



# Bighearted Scotland

Creating positive futures together

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Update Spring 2018 edition

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other ways to  
donate on the  
back page

# Be a Bighearted Fundraiser



like Steve Gavienas

I only started running about 3 or 4 years ago and had a few marathons under my belt but I really wanted to go out and do something special and find a great cause.

My first thought was, what's the biggest marathon in Britain!! I know, London!! My next thought was who could I raise money for? When I saw Bighearted Scotland, I knew that was the

one for me. My grandad fought in the war and went through some tough times and in his final years was so well looked after by the kind and wonderful doctors and nurses at Erskine. The fact that it also helps another five great charities was an

added bonus! Knowing that this was going to benefit a lot of people gave me the drive and inspiration to really put as much as I could into it.

*"I came into contact with some kind and inspirational people I would never have met had it not been for Bighearted Scotland."*

I did three marathons in 2017 (London, Stirling and Dublin), it was tough but with the support, encouragement and knowing the money is going to SIX great causes made it all worthwhile. Through Facebook and Twitter, I came into contact with some kind and

inspirational people I would never have met had it not been for Bighearted Scotland.

I can't thank Bighearted Scotland enough for letting me raise money for them. I'm taking a year off any races this year but I will be back in 2019 to raise more for this great charity.

We are so delighted that Steve chose to do this extreme challenge and raise money for Bighearted Scotland. If you would like to be a Bighearted fundraiser please get in touch with **Sheena Breeze** on **0131 475 2549** or email [trustees@bigheartedscotland.org](mailto:trustees@bigheartedscotland.org)

"I really wanted to go out and do something special"



Spina Bifida  
Hydrocephalus  
Scotland



Momentum  
Investing in People, Changing Perspectives

penumbra  
your way to a brighter future

ERSKINE  
Caring for Veterans

epilepsy scotland

OneKind  
Ending cruelty to  
Scotland's animals

# What our charities have been doing



over the  
7  
months



erskine.org.uk

## Reid Macewen Activity Centre

The centre is a new initiative for veterans' charity Erskine, set up to enhance the quality of life and wellbeing of veterans in the community. Developed as part of the Unforgotten Forces Project it is open every weekday, offering veterans the opportunity to socialise together; learn and develop new skills; enjoy a variety of activities as well as access support services.

The doors of the centre opened for the first time on 15th January with 35 veterans using the facility to date. 70% are British Army veterans; 20% RAF and 10% Royal Navy. 57% of the veterans live in Renfrewshire with others living in West Dunbartonshire (13%); North Lanarkshire (10%); Glasgow City (10%); South Lanarkshire (7%) and Inverclyde (3%). 44% of attendees are over 65 years old; 33% aged between 55-64; 10% between 45-54 with 13% between 35-44 years.

Former chef with the Army, Steven Wyllie, has been a regular at the centre since it opened. Like many people who suffer from PTSD, Steven finds it impossible to use public transport and for several years was confined to the house. He said: "I am no longer socially isolated, I feel comfortable in the centre amongst the ex-military family. Being picked up at my front door and dropped off really helps otherwise I would be unable to attend. I have enjoyed having access to a computer and researching my family tree."

Any veteran wishing to find out more about the Reid Macewen Activity Centre on the Erskine Estate can either drop in any day **Monday – Friday between 9.30am & 3.30pm** or call Debs on **0141 814 4534**.



penumbra.org.uk



## My Body My Way

PENUMBRA screens a critically acclaimed film which hopes to tackle the massive surge in body confidence issues around the globe.

Penumbra recently teamed up with the Body Image Movement to offer 3 free screenings of the feel-good documentary Embrace.

The film follows Australian writer and campaigner Taryn Brumfitt as she traverses the globe talking to experts, women in the street and well known personalities about the alarming rates of body image issues that are seen in people of all body types. In her affable and effervescent style, Taryn literally bares all to explore the factors contributing to the problem.

The hope is that the film will ignite a nation-wide conversation on poor body confidence, which is at epidemic levels across Scotland, particularly amongst young women. A recent study for Dove found women in the UK have one of the lowest body confidence scores in the world, with only 20% saying they like the way they look. Separate research by Girlguiding found that over 50% of girls aged 11 to 21 felt they were not pretty enough and needed to lose weight.

The screenings are part of a new Penumbra campaign called My Body My Way, which has been working in schools to tackle negative body image. The programme is designed to help primary school children explore issues of body image and how factors such as the media can influence their perceptions of their own body image.



epilepsyscotland.org.uk



## Epilepsy Wellbeing Service

EPILEPSY SCOTLAND are delighted to share that we have been awarded funding from The Big Lottery Fund to continue running the Epilepsy Wellbeing Service for the next three years. Up to 85% of people find long term stress makes their seizures worse. The Wellbeing Service offers sessions to combat stress with a view to improve seizure control. These include among others, breathing and relaxation classes, a walking group and a seminar on how to get a good night's sleep.

In September 2017 Epilepsy Scotland appointed a Welfare Rights Officer, the first of its kind in Scotland. The role provides information, advice and practical help to people with epilepsy regarding welfare rights benefits. If you need help with claiming benefits such as PIP and ESA, appealing decisions or simply want to know more about what you or your family might be entitled to, please get in touch on **0141 427 4911**.

Epilepsy Scotland have been working with local businesses to make their premises safer and more friendly for customers with epilepsy. Some Specsavers and M&S stores have been awarded the Epilepsy Friendly Award, for providing training for their staff and making reasonable adjustments in store to make it safer and more accessible. For more information visit their website: **www.epilepsyscotland.org.uk**

# last months...

Momentum  
Investing in People. Changing Perspectives.

[momentumuk.org.uk](http://momentumuk.org.uk)



## Tailored & personalised support for all

**MOMENTUM - Fair Start Scotland, we are proud to be delivering the service in the North East to the people of Aberdeen and Aberdeenshire, after the launch all information about the service, including leaflets are available on their website.**

Fair Start Scotland will offer tailored and personalised support for all those who participate.

Key information about Fair Start Scotland:

- Participation will be entirely voluntary
- All participants can expect to receive in-depth action planning to ensure the support they receive is tailored for them and suits their individual needs and circumstances
- The service will offer pre-work support of 12-18 months
- The service will offer high quality in-work support for 12 months
- Those who require specialist support to help them find work can expect to receive it

Fair Start Scotland will be offered and monitored to national standards, this will help ensure everyone is supported consistently across Scotland.

[www.momentumuk.org.uk](http://www.momentumuk.org.uk)

Tailored & personalised support for all

Spina Bifida  
Hydrocephalus  
Scotland



[sbhscotland.org.uk](http://sbhscotland.org.uk)



## Stronger Links, Stronger Families

Our stronger links: stronger families team received positive news that their funding has been continued from The Big Lottery Fund. This project has been extremely successful. The Stronger Links, Stronger Families project provides early years services to families in the Edinburgh, Lothian, Borders, Tayside and Fife area who have a child between the ages of 0-14 with spina bifida and/or hydrocephalus.

The project offers a tailored support package to families that changes as your family's needs change. Support workers meet families on a one to one basis to learn more about them and how best to support the development of the child as well as the needs of the family. A support worker can also attend hospital visits, liaise with teachers at school meetings and provide advice and support at medical appointments.

There will be opportunities to attend family gatherings and events, giving parents the chance to socialise, share experiences and network while their children take part in exciting and fun activities.

Families also have access to our resources and expertise including advice on funding, respite and benefits.

Specialist support includes:

- Support and advice on the challenges children and families face during transition periods such as starting school or nursery.
- Practical advice on how to support your child's communication, mobility and learning at home.
- Expertise on the conditions spina bifida and/or hydrocephalus to help deepen parents knowledge of the conditions and how they can affect children.
- Parents' advice on specialist funding available and benefits entitlement.

For more information or if you would like to be involved in the project please email Rachel Lawson on [rachel.lawson@sbhscotland.org.uk](mailto:rachel.lawson@sbhscotland.org.uk) or call 03455 211 300.



[onekind.scot](http://onekind.scot)



## Protecting Scotland's Pups

OneKind exists to end cruelty to Scotland's animals. We expose cruelty and persecution through our investigations and research, and end it for good by giving Scotland's animals a voice. OneKind has initiated a new project to deepen our understanding of the puppy trade in Scotland and how puppies could be better protected.

*"We went into the house and the puppy was virtually thrown at us while the owner took the money from us. There was no sign of any other dogs being there – it was more like a drop-off point. We were keen to get away and didn't get to look at her properly until we stopped at a service station up the road. Oh my God. She was so small and skinny, with a swollen belly and dull runny eyes. She was coughing, but the cough was so weak you could hardly hear it. Worst of all, she was almost bald and the exposed skin was red and raw."*

*"He took the money knowing she was going to die, or else cost us hundreds of pounds. I know that buying Lexi just gave him more money to get more puppies – in fact the next day we saw more pups advertised – but we could not leave her. She was so ill, she could barely cough. It's just great that she's still here."*

This is Jade's story about how she took her Jackahuahua Lexi into her family. It was just one of the many harrowing stories we were told when we were researching our latest report into how Scotland's puppy trade is failing consumers and dogs. Fortunately, Lexi survived and is now living happily with Jade. Sadly, many other puppies and their owners are less fortunate. Our report focused on the conditions and practices that are commonly found in legal puppy breeding facilities in Scotland as this is a large but often overlooked part of the market. We found puppies and breeding bitches in squalid conditions, being treated like commodities, and many suffering as a result. OneKind has put forward an eight-point puppy plan that we hope would change this, giving Scotland's puppies good starts to their lives and ensuring new owners can be confident that their puppies are healthy and happy. We are now working with the Scottish Government and others to deliver this plan.





# How you can **Donate** today

## Justgiving.com

**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 six Scottish charities.

**For more information, please  
visit the website:**

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

Bighearted Scotland is a charity (SC023039) and a company limited by guarantee (SC390449) Registered Office: Lindsays: Caledonian Exchange, 19a Canning Street, Edinburgh EH3 8HE.

## 3 simple ways you can help to impact a life:

### Payroll Giving?

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.

## If you would like to donate today

**We are incredibly grateful for your continued support but during the Summer 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 either by 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, Lindsays: Caledonian Exchange, 19a Canning Street, Edinburgh EH3 8HE.**

Bighearted Scotland takes data protection very seriously. If, at any time, you no longer wish for us to contact you with information on our charity please email **trustees@bigheartedscotland.org** with your details and we will unsubscribe you from receiving further correspondence.

To help keep our costs down and receive this update by email next time, please get in touch and provide your preferred email address: **trustees@bigheartedscotland.org**



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