

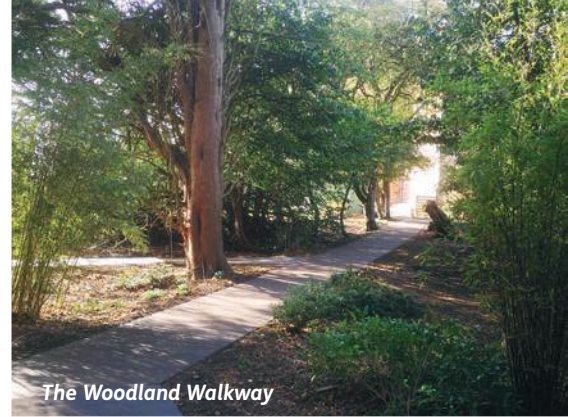


Transform

Your support | Changing lives



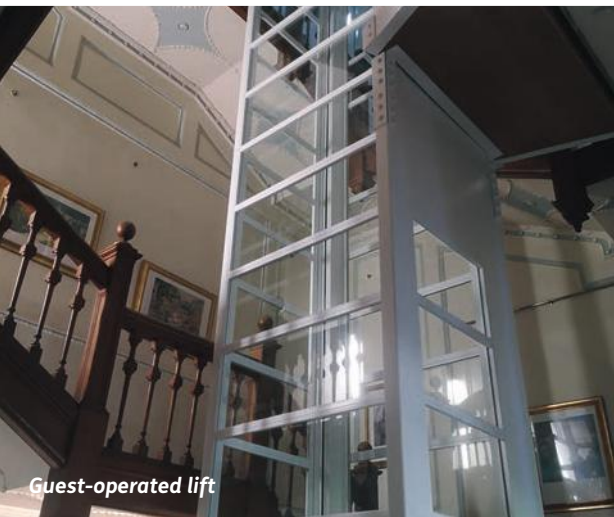
Denis Duncan House



The Woodland Walkway



Leuchie's 'Smart Flat' kitchen



Guest-operated lift



Mark enjoying the sunshine with guests

A message from the Chief Executive

What have we all shared over the past two years? Uncertainty, the inability to make plans and, of course, poking cotton buds up our noses! And the impact of COVID has not fallen evenly. Some people have had access to gardens, country or beach walks and local shops on their doorstep. Others have been less fortunate, in a flat with no outside space or access to essential services.

This has been the experience of many families who come to Leuchie for a break: those effected by neurological conditions like multiple sclerosis, Parkinson's and Stroke. Sadly, some have found their conditions regress as a result. There is, however, light at the end of the tunnel. As we see holiday bookings at Leuchie increasing, we are overjoyed, because what is Leuchie without our guests?

We have achieved two big ambitions for those guests recently; our Woodland Walkway has been restored so guests can explore and enjoy our beautiful, calming setting. And, we have completed the installation of a new, guest-operated lift in the main stairwell. Leuchie is certainly going up the world!

Our investment in enabling technology is helping guests recover some of their independence by learning at Leuchie and using this to enjoy more freedom at home. We have employed a Physiotherapist (Louise) and an Occupational Therapist (Katie) to work with guests to develop strategies that they can continue to use at home to enhance their independence.

We are delighted Leuchie has been fortunate to have been gifted, by the Lin Berwick Trust, a beautiful, highly equipped and accessible house in nearby Dirlerton. Denis Duncan House offers families a self-catering break in a fully accessible holiday home in our stunning county. We look forward to welcoming many new families into the Leuchie community.

We have also been sharing our passion for improving health and social care in Scotland. Using our experience of over 50 years, we have been in talks with the Government about their plans for a National Care Service. It is a bold initiative, and we believe strongly that respite care should play a central role in enabling Scotland's 1.1 million unpaid carers to support their loved ones more fully at home, because they have access to a break that makes a difference.

Your support makes this happen. Without it, Leuchie simply would not be here, providing a service many rely on. There is no doubt that everyone, including our donors, has struggled in some way over the past two years, so we appreciate the support we have received even more. In this issue of Transform, we celebrate the Leuchie Family and all you do for us.

Thank you every one of you who help to make Leuchie the incredibly special place it is.



Mark Bevan


Your support makes this happen. Without it, Leuchie simply
would not be here, providing a service many rely on


Two decades of support for Leuchie

Margaret Ann Crawford lives in North Berwick with her husband, Lyle, and has supported Leuchie in many ways for more than two decades: first as a nurse, then volunteer and as a donor.

At Leuchie, we know how fortunate we are to have a community of loyal supporters just like Margaret Ann, who shares her story with us below.

Living in North Berwick, I have been aware of the difference Leuchie has made to people's lives for many years, indeed since it was the Richard Cave MS Holiday home, managed by the Servite Sisters. I joined their team in 1998 as a registered nurse, working alongside the nuns. Like now, activities were arranged for the guests: which included a shopping trip to Cameron Toll, and volunteers took guests out for a run in their car, often providing a picnic.

When the nuns withdrew from Leuchie, the MS Society took on the management, and hired a Matron. I was appointed her deputy and became nurse manager, responsible for nursing schedules and the guests' nursing care. Guests came from all over Scotland, parts of England, and even overseas where they could stay and visit family nearby. In 2002, Holmhill MS holiday home in Grantown on Spey closed and Leuchie became the only place of its kind in Scotland, as it remains today.

Over the years, guests visited regularly and became part of the Leuchie Family, building strong relationships with fellow guests and carers. Some would arrange to return for holidays at the same time. It was a special period for me - welcoming them back each holiday was akin to having the family to stay and we enjoyed many happy reunions.

Sadly, year after year, we would witness guests' conditions deteriorate and more help was needed. Staffing levels had to increase, aids were added for moving and handling, hoists were needed for transfers and some guests required assistance at mealtimes. There was more access to Physiotherapy to aid mobility and wheelchair assessments were carried out to ensure suitability for the user. One of the highlights of the holidays back then (and still now!) were the freshly prepared, delicious meals enjoyed in the company of other guests.

I have seen first-hand how transformative a break at Leuchie can be

When I retired from Leuchie in 2003, I took on the role of facilitator of the MS support group which met monthly at Leuchie. I organised speakers, outings, and an annual BBQ in my garden. I also liaised with members who needed extra support. This was taken over by Leuchie staff in 2016.

I wanted to keep helping at Leuchie, so joined as a volunteer assisting guests with their evening meal. It was so wonderful to be back, enjoying one-to-one conversation with guests I had not seen in many years - some since my first days of working at Leuchie!

Leuchie is special and unique, and I have seen it grow and improve over many years. They keep finding innovative ways to enable the guests to do and experience more, like the introduction of enabling technologies, assessments and more. I have seen first-hand how transformative a break at Leuchie can be – for guests and for their carers.

The experience Leuchie provides does not come cheap, but it is essential, and that is why I choose to support Leuchie with a regular donation, because **I know that together our gifts offer a lifeline to families when they need it most.**



Our heartfelt thanks

The last two years have been unlike any normal fundraising calendar and yet, you, our supporters have rallied behind us as we've tried new and innovative ways of raising vital funds for Leuchie. Together, we celebrated Leuchie's 10th Anniversary as an independent charity with the launch of The Big Hare Trail! Your enthusiasm and loyalty gave us an opportunity to shout from the rooftops that Leuchie is 'hare to stay!' for those who need us now more than ever.

Your enduring support fuels our optimism and excitement for the year ahead. We have exciting events planned that will hopefully become annual dates for your diary to look forward to each year! We are eager to welcome back our wonderful volunteers and get back out in the community, raising awareness of Leuchie's essential service.

As Mark says in his introduction, throughout the pandemic Leuchie has not stood still. Thanks to your generosity, we have continued providing as much support as possible to the NHS and our usual guests. We have witnessed the pressure on community services, which has inspired us to upgrade our facilities and develop new services, so that we can do more for more people, within and beyond the walls of Leuchie.

This year, we are excited to welcome a new Fundraising Manager to the team, Arlene Main.

She brings a huge amount of experience that will underpin our fundraising efforts as we develop and extend our reach through new services.

The support shown by our guests and their families, our volunteers, our local community, our supporters from across Scotland and even internationally, never ceases to amaze us. It motivates all of us at Leuchie to continue doing all we can to improve the lives of those who rely on us. Thank you.



Lana Bambridge

Head of Fundraising
and Communications



"I can say, hand on heart, the wonderful staff at Leuchie have been there for me when no one else was."

Janet Johnson, wife & carer for guest Andrew



"On my arrival the staff gave me a warm welcome and I was aware of a positive vibe which helped, as it was my first experience of going to a respite facility and I felt somewhat anxious. By dinnertime, I was completely at ease. I went on to really enjoy my holiday."

Alan Kyle, guest



"Sorry I can't give much, but you helped my family years ago when we desperately needed it. Thank you."

Donor



"Leuchie is such an amazing place and the staff do amazing work. Terrific cause to support."

Donor



"Thanks for just being there."

Donor

The power of funding partnerships

Leuchie's vision is a world in which the independent potential of everyone living with a neurological condition is optimised by harnessing technology, giving carers back time, lowering risk and reducing the cost of care.

Over the last few years, Leuchie has embarked on a journey from using paper-based, manual processes with limited digital experience to becoming the Centre for Enabling Technology with state-of-the-art facilities and a sector-leading programme. Together, the following funders are making this possible:

The Robertson Trust funded Leuchie's digital upgrade, including the installation of superfast Wi-Fi throughout the house, revolutionising how we deliver our service, by enabling our team to use digital care planning software. This also paved the way for the introduction of assistive technology in Leuchie for our guests.

Initially as a pilot project, **Health and Social Care Alliance Scotland** funded a Digital Skills Co-ordinator post, enabling Leuchie to trial 1-2-1 tutorials and group workshops to show guests how low cost 'off the shelf' technology, such as Alexas, mobile phones and tablets, could help them regain independence at home.

We also received funding for this post from the **Digital Participation Fund**.

Funding for this project was provided by the Self Management Fund for Scotland administered on behalf of the Scottish Government by the Health and Social Care Alliance Scotland (the ALLIANCE) with support from the William Grant Foundation.



I very much enjoyed using the technology in my room - to the extent it is something



We introduced Smart lighting, curtains, TVs, and Alexas into every bedroom, including 15 iPads funded by the **abrdn Charitable Foundation**, so that guests can enjoy as much independence during their break as possible. Leuchie's digital skills and care team are on hand to offer training and support if required.



The National Lottery Community Fund has awarded three years' funding, made possible by National Lottery Players, for an Occupational Therapist and Digital Skills Co-ordinator.

A feasibility study funded by **RS Macdonald** informed our plans, confirming the need for a Centre for Enabling Technology (CET) in Scotland.

RS Macdonald also recently awarded a strategic grant, funding the new post of Head of Enabling Technology for two years.



The Wolfson Foundation funded the capital cost for the 'Smart Flat' at Leuchie, including a fully accessible kitchen, living area, bedroom and ensuite bathroom, all integrated with assistive technology and environmental controls to enable greater independence.

The **Centre for Enabling Technology** will deliver a service combining the expertise of Occupational Therapists and Technologists who assess an individual's physical abilities and desired outcomes, offering advice about the best technology and environmental controls to help them overcome barriers and maximise independence.

We are incredibly grateful for the support from our far-thinking funders who have helped Leuchie move quickly to achieve these tangible outcomes, which are already benefiting our guests and their carers. We are also grateful to our guests who have enthusiastically engaged with this new venture, offering feedback to help us develop.



I am investigating using at home - Alan Kyle, guest



The Big Hare Trail ²⁰²¹



SIMPSON
& MARWICK

As a part of our 10th birthday celebrations, Leuchie partnered with Wild in Art to bring a drove of 10 larger-than-life Hare sculptures to North Berwick. Each was designed by a local artist and sponsored by a local business to form a fun, free and family friendly trail for the summer!

In October, the Hares were auctioned off to raise funds for Leuchie. Regular guest, Graeme, was the guest of honour and shared his mantra for living with MS: **“Focus on what you can do, not what you can’t.”**

We were overwhelmed by the generosity of those who bid on the night with over **£115,000** being raised through the auction alone. With Covid severely affecting our ability to fundraise in the previous 18 months, this was a much-needed boost. **This total is enough for Leuchie to fund the equivalent of four specialist nurses for a calendar year.**

Thanks to our artists: Emily Hogarth, Georgina Bown, Chris Rutterford, Lubi Lykan, Rachel Marshall, Catherine Rayner, Abbie Herriot, Rosie Watson, Lorraine Miller, Ali Blevins, Julia Zeller Jacques

Hare
Sponsors



charles river



WHITEKIRK HILL
EAT • PLAY • CHILL • STAY



Walk With Scott Foundation



Thanks to Bass
Rock Community
Volunteers for their
help with the Big
Hare Trail

We're immensely proud of what the Big Hare Trail has achieved – the artists who did such amazing designs, the businesses who sponsored them and the people of all ages from all over the world who enjoyed these beautiful works of art. It brought true joy at a very difficult time.

Stephen Pearson
Chair of the Leuchie House Board of Trustees



PIKE+BAMBRIDGE



McInroy & Wood

abrdn SCOTTISH OPEN

Leuchie were delighted to be chosen as the official charity partner of the 2021 abrdn Scottish Open. The event helped to increase awareness about Leuchie's service and raised a whopping **£107,445!**

Pictured is the 'Hare tae Golf' Hare, signed by all the 2021 Scottish Open professionals. The Hare now lives at The Renaissance Club after the members generously donated £31,775 towards a successful bid for it at The Big Hare Trail Auction.



Leuchie's Legends

In 2021, our fundraisers ran, swam, danced, cycled, golfed, litter picked, completed the NC500 and raised money for our Big Hares. Well done to all our 'Leuchie Legends'!



Grace Roberts cycled 800 miles as part of our Ride4Respite challenge & raised £1168



Yvonne Keeling, Lady Captain at North Berwick Golf Club, made a flooded course into a fun challenge and raised £5515

Our Everest climbers

Mark B, Mark W, Chris, Seb, James, Sarah, Neil, Mo, Jason and Arran each climbed Mount Everest, without ever leaving North Berwick, by hiking up The Law 47 times in February, battling wind, rain, snow hail (and a little sun) to raise over £3,000 for Leuchie.



Our 2nd **Gourmet Golf Day** at the Renaissance Club, hosted by former Scottish International rugby player Rory Lawson, raised £30,589!



Mark Devan, Leuchie CEO, completed the NC500 for Ride4Respite & raised £3600



The Dancing Dobbers, danced for 12 hours in their virtual Kiltwalk challenge and raised £1065

Supporter spotlight

'The Litter Picking Squad'

Brother & sister, Caleb & Esther collected 100 bags of litter on their daily walks, raising over £500



Claire Moffat, wife and full-time carer for Robert, regular guest at Leuchie, took on the Kiltwalk along with nine others & raised almost £1000



Remembering a loved one

Gifts in memory are a special way to help Leuchie support our guests and their families, spread awareness about the vital breaks we offer and provide a service which helps guests and their carers better self-manage when they return home after a break.

When someone close to us passes away, we can be overcome with countless emotions. Some may find it comforting to remember a loved one by supporting a cause close to their heart. We are touched that many families and friends have supported Leuchie in this way and so we have partnered with a bereavement charity, Much Loved, to offer an online space for families to set up a tribute page in memory of someone close to them.

It is simple to create a page on which friends and family can share memories, stories, photographs and music, light virtual candles on special occasions, or just visit on days of reflection. If someone wishes to, there are also opportunities to donate to Leuchie in memory on the tribute pages, to support those who benefit so much from coming here.

We are also exploring options to offer another physical memorial at Leuchie, so that friends and families can come back and visit to remember and celebrate their loved one's life in a space of peace and tranquility.



Dickie loved Leuchie and enjoyed replenishing holidays there. The breaks were also very beneficial to me as I appreciated the rest, knowing that he was having fun and was in caring, capable hands.

Ethel Hunter, in memory supporter and wife of former guest, Dickie Hunter

The Abbotts and their friends raised over £8,000 to restore & refurbish the Aviemore Lounge at Leuchie



🍁 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. 🍁

Michael Abbott, in memory supporter and husband of former guest, Margaret Abbott



If you would like any information on setting up an online tribute or other ways to give in memory of your loved one, please contact us on fundraising@leuchiehouse.org.uk or 01620892864

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.



North Berwick, East Lothian EH39 5NT
Tel: 01620 892864 | fundraising@leuchiehouse.org.uk
www.leuchiehouse.org.uk



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



Ascot Afternoon
Prestonfield House
Thursday 16th June



Gourmet Golf Day
The Renaissance Club
Thursday 8th September

Take part in a 2022 sponsored event



The Big East Lothian Cycle
Sunday 28 August



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)