



# Transform

Your support | Changing lives



# Living in lockdown with a neurological condition

There are an estimated **one million people in Scotland who live with a neurological condition** for whom there was a noticeable deterioration in their physical and mental condition during the Covid-19 pandemic. **The need for respite is now greater than ever.**

## Impact on carers in Scotland

- Over 227,000 (58%) of Scots who started caring since the outbreak are also juggling paid work alongside their caring responsibilities
- 70% of carers are spending more on food, and 53% are spending more on household bills. 38% are worried about their financial situation

## Impact on mental wellbeing

- 72% of people with Parkinson's said socialising with family and friends had become more difficult & lack of social contact and loneliness was devastating

## Impact on physical wellbeing

- 15% of those with MS in Scotland had their care and support reduced or cancelled
- 34% of people with Parkinson's said reduced access to exercise had a big impact on their lives and were worried about the long-term effects on their health

\*statistics are taken from respondents to surveys run by Parkinsons UK, MS Society & Carers UK during the pandemic



Unpaid carers in Scotland increased from 759,000 to 1.1 million since the start of the pandemic. In total, there are now estimated to be **13.6 million unpaid carers in the UK**

53%

of carers agreed that "I feel overwhelmed and I am worried that I'm going to burnout in the coming weeks"



People affected by neurological conditions **faced greater barriers to accessing food and medicine during the Coronavirus crisis than the general population**

# A message from the Chief Executive

This crisis has put huge additional pressure on guests and friends who rely heavily on the respite Leuchie House provides. Caring for a loved one is demanding enough without losing access to essential networks of friends, family and neighbours, as was the case during lockdown.

While this will be a time I will always remember with tremendous pride for the way in which our charity came together to find new and creative ways of supporting our guests and helping others by making an important contribution to the NHS during a time of national need, it is hard to put into words how good it feels to have finally reopened for respite.

We know this has been a trying time for the families we support. Many are physically and emotionally exhausted, and it will be some time before they are able to regain their sense of 'normality'. We are proud to play our part in giving them the break they need to reset, recharge their batteries and get back to being themselves again.

I hope you enjoy reading about our journey over the past few months in this issue of Transform. I'd like to say thank you to each and every one of our colleagues for helping Leuchie through this and to our volunteers, who we miss and are looking forward to slowly welcoming back as things return to normal. Thank you to our guests and carers who have kept faith in Leuchie.



We have enjoyed keeping in touch with you remotely but everyone here has anxiously awaited your return.

And lastly, but by no means least, thank you to our supporters. It is only through your generosity that we are here today, celebrating our return to respite.

Mark Bevan

your support got us through

# Leuchie supports the NHS

After deciding to temporarily close for respite in March 2020, to protect the health of the vulnerable families we support, Leuchie was able re-purpose its facility and staff team to help the NHS. Our highly skilled nursing and care team began welcoming patients who were in hospital but did not require intensive medical care, freeing up critical beds needed to fight the Covid-19 pandemic. Staff nurse, Kirsty Telfer, offers an insight into what that transition meant for Leuchie.

As a nurse in the charity sector, over the past few months, I've seen huge changes in how we operate due to the Covid-19 pandemic. In March, the announcement was made that Leuchie would temporarily close its doors to our respite guests and although I understood why, knowing that all our wonderful guests would be required to self-isolate for 12 weeks with minimal contact nearly broke my heart.

We said "cheerio" to our final few guests on 19 March and many of us felt a bit numb but we tried to keep our spirits high. It helps that Leuchie staff are great at remaining positive and having a giggle!

When the news came that Leuchie would be taking in NHS patients, I felt a huge sense of pride to be supporting our wonderful Health Service, but at the same time I was anxious about what this would

look like. Before we knew it, we opened our doors and welcomed our first two lovely residents! It felt good to have some people back in the house and many, many laughs were shared over this time. The new residents quickly realised Leuchie's unique qualities and why it is such a special place.

Working in this way was a steep learning curve for us, presenting us with many challenges, but with the Leuchie team being as strong as it is, we pulled together and adapted to overcome each obstacle. The care and compassion shown by staff shone through more than ever during this time as we worked tirelessly to protect those who are vulnerable against this awful virus - all while providing the best level of care possible to our new residents, because caring is what we do.

To support the NHS, our amazing staff delivered 500 additional shifts including 117 extra night shifts over 13 additional weekends!

*The staff at Leuchie were very welcoming and so helpful. I can see a real need for it and why it's a lifeline to many people.*  
Stewart, Leuchie NHS resident



Knowing the unique challenges and isolation our guests and carers would experience during this time, Leuchie created 'Leuchie Together' to try ease the stress and reduce the social isolation felt by the families we support across Scotland, who live with the long-term effects of a neurological condition.

It's been an extremely difficult year with many ongoing struggles and the first time I've found my caring role almost impossible, made worse being alone with no family or friends to help. Covid stopped many of us from getting much-needed respite, but fingers crossed Andrew will be able to come to Leuchie again soon. Without the breaks Leuchie provides, I don't think I will be able to go on caring for my husband of 52 years. The thought of that is breaking both our hearts, and we are both at a very low time in our lives. Thank you for all your kindness.

Janet, carer for husband Andrew



The families supported by Leuchie can feel isolated at the best of times, and we knew the increased need to remain isolated for a longer period was likely to have a significant effect on their overall wellbeing. We're incredibly grateful to the National Lottery and the Scottish Government for funding this work, which enabled us to provide tailored support for families who would normally benefit from regular respite breaks at Leuchie.

Mark Bevan, CEO



## Our thanks...

...to all the live entertainers: Bill Nisbet, Sarah Laing, Coreen Scott, Ian Tyzack, Tim Porteous of Tim's Tales & Alan Hunter, North Berwick Pipe Band, David Strang, Mags & Dougie, Gica Loening, Gavin Hastings, Mairi Campbell, Robert Russel and Graeme E. Pearson gigs & The Musical Walking Tour of Edinburgh and to all our wellbeing gurus: Lizzie Martin, Moni Robson, Sarah Shearer, Tara Broadfoot and Elspeth Murray and also all our wonderful volunteers and staff who helped make Leuchie Together such a success!

Hilda and I have really appreciated the online entertainment provided by Leuchie. At the start of lockdown, we were incredibly isolated as we had no family to call on, so the entertainment gave us something to look forward to! Being able to chat with Helen on the phone really boosted Hilda's spirit. She was incredibly down mentally so it was wonderful having someone who knew her to chat about Leuchie and life in general. The support that Helen and Leuchie has given is invaluable, not only for Hilda but, as her carer, it helped me cope. Unless you've been to Leuchie, you don't realise the benefit of going there.

Robin, carer for wife Hilda

I have been blown away by the community spirit and solidarity shown by our supporters

# Our heartfelt thanks

What a surreal experience it was to feel months of hard work and planning for another ‘bumper’ year of fundraising simply slip through our fingers in a matter of days.

We launched the ‘Coronavirus Emergency Appeal’ in the hope that the steps we were (quickly!) taking would ring true to our supporters and be enough to inspire them to give. As we launched the appeal, the true scale and impact of the pandemic unfolded and we held our breath hoping for a miracle. We think of the Leuchie community as ‘one big family’ and this crisis has reminded me that the love and generosity of our supporters will always see us through.

Although it has been a strange and difficult few months for everyone, I have been blown away by the community spirit and solidarity shown by so many. We have been really touched by how many new and existing supporters have donated, taken part in challenges to raise money for us, given their time - whether it be making metres upon metres of bunting for our guests’ return or buddying up with guests in the Leuchie pen-pal programme.

I especially want to take this opportunity to ‘shout from the rooftops’ about the incredible £107,000 donated to our Emergency Appeal by individuals, corporate supporters and trusts & foundations who, together, gave us the stability and confidence to go on during a very rocky patch. There is no doubt that financially, this pandemic has hit us hard and the impact will be felt for some time, but I also know it would have felt a lot worse without the amazing support we’ve received.

Thank you to every one of you for showing us your kindness when we needed it most.

Lana Bambridge

Lana Bambridge  
Head of Fundraising  
and Communications



We enclose a cheque to support you in serving the NHS.  
Thanks for all you do for the community

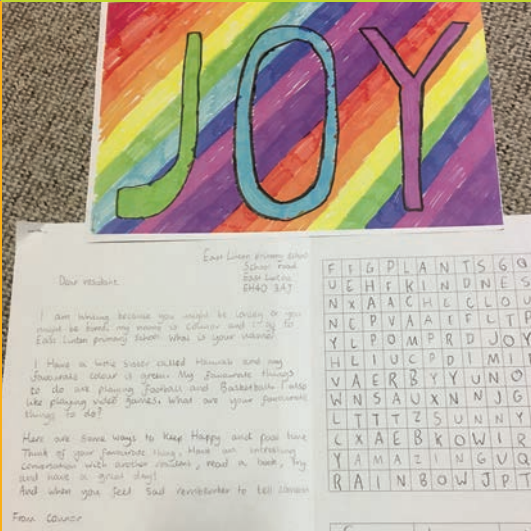
"Thank you Leuchie for all the wonderful work you do. Clients come first with you! What a great example you always are!"



"I am full of admiration to you for opening Leuchie up to NHS patients. Enclosed is a wee help to continue your good work."



What our supporters say...



"You always go above and beyond Leuchie. Stay well!"



"A wonderful local facility that we are privileged to have on our doorstep."



## Fundraising goes virtual

Kirsty Campbell, Community and Events Fundraiser



Covid-19 meant I went from *organising* events to *cancelling and reimagining* them. From Sponsored challenges to our much-loved Ascot Afternoon, we had to work quickly to adapt these events to fit the parameters in which we found ourselves. Virtual events soon became the norm and I was impressed with how many people rallied together to support us in this way! The creativity and passion from our supporters was inspiring and helped us stay positive and move forward with other online ideas.

Over the last six months we've benefited from several fundraising personal challenges, birthday fundraisers and many, many kind messages. A special mention to Chris, one of our Care Assistants, who **climbed the Law seven times in one day** to raise funds. He can't sit still and recently joined three of his colleagues to complete the Edinburgh Marathon relay!

Whilst the road travelled hasn't been what I envisaged for my role when I started at Leuchie in January, I have experienced and learnt so much about this incredible place, the resilient staff who work here, the supporters and those who depend on the respite we provide. Thank you to everyone who continues to support Leuchie.



**Leuchie's Gourmet Golf Day at The Renaissance Club raised £25,751!**

**"It's going to be difficult to improve on that golf day. Two of our group commented that it was the best golf day they had EVER played and believe you me, those two play a lot of golf!"**



**Our virtual Ascot event raised £4745!**



## Supporter spotlight

Form 6 (primary 5) children from The Compass School raised over £1000 for Leuchie House running 2.6 km or miles in April!

*"I am very proud of the children for taking on this initiative and raising funds for this important cause; Leuchie House being one of the charities which the School supports on annual basis."*

Headteacher, Mr Mark Becher

**Over a dozen local individuals and Teams took part in the 2.6 Challenge, raising £4,380 for Leuchie!**

**the 2.6 challenge**



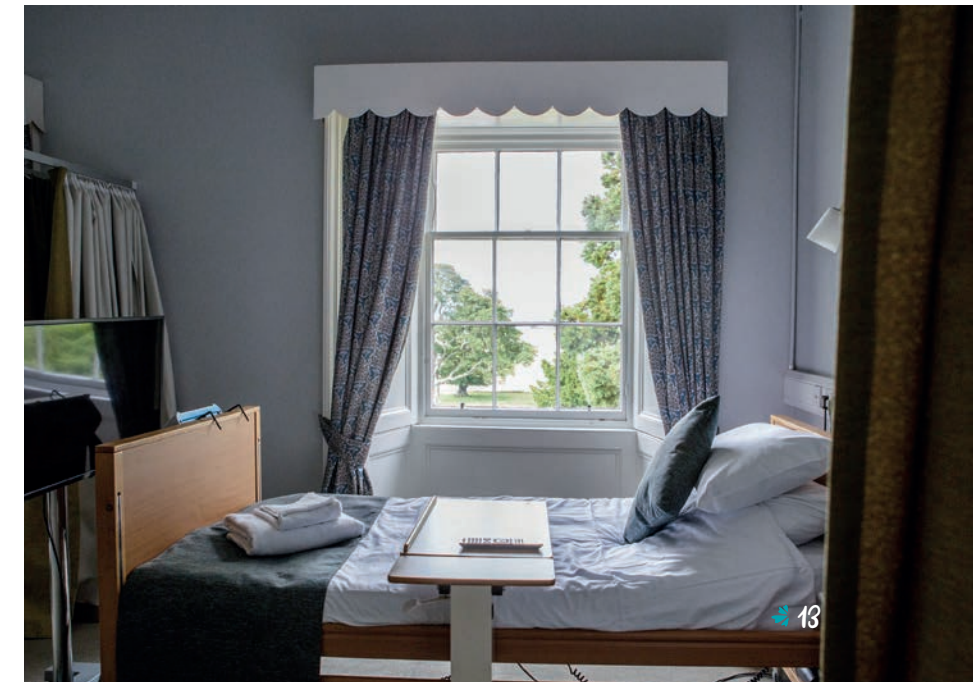
**The Compass School** Haddington  
EAST LoTHIAN'S INDEPENDENT PRIMARY SCHOOL & NURSERY



# Leuchie's new look

We used lockdown as an opportunity to improve Leuchie and have invested roughly £200k refurbishing the house for the benefit of our guests, renovating 13 bedrooms, 2 lounges, 3 bathrooms (including a jacuzzi bath with one of the best views in Scotland!) and a sluice, as well as installing over 5,500 km of Wi-Fi cabling.

This work was made possible by funding raised through the Leuchie Forever Fund and a number of other restricted grants given solely for this purpose.





# Leuchie turns 10 in 2021!

Our exciting plans for the future are ambitious but achievable

## More space to support more people

The need for additional bedrooms at Leuchie has escalated due to Covid-19, which saw our ability to support people living with the long-term effects of a neurological condition greatly reduced at a time when it was needed most.

We're excited to have commissioned architect drawings to increase our single rooms from 15 to 18 and we have plans to convert the lower ground wing of Leuchie House to an additional 3 bedrooms to increase capacity for long-term sustainability.

To achieve these goals, we need to raise £500k in addition to the £2 million required for our core service, providing essential respite breaks for families living with the long-term effects of a neurological condition.

## Taking guests to new heights

We've hired a specialist firm and applied for planning to install a new lift in the central stairwell which guests can operate independently should they choose to. We know this is an essential investment for Leuchie's future.

## Making the most of Leuchie's beautiful grounds

Plans have been received to make the grounds more accessible and create a circular walkway for independent or aided access.

## Becoming a centre for excellence for technology-enabled care

At Leuchie, we're keen to respond to one of our guests' strongest impulses: to regain some of their independence.

Accessing the digital world and all it has to offer is an essential part in helping guests fulfil this wish. We are proud to be experts in delivering person-centred enabling care, proven by our outstanding recent Care Inspectorate scores.

We are now also focusing efforts on introducing accessible technologies on a small scale to our guests and have already seen the benefits to guests who have brought these technologies into their homes.

While technology will never replace human contact, our vision is a world in which the independent potential of everyone with a neurological condition is maximised through the use of technology.

Elizabeth McDowell, Digital Skills Assistant

Although it's early days, we're assured that by giving guests the access and knowledge to use these independence-maximising technologies at Leuchie and when they return home, will make Leuchie the most advanced short breaks service around.



Great to see Leuchie working with  
the NHS in response to this crisis

 **HOUSE**  
**leuchie**  
NATIONAL RESPITE CENTRE

North Berwick, East Lothian EH39 5NT  
Tel: 01620 892864 | [fundraising@leuchiehouse.org.uk](mailto:fundraising@leuchiehouse.org.uk)  
[www.leuchiehouse.org.uk](http://www.leuchiehouse.org.uk)



Look out for some special plans for our 10th birthday next year...



We wish we could highlight  
all our amazing supporters  
here. If you don't feature,  
please know we truly value  
your contribution to Leuchie  
in whatever form.