilepsy in Scotland. We work hard to ensure their voice is heard.

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

**For further details please email: [trustees@bigheartedscotland.org](mailto:trustees@bigheartedscotland.org) for full details on how easy that can be, or contact your HR Department.**





## 2016 - Erskine's Centenary Year

**As Erskine look forward to celebrating their centenary year we look at the amazing work this Bighearted charity is doing in Scotland.**

Karen Welsh, aged 52, has called the Erskine Home in Edinburgh her home for one year now. She tells us that she thinks the home is excellent – she has everything that she needs and gets the best care.

Karen served with the Royal Military Police for exactly 9 years and 25 days! She started her basic training aged 23 – she laughs as she tells us that the other recruits called her 'Granny' because of her age. Karen came from a military family, her father served for 22 years as a Grenadier Guard then worked for the MOD Police, this is what influenced to join up. Her family were very happy for her when she told them she had signed up. Karen says she was never a "roughly toughy soldier type" which is why she ended up in the Military Police.

Once Karen had completed her training she headed to Dortmund in Germany for her first posting. It was there she met her husband who was posted in Dortmund too. After getting married they were both posted to Northern Ireland, where they spent two and a half years based in Londonderry. There Karen was involved with vehicle check points and stop and searching vehicles driven by other women

Afterwards her service took her and her husband to various posts, and then eventually to Glasgow. When Karen left the Forces she took up a role in Park View Primary School in Maryhill where she worked for seven years. Whilst working at the school she received the news that she had multiple sclerosis (MS).

MS is a neurological condition which

affects around 100,000 people in the UK. Most people are diagnosed between the ages of 20-40, but it can affect younger and older people too. Symptoms might include fatigue, vision problems and difficulties with walking, but MS is different for everyone.

Eventually Karen had to give up working; her husband became her main carer. Karen suffers from a lot of pain and needs extra support such as hoists to get in and out of bed, but she does enjoy going to see the physiotherapist at Erskine.

A year ago Karen got to a stage with her MS that meant she needed to be in a care home fulltime. She had heard of Erskine whilst she was serving, and her social worker suggested it as an option. Having visited a few other care homes, Karen knew that the Erskine Home was the best place for her, and she enjoys her life here.



She looks forward to trips to places like the local Garden Centre or North Berwick. The Royal Military Tattoo was a particular highlight of her year. Karen also took part in the Erskine Commonwealth Games (pictured top) and enjoys socialising with the other residents. She says that at Erskine "the staff can help keep my mind and body active."

**Thank you to all Bighearted supporters for making such care possible.**

## Keeping up Momentum

Momentum Skills is a leading pan Scotland provider of vocational rehabilitation, health and social care, employability and training. This includes acquired brain injury support, personalised respite service in Glasgow and the provision of meaningful employment for disabled and disadvantaged adults across Scotland.

**The funds provided by Bighearted Scotland go directly towards supporting 2,500 people every year, all of whom have individual support to optimise their life choices.**

We are a charity that champions the value of diversity and inclusion for people with a disability. We help the people to be more independent, empowering them with the skills and confidence to be active in the workforce to the best of their ability and supporting them to be in charge of their health and wellness.

## 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](http://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**

**Alternatively text BIGH34 £5 to 70070 to donate £5 to Bighearted Scotland and make a difference today.**



# The OneKind message is simple - Animals are truly amazing!

**Animals are different from us in so many ways, but just like us they feel and think. Their life is special too.**

OneKind are delighted to announce that they have secured a review of the laws that govern the Pet Trade Industry in Scotland.

## What's the problem?

In 2015 OneKind revealed the shocking welfare problems caused by the modern pet trade. Internet retail, intensive breeding, and ever more exotic species are all resulting in profound suffering for animals. There are now more than a thousand species involved in the trade in Scotland. And although there are responsible sellers, a lack of regulation has allowed unscrupulous and cruel practices to thrive. Filthy, disease-infested puppy farms, back-room kitten breeders, intensive small animal farms, and capturing animals in the wild to bring to Scotland for sale, are all

common place.

Thanks to OneKind's research and campaigning work in this area, the Scottish Government have recognised the severity of the problem and committed to a review of the laws that govern this trade. Their hope is that this will lead to better protection for the animals that are bred, bought and sold for pets in Scotland.

The most urgent problem is, however, the keeping of primates as pets. Primates are highly intelligent and sociable animals. Their needs simply can't be met when they're confined to people's homes or gardens. OneKind have launched an urgent campaign to protect these wonderful animals by banning the keeping of primates as pets. You can support the campaign here -

**[www.onekind.org/take\\_action/campaigns/homes\\_no\\_place\\_for\\_monkey\\_business](http://www.onekind.org/take_action/campaigns/homes_no_place_for_monkey_business)**

## The Impact of Bighearted

- Support from Bighearted donors has enabled OneKind to continue to research and campaign for modern fit-for-purpose laws that will protect the needs of all animals caught up in the pet trade, whether direct from breeders, through pet shops or over the internet.
- Support from Bighearted donors has enabled OneKind to continue to campaign against the use of wild animals in circuses.
- Support from Bighearted donors has enabled OneKind to campaign to put a stop to the inhumane use of snares to trap free living wild animals.

## Justgiving.com is 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/bighearted-scotland](http://justgiving.com/bighearted-scotland)

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](mailto:sheena.breeze@penumbra.org.uk).

Here's a couple of our 2015 fundraisers who have made a big difference to our 6 Scottish charities across Scotland.



Ruaraidh MacLellan undertook Tough Mudder raising £455. Laura Laing took part in the Edinburgh Night Ride (Left) for us and beat her fundraising target.

Well done and thank you.