



Bighearted Scotland

Creating positive futures together

UPDATE
WINTER
2016/17



Spina Bifida
Hydrocephalus
Scotland



penumbra
your way to a brighter future


epilepsy scotland
Scotland's voice for epilepsy

ERSKINE
Caring for Veterans

Momentum
Investing in People, Changing Perspectives


OneKind
Ending cruelty to
Scotland's animals

KILTWALK FOR BIGHEARTED SCOTLAND

BOOK WITH US AND GET
50% OFF YOUR REGISTRATION FEES

The Kiltwalk is back! And every penny raised
will go directly to your chosen charity

- **Glasgow Kiltwalk** (6, 14 or 23 miles) **30th April 2017**
- **Aberdeen Kiltwalk** (8, 15.5 or 26 miles) **4th June 2017**
- **Dundee Kiltwalk** (6, 11 or 25 mile) **20th August 2017**
- **Edinburgh Kiltwalk** (5, 12 or 26 miles) **17th September 2017**

Book now and we can offer a fantastic 50% off registration fees for participants raising funds for Bighearted Scotland. This offer is for a limited number of places and they will be allocated on a first come first served basis.

Call us for your code then register online, selecting Bighearted Scotland.

For full terms and conditions please visit sbhscotland.org.uk/kiltwalk

For further details and to claim your 50% discount code, contact XXXXXXXX on 03455 211 600 or email: fundraising@sbhscotland.org.uk

Bighearted Scotland is a charity (SC023039) and a company limited by guarantee (SC390449)

www.bigheartedscotland.org Registered Office: 1 Exchange Crescent, Conference Square, Edinburgh EH3 8UL

Kiltwalk powered by:



SPINA BIFIDA HYDROCEPHALUS SCOTLAND

Spina Bifida
Hydrocephalus
Scotland



Sean Paul King was one-day old when he had his first operation for spina bifida and at five days old, he was diagnosed with hydrocephalus so had his second operation to insert a shunt into his brain. He also has Crohn's disease, seizures and only one functioning kidney.



Sean Paul in hospital

Now five years old, Sean Paul continues to defy expectations, taking everything in his stride. His Mum, Amanda, says,

"He spends a lot of time in hospital or the doctors, but even when he's in pain, he just keeps smiling. I'm so proud of him."

Since birth SBH Scotland have provided intensive support to Sean Paul, his Mum, sisters and grandparents and to this day provide Sean Paul with a dedicated Keyworker who provides one-to-one weekly home, hospital and school sessions to aid his development and support his inclusion and learning in school.

Amanda continues, "My parents are great, but my other lifeline to cope with all the turmoil and stress is SBH Scotland. They go much further than what their job requires. I don't know what we'd do without them. They are helping to give my wee boy a quality of life I never thought possible."

Spina Bifida Hydrocephalus Scotland provide a lifetime commitment of support to all those affected by these lifelong, complex conditions. They can affect any pregnancy regardless of

the mother's age, ethnicity or social background. There is no known cause and no known cure. Every year we assist over 3,500 children, young people and adults across Scotland through specialist support, youth clubs, health checks, projects, training and respite.

Our aim is simple – To add quality to life every day.



Sean Paul's first day at school

Thank you for your support!

Visit our website: sbhscotland.org.uk



Looking for a challenge or maybe just a light run around?

Bighearted Scotland have spaces available for the Edinburgh Marathon Festival 2017 and the brand new Stirling Scottish Marathon 2017!

Get in touch to find out more about how you can take part and support 6 great Scottish charities.

Did you know...the oldest person to take part in the Edinburgh Marathon Festival was 101 years old? Bighearted Scotland have spaces for people of all ages and abilities to take part in the 2017 event so get in touch now for more details!



Momentum
Investing in People, Changing Perspectives

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.



When Joy Collins turned up at the hospital, she only recognised her husband thanks to his eagle tattoo and wedding ring.

George, just 21 at the time, had been serving in Northern Ireland when his armoured vehicle was blown up by a 500lb landmine planted in the road. He suffered severe head injuries in the blast on September 10, 1972, and should have been dead.

Miraculously he survived, but what was an even bigger miracle was his recovery, which he and Joy say is testament to Erskine veterans' charity in Renfrewshire, which is celebrating its centenary year.

The young couple arrived at the home in 1974, with George in a wheelchair, suffering from brain damage and both of them scared of what the future held.

Today, they still live in a cottage on the estate and life is good. Now 65, George walks freely, has worked all his days, and has two daughters with Joy.

Joy said: **"Erskine gave me my husband back and also looked after me, because I was just a young girl when I came in here. You don't come here saying you can't do. They don't know those words – it's can do in here."**

George and Joy met through a friend and married in December 1970. Unbeknown to her, he had already signed up to the Army. "If I'd known I would have run a mile," she admitted.

"When we got told he was going to Northern Ireland a second time, I immediately had an uneasy feeling. I was on the coach to work one morning and the person in front was reading the paper and I saw the headline. A cold shiver

went through me. I was hardly in work 10 minutes when my mum turned up and before I knew it we were on a plane."

Doctors said George's brain had been shaken and he had brain damage.

"He was in a coma for nine or 10 months and came out of it very gradually," Joy added.

When the couple came to Erskine, the physiotherapist told them he would get George back on his feet. I went from a wheelchair to a zimmer to two walking sticks, one walking stick then none," George said proudly.



Along with other veterans, the couple tells their story in a BBC documentary created to commemorate a century of care at Erskine. 'Beyond The Battlefield: 100 Years Of Erskine' is now available on YouTube.

Not only highlighting the work and need of Erskine, the BBC Documentary also rekindled many friendships. Since the programme originally aired in October 2016, several of George's fellow comrades have been in touch in touch with Erskine and have now managed to rekindle friendships that had been lost over the years.

Erskine not only cares for Veterans, they care about them.

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

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



**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.**



Penumbra visited Scottish Cup winners Hibernian FC recently to raise awareness of mental health issues and to encourage players and staff to seek help if they need to.

Recovery Practitioner Steven Mathers visited the Hibernian Training Centre in Ormiston, East Lothian, to speak to Hib's Development Squad – their under 20 players. He told them that adolescent males, as well as elite sports performers, were statistically at risk of mental illness. He warned against "bottling it up" and outlined symptoms and the support which is available.

Hibernian's Head Coach, Neil Lennon, recently spoke out about his own experiences of depression. The former Celtic player is backing See Me's Power of Okay campaign to tackle mental health stigma at work, after revealing he didn't speak to his team mates when he was first diagnosed. Other high-profile footballers who have spoken publicly about their mental health include Stan Collymore, Andy Cole, Clarke Carlisle, and Paul Gascoigne.

One in three of us can be affected by such issues in our lifetime, and at any given moment 20% of young people in this country have mental health issues.

Education and Welfare officer for Hibernian FC, Sean McPartlin, has written more about the visit on his blog: SeanMcP Blogfeast – Fit for Life



EPILEPSY SCOTLAND

It has been a busy year for Epilepsy Scotland with our ground-breaking project in Dumfries and Galloway being shortlisted for a Charity Times Award 2016, our Lighthouse Activities Group enjoying various trips including the Waverley and the pantomime and the launch of a new project in Glasgow!

The Epilepsy Wellbeing Service is a pilot service aimed at helping people living with epilepsy live life to its fullest potential.

Up to 85% of people find long term stress makes their seizures worse. This service offers various sessions to combat stress with a view to improve seizure control.

THESE INCLUDE:

- 1:1 sessions based around 'Living Life to the Full'
- Breathing and relaxation classes
- Walking group
- Seminar: How to get a good night's sleep
- Seminar: Diet and epilepsy
- Epilepsy awareness training
- Professional counselling service (limited availability)



Keep an eye on our website and social media to see how the projects goes.

Epilepsy Scotland works on behalf of 55,000 people living with epilepsy in Scotland, providing them with guidance, information, support and services, as well as their families, carers, schools, employers, and healthcare professionals.



**THANK YOU FOR YOUR SUPPORT
THROUGH BIGHEARTED SCOTLAND!**

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 6 Scottish charities across Scotland.



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

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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.