



# Transform

Your support | Changing lives

ISSUE 08

# A message from the Chief Executive



As summer draws to a close, many of us will feel renewed after time spent visiting friends, trips away with our loved ones and simply getting

out and about in the warmer weather. For many of our guests and their families, summer will have been much quieter, because the realities of living with and caring for someone with a neurological condition, means much of the hustle and bustle of life is restricted by care routines.

The impact of isolation, loneliness and reduced social opportunity is known to contribute to poorer mental health and wellbeing. That is why, in addition to providing a break for families and carers and a change of scenery for guests, we work hard at Leuchie to attend to their wellbeing by providing a social experience, human warmth and friendship.

We continually invest in new and imaginative activities to create opportunities for guests to fully engage with one another, and we are grateful to the North Berwick Trust for recently supporting us with a grant for our guest activities programme, which you can read more about on page 6. It is a joy to witness guests meeting one another for the first time, finding a shared experience and mutual connection which often leads to a lifetime support network.

We are using advances in technology to support our guests' long-term independence, and our team of nurses, physiotherapists and occupational therapists offer services and referrals to help guests identify health concerns before they become an issue and better manage their condition, saving the NHS money.

Health care support at Leuchie is essential, but the social experience during a break is a vital part too. Our East Lothian location is one of the top reasons guests so enjoy a holiday here. Being in the countryside is a great advantage, as guests can participate in outdoor trips in and around the grounds in the company of others, which is critical for mental and physical health, particularly for those with limited access to outdoor space at home.

We're delighted to have recently been gifted an all-terrain power wheelchair from a generous family so guests can now access the popular John Muir Way nearby. These opportunities are important for Leuchie's guests, as Isobel tells us on page 4, *"The complete package of great care, fun activities and wellbeing support are wonderful and provided in abundance. My breaks leave me feeling happy and refreshed."*

The broad services we provide would not be possible without our supporters, volunteers and amazing team and we want to celebrate the impact you all make in the pages that follow. Thank you.

A handwritten signature in blue ink, appearing to read 'M Bevan'.

**Mark Bevan**  
Leuchie CEO



"I've learnt a lot from other guests – tips and tricks to manage symptoms or make life a bit easier."

- Guest



"When David returns from Leuchie, he is physically rejuvenated, his mindset is recharged, and he is much more positive."

- Guest's wife & carer



"The staff, other guests and carers feel like an extended family!"

- Guest



"Leuchie lifted so many of the barriers my mum experiences because of MS, like getting her out for a pub lunch and the Therapies she enjoyed."

- Guest's daughter & carer



"Leuchie helps you focus on what you can do, instead of fixating on what you can't."

- Guest

# Transforming lives

**Regular guest, Isobel, has been coming to Leuchie on holiday for several years and is a great supporter of the charity. She has a regular direct debit set up and has generously made a provision for Leuchie in her Will. Isobel tells us what Leuchie means to her and why she believes it is an important cause for her to support.**

I have spina bifida and have been paralysed from the waist down since birth. I am also blind in my left eye and only have peripheral vision in my right eye. This means I find it difficult to recognise people or see detail. As a wheelchair user, my ability to get out and about isn't easy.

I am lucky enough to have carers come in to help me get up and to go to bed, as well as preparing my meals and looking after my personal care. My sister, Frances, lives nearby so she does all my shopping, personal administration and all my health appointments. My brother, Ross, also helps with many of the administrative tasks I cannot manage on my own.

I am so fortunate to have my brother and sister around, but being so confined to my house isn't easy, so I really look forward to my breaks at Leuchie in a beautiful location with lots to enjoy. After researching respite options, Frances found Leuchie and it seemed the perfect fit for me, so I decided to go!

**My holidays at Leuchie are truly memorable. The complete package of great care, fun activities and wellbeing support are wonderful and provided in abundance.** My breaks leave me feeling happy and refreshed. I try to come at least three times a year if I can.

I know that Leuchie is a charity and needs to raise a lot of money each year to keep providing this essential and broad service to guests, like me, and their families. That is why I decided to do my small part by setting up a direct debit donation, because it all adds up! I also decided to put Leuchie in my Will because, once I have looked after my family, it feels like a simple thing to do that will have an enormous impact on those who benefit from all that Leuchie offers. It's up to us to make sure Leuchie is here for those who need it now and in the future.

Anyone who has been on holiday there knows what a special and unique place Leuchie is. My holidays there have changed me completely and for that I am deeply grateful, and this is how I choose to give back.

*My holidays there have changed me completely and for that I am deeply grateful, and this is how I choose to give back.*





# North Berwick Trust



*There's always something to look forward to and to look back happily on.*

These words, from one of Leuchie's regular guests, epitomise what makes a holiday here so unique. Beyond the 24-hour person-centred care and focus on the physical wellbeing of the guests who come to Leuchie, the social experience is an essential part of every stay. This gives guests an opportunity to make lifelong friendships and engage in activities, trips and entertainments they wouldn't normally have access to. For a person whose mobility is limited, the mental benefits of this can be life changing.

The North Berwick Trust has generously supported Leuchie over the years, enabling us to enhance our services in a variety of ways; from funding holidays for guests to an accessible vehicle and much more in between.

Most recently, the Trust awarded Leuchie's Guest Engagement Team with a grant to enrich the already brilliant entertainment, activities and trips on offer. This, in turn, benefits our local community, as the majority of business and performers we use are sourced in and around North Berwick and East Lothian.

The social calendar at Leuchie is important because the team are committed to getting to know guests, their interests and passions, to provide as enjoyable and as bespoke a stay as possible.

The Trust's backing means we are also able to support some of the more imaginative activities such as

enjoying microlight flights, visiting North Berwick's popular Fringe by the Sea festival, and the world-famous Edinburgh Military Tattoo. Offering our guests experiences like these is a priority for the Guest Engagement Team and one of the reasons Leuchie has so many repeat visitors.














Thank you to the North Berwick Trust for sharing our vision that people living with the effects of a neurological condition should not only receive the highest level of care when they come to Leuchie, but also have a memorable and fun-packed holiday that boosts mental and physical wellbeing long after they return home.







## Just a few of the recent activities on offer

-  games & quizzes
-  cinema, theatre, museum & garden trips
-  alpaca & pony visits
-  Gong relaxation practices with Jo McCoy
-  trishaw trips
-  cocktail making
-  live music
-  dance classes
-  accessible golf
-  themed nights
-  baking
-  gardening
-  trips to local restaurants and attractions



## The Big Ascot Bash

This year's guests enjoyed a fabulous day out and raised an amazing **£71,286!** A big thank you to our headline sponsor, Prestonfield House for their continued generosity in hosting and supporting The Big Ascot Bash again this year, so that every pound raised goes directly towards Leuchie's essential services.

Thank you to our MC, Natasha Raskin Sharp and special guest Christopher Biggins, who made it a day to remember, and to our race sponsors, **No12 Hotel & Bistro** and the **Event Collection** and **S.Luca** for the yummy ice cream to cool us all off after a lively auction!

A big thank you to our prize donors and table hosts and huge appreciation to Leuchie guest, Robert and his wife, Claire, who shared their story on the day to show us why Leuchie is so essential for families like theirs.

**PRESTONFIELD**  
PRESTONFIELD HOUSE EDINBURGH



It's not too early to reserve  
your table for next year,  
**Thursday 20th June!**

**THE BIG  
ASCOT  
BASH**

**SCAN HERE TO RECEIVE  
A £100 DISCOUNT  
IF BOOKED BEFORE  
JANUARY 2024**





# Leuchie Long Lunch

Leuchie's first ever 'Laughter and Leadership' themed lunch, held at Prestonfield House in November last year, was a huge hit! The outstanding **£124,886** raised through the Leuchie Forever Fund helps Leuchie venture into the future with confidence. It ensures we can continue providing respite breaks and other vital services to hundreds of families affected by neurological conditions such as multiple sclerosis, Parkinson's, motor neurone disease and the effects of stroke.

We are so grateful to everyone who joined us and to our host Natasha Raskin Sharp and inspirational guest speaker, Kenton Cool, who wowed guests with his gripping tales of summiting Everest.

Thank you also to our patron Gavin Hastings, magician Kevin Quantum and MC Hammersmith for entertaining us all and to the organising committee for their hard work! A big acknowledgement to our sponsors **PURE Spa & Beauty, Progeny, MBM** and **Hamilton Waste & Recycling**.

**PURE**  
Spa & Beauty

**progeny**

**MBM** ENTREPRENEURIAL  
BUSINESS LAWYERS

**Hamilton**  
Giving waste new life

Following the success of last year's event, we're delighted to be hosting Edinburgh's most dynamic and distinctly different business leaders' event in 2023.

**BOOK YOUR TABLE  
FOR FRIDAY 24  
NOVEMBER HERE**



## HUGE THANKS TO OUR PRIZE DONORS

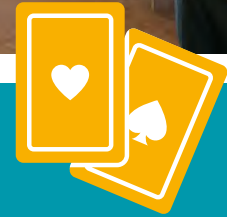
These events would not be such a success were it not for the amazing prizes donated to us. If you would like to donate something, please contact us on [fundraising@leuchie.org.uk](mailto:fundraising@leuchie.org.uk)

*I speak at several fundraisers each year but this one was a step up. The food was great, company a giggle and the cause simply amazing.*

Kenton Cool, Mountaineer & Adventurer

# Bridge Afternoon & Tea

We were delighted to again host Leuchie's Bridge Afternoon and Tea in March. The lovely atmosphere was matched by delicious cakes, sandwiches and scones provided by Leuchie's catering manager, Margaret and her team. A huge thank you to everyone involved, for making this event such a success, raising **over £3,000** for Leuchie. A special thanks to the Bridge Committee, Hilary, Jane, Ali and Jane as well as the numerous prize donors who gave so generously.



Save the date for the next Bridge Afternoon **3 November 2023** – email [angela@leuchie.org.uk](mailto:angela@leuchie.org.uk) if you are interested in attending.



# The Scottish Open Long Putt Challenge

A team of Leuchie volunteers and our corporate supporters, **McInroy & Wood** and **Hampden & Co**, joined the Pennypit Development Trust at the Genesis Scottish Open this year to encourage people to take part in the epic 'Long Putt Challenge'! Thanks to everyone who got involved and a special thanks to **The Renaissance Club Charitable Foundation** for once again supporting Leuchie with a share of the money raised.





Our surprise guest!



# Hops in the Garden

Our 4th Hops in the Garden festival was a smashing success in the sun! Thank you to everyone who joined us for this fun-filled day.

We were treated to brilliant musical talent, delicious food, beautiful September sunshine with good company in a wonderful venue. Who could ask for more? With the help of our supporters, the event raised **over £7,000** for Leuchie.

We are so grateful to Simon Paterson-Brown for pulling this all together having successfully led Hops in the Garden four times and to our 'surprise guest', Jim McTaggart, who wowed spectators with an impressive fly over acrobatic air display.

Big thanks to all our volunteers on the day, including our long-term supporters, the Bass Rock Community Group, who helped with the car parking.

Of course huge thanks goes to the Duke of Hamilton and our generous sponsors **Archerfield Walled Garden**, **The Castle Inn** and **Tiger Building Products**.

If you would like to receive notification for this event in future, or to be a part of the day, please email [angela@leuchie.org.uk](mailto:angela@leuchie.org.uk)



## Thanks to the performers:

- 🌟 ELJam Young Band's (Red Raven, Room 27 & Gaslight)
- 🌟 North Berwick Pipe Band
- 🌟 The North Berwick Gospel Choir
- 🌟 Freedom and Form Dance Training
- 🌟 The Really Terrible Orchestra
- 🌟 Esk Valley Swing Band
- 🌟 Keyvan Toghyan
- 🌟 Lilla Krueger
- 🌟 Rhys Heaven Music
- 🌟 The Prov Johnstone Band

# Leuchie's Legends

In 2022/23, our fundraisers sang, ran, dipped, shaved, dressed up, painted and took on an array of creative challenges to raise funds for Leuchie and benefit the people and families who rely on us.

The **Edinburgh Hash House Harriers** took part in the Red Dress Run, looking fab in their fancy dress and raising £600 for us!



Guest, **Iain**, fundraises for us so much, he should have his own feature! This time, he took to the razor with a sponsored shave, and it all came 'aff! "Head" on over to our Facebook page to see the full vid.



**Christine McCulloch** organised her own 50k in May raising nearly £200 for Leuchie!



A big thank you to **Vik McDonald** and her 'Bootcamp Babes' who completed the Holdfast Challenge earlier this year, raising over £500 for Leuchie.



It's a family affair, **Callum and Paul Devine** both fundraised in support of Leuchie – Callum with his running legs in the Edinburgh Marathon and Paul with his musical talents at the Nether Abbey's New Years Eve fundraiser, together raising over £2000!



Leuchie is fortunate to be Copper Grey Developments' charity of the year! As part of this, **Elliot, Daniel, Jamie, Scott and Jen** took part in the EMF and raised £2623.50 for Leuchie.





Thank you to our wonderful friend and supporter **Ali Plevins**, who in December, held the *Shoogly Art Show* in North Berwick, and donated an amazing £732.70 from her proceeds!

**Chris Lockett** has done it again! This time raising £3,364 for Leuchie by cycling 366 miles in 24 -hour hours. *“What a phenomenal experience - many highs and lows, but a few hours of suffering is nothing compared to the work done by the amazing team at Leuchie.”*



Marvellous **Martha** and her six-year-old, **Darragh** took on a 5K and fun run to raise over £300 for Leuchie. *“I was inspired to raise money for Leuchie because a gentleman I support had his first holiday there in April and had a fab time and told me how much he and others benefit from the service.”*

Our dedicated volunteer, **Eddie**, who is also the North Berwick Pipe Major, put down the pipes and braved the waves on New Year’s day, raising over £1000 for Leuchie.



## staff in the spotlight



**Jo**, our Bookings Manager, took on an epic challenge with her friend **Paola** to raise vital funds for Leuchie. Starting at 5.30am, completing 72 holes of golf and walking 25 miles in one day, they raised an INCREDIBLE £6181.

**Gillian** is one of Leuchie’s devoted Senior Care Assistants and, as a keen rugby fan, decided to do the Rob Burrows Leeds Marathon to raise funds for a new shower chair for Leuchie’s guests. She raised an incredible £1618 and the shower chair is now in situ!







## Scotland's **GARDENS** Scheme

Four private gardens across East Lothian opened to the public this year to help raise funds for Leuchie as part of Scotland's Gardens Scheme. 60% of the funds raised are donated to support Leuchie's services and other nominated charities with the remaining 40% going to the Scheme itself and to its chosen three core beneficiaries. Over £3000 has already been gifted to Leuchie this year.

Huge thanks to **Papple Steading, Bowerhouse, A Backbird Sings** and **Greywalls Hotel & Chez Roux** for generously supporting us in this way.



# Leuchie's new free Wills service

Many of the guests who come here refer to Leuchie as a 'family' and a place where many fond memories are made. We pride ourselves on this reputation and also understand that this is a reason some will choose to make a provision for Leuchie in their Will. We are tremendously grateful to have received over £20,000 from legacy gifts over 2022 and 2023 already and we want to take this opportunity to thank all those who have already pledged a legacy gift to us.

The value of legacy gifts to charity in Scotland is growing rapidly and we are keen to ensure our supporters understand that Leuchie relies on legacy gifts to help sustain its future and that of the families we support.

As part of this, Leuchie is now offering a service for our friends to **write a simple Will free of charge**, using top solicitors in Scotland, Brodies LLP's digital service, **Wills by Brodies**.

You can follow this simple process to get your Will written for free and, if you choose to, you can support Leuchie or another charity by leaving a gift in your Will once you have made provision for your loved ones (although there is, of course, no obligation to do so).

**Brodies LLP have also kindly offered Leuchie's friends a 10% discount on traditional Wills and updates to Wills. Email [legacies@leuchie.org.uk](mailto:legacies@leuchie.org.uk) or call 01620 892 864 to find out more.**



**Wills**  
by Brodies.

Gifts in  
Wills to charities in  
Scotland are estimated  
to raise more than  
**£90 million**  
a year

**START YOUR  
FREE WILL**



*Leuchie means so much to those who go there,  
so I know my legacy gift will make a difference.*



**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.**

## Fundraising Team



Left to right: Matt, Iain, Jackie,  
Angela, Claudia, Lana

*While putting together this latest issue, we were again inspired by our supporters' creativity and tenacity in raising or donating the funds to help Leuchie provide essential services to our guests, their families and carers. We say it time and time again - Leuchie simply wouldn't be here without you, so a huge thank you from all of us for giving us such rewarding work to wake up to every day.*

Lana Bambridge  
Director of Fundraising and  
Communications



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