



2022

IMPACT REPORT

Respite: Reimagined

WELCOME

While much of the world was emerging from the pandemic in 2022, those working in health and social care in Scotland continued to experience significant disruption.

For many families living with the effects of a neurological condition, 2022 was their most challenging year to date; Covid, increases in the cost of living and strain on the NHS and social care in our communities continued to take its toll. All of this, in the context of a growing need, meant many of the families who rely on Leuchie worried about how they would cope.

But Leuchie's guests, carers, supporters and the team are resilient, and we remain optimistic for the future. The hardship faced by those who depend on us has strengthened our resolve to **have impact beyond our walls**, doing more for more people. We've found new ways to deliver this ambition and what our Patron, HRH Princess

Anne, calls 'the magic' of Leuchie. We hope you enjoy reading more about this in the pages that follow.

There is no doubt that delivering our service with significantly reduced income over the last few years has been challenging. We have relied on our generous supporters to meet the increased needs of our guests, whose health has deteriorated faster than in previous years.

We've continued to benefit from support from the Scottish Government, the East Lothian Health and Social Care Partnership, donors, funders and the local community, alongside the staff team, who have been magnificent. You all deserve more thanks than we can devote to these pages.

Most guests who come to Leuchie return to us time and time again and, it is to them that we owe the greatest thanks, because they continue to give us purpose and the motivation to carry on.



MARK BEVAN
Chief Executive



STEPHEN PEARSON
Chair of the Board
of Trustees

IN 2022, LEUCHIE SUPPORTED OVER 400 GUESTS AND THEIR CARERS



Opened an accessible self-catering house for families to

Take a break together



Our Centre for Enabling Technology continued to support guests to live

more independently



We launched a new

Leuchie at Home service

providing breaks for family carers in their own home for 2 hours a week, every week



Research progressed

in partnership with the National Robotarium into early detection of urinary tract infections and predictive falls sensor technology



2933 respite nights

with round-the-clock specialist care



Guests from

26 of Scotland's

32 local authorities



320
holidays

HOW LEUCHIE MAKES A DIFFERENCE WITH YOUR SUPPORT



David and his family's lives changed forever the day he found out he had multiple sclerosis (MS). David and Denise, who live in Edinburgh and have two children, Matthew (22) and Emilia (19), tell us why David's holidays at Leuchie help him to face the challenges of his condition and why it is such an important break for Denise and the children, too.



DAVID

In 2004, life was good. Denise and I had just become parents again, I had a good job working for a pharmaceutical company and was doing really well. And then everything changed.

I was on a work trip in London when the right side of my body went extremely weak. I was struggling to walk, having to half drag myself from the taxi to my hotel. On top of this, I was suffering from excruciating headaches.

After returning home and having several tests, Denise and I were told I had 'inflammation'. We'd thought I'd had a stroke or brain tumour, so in comparison, this sounded treatable. It wasn't until the next appointment that they used the devastating two words: 'multiple sclerosis'.

I got on ok in the beginning, kept working until 2013, by which time my MS was getting in the way – I was forgetting things, making mistakes at work. Looking back, I'm amazed how long I did manage to carry on. It's only within the last three years that I've reached a stage of my condition where I must rely more on others.

The last thing I want is to be a burden on my family, because it just reminds me that I have lost so much of my independence.

It was when I started using a wheelchair and needing more help from Denise and the children, that my OT told me about Leuchie. At first, I was a bit nervous. I have my particular ways and comforts when I am at home, but the team at Leuchie were wonderful and welcoming and catered to my individual needs and interests.

I get a lot out of my stays at Leuchie. It's a holiday with everything you need. Louise, the physio introduced me to the MOTomed bike, which benefits me so much by minimising my spasms when I use it. It's made such a difference, I now have one at home! I've also learnt a lot from other guests – tips and tricks to manage symptoms or make life a bit easier, such as adding a golf ball to my wheelchair or using a lanyard for my mobile phone! Some of the tech I've tried I won't need for some time yet, but it's good to be prepared for what's likely to come.

Leuchie is so special – **I come home feeling energised and in a better frame of mind.**

For me it's about adapting what you can to live your life as best you can, and my breaks at Leuchie help me to do that.



DENISE

I'm a specialist respiratory nurse at the Edinburgh Royal Infirmary, working with people with chronic health conditions. I enjoy it but it can be busy and stressful juggling this and caring for David. It can be really draining sometimes.

I'll never forget when David was diagnosed with MS. He called me saying he was feeling unwell, asking to be collected from the airport as he couldn't drive. I assumed it was the usual 'man thing', making a fuss, but when he dragged himself out of the airport, he looked like he'd had a stroke.

The diagnosis wasn't handled well. Looking back, I suppose the nurses were trying to be nice not using the words 'multiple sclerosis' but instead they gave us hope. This was short lived, because at the next appointment they told us it was MS. **It floored us, with two tiny kids, it absolutely floored us.**

It was a traumatic start, but once things settled down, we just got on with it. David kept working, with the occasional 'flare up' when he was stressed, and the 'bad' days were hard to deal with.

As David's MS has progressed, he needs more care, and because I'm still working, our son Matthew helps out. He works too, but will come home at lunch to help David with whatever he needs. He's only 22 and finds it tough, but he cares for David because he's his dad and he loves him.



Leuchie has been truly amazing for us. Work and home life can be full on, and I don't often get a chance to wind down. Everything takes planning and we've got to think about David's needs before we can even consider our own. When David goes to Leuchie, I take time off work and go on holiday with the kids so really, it's the only time I get a break from caring for people with long-term conditions.

David loves his holidays at Leuchie, so it makes it much easier for the kids and I to go away, knowing he's happy and well cared for and we get the freedom to do things we really enjoy. When David returns from Leuchie, he is physically rejuvenated, his mindset is recharged, and he is much more positive. **It benefits us all.**

I only wish there were more 'Leuchies'. As the only place of its kind in Scotland, it's a busy place and I'm not surprised it costs as much as it does to run. It's great that people support such an important cause, because what Leuchie offers is vital for families like ours.



RESPITE REIMAGINED

We are reimagining respite as a life-enhancing service which delivers additional support during a break at Leuchie to improve an individual's **physical health, mental wellbeing** and **independence** long after they return home.

IN 2022, WE DELIVERED
RESPITE AS A HEALTHY,
ENABLING AND SOCIAL
SERVICE IN A VARIETY
OF WAYS



721 treatments, assessments & therapies provided to guests



58 referrals
for guests to access
NHS funded enabling
tech for the home

HEALTHY

Our allied health team of nurses, physiotherapists and occupational therapists offer a range of services to help our guests manage their condition, maximise their independence and identify health concerns before they become an issue, filling gaps and saving the NHS money.

322
referrals

to community
health professionals



ENABLING

Our Centre for Enabling Technology team work with guests during a stay to show them the many off-the-shelf technologies that can help them live more independent lives.



165 guests benefited from 1-2-1 tech tutorials



RESPITE REIMAGINED

Guests enjoyed over



180 outings

SOCIAL

The social side of a Leuchie stay is essential – fun, relaxing, belly laughs, sightseeing and enjoying delicious food and drink are all aspects of a Leuchie break that reduce social isolation and improve wellbeing amongst our guests.

 9,759 
delicious & nutritious
meals served



Over 650 activities & entertainments

BEYOND THE WALLS

SINCE THE PANDEMIC, LEUCHIE HAS BEEN DELIVERING OUR AMBITIOUS PLANS TO DO MORE FOR MORE PEOPLE LIVING WITH THE EFFECTS OF A NEUROLOGICAL CONDITION, SO THAT OUR IMPACT EXTENDS BEYOND THE WALLS OF LEUCHIE HOUSE.

LEUCHIE AT HOME



In partnership with the East Lothian Health and Social Care Partnership (ELHSCP), Leuchie at Home was set up in July 2022 to provide individuals living with a neurological condition, regular company and support from a volunteer for at least 2 hours a week, every week. Their unpaid carer/loved one also gets time for themselves – to meet friends, go for a coffee, complete household tasks or do whatever they choose!

In 2022, we trialled the service with a member of the team to create a framework for Leuchie to recruit and train volunteers in this role. We're working with our first Leuchie at Home volunteers in 2023 and look forward to growing this respite at home service.



provided
145
home visits



offered
290 hours
of respite for family carers



It has been a great support having Sally visit us each Tuesday. She has a lovely calming presence, and we really appreciate the service Leuchie provides.



ACCESSIBLE SELF-CATERING ACCOMMODATION

We are thrilled with the success of our new fully accessible, self-catering holiday home, Denis Duncan House which complements our traditional respite service by offering families a chance to enjoy a holiday together. The house has everything they may need, including a tracking hoist, clos-o-mat toilet, wheel-in shower, high-lo bath and profiling beds. We are now investigating expanding our self-catering options, given the high demand for this property.



weeks of holidays
for people across the UK

What a relief to finally have a holiday without hassle. Such a special facility – please keep up the good work.



BEYOND THE WALLS

ENABLING TECHNOLOGY

Our Enabling Technology team, together with our Occupational Therapy and Physiotherapy teams support guests to enjoy as much independence as possible during their break at Leuchie and encourage them to trial products that could help them to achieve more independence at home.

Many guests, who have installed products since trying them at Leuchie, have found this to be transformative for them and their carers.



Our Physiotherapy team introduced VR headsets to use while exercising on our MOTOMeds. The headsets allow guests to cycle through interesting locations while they work out.



*I felt like I was really cycling
a bike in New Zealand!*



Our Occupational Therapist has been supporting guests to have fun baking and cooking in Leuchie's fully accessible kitchen, which includes rise and fall units, along with many other gadgets to assist guests with limited mobility to get back to doing some of the things they love!



Thanks to one of our donors, we installed a new lift that allows guests to travel to and from their room independently.



TACKLING DIGITAL EXCLUSION

Although voice-controlled technology can be amazing for some of our guests, it doesn't always work for those who have weakened vocals due to their condition. To address this, our Head of Enabling Technology received funding to create a menu of Apple shortcuts on our iPads so guests can use the touchscreen to control their environment instead.

PARTNERSHIPS

We continue to support the National Robotarium, alongside the University of Edinburgh, Heriot-Watt University and Blackwood Homes and Care as a part of the FEATHER Project, researching the use of AI and robotics to help detect urinary tract infections earlier. We'd like to thank those of our guests who volunteered to provide researchers with their insights and lived experience to help co-design and co-create new products and services that could improve diagnosis, treatment and outcomes for people worldwide.

DIGITAL ETHICS

Leuchie has worked with SCVO and the other participants on understanding the importance of 'digital ethics' to advise government policies. This research explores, through our experience of working with guests, the safe use of enabling technology. We have ensured that our guests are well informed about their safety and rights when using any products and that they are clear on how their data is stored and used. Our Enabling Technologies Coordinator holds regular talks about the Internet, safety, security and privacy online.

YOUR SUPPORT

Although 2022 was a tough year for a lot of people, we were amazed that so many donated. It showed us that you value the important service Leuchie provides to the families who rely on us.

Without you, we simply wouldn't be here. Thank you.

2022
INCOME

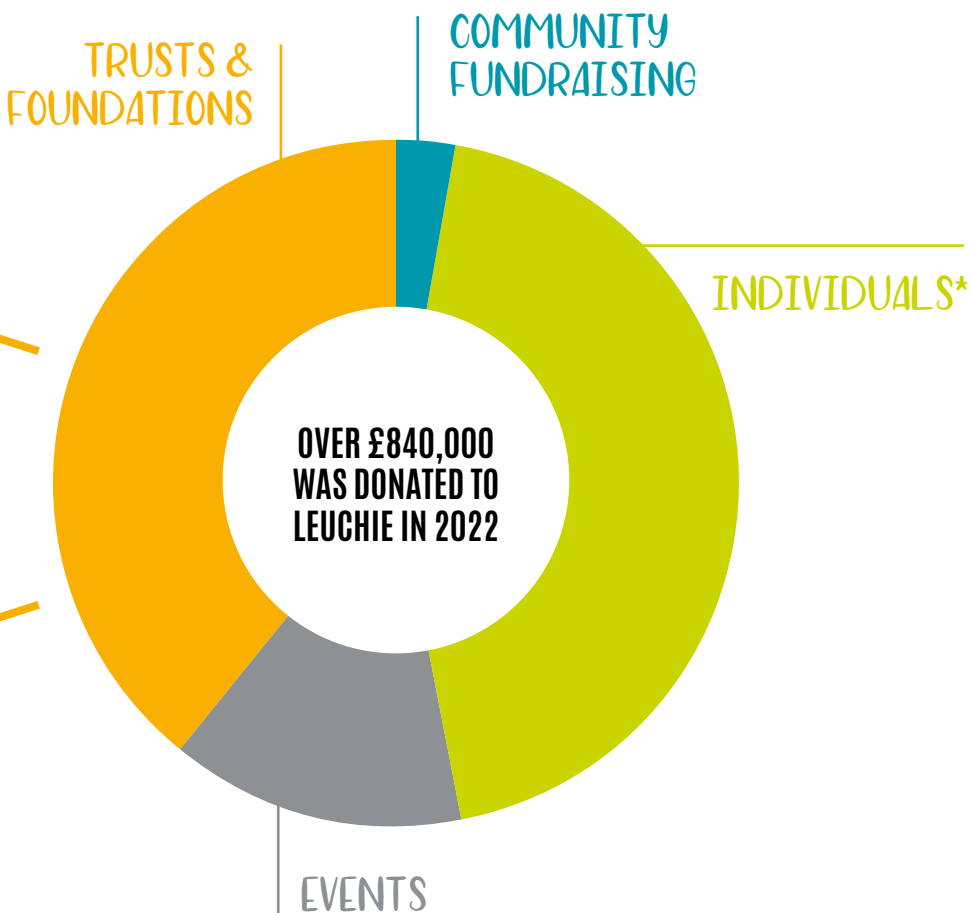
BOOKINGS

FUNDRAISING

IT COSTS OVER
£2.2 MILLION PER
YEAR TO KEEP
LEUCHIE RUNNING

STATUTORY

£ Over half the
cost of a break is
subsidised by
fundraising



* includes legacies & gift aid.



Gena and Linda raised over £3,500 for Leuchie.

Thank you Leuchie for making life a little bit easier for our loved ones. We hope our donation will help many more people experience your beautiful surroundings, care and community.



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Leuchie House is a charity registered in Scotland no SC042249.
Company no. SC392721

**OUR VISION IS THAT EVERYONE LIVING
WITH A LONG-TERM CONDITION AND THEIR
FAMILY CARERS RECEIVE THE BREAK THEY
NEED, IN THE WAY THEY NEED IT FROM
PEOPLE AND SERVICES THEY CAN RELY ON.**



Leuchie is where my friends
and I found each other.

