In the blink of an eye twelve months have passed since our last newsletter. Bighearted charities have made a huge impact on the lives of those they support. Now 50 years later, the charity is the only dedicated charity of its kind in the country. SBH Scotland provide critical support and information services to groups, advice and training; and they're check clinics, one-to-one support, social support me from their first hospital visit onward when I was shocked by the news my baby would have spina bifida to now being absolutely brilliant, from the beginning. Jacqui Young said: “SBH Scotland has been absolutely brilliant, from the beginning.”

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

Bigherted 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

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.

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.”

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.

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.”

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.

“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 really enjoys going to the group. The charity is well informed and have always been there to support over 3,500 children, young people and adults across Scotland whilst providing critical support and information services such as their national helpline, health check clinics, one-to-one support, social care services and projects, training and youth clubs.

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.

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!

Thank you for your support!
Visit our website: sbhscotland.org.uk
BBC DOCUMENTARY FOR A CENTURY OF CARE
Beyond the Battlefield: 100 Years of Erskine

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.
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 publically 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.

Penumbra Talk Mental Health with Hibs Development Squad

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!

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 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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