



SBH Scotland: supporting families during the crisis

The families and individuals we work with already deal with numerous daily challenges because of their disabilities; since the Covid crisis, anxieties have been heightened and families have been worried about the implications on their health, wellbeing and financial situation.

The SBH Scotland family support team replaced regular home visits and clinics with telephone consultations and video chats, meaning we could continue to give financial, health and well-being advice to members. As many of those affected by spina bifida and hydrocephalus are in the high-risk group we also launched a dedicated Coronavirus online hub, manned by our clinical team, and provided online mental health workshops.

During the first weeks of lockdown we proactively contacted all of our service users by phone and offered a “check in” service and a “listening ear” for those isolated and vulnerable. During the first few weeks we handled over 200 contacts from those in crisis and provided advice and support on a range of topics, mostly finance and health. We have been working closely with foodbanks and a range of health & social care agencies for those previously identified as vulnerable and who now no longer have a daily support network. Maintaining service delivery to families has been our priority.

Our range of family support services are tailored to each individual's need. As you'll see from Millie's story, we may have a future Youtube star in our midst...

For more information visit:
sbhscotland.org.uk



Thought I'd share one of the things I've been up to today as it was great fun and felt good to be doing what we do best, 1:1 support. One of our young people, Millie, has recently had spinal surgery and is at home needing to be tilted and be pushed around. She is very bored and needs someone to do everything for her.

She loves doing her make-up at the weekend and having a GBX party with her family #squadgoals. So today I had a video chat with her and she gave me a make-up tutorial from her bed. Was great for her to have a little control back as independence isn't available to her right now and well.....now I look fabulous!

Today I learnt all about blending, contouring and putting highlighter in the gooey corners of your eye. The young person's services are available seven days should anyone need any help!

Kerry, SBH Scotland Early Years Support Worker.



What our charities have been doing this past year



For more information visit: onekind.scot

You can contact our helpline on: 0808 800 2200.

OneKind: Putting Animals into Politics

During what has been an uncertain year for all of us, OneKind has made it clear that there is no room for uncertainty when it comes to animal welfare. Releasing their manifesto in September, Scotland's largest animal campaigns charity has demanded that political parties do not leave animals off their agenda, calling for greater public education services and welfare standards.

For over 100 years, OneKind has been giving a voice to the voiceless: Scotland's animals will never suffer in silence as long as OneKind exists. Despite having to cancel their fundraising events for the year, the team have been working harder than ever to deliver change for Scotland's animals, holding a virtual animal welfare festival in June and delivering their manifesto in September, containing their key welfare asks for politicians across the country. Some key demands from OneKind's manifesto include:

- Education to improve understanding of companion animal needs, and regulation of how they are bred and traded.
- An end to animal testing in Scotland
- Wildlife 'management' to be based on evidence and ethics, not tradition and sport.
- Scotland to become a Good Food Nation, with farmed animal welfare at the heart of that concept.

2020, despite its challenges, has been a rewarding year for OneKind. To support their manifesto, they launched an appeal at the beginning of autumn (fronted by charity patron Chris Packham), raising over £7k. The charity also saw one of its key campaigns approved in parliament, giving Scotland's mountain hares the protection they need. This will save 26,000 hares from persecution each year, but there's always more work to do when it comes to their welfare. OneKind plans to continue implementing effective change for Scotland's animals through their campaigning and investigations, and most importantly, through the help of their supporters. Relying on the public to raise the £300k needed each year to fund campaigns, OneKind's supporters have been so supportive of their work throughout what has been a challenging year for everyone, allowing the team to continue their vital work both on existing campaigns and to research new animal welfare issues as a result of the pandemic.



For more information visit: epilepsyscotland.org.uk

Epilepsy Scotland: We are still here for you

When lockdown hit back in March, Epilepsy Scotland acted quickly to see how people with epilepsy were most affected and therefore how we could help.

We conducted a survey that found 40% of people had experienced an increase in seizures. Some people experienced seizures after being seizure free for several years. The majority reported increased feelings of isolation and anxiety. There have also been significant changes to access of treatment with appointments being cancelled and prescriptions being inaccessible.

In April we launched a new "check-in" service where vulnerable people can register and we will get in touch with them regularly to make sure they are coping with self-isolation, anxiety and any epilepsy issues. In addition, we are delivering regional online information events.

Throughout the pandemic we have provided information on the evolving situation for people with epilepsy including factsheets and updates on drug shortages and benefit changes.

Our youth groups have online meetings so they can still see their friends, which helped to combat isolation and they have recently been able to meet up in person outside again. Epilepsy Scotland continues to adapt to the new challenges and to support those who need it, however we can.

Penumbra supports mental health and wellbeing during COVID-19

One of the great things about the third sector is its determination to keep moving forward. Here at Penumbra, we provide community based mental health recovery support to around 1800 adults and young people each week and throughout lockdown, we've continued to operate all of our services across Scotland with expansions in some areas. Much of our support is face to face so coronavirus has presented some obvious challenges. We've been determined, though, that physical distancing needn't mean the end of meaningful social contact.

Our supported living and accommodation teams continue to support people in the person's own home, all the while observing strict hygiene, PPE and distancing protocols. Our self-referral teams are providing extended phone support. They're making sure people who access our services have regular updates, and they're sending out free resources for keeping well during change and isolation. We've embraced digital technology as a way of maintaining support for people who access our services. Peer led conversation cafes, workshops, art therapy groups, 1:1 key-working and groupwork sessions: all of these have been happening virtually, with a continued focus on quality and facilitation to ensure people are getting the support they need in this new way. Our teams are working together with the people who access our services to make sure everyone has the skills and confidence to use virtual technology. We're working hard to make sure people aren't left behind in the digital gap. That's where our fundraising and development teams have come into their own by linking into resources for smart devices for people who otherwise have had no need for such technology in pre-COVID days.

The wellbeing of our teams in all of this is so important, too. Digital technology has been crucial in keeping our teams connected. Informal team meetings, 1:1 supervisions, training, and reflective practice sessions have all been really important for staff morale and in maintaining quality of service provision with the crossover to the virtual format.

Our social media channels have become increasingly helpful in reaching out to audiences. Inspiring recovery stories, our own team 'positive vibes lockdown diaries', and wellbeing resources all proving popular across our channels.

As lockdown measures ease, we're gradually introducing face to face contact through activities like physically distant walking, gardening groups, and outdoor visits at care homes. We're also thinking ahead and carrying out the preparatory work needed to make buildings safe for colleagues and supported people to return.

Whilst the virtual format is no replacement for human contact, there's no doubt the technology has allowed us to maintain meaningful connections with the people who access our services and across our own teams. It's also given us the chance to reflect on opportunities for future innovations, building on what we've learnt in these last few months.

For enquiries about Penumbra service please contact enquiries@penumbra.org.uk.



For more information visit: penumbra.org.uk

You can find Penumbra on social media:

facebook.com/PenumbraScotland

twitter.com/penumbra_scot



For more information visit: erskine.org.uk

Erskine: supporting veterans for over 100 years

Erskine has been caring for Veterans for one hundred and four years. The first wounded Veterans admitted to the Princess Louise Scottish Hospital for Limbless Sailors and Soldiers did so on 10th October 1916. 13 patients came through the doors of the pioneering hospital when it opened over a century ago. They came from throughout Scotland to the newly opened hospital, to be fitted with prosthetic limbs. Of the first patients admitted seven had suffered injuries to their arms which required amputation while six had severe leg injuries. They came from various regiments including the Gordon Highlanders; Highland Light Infantry and the Black Watch.

The first patient was Corporal James Ritson of the 1/5th Royal Scots Fusiliers, a 29-year-old rigger from Troon in Ayrshire. James fought in Gallipoli where he was reported to have been buried alive. He survived the horrific ordeal but suffered 22 wounds on his body, one of which was so serious his left hand was amputated. Just over one month after he entered the Hospital, which was in Erskine House in Renfrewshire (now the Mar Hall Hotel), he was back with his family living his life with an artificial arm.

By the end of the First World War over 3,450 men had been admitted with 2,697 wounded ex-Servicemen like Corporal Ritson fitted with artificial limbs. By 1924, 8,000 of the 41,000 permanently disabled Veterans in Britain had been treated at Erskine, with 6,400 supplied with artificial limbs. Since 1916 Erskine has cared for 100,000 ex-service men and women and more recently their spouses.

Much has changed in over a century, but Erskine's unparalleled devotion to caring for Veterans remains the same today. As Scotland's foremost provider of care for Veterans and their spouses, Erskine provides unrivalled nursing, residential, respite and dementia care in four homes throughout Scotland. The charity also assists younger Veterans who need help to begin the next chapter of their lives, offering social, recreation and training facilities at the Reid Macewen Activity Centre and employment opportunities in partnership with Scotland's Bravest Manufacturing Co.

On the Erskine Estate in Bishopton there are 44 cottages for Veterans and their families as well as five assisted living apartments - with building work nearing completion on 24 single living apartments. This will create a bespoke Veterans Village, supporting UK Veterans of all ages from all three areas of our armed forces.

Anyone interested in learning more about the history of Erskine can do so by reading the charity's book - 'A Century of Care'. The book tells Erskine's story through its people with richly illustrated pen portraits including that of Erskine's first patient to that of founder, Scottish brain surgeon Sir William Macewen who led the project to establish a new hospital.

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.

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: trustees@bigheartedscotland.org

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:

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.

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 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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