



 Transform

Your support | Changing lives

ISSUE 07

Thanks to your support, in 2022 so far...



to
218
guests &
carers

Caring

Our volunteers worked over



to support the work Leuchie does

We provided over



34,559 hours

of nursing and care support

Beyond the break

Over

600 hours

of digital support
& assistive tech
provided to



guests to improve

self-management at home

Entertainment



Guests have enjoyed
more than



150 outings

Investing in the future



Full refurbishment

of the inner hall and stairwell



A new accessible patio area

for the lower ground floor bedrooms

The therapy team
have carried out



445

interventions to
support the health
of our guests,

encouraging & enhancing ongoing
symptom management & ensuring
equipment is appropriate and in
good working order

A message from the Chief Executive



When I first introduced myself to you in *Transform* in 2019, I shared my excitement about our plans to invest in Leuchie and the future of our guests and their carers. We have come a long way despite

troubling times, finding innovative ways to maximise our guests' independence at Leuchie and support them and their families long after they return home.

Our vision, to have long-term impact beyond a break, is realised in several ways; our digital skills team continues to find new enabling technologies to assist guests to do more for themselves at home and, earlier this year, we were fortunate to receive two Virtual Reality headsets donated by a supporter in memory of her cousin, William. The VR headsets have been a real hit with our guests, with one of them commenting "I could do this all day!"

Our nursing, care and therapy teams assess our guests while on holiday at Leuchie and give them the tools and advice to better manage their condition. It is unsurprising then, that what I hear most from guests is that it's the team makes Leuchie such a special place. I am so fortunate to work with such dedicated, enthusiastic and caring individuals, terrific volunteers and our loyal supporters.

2022 has been filled with excitement! Earlier this year, Leuchie received not one, but two awards at the Scottish Charity Awards: *Campaign of the year* and *the Digital Citizen award*.

Our success continued with our annual Ascot event, kindly hosted by Prestonfield House this year, raising a whopping £88,520 – an incredible amount which will have a huge impact! Read more on page 13.

Speaking of events, it was a real privilege to welcome our Patron, HRH Princess Anne, back to Leuchie in July to mark our 11th birthday as an independent charity and humbling to hear her speak of the "magic" Leuchie provides to our guests and their carers. You can read more about this on page 9.

We are also very pleased to have partnered with top Scottish law firm, Brodies LLP who recently hosted an informative event for guests at Leuchie, explaining the importance of 'getting your house in order' and the benefits of legacy giving, with an energetic Q&A session at the end. They will be hosting another event at Leuchie for our supporters soon.

Everything you read in this issue has been made possible because of you, our donors. As we emerge from COVID, our organisation will be confronted with demands more challenging to our financial sustainability than COVID ever was. Thank you for staying with us to help us weather this new storm and be relied on to meet the desperate need faced by so many people across Scotland. You are a critical part of Leuchie's amazing history and key to our future and I hope you feel inspired to continue with us on this journey for many more years.

Mark Bevan

Our supporters are part of Leuchie's history and key to our future.



Trusts and Foundations help Leuchie win digital accolade

Leuchie was thrilled to receive the Digital Citizen prize at the 2022 Scottish Charity Awards in June. This recognises our progress in establishing the new Centre for Enabling Technology at Leuchie.

Building on learnings over the last three years, Leuchie's guests have benefited from opportunities to trial a variety of enabling technologies at Leuchie, many of which can be life-changing when used at home. This readily available, mass-market technology, coupled with intelligent sensors and switches can help to maintain or increase independence for our guests. Even simple tasks such as changing the tv channel or switching lights on and off has the added benefit of releasing carers from some of their responsibilities.

During a stay, guests get to try out the assistive technology in our state-of-the-art Smart flat. Smart technology is also installed in every bedroom at Leuchie. The Smart technology operates using the Amazon Alexa Smart speaker and guests control their environment using their voice. Alternatives are also available for people who cannot use voice control, to ensure this is accessible to all guests who wish to try.

We are also very excited to have been shortlisted for the **2022 Digital Innovator Self-Management Award**. The winner will be announced on 28 September 2022.

75%

OF OUR GUESTS HAVE
ACCESSED HELP FROM
OUR DIGITAL TEAM

During one 11 night holiday our digital team assisted guests by:

- ✓ setting up a new mini-iPad to link to a phone
- ✓ setting up voice control and Siri to control a phone
- ✓ sourcing accessories to help guests use technology comfortably
- ✓ setting up library audio book account and app
- ✓ setting them up on the Motomed bike while using the VR headset
- ✓ adjusting phone settings for voice control use
- ✓ discussing data privacy and security concerns with a guest
- ✓ setting up an email account on a phone
- ✓ demonstrating features of Echo Show (Alexa with screen)

This is absolutely wonderful, I really can't thank you enough for sending all this detail to me, which offers a very comprehensive look at the best ways forward for Mum.

Carer



The support we have had from several Trusts and Foundations over the last three years has been vital to enable our guests to trial off-the-shelf technology. Winning awards for our work highlight the positive impact Smart Technology has on both the neurological and wider communities. 🌱

Elizabeth McDowell, Joint Head of Enabling Technology

Transforming lives

Regular guest, Alison, took on six unique activities at Leuchie to celebrate her 60th birthday while on holiday here in August. She told us that it was the best holiday she'd ever had!

I live with my husband Kenny in the Scottish Borders and we're lucky that our son, Alistair, lives just around the corner! Hawick has been my home since I was born and it's a wonderful community to be involved in.

I was born with a 'right side defect' but I was so lucky to be brought up in a supportive family, so it didn't stop me from doing all the things I wanted to. I especially enjoyed being a Girls Brigade Captain for several years. I had no idea that, many years later I would face my biggest challenge yet, when I was diagnosed with MS.

In 1979, I started working at Turnbull the Dyers and ten years later, our wonderful son Alistair was born. I then went to college to study medical administration and, after qualifying, started as company administrator at Waverley House, which I thoroughly enjoyed.

As settled as I was, a few years later life was to change considerably. My strongest memory of that time was when I was helping at a local pantomime and I was really struggling to walk. But it wasn't until I started to fall quite frequently that I knew something wasn't right. I had a few friends with MS, so I knew the signs. In 2011, when I was 48, I was finally diagnosed.

Over time, my health and mobility deteriorated, and I came to rely more heavily on Kenny. It was a difficult time and a huge adjustment, but I knew I had to learn how to restructure my days and live with MS as best I could.

My social worker told me about Leuchie. It seemed like a good opportunity to give Kenny a break while I had a holiday. **The reality of Leuchie was so much more than I could have ever expected.** It's a tremendous place with staff who pay attention to every detail. I've had a real laugh every time I have been there.

It's important to me to have a routine and Leuchie really helps with this. My last break was especially busy because I did a birthday challenge to raise money for Leuchie. I was knackered (in the best way) and cannot wait for my next holiday!

MS has undoubtedly had a huge impact on my family, but thankfully, with Kenny being so good with me, we've come through some tough times – I have a lot to thank him for.

My breaks at Leuchie are essential because they help alleviate any stress Kenny may be feeling so he can concentrate more on being my husband than my carer. Thank you to everyone who supports Leuchie House. It is such a special place and vital for many families like mine.

I knew I had to learn how to restructure my days and live with MS as best I could.



Alison's 6 for 60[🌟] Birthday fundraiser

ALISON COMPLETED 6 UNIQUE ACTIVITIES:

2 x exercise challenges, a baking challenge in the new accessible kitchen, 2 x virtual reality challenges and 60 laps of the Woodland Walkway in the beautiful grounds.





The visit was a marvellous occasion, and we sincerely thank HRH for her time and continued support for Leuchie. 🌱

Mark Bevan, CEO



A Royal Event

Leuchie celebrated its 11th birthday in style this year, with a special visit from our Patron, HRH The Princess Royal.

On arrival at Leuchie House, Her Royal Highness was treated to a warm, Scottish welcome from piper Sam Thomas, 14, from North Berwick High School, while being greeted by Lord-Lieutenant of East Lothian Roderick Urquhart, Deputy Lord-Lieutenant and Leuchie estate owner Sir Hew Dalrymple, former Chair of the Leuchie Forever Fund Sophie Tulloch, and Leuchie House CEO Mark Bevan.

She praised the innovative developments that have taken place over the past couple of years to increase independence for our guests, as well as give them opportunities to learn at Leuchie and take these learnings home with them. She was particularly impressed with the introduction of enabling technology across the house and bedrooms and the installation of the new central lift.

During her tour she met Leuchie Patron, Gavin Hastings OBE, many of our team, as well as guests and carers staying with us at the time.



The Princess Royal enjoyed an exhibition of paintings by local artist Ali Blevins and presented an 'Outstanding Service Award' to our Head of Care, Emma Jenson, in recognition of fifteen years' nursing at Leuchie.

Guest, Barbara Dalziel, then took part in a demonstration of some of the latest enabling technology at Leuchie in one of our SMART bedrooms, after which The Princess Royal met some of our supporters, volunteers, staff, our Leuchie and Leuchie Forever Fund trustees in a marquee in the grounds.

It was a wonderful occasion for all in attendance and we look forward to welcoming HRH The Princess Royal back to Leuchie in the future.



Your legacy – a lifeline

Gifts in Wills are hugely valuable to Leuchie. Along with donations, they help us to deliver specialist care to the families who benefit so much from a Leuchie break.

Thank you to our legacy pledgers who have chosen to support us in this way, knowing that it will have a direct impact on a place special to them.

Like other charities, Leuchie is increasing awareness about the value of legacy giving – even just 1% of your estate left to Leuchie once you've looked after your loved ones will make a big difference to what we can achieve for our guests and their families now and in the future.

We are delighted to have partnered with top Scottish law firm, Brodies LLP who are offering free informative events for our guests, carers and supporters, where they cover topics such as estate planning, power of attorney and legacy giving.

On 31 August, guests enjoyed a cuppa, cake and questions with two Brodies solicitors, Caitlin and Victoria. One guest commented after the event “I am definitely away to get my affairs in order now!”

We plan to run a series of these events for our supporters. If you are interested, please contact us on fundraising@leuchiehouse.org.uk

Brodies LLP are offering a 10% discount on Wills and powers of attorney to supporters of Leuchie House. Contact Victoria at victoria.zeybek@brodies.com for more information.



Leuchie has been a lifesaver for me.

The number of charitable estates in Scotland has

**increased
by 27%**

over the past two decades



**47 people in
scotland**

write a gift to charity in
their will each week

Around

**500 Scottish
charities**

are named in Wills each year &

64% of those are
small charities

Figures collected from Smee & Ford
and Legacy Foresight in 2021

You can find out more about leaving a legacy to Leuchie by scanning this QR code



Did you know a legacy gift to charity is not subject to inheritance tax, meaning the charity receives the full amount of the donation and can help reduce the amount of inheritance tax you pay on the remaining value of your estate.





The Big Ascot Bash

Leuchie's Big Ascot Bash returned in style on 16 June this year and, for the first time, was held at the stunning Prestonfield House.

An incredible £88,520 was raised and we'd like to thank everyone who was involved. That amount will enable Leuchie to provide 400 nights of essential respite care to families from all over Scotland!

Huge thanks to our venue and headline sponsor, Prestonfield House and to our MC, Christopher Biggins who did a fab job. Grant Stott was our wonderful auctioneer on the night and treated us to a memorable (sponsored) rendition of 'That's Fife'!

A further mention to our regular guest, Iain Elder who shared his powerful story of living with MS and why Leuchie is so important for him and his family.

And, last but not least, a big thank you to all our prize donors, sponsors and our amazing supporters.

PRESTONFIELD

PRESTONFIELD HOUSE EDINBURGH

LUTH
ASSOCIATES

No.12
HOTEL & BISTRO

WHITEKIRK HILL
EAT • PLAY • CHILL • STAY



Join us next year

**THE BIG
ASCOT
BASH**

22 JUNE 2023

BOOK HERE!



*I thoroughly enjoyed myself and met some really lovely and interesting people.
What an amazing place Leuchie is.*

Leuchie's Legends

In 2022 our fundraisers went to even greater lengths to raise money for Leuchie, so that our guests can enjoy a holiday here while their carers get a chance to rest and recharge. We are wowed by the creativity and energy of our many amazing fundraisers. Thank you to all our 'Leuchie Legends'.



With special thanks to **Martin Irons** and the **50 hashers** who donned red dresses and ran The Red Dress Run 5k through Edinburgh Festival crowds to raise £600 for Leuchie!

Mark McLaughlan, along with the **Waterside Bistro** donated £75 to Leuchie from their Haddington Festival collection pot. Thank you!



Claire Moffat, wife to regular guest Robert, organised and hosted the Big Breakfast Takeaway at her home in July, raising over £300!



Chris Chapman has been at it again, completing the Yorkshire 3 Peaks Challenge – a 24 mile route with 1600m of ascent in 9 hours 21 minutes and raising over £500!



The **Glasgow Warriors** took on the Hold Fast ELITE challenge, raising £440 for Leuchie so far. Special thanks to **Rob Hinton, Meg Maitland & Kingsley Plastics Ltd** for their support.



Thank you to our Kiltwalkers who took on the challenge in memory of much-loved mother, friend and Leuchie guest Anne Kydd. **Moira** and **Claire**, and our youngest fundraisers, **Thomas** and **Mary Ann**, completed the Aberdeen and Dundee Kiltwalks, raising £1965 including a 50% top up from the Hunter Foundation!

Anne's daughter, **Debz**, completed the Dundee Kiltwalk and has one more to go in September. She has already raised £630.



Gena Douglas and **Linda Pepper** canoed 60 miles between Inverness & Fort William, including five nights of wild camping, raising over £3,000 as a tribute to their friend and former Leuchie guest Wendy Howarth, who passed away in 2020.

Supporter spotlight

'Splashing into 60' Challenge

Guest, Iain Elder took on the rapids of the River Tay along with Leah, Lynsey and Terry from Leuchie, raising over £2000!

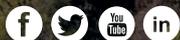
Thanks to **the Walk with Scott Foundation, North Berwick Trust, Sparewheels, the Arnold Clark Community Fund** and the **Bruce Wake Fund**, who all contributed to top up the funds so that Iain could secure two Trishaw bikes for guests from Cycling Without Age. The bikes will have a permanent home at Leuchie, enabling guests to tour the estate whilst on holiday here.



We wish we could highlight all our amazing supporters here. If you don't feature, please know we truly value all you do for Leuchie.



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

Support Leuchie's work by attending an event, becoming a sponsor or taking part in a sponsored challenge. If you would like any more information, contact Kirsty kbaldo@leuchiehouse.org.uk

Leuchie events for your diary



An Afternoon of Bridge & Tea
Leuchie House
11 November



Leuchie Long Lunch
Prestonfield House
25 November



Leuchie Christmas Market
The Mart in East Linton
3 & 4 December



The Big Ascot Bash
Prestonfield House
22 June 2023

Take part in a 2023 sponsored event



www.thekiltwalk.co.uk
(Funds raised topped up by 50% by The Hunter Foundation)



www.edinburghmarathon.com
(junior 2k & 5k and adult 5k, 10k, half & full marathon)



www.scottish10k.com/10k