

Transform



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A year in numbers

2017 was another incredible 12 months at Leuchie House

In 2017 we were able to give more carers, families and people with long term conditions a break than ever before.



We provided
62,773
hours of nursing
and care support



We carried out
821 early
interventions
taking action to prevent potential
health issues from developing



We cared for
people with
over 35
long term conditions



Our team of
volunteers worked
4,000 hours



Shout out for respite

There are some important things happening in 2018 which could have a significant impact on access to respite care. At Leuchie House, we intend to do all we can to ensure the needs of people with long term conditions are brought to the fore and that more people are able to benefit from respite breaks.

New rights for carers

On 1 April the new Carers (Scotland) Act came into force. For the first time, this gives Scotland's army of 750,000 unpaid carers a legal right to have support if they need it. Importantly, this includes access to respite breaks. We'll be working with local authorities around the country to ensure they are aware of the support Leuchie can provide.

Helping combat loneliness

The Scottish Government has launched a consultation on a national strategy on loneliness and social isolation. We know that people with disabilities and their carers are among those at greatest risk. It is widely recognised that regular respite breaks can make an enormous difference in reducing their loneliness, and we'll ensure this is highlighted in Leuchie's response to the consultation.

More financial support for respite breaks

We know that affordability is the single greatest barrier to people being able to access respite breaks. Throughout 2018, we'll be exploring ways to make it easier for people to access the funding that is available, as well as looking at potential new sources of financial support.

Did you know?

1 in 3 unpaid carers in Scotland have not had a break away in 5 years



Staying together

A carer's perspective



Gary and Ann Marie



Full time carer Gary Bradley explains why respite breaks at Leuchie are a lifeline for both him and his partner Ann Marie, who has MS.

I think regular respite breaks at Leuchie House are priceless in the life of a couple dealing with the day-to-day struggles with MS, and the tough challenges it brings.

Everyone needs to have their own time. In every relationship you both need to have a chance to do your own thing. That's amplified when you are caring for someone round-the-clock.

Ann Marie and I had been together for three years when she was diagnosed with primary progressive MS in 2003.

I remember that at the time she told me that I didn't need to hang around. But she's the best girlfriend I've ever had. Of course I was going to stick around!

Over the next five years, her MS got progressively worse. First she had one stick, then two, then she used a wheelchair occasionally, then she needed to use a wheelchair permanently.

When she had to give up work, I carried on working part-time for a while. Then it came to the point when I knew that the best option was for me to stop working too so I could give Ann Marie the care she needed.

It can be hard work being a full time carer. Even during the night you've always got an ear tuned in, or you're up and down. But that's just the way it is and I know that Ann Marie really appreciates that I'm there for her.

For me, the hardest thing isn't providing the care. It's not being able to get out and about as much, and feeling that you can't put yourself first.

 We both get a chance
to recharge
and do our own thing 

Instead you have to ensure all your partner's needs are covered before you step out the door.

That's one of the reasons why coming to Leuchie since 2010 has been so important to us both.

Ann Marie's annual 11 night stay in May allows her to catch up with the many friends and staff she has met at Leuchie over the years. For me, it's time to unwind and spend time with friends at home, or to take the opportunity to travel around Scotland or further afield for a few days.

Recently I was able to sample the 'Leuchie experience' for myself, when Ann Marie and I took advantage of a carers-go-free offer. It was simply magical. As a keen amateur photographer, I just loved the grounds around the house and the various species of nature that can be seen on a regular basis. It was great to be able to use Leuchie as my base and head out to photograph on location around the East Lothian area. One day I even managed to enjoy the horse racing at Musselburgh. All this knowing that Ann Marie was being well looked after by the wonderful staff.

As a carer, life can be tough, hectic and there's very little 'me time'. Leuchie House fixes all that. I really believe Leuchie breaks are important for keeping relationships together. We both get a chance to recharge, do our own thing and feel ready to go back to the everyday once again.

Supporter spotlight

Inspiration in fundraising

We're always amazed by the lengths our supporters will go to fundraise for Leuchie House! Here are just two stories from last year that really touched our hearts.



Linda Gibb

Linda is the wife of our regular guest, Malcolm, and his main carer. She explains the difference Leuchie House has made to her and Malcolm's life since discovering our respite service for the first time:

"My nine friends and I have an annual girl's day out at Christmas and other special occasions, but as Malcolm's MS progressed any plans for overnight stays were no longer possible. I was always on edge and unable to relax, even just out for the day as Malcolm struggled at home alone.

"After reading about Leuchie House in a magazine, we decided to visit, and that changed so much for us. Malcolm is comfortable and well cared for at Leuchie and always makes friends and enjoys an outing or two. Knowing Malcolm is in safe hands has allowed me to join the 'girls' for a weekend away, which for the past six years has been a jaunt to Cardinet House in Lower Largo and us calling our group the Curdinet Cuties!

"The Cuties wanted to support Leuchie House as they witnessed how much it means to Malcolm and me to be able to relax for one weekend. We had a good laugh in our fancy dress doing the Supernova Kelpies 5k and raised £1,000 for Leuchie."

Did you know?



We fundraise to subsidise the cost of every Leuchie break by 46%

✦ The first visit to Leuchie changed so much for us. ✦



Kitty Walker

Microflight flights have become a popular adventure for Leuchie guests, so we were delighted when regular guest to Leuchie House, Kitty Walker, decided to use this challenge as an opportunity to fundraise.

Kitty stays at Leuchie for respite several times a year. Formerly a PE teacher, she was diagnosed with MS in 1983 and has now been a wheelchair user for over 20 years. Knowing the importance (and cost) of specialist equipment, she made it her goal to raise £3,000 to buy a new mobile hoist.

On the big day, the team from Leuchie House supported Kitty to transfer from her wheelchair into the tiny aircraft using a mobile hoist. Before she knew it, she was flying high above the East Lothian countryside and coastline. Landing back at the East of Scotland Microlight Centre, Kitty was elated, not only to have completed her challenge, but to have raised over £7,300, more than double the amount that she'd hoped for.

“It was an amazing experience. I'm so glad to have been able to do this for Leuchie House. To me Leuchie is the best place on earth. It's the one place I can come that has all the care and the equipment that I need to be able to have a holiday. It gives both me and my primary carer, Jan, a break from one another and a chance to fully recharge our batteries.”

 Leuchie is the
one place I can come
that has everything
I need to have a holiday. 



Meet the team

Generally speaking...



Liz Martin gives us an insight into her job as a General Assistant at Leuchie

How would you describe your role?

It's mainly about supporting guests at breakfast and dinner times. On the morning shift, I make sure every guest gets the support they need to have breakfast, and that their day gets off to a great start. It's really important to us that there's a relaxed, friendly ambience in the dining room.

I work one evening shift weekly too, helping with the evening meal, then clearing the dining room and setting up for breakfast the next day. After that we move through to the guest lounges and help out with the evening entertainment. It's always great fun to play a part in helping guests enjoy themselves!

How do you make sure each guest gets the meal-time support they need?

Every fortnight, up to 23 new guests arrive at Leuchie for a break. They all have different dietary needs and preferences, require varying levels of support, and have a wide range of long term conditions.

Everyone is different so it's really important to be led by the guests themselves. Even if someone has limited communication, you can usually always find a way you can help them to let you know what they'd like.

I go through the menu with each guest at the start of their holiday, finding out what they like to eat. If there's something specific they love that isn't on the menu, I'll speak to Margaret,

our catering manager, and we'll do our best to get it for them. I'm always happy to pop into the supermarket on the way home if necessary!

At Leuchie, every member of staff is involved in helping guests have the best respite break experience possible. What do you think makes a difference?

It's all the little things you can do that often make such a difference to people.

If we've found out someone has a favourite food, we'll try and make sure it's available the next time they come to stay.

One of our regular guests loves to play Scrabble but has no one at home to play with. So when he comes to Leuchie, I try to pop in after work for a game of Scrabble and a chat.

I also bring my dog, Bunty, in to Leuchie for a visit if I know that one of our guests loves dogs. So many guests are dog lovers but aren't in a position to own one. If I can make their day by giving them a chance to spend some time with mine, that's a great feeling.

What do you get out of working at Leuchie?

I get to meet so many interesting people! When guests come to Leuchie for the first time they can be anxious, so I really enjoy helping to get everyone chatting, then seeing their friendships grow during their break.

There's a real team spirit at Leuchie too which makes the job very enjoyable.

And I can also honestly say I get more laughs here than anywhere else!



Future of Leuchie

The Leuchie Forever Fund

I am honoured to have recently joined Leuchie House as the Chair of the Leuchie Forever Fund.

The mission of the Leuchie Forever Fund is simple – to ensure Leuchie House is here forever, supporting future generations of people living with a long term condition and their carers to have access to respite.

The reality is that Leuchie House remains vulnerable. Despite heroic efforts by its staff, supporters and volunteers, it has not yet built up a level of reserves that would see it withstand unforeseen financial pressure in the future. This leaves Leuchie little room for error as it sets out to raise the £2 million pounds needed to keep its doors open year after year.

Over the next five years, the Trustees of the Leuchie Forever Fund aim to raise a minimum of £2 million, over and above the charity's annual booking and fundraising revenue. This will be invested in the fabric and development of the facilities at Leuchie House to make the charity self-sustaining. These funds will be ring-fenced to ensure that Leuchie's essential work is protected for many years to come.

Each of you, our guests and supporters, are doing an amazing job to support people TODAY and we don't want to change that.

But for those of you who are as passionate as we are about ensuring the future of respite at Leuchie House, would you consider leaving a gift in your will to the Leuchie Forever Fund?

Leaving a legacy is one of the most valuable and lasting ways you can support the work of Leuchie

House. It costs nothing during your lifetime, but even a small contribution will have a real impact on people living with a long term condition and their carers for years to come.

£ 364 pays for a full night of respite for a guest

£ 5,000 would help us fund the specialist equipment we use to care for our guests, such as slings, air mattresses and hoists

£ 32,000 ensures we're able to continue offering high quality 24 hour nursing care by funding one of our nurse's salaries for an entire year

If you'd like to help us in this special way, please notify your solicitor. It's easier than you think. They will only need our charity name, address and registered charity number, so we suggest the following wording:

I give £XX or XX% of my estate to Leuchie House, registered charity number in Scotland SC046234, for its Leuchie Forever Fund.

If you'd like to find out more about the Leuchie Forever Fund and how you can support our efforts to ensure the future of Leuchie House, please feel free to drop me a line. I'd love to hear from you and appreciate you considering our appeal for support.

Bob Brannan,
Chair, The Leuchie Forever Fund



Together... we can make a difference



Make a donation

Online

Visit www.leuchiehouse.org.uk and click on the *donate now* arrow on the right hand side

By text

Text **LHNB05 £5** to 70070 to donate £5 to Leuchie House

By cheque

Make cheques payable to Leuchie House and send to Leuchie House, North Berwick EH39 5NT

Join our volunteer team

We're always looking for volunteers to help with everything from assisting at mealtime, gardening, activities and even for admin, bucket collections and event support. Please call **01620 892864** or email enquiries@leuchiehouse.org.uk for more information.

Spread the word

You can help us hugely by raising awareness about Leuchie House and the work we do. By following us on social media and sharing the charity's news, you'll help us to raise awareness of the importance of respite breaks. Like us on Facebook, follow us on Twitter or connect to us on LinkedIn.

Fundraise

Fundraising can take the form of so many activities from cake sales and quiz nights, to challenging yourself to run, walk, wheel... or even skydive!



92p in **£1**
every

we raise goes directly towards delivering Leuchie's services

Leuchie House, North Berwick, East Lothian, EH39 5NT

Call 01620 892864

Email enquiries@leuchiehouse.org.uk

Online www.leuchiehouse.org.uk



 **leuchie** HOUSE
NATIONAL RESPITE CENTRE

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