



Transform

Your support | Changing lives

ISSUE 03

A message from the Chief Executive

It has been a privilege to spend the last nine months as Leuchie's Chief Executive, taking over from Mairi O'Keefe, who established Leuchie as an independent charity in 2011. Mairi's greatest gift to me has been to entrust me with the most dedicated staff, enthusiastic volunteers and committed supporters, without whom Leuchie could not exist.

It is clear that where Mairi succeeded in establishing the charity, my role is to support the team, volunteers and our guests by investing in and modernising Leuchie.

We sought the views of guests, staff, volunteers and the Care Inspectorate and, with the Board of Trustees, we put together an ambitious plan, perhaps too ambitious, but as they say, if you reach for the moon you may land among the stars!

We have been busy! We have installed new boilers and upgraded tired old bathrooms, creating state of the art wet-rooms. We have transformed shared bedrooms so guests can enjoy the privacy, space and comfort of their own room. We have discreetly wrapped ourselves in 5.5km of wiring, bringing super-fast broadband and 100% Wi-Fi coverage to the house. Guests can now keep in touch with loved ones and stream movies online, anywhere, any time. We have upgraded computers, emergency call and care planning systems.



It's out with old paper files and noisy buzzers and in with smart phone enabled care plans to keep everyone informed and to help our brilliant staff do their job as well as they would wish.

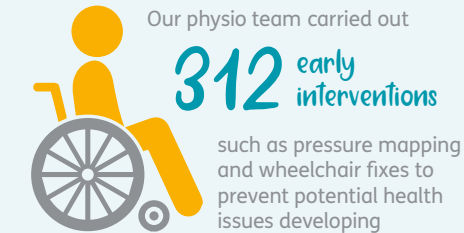
In July we had the great pleasure of our Royal Patron of the Leuchie Forever Fund, Princess Anne, welcoming supporters to our newly refurbished first floor lounge as a games and reading room. We are not stopping there! We plan to further upgrade and modernise all bedrooms and public areas; to explore what assistive technology might offer guests by maximising their independence at Leuchie and when they return home; to open up our grounds with wheelchair accessible pathways and perhaps to introduce family holidays, for younger parents who find it difficult in the early years of their diagnosis to get a holiday together with their children.

All of this is, of course, only possible because of the amazing generosity from you, our supporters. You have been a critical part of an incredible legacy and I hope that you feel inspired to continue this journey into the future with us. If you feel you can help, in any way, I would love to hear from you.

MARK BEVAN

Thanks to your support, in 2019 so far...

Caring



Fundraising



Investing in the future



Figures above have been taken from 1 January 2019 to 1 August 2019



Transforming lives

Regular Leuchie guest, Graeme, has said before that his respite breaks at Leuchie House, coupled with his determination to continue making the most of every day, help him to maintain his independence and positive outlook. Now he's got even more reason to be positive – true love!

In 2019 so far,
guests have
taken part in

439

varied activities &
entertainments at Leuchie

It was my OT who first told me about Leuchie. I'd been to care homes in the past where care is almost non-existent. Coming to Leuchie, it's like carers are coming out of the walls! You are so well looked after and all the staff really know you. It is important to the Leuchie staff that we know we're here on holiday and that we're guests, not patients. The atmosphere is relaxed and you are encouraged to do whatever makes you happy. That's what a holiday should be about.

One of the things that is really special about Leuchie is that all the activities are accessible and we're encouraged to try new things. I now know the chair does not stop me from having a go at something new. For example, when the European Disabled Golf Association (EDGA) visited Leuchie during the 2019 Scottish Open, I decided to join in for their 'give it a go' sessions with the world's top

10 disabled golf professionals. Before my diagnosis, I used to play golf (very badly!). Getting a chance to hit a ball while in my chair was amazing. Adam was a great coach and encouraged me to keep at it until I caught the ball just right and hit an absolute beauty that sailed onto the lawn. Adam gave me the ball to keep as a souvenir. It felt good to hit a golf ball for the first time in 15 years.

I've come so far, that last year I was lucky enough to meet the love of my life at Leuchie and it has been life-changing. Although we live in different places, we Skype often and try to take our breaks at Leuchie together. I was even able to meet her family who came to visit her during our last break together. I can honestly say that she is the best thing that has ever happened to me and I would never have met her if it weren't for Leuchie.

Before I came to Leuchie, I spent more than five years feeling isolated at home. Leuchie has been pivotal in starting a change in me. Now I am much more independent and able to take part in activities that I never would have even considered.

Celebrating memories today and forever

On 4 July 2019, Leuchie marked its 8th year as an independent charity with a visit from a very special guest, HRH Princess Anne, Royal Patron of the Leuchie Forever Fund. As well as recognising the Leuchie Forever Fund's fundraising achievements over the last year, enabling us to begin upgrading our facilities and modernising, the Princess Royal also officially opened the recently restored first floor lounge, now the *Aviemore Lounge*.

Over £8,000 was raised by the Abbott family and friends to refurbish this stunning room in memory of Margaret Abbott, who enjoyed many breaks at Leuchie with husband Michael. The lounge has been renamed the *Aviemore Lounge* as this was where Michael and Margaret met and started their lives together. We are delighted it can be enjoyed by many more guests now and in the years to come.



🌸 Margaret was such a caring person that my sons and I wanted to help fund something at Leuchie in her memory that would benefit as many people as possible. The *Aviemore Lounge* was one of Margaret's favourite rooms. It gave her peace to look out into the woods and see the Roe Deer. We hope many more guests will find comfort and peace there.

MICHAEL ABBOTT



Day Guest, Rachel Mylne, also joined us on the day and agreed we could display a selection of her beautiful artwork for Princess Anne's visit and in celebration of her 84th birthday.

We were all, at Leuchie, saddened to hear of the passing of Rachel at the end of July this year. We are honoured to currently have so many of her works of art to look upon and remember her by and we are grateful to Rachel's husband, Michael, family and friends for very kindly donating over £600 to Leuchie in Rachel's memory.



Giving in memory of a loved-one

Donating or fundraising in memory of a loved-one is a meaningful way to celebrate their life and honour them by supporting the work that Leuchie does. Gifts in memory, of any amount, are greatly valued by us all.

If you would like more information about giving in memory of a loved-one, please call us on 01620 892 864 or email us on fundraising@leuchiehouse.org.uk and we can send you more information or simply have a chat with you.



Out and about around the community

Leuchie is so grateful to the army of supporters and volunteers who help us to continue to provide life-transforming breaks for our guests and their carers by making donations, through gifts of time or by fundraising for us. Here we highlight just some of the special people who have supported Leuchie recently.

Charles River's Charity of the Year

Leuchie is delighted to have been chosen as Charles River's Charity of the Year for the second consecutive year! Charles River staff have been very busy fundraising and volunteering for us over the last few months through their 'Wheels for Wellbeing' campaign, aimed at raising £10,000 to match fund a wheelchair accessible vehicle for Leuchie. The further £10,000 will be donated by the North Berwick Trust. Fundraising for this has been through two events - a sponsored cycle and an inflatables 'It's a Knockout' challenge held at Leuchie.



At Charles River we are passionate about our role in improving the lives of people and proud to have Leuchie House as our Charity of the Year, fundraising for such a great cause through our #wheelsforwellbeing campaign. We've had several fun events throughout the year including our 'It's a Knockout Inflatables Challenge' which was held at the end of August.



Supporter spotlight: Anne's Groupies

Moira and Claire Ireland, friends of regular guest to Leuchie, Anne, decided to do all **four** Kiltwalks this year: Glasgow, Aberdeen, Dundee and Edinburgh in aid of Leuchie House because they know how beneficial a Leuchie break is for her. They have raised more than £1800 for Leuchie so far. We wish them the best of luck for their final Kiltwalk in Edinburgh on 15 September!

 We want to give others that little slice of happiness and renewed life that Leuchie offers. 

We wanted to raise money for Leuchie because our family friend, Anne, benefits so much from going there for short breaks. Anne has multiple sclerosis and, over the years, we have seen her struggle to get the kind of respite she needs. Her options were limited to care homes without the specialist care she requires. Since Anne found Leuchie, it has become the highlight of her year.



Left to right: Lycra for Leuchie, Alastair and James have raised over £5k for Leuchie (of a £10k target) to cycle the 500 mile MizMal route • New Luffness Golf Day raised £60k for Leuchie • Wifey and a Wheelchair – regular guest, Iain and his wife Janet raised nearly £1,500 for Leuchie, walking & 'wheelchairing' the Rex Park every day in July • Care assistant, Chris Chapman braved both the Edinburgh Marathon and the ten mile Tough Mudder in aid of Leuchie this year raising over £250

Events

ASI 2019 SCOTTISH OPEN

We were thrilled to be one of the official charity partners for the second year, at the 2019 Aberdeen Standard Investments Scottish Open held at the Renaissance Club in July, along with the My Name'S Doddie Foundation and the European Tour Foundation.

We are grateful to all involved in the activities and events that took place during the tournament, making it such a success. Events included the Scottish Open Charity Gala Dinner, where we welcomed sporting legends and celebrities including Doddie Weir, Gavin Hastings, Brian McFadden, Jimmy Walker and 2018 Scottish Open winner, Brandon Stone among many others.

On Tartan Wednesday, the tournament's Pro-Am day was held, giving fans the opportunity to play a round of golf with some big names in music, entertainment and sport. Teams included celebs such as Sam McTrusty, Vernon Kay, Harry Kane, Brian McFadden, Keith Duffy, Dan Walker and Naga Munchetty. Funds raised were split between Leuchie and the other charities. There was a 'Charity Hole Challenge' on the day, with a chance to win a bottle of 18-year-old Glengoyne!

Come rain or shine, the charities tent in the spectator village remained busy throughout the week. Many people rolled up their sleeves to have a go at the 'Mega-Putt Challenge', with a chance of winning a Callaway golf bag, signed by celebs and sporting stars. There was also the opportunity to take selfies with some very famous trophies – the Calcutta Cup, the Scottish Cup, the Ryder Cup, the Solheim Cup and the Scottish Open Cup!

We are delighted that over £200,000 was raised for the charities! Huge thanks to the Renaissance Club, Aberdeen Standard Investments Global, the European Tour and every single person who donated at this year's event.

100 holes in one day





LEUCHIE HOUSE ASCOT AFTERNOON

On 20 June this year, we were delighted to once again hold our annual Ascot Afternoon at Archerfield's beautiful Waterfront Pavilion and even more excited that actress and comedian, Elaine C Smith agreed to host this event for another year.

Guests, arriving in their finest garb and millinery masterpieces, joined us for what turned out to be a thoroughly successful and entertaining afternoon. Some of our Leuchie guests also attended the day, including regular guest, Bill, who kindly donated one of his beautiful paintings for the auction.

The Ascot event raised an incredible £47,000 for Leuchie so we can continue supporting guests and their carers now and in the future. Thank you to everyone who attended, sponsored and donated.



Save the Date for the next Leuchie Ascot Afternoon. Contact us to book tickets!

The Robertson Trust

Leuchie is fortunate to benefit from grants awarded to us by a number of charitable trusts across the globe for which we are very grateful. These grants, along with donations received from our community, help to sustain Leuchie so that we can continue to provide unique, person-centred experiences to those who benefit most.

The Robertson Trust, Scotland's largest independent funder, awards over £16M per year to Scottish charities. One of their key aims is to *'Improve the quality of life for those affected by physical and/or mental health issues and their carers'* and as such, they have been a great supporter of Leuchie House over the years.

There is an urgent need for Leuchie to modernise to ensure future sustainability and meet increasing levels of guests' care needs. With this objective in mind, we approached The Robertson Trust asking for further help, explaining that we still use archaic paper-led record keeping for care plans. We explained digital upgrade and the introduction of specialist care planning software would improve efficiency, reduce organisational risk and better support our excellent staff to do more of what they do so well – care!

We are delighted that the Robertson Trust have had the foresight to see the need for and impact digital modernisation will have on Leuchie, our staff and our guests in the long term. They are about working in partnership with organisations to improve their capacity and the lives of beneficiaries.

As a result of funds awarded, we have introduced Wi-Fi across the house and provided staff with iPhones holding digital care planning software which can be updated at anytime, anywhere in the house. If you spot Leuchie staff using phones, know that they are not checking their text messages, but rather updating records to ensure the highest quality of care and experience for our guests! Huge thanks to The Robertson Trust for investing in Leuchie's future.



Senior care assistant, Donna, using one of the iPhones to record care

Team Leuchie



Helen is Leuchie's Guest Engagement Manager. She and her team ensure that, during their stay, guests have access to a range of interesting and varied activities, therapies, entertainment and outings that would not normally be accessible to them. This is something that makes Leuchie unique. With the support of donors and volunteers, guests can access these opportunities - anything from scented candle-making to Virtual Reality, trips to the Edinburgh Tattoo, pub lunches or even microlight flights.

Technology is being used more in guest activities because of how accessible it is for people with long-term physical and neurological conditions, who find seemingly simple tasks impossible. Our department's vision is to showcase to guests the technology available to help them see first-hand how this could improve their lives. We have done this on a small scale for the last two years and are keen to go further. Although some may argue that the rise in technology is impacting negatively on society, we are excited to see what technological advances can do to support our guests as we see the transformative effect it can have.

The introduction of Alexa in house has benefited guests greatly. Guests use her to easily access simple things: asking the time or a question or playing a particular song. Guests like Alexa so much

that six of them have already purchased one for their own homes! But it's not all about being a tech whiz here at Leuchie. We're kept very busy in the Guest Engagement department, running a variety of inhouse activities such as art courses, cookery and games. Also, on offer are therapies like reflexology, podiatry, massage, Reiki, mindfulness, counselling and hairdressing!

If guests want to get out and about, there are many outings available - from a shopping trip to zooming around on a beach wheelchair. Activities, which may seem simple can feel impossible for guests to arrange at home. Coming to Leuchie is an opportunity to choose whatever they want to do! At the start of a holiday, I like to ask each guest if there is anywhere in particular they'd like to go and we do our best to make it happen!

Being out on a trip with a guest, seeing what a difference some sea air can make, or hearing about how much better a guest feels after a mindfulness session, or simply being around a group of guests when they are roaring with laughter, makes for a very special job - the best I've ever had.



Leuchie Legacy Teas

The percentage of people leaving a gift in their will to charity is still relatively low. Remember a Charity Week (9-15 September 2019) is a national campaign raising awareness about the value of leaving a gift to charity in your will after you have taken care of family and loved ones.



As part of our guest engagement, we will be holding a series of relaxed events, in partnership with Brodies LLP, who will be available to answer questions about legacy giving over a nice cuppa!

If you have any questions, please call us on 01620 892864 or email legacies@leuchiehouse.org.uk

For me, Leuchie
is warm and
wonderful and truly
like coming home...



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