



2023

IMPACT REPORT

Reimagining respite

Leuchie
THE NATIONAL RESPITE CHARITY

WELCOME

Today, in Scotland, more families than ever are coping with the responsibilities of caring for a loved one with a serious neurological condition. In 2023, we witnessed this through the increased numbers of those who rely on us; **real** people with **real** lives who need **real** care that improves health, enables independence and addresses the loneliness some experience because of their condition.

We are moved by the stories we hear from our guests, about how they and their families cope with the impact of their illness. We are moved by the care and devotion they receive from our team and volunteers and by the selfless generosity of supporters. That emotion is a great driver for us, and as the team work hard to keep up with demand, we continue to think creatively about **how we can help more people in the future.**

We've begun the next stage of Leuchie's response to this growing need. The house itself has always been Scotland's National Respite Centre and in 2023 we took significant steps towards also becoming Scotland's National Respite Charity to extend our impact further.

Early efforts, which you can read about in the pages that follow, have been very rewarding. We have shared our vision within Government and across Parliament. We have used expertise developed in Leuchie to support people outwith this building, wherever they live, and formed partnerships with training organisations such as **Queen Margaret University** to train allied health professionals the 'Leuchie way'. We introduced Leuchie to new funders through initiatives aimed at corporate philanthropy and, in this report, you can read about how support from companies like **Stewart Investors, The Renaissance Club** and **Hampden & Co** help to underpin Leuchie's sustainability and drive our strategic aims.

Our growing, ageing population, combined with a shrinking workforce, stretched NHS and social care services, demand that charities like Leuchie step-up. We bring knowledge and solutions with emotional sensitivity to the real life problems people are experiencing now. With your support and Leuchie's professionalism, expertise and determination, together we *will* do more for more people.



MARK BEVAN
Chief Executive



STEPHEN PEARSON
Chair of the Board
of Trustees

IN 2023 LEUCHIE SUPPORTED OVER 550 PEOPLE AND UNPAID CARERS

Leuchie is simply wonderful, unique and life-transforming.



Opened our 2nd fully accessible self-catering property for families to *Take a break together*

HRH Princess Anne launched Leuchie's 'Double our Impact by 2026' strategy



We joined **ENRICH (Enabling Research in Care Homes)** so guests can influence developments across the UK

4038



respite nights with round-the-clock specialist care



Guests from 26 of Scotland's 32 local authorities



428 holidays

DOUBLING OUR IMPACT BY 2026

With our loyal supporters beside us we are committed to continuing to grow our impact. One of our greatest champions is our patron HRH, The Princess Royal, who in October 2023 launched our ambitious but achievable plans to double our impact by 2026, at a special event at Edinburgh's Signet Library, kindly sponsored by Hampden & Co.



Her Royal Highness spoke passionately to Leuchie's supporters and partners about her support for the charity's plans to do more for more people, by expanding and enhancing the services we provide. She encouraged the businesses and individuals present to invest in these plans that are set to transform lives across the UK of those living with a neurological condition and their unpaid carers.

The event highlighted Leuchie's interdisciplinary health care and research collaborations with Queen Margaret University, the National Robotarium and Bioliberty. These partnerships are built on a shared vision to help people with neurological conditions improve their health, enable their independence and tackle the loneliness and isolation some experience because of their condition.

CEO, Mark Bevan, spoke of the gaps in health and social services in Scotland, where 100,000 people are disabled by a neurological condition and over one million are living with caring responsibilities:

"It is critical to families in desperate need right now, to the future of health care services and for the public purse, that we reimagine respite and short breaks from care. Providing health clinics, care at home, enabling technology and self-catering accommodation on top our core holiday service are just a few examples of how we are doing this."

If you would like to find out more about how you could help us to double our impact over the next two years, please contact Lana Bambridge, our Director of Income and Communications: lane@leuchie.org.uk or call 01620 614038 to arrange a meeting.

LEUCHIE IS THE ONLY CHARITY IN SCOTLAND PROVIDING BREAKS WITH 24-HOUR EXPERT CARE, HEADED BY AN INTERDISCIPLINARY ALLIED HEALTH TEAM OF NEURO-EXPERIENCED NURSES, PHYSIOTHERAPISTS AND OCCUPATIONAL THERAPISTS.



Graeme Hartop, Hampden & Co Chief Executive

HOW LEUCHIE MAKES A DIFFERENCE WITH YOUR SUPPORT

Many people in their forties are able to concentrate on their interests, socialise with friends, travel and enjoy free time. But this is not often the reality for someone who is disabled because of a neurological condition, nor for those who care for them full time. Because respite services available in Scotland are usually more suited to an older demographic, regular guest Kirsty tells us how Leuchie is the only place that truly fulfils her need for social interaction and experiences.

I am 40 years old and have two teenage boys, Brian and Arran. I was born and brought up in Falkirk and I'm still here, living with my mum, Evelyn and dad, Alex, who are my full-time carers.

I remember back in 2019, life was as you would imagine for a thirty-something mum with two young boys. And then my life changed completely. I was working in a job I enjoyed with HMRC when I had a 'mini stroke' and had to be taken into hospital. While in hospital, I had another mini stroke. I remember feeling terrified as my face and tongue went completely numb.

But things took a turn for the worse after I returned home. I suffered a much bigger stroke and after a few appointments, the specialist gave me the distressing news that the strokes were being caused by a **rare**

progressive disorder called moyamoya disease. Moyamoya is caused by blocked arteries at the base of the brain. Sadly, most people with moyamoya will experience mental and physical decline, multiple strokes and seizures as arteries continue to narrow over time.

Since my diagnosis, many things I enjoy are simply no longer available to me. For example, I always loved swimming and used to swim competitively when I was at school. I also loved travelling - South Africa being one of my favourite destinations and somewhere I visited five times. **But it's not until you lose the independence to do something you enjoy that you realise you probably took it for granted.**

 **Two thirds**
of disabled people in the UK are
chronically lonely
& this figure rises the
younger a person is*

*disability charity Sense



It makes such a difference to us when Kirsty goes to Leuchie. We enjoy ourselves and, at our age, it helps us build up the strength we need to be able to care for her when she returns. Leuchie is absolutely brilliant!

- Kirsty's dad, Alex

As my condition progressed, my parents and I battled to find suitable care for me, and so they chose to care for me full time. My boys no longer live with me.

I try to keep busy and will go to the day centre a couple of days a week but there just isn't much out there for people my age, living with neurological conditions.

Or so I thought, until I found out about Leuchie from my social worker.

When I went for my first visit in 2021, I was a bit scared to start with, but the staff and other guests quickly made me feel welcome. I've made brilliant friends, and we often book to come at the same time. It's good to talk to others who understand how I feel, but we also just have a lot of laughs - I spend a lot of time smiling when I'm at Leuchie.

When I'm on a break, my parents go away too and have a proper holiday together. They can totally relax,

knowing I am really content. You get so much choice at Leuchie. Some people enjoy the peace of the house and grounds; I like chatting with the team and other guests and I'll try most activities on offer, like reflexology, massage, beach wheelchair trips, tai chi, trishaw outings and I love a pub lunch!

I really benefit from physiotherapy at Leuchie. Louise introduced me to acupuncture for relieving muscle tightness and pain and I often bake or cook with the OT, Katie. I used to cook a lot, so it's nice to use Leuchie's smart kitchen which allows me to be more independent.

There really is nothing else out there quite like Leuchie. Life can throw real obstacles your way, but I feel so lucky to benefit from such an amazing service, wonderful friends and the brilliant and caring team!

RESPITE REIMAGINED

2023 was an exciting year of progress for Leuchie and those we support. We continued to deliver respite in a variety of ways to improve physical and mental health and independence, not just for our guests, but for their unpaid carers too.

IN 2023, WE LEARNT, WE GREW, WE COLLABORATED, AND WE ENHANCED OUR RESPITE SERVICES TO IMPACT MORE FAMILIES IN MORE WAYS.



894 treatments, assessments & therapies provided to guests



Over **400** guests benefited from **1-2-1 tech tutorials**, recorded and group tech sessions

ENABLING

Our Centre for Enabling Technology team work closely with guests during a stay at Leuchie, demonstrating the latest off-the-shelf technologies that can help them to live more independently and give their carers a break.



I had no idea such affordable technology was out there!

HEALTHY

Our expert team of nurses, physiotherapists and occupational therapists make up Leuchie's allied health team. They offer vital services to help our guests manage their condition and maximise their independence over the long term, and importantly, highlight health concerns before they become an issue, filling gaps and saving the NHS money. As Leuchie's care provision has grown and collaborations across services have increased, the enormous life-transforming potential of a wider interdisciplinary approach has become clear.

I received more help from Leuchie's occupational therapy than I've had in years.

200 referrals to community health professionals



REIMAGINING RESPITE



Over 700 activities & entertainments

I love the company, fun and laughter at Leuchie.

SOCIAL

12,114 delicious & nutritious meals served

What makes Leuchie really stand out is the social aspects of a stay, essential for mental wellbeing. Holidays here are full of relaxation, fun and filled with laughter and with every opportunity to make lasting friendships and connections to reduce social isolation.



200 outings

IMPACT BEYOND LEUCHIE'S WALLS

LONG-TERM NEUROLOGICAL CONDITIONS NEED LONG-TERM MANAGEMENT AND SUPPORT. THIS IS ONE OF THE DRIVING FORCES BEHIND OUR PLANS TO EXTEND OUR IMPACT BEYOND THE BREAK FOR THE FAMILIES WE HELP.

The positive impact a guest receives from a stay at Leuchie should not stop once their break comes to an end. People living with the effects of a neurological condition and the loved ones who care for them, who may not be able to access the benefits of a break within Leuchie's walls should, at the very least, have access to the best parts that break can offer.



LEUCHIE AT HOME

Our Leuchie at Home service, in collaboration with the East Lothian Health and Social Care Partnership, has gone from strength to strength since its inception in 2022. Leuchie at Home is available to provide local people living with a neurological condition, regular support and company for at least 2 hours every week. Along with volunteers, Sally McGuinness runs the service. She explains below what an incredible difference these pockets of time have on individuals and the family carers that look after them.

I love my job. Every day I see first-hand the huge impact Leuchie at Home has on those we help. Right now, we visit eight families, with plans to grow and extend our reach to more people who desperately need our support.



Sally helps me in the garden, with cooking, going for walks, or with speech therapy - nothing is too much. She brings lots of experience, local knowledge and acts as a bridge to Leuchie and all the expertise there which is hugely helpful.

Andrew and Elizabeth Guest, who shared their story for last year's Christmas Appeal, are just two of the people who benefit from the service. It is important for Andrew's physical and mental wellbeing that he can enjoy his interests and hobbies. At the same time his wife, Elizabeth needs opportunities to have a couple of hours a week to spend on her own self-care, knowing Andrew is in safe hands.

The volunteers and I have the patience to help with tasks that may feel exhausting for an unpaid carer, simply because of everything else they do day in, day out. **Often, when I arrive at someone's home, there is understandable tension in their shoulders and strain on their faces and, when I leave, they are visibly calmer, with a smile to match.** It is extremely rewarding to be able to do that for families who did not choose this life for themselves.



SINCE 2022, LEUCHIE AT HOME HAS PROVIDED:



366
home visits



732 hours
of respite for family carers

ACCESSIBLE SELF-CATERING ACCOMMODATION

Our self-catering properties give families more opportunities to spend quality time together in beautiful and relaxing locations. As these are fully equipped and accessible, guests know they simply need to 'turn up' and enjoy a break together. This is all part of our ambition to do more to keep families together for longer.

DENNIS DUNCAN BECOMES DODDIE WEIR

A £25,000 donation from the **My Name's Doddie Foundation** has enabled us to replace and upgrade equipment at Leuchie's holiday property in Dirleton. The MNDF Foundation funds research to find effective treatments for motor neurone disease, and Leuchie has been a long-time supporter of their work. In recognition of this generous donation, *Denis Duncan House* was renamed *Doddie Weir House* at a special unveiling with Doddie Weir's wife, Kathy and MNDF Foundation Trustee, Scott Hastings and Leuchie patron, Gavin Hastings.

Alongside this wider refurbishment, £8,870 was donated by The Morrisons Foundation to upgrade the accessible bedroom, including all new equipment and tech required for a comfortable stay.

A huge thanks to the My Name's Doddie Foundation and The Morrisons Foundation for this generous support.



Having all the proper equipment required meant it was the first holiday we have had that we felt truly rested.
- Doddie Weir House guest



LEUCHIE'S NEW ACCESSIBLE CARAVAN

In September 2023, East Lothian's Provost officially opened Leuchie's most recent self-catering addition, Glen View, an ABI Derwent accessible caravan with patio doors to a decked area, ramped access, and gate for the security of pets and toddlers. It has already been a very popular addition to our self-catering offering and should prove popular over the coming summer months!

This caravan is amazing. Having the profiling bed and mobile hoist has met our daughter's needs perfectly.

ENABLING TECHNOLOGY

Enabling greater independence, reducing carer responsibility, improving health.

TECHNOLOGY RESEARCH

We continue to be part of the FEATHER urinary tract infection project looking into the use of AI and robotics to detect UTIs earlier. Our guests, carers and nurses have taken part in focus groups for this project. The FEATHER team hope to start beta product testing at Leuchie as early as May 2024.

In November, we joined the ENRICH (Enabling Research in Care Homes) network. We want to enable guests to take part in research studies involving technology so they can influence these developments across the UK.

POSSUM ENVIRONMENTAL CONTROL SYSTEMS

We have set up and had training in the Possum Freeway and Qwayo environmental control systems and are beginning to set these up for our guests who use them at home. These are systems that help people control their immediate environment, whether a room or an entire home and can enhance independence in a substantial way. We plan to bring these devices into Leuchie's weekly tech talks this year to encourage guest's to consider how these might improve their experience at home.

MEET OUR HEAD OF ENABLING TECHNOLOGY

Since starting at Leuchie, Elizabeth McDowell has been dedicated to integrating smart technologies and environmental controls into our guests' lives to help them to better manage their condition and live more independently. In 2021, Elizabeth began Leuchie's Centre for Enabling Technology which has gone from strength to strength.

Elizabeth is proactive in her role and open to learning and sharing her knowledge with other technology networks and development partnerships. She gives regular talks to carer and health groups, such as the Alliance, Coalition of Carers, SCVO and VOCAL. She is on the steering committee of the Scottish Consumer Technology Network (SCTN), a member of the Digital Social Care Portfolio board and on the FEATHER project advisory board.

With Elizabeth at the helm of Leuchie's enabling technology department we know there will be a lot of growth in this area.



GUEST ENABLING TECHNOLOGY SUPPORT

Guest 1-2-1 support with technology and bi-weekly talks to guest groups on technology topics are ongoing and still the backbone of our work. Simple changes can completely change the way someone with a neurological condition experiences their daily lives. We have witnessed first-hand what a difference technology has made to many of our guests and their carers.

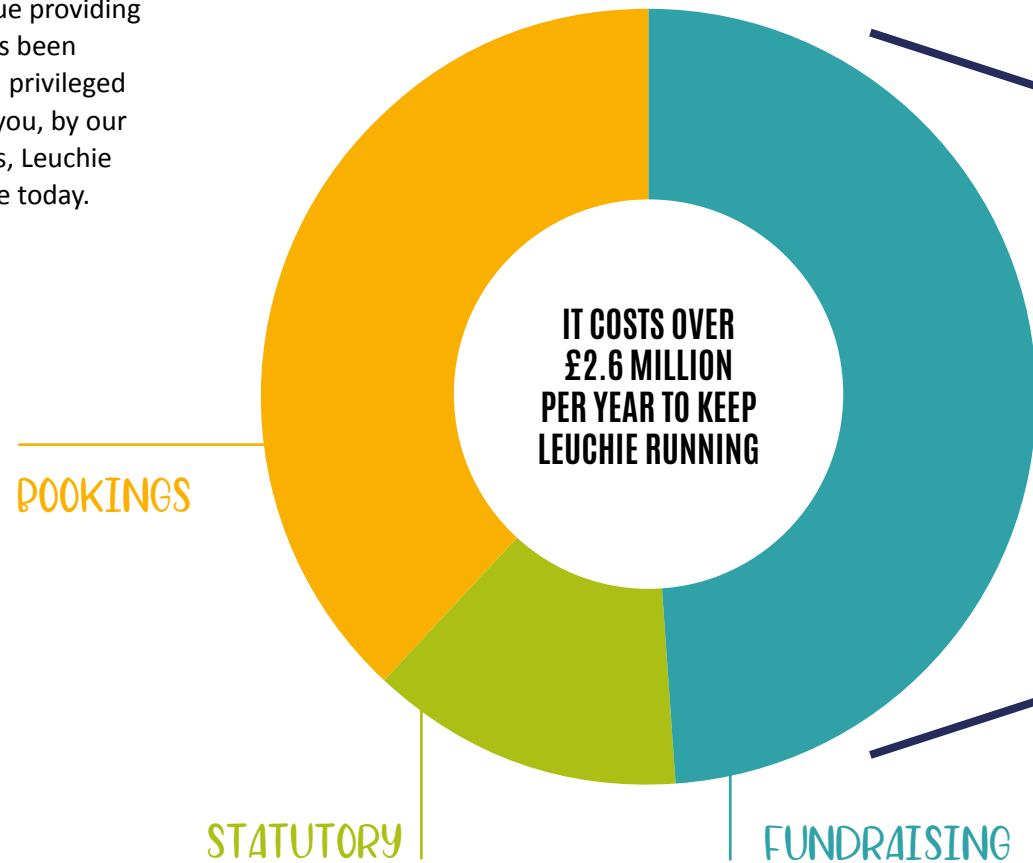
🌟 I've been having trouble operating my phone so Kevan explained how to access it through voice command. I can now put the TV on with my voice. It's made things much easier for me and it's exactly what I needed! 🌟

YOUR SUPPORT

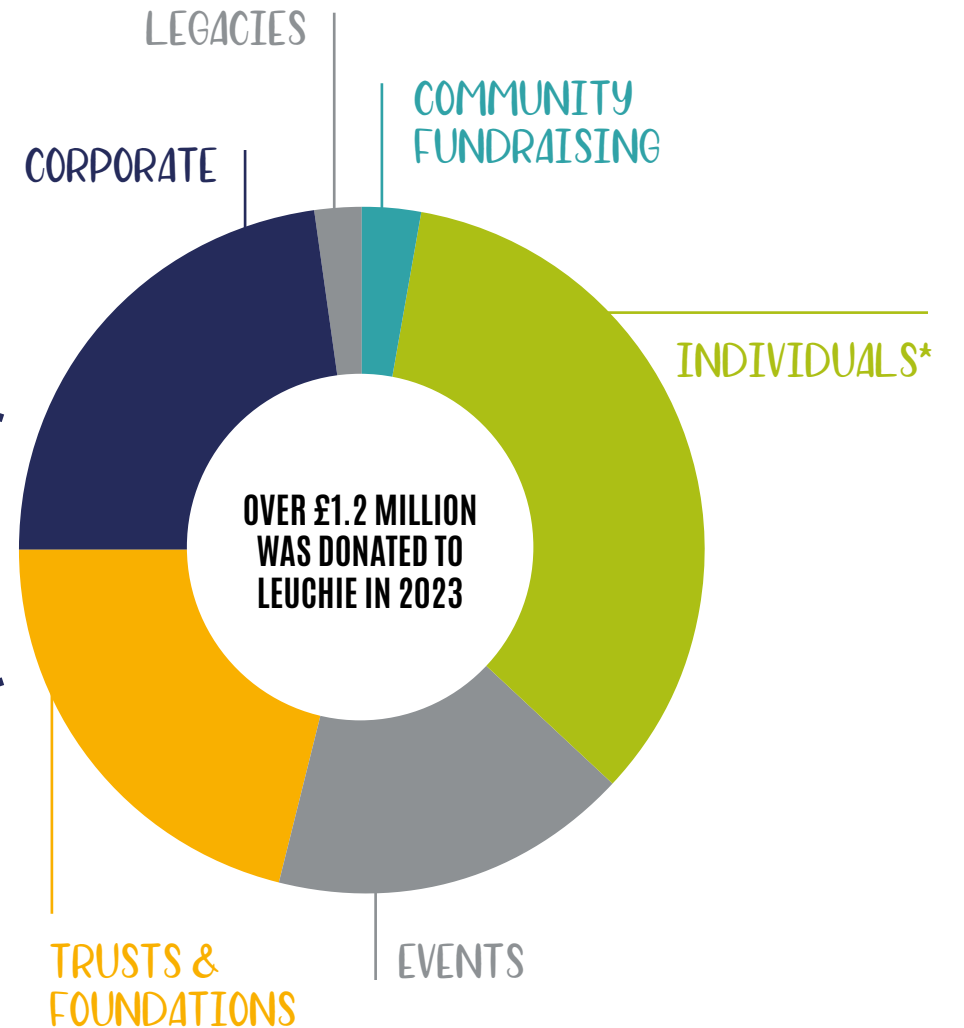
2023 has been a busy and exciting year, but it has also been challenging. The cost to run Leuchie has continued to rise and our determination to continue providing our essential services has been tested but we have been privileged to have supporters, like you, by our side. Without our donors, Leuchie simply would not be here today.

THANK YOU.

2023 INCOME



Leuchie is such an amazing place and a terrific cause to support.



*includes £65,000 of Gift Aid

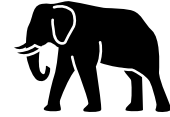
INVESTING IN IMPACT

Responsibly bold has become one of Leuchie's mantras as we grow and diversify our services, balancing the need for sustainability with our strategic ambitions to do more for more families living with a neurological condition.

Two of the organisations helping us to achieve this fine balance are **Stewart Investors** and **The Renaissance Club**. Both have invested in Leuchie in many ways over the years because they believe that by reimagining respite delivery, we can contribute to wider health and social care outcomes.

By investing in our innovative approach, which draws on the experiences of our guests and their families, involving them in the design of new ways of providing respite and services these organisations are helping Leuchie to have greater impact.

Our royal patron, HRH Princess Anne suggested at the launch of our strategy last year that businesses are accustomed to planning and investing confidently in their own strategic futures, and so should take the same multi-year approach to investing in the strategic aims of the charities they support.



Stewart Investors

STEWART INVESTORS

Stewart Investors has adopted a multi-year approach to supporting Leuchie. After making significant one-off donations over the course of several years, in 2023 Stewart investors pledged to invest in our long-term future by committing to a five-year unrestricted annual gift.

Leuchie is the living embodiment of the ideals we cherish, and that guide our thinking about investing for a better world. We are proud to be a keystone supporter of Leuchie, and we want others to join us. We'd welcome opportunities to discuss our support with any groups who may be considering Leuchie as a long-term partner.



RENAISSANCE CLUB

THE RENAISSANCE CLUB

Over the years, The Renaissance Club and its' membership have been tremendously supportive of Leuchie, regularly contributing donations through events such as the Scottish Open, sponsored challenges and our Big Hare Trail.

Since forming their own *Renaissance Club Charitable Foundation*, the Club has continued to contribute to strengthening Leuchie's ambitions and, helped us to raise awareness about our services as well as vital funds.

We, at the Renaissance Club Charitable Foundation, are pleased to support the great work Leuchie House performs in East Lothian. As a new member of the East Lothian community, we are committed to participating fully in ways that advance the charitable goals of the sponsors of the Genesis Scottish Open, including Genesis, DP World Tour, the PGA Tour and The Renaissance Club. We plan to continue our support for Leuchie and invite others to join us in supporting their commitment to providing life-improving opportunities for their guests and their families.

- Jerry Sarvadi, Founder, and John Sarvadi, CEO, The Renaissance Club
David Sarvadi, Chair, The Renaissance Club Charitable Foundation



EVERYONE WITH A NEUROLOGICAL CONDITION, AND
THE LOVED ONES WHO CARE FOR THEM, CAN ACCESS
THE RESPITE AND SUPPORT THEY NEED TO LIVE WELL
FROM PEOPLE AND SERVICES THEY CAN RELY ON.


Leuchie
THE NATIONAL RESPITE CHARITY
Reimagining Respite

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

Leuchie taking responsibility off my
shoulders for a week was priceless. 
- family carer