Leuchie

Transform

Your support | Changing lives

ISSUE 09

A message from the Chief Executive

Your support changes lives. We witness this daily in the smiling faces of our guests, the laughter in our hallways, the relief and joy on a carer's face, knowing their loved one is about to have an amazing holiday. We hear this from families all over the UK, who tell us there is nothing else like Leuchie, and that their lives are simply richer for it. That is a powerful motivator for us all.

I have been at Leuchie for more than five years now, and I am so proud to be a part of this community with you and what we have achieved together. Sadly, the need is growing, but we have built the capability to respond, with your support and that of all our donors, trusts and foundations, our volunteers and brilliant team.

We continue to find innovative ways to grow the impact of your support for people living with the effects of neurological conditions, and their families. We are committed to improving mental and physical health, enabling greater independence and ending the loneliness which so many families needlessly endure.

Leuchie, and the broad services we provide within and outside our walls, would not be here were it not for our supporters, who have kept families going through the threat of Leuchie's closure in 2011, COVID in 2019 and a cost-of-living crisis in 2023. In the pages that follow, we celebrate you and all you have done; from creative fundraising challenges and events to corporate donations and volunteering, from a jar of collected pennies or small monthly donations, to large legacy gifts and major donations.

Responding to increasing need, which our wonderful NHS cannot meet, will require long-term thinking and plans from Leuchie. We know we are fortunate to have a group of donors who will help us to deliver these plans with continued commitment, thank you.

You are as special as Leuchie and we value every one of you for giving in your own way and sharing our passion and ambition to transform lives now and in the future.

Mark Bevan
Leuchie CEO

OT finds simple solutions to the challenges our guests face that improve mental and physical wellbeing. Often these are areas overlooked by the NHS; cheap equipment that improves dexterity to enable our guests' independence and free up time for their carers. The ideas we share with them can instantly improve their day-to-day.

– Katie Kershaw,
Occupational Therapist

Many guests are not aware of the off-the-shelf technology which can transform the way they experience their day to day lives - both for the carer and the person they care for. Getting back some independence can make all the difference to their relationship, and we open their eyes to everything available.

– Elizabeth McDowell,
Head of Enabling Technology

Our supporters are at the centre of all we do for people living with neurological conditions. They enable our team to work together to transform lives.

We give guests access to activities and outings they wouldn't normally enjoy at home. The social side of a Leuchie holiday is vital - it gives them a moment to forget the challenges they face.

– Victoria Shields,
Guest Engagement Manager

Guests benefit from a skilled team of nurses and carers, providing them with 24-hour care focusing on their individual needs. We work closely with other departments and external health providers to ensure guests receive the long-term support they need to manage their condition.

– Emma Jenson,
Director of Care and Health

Our multi-disciplinary team work closely so we see the immediate benefits to our guests during a holiday. We positively impact their health by feeding back to the NHS.

– Louise Wallace,
Physiotherapist

Transforming lives

Pete is a kind, genuine and popular guest at Leuchie. He has a good laugh with the team and other guests and takes opportunities to try many new things. Knowing that Leuchie helps people like Pete to truly be themselves while on holiday, giving them access to services which improve both physical and mental health, is what makes our work so worthwhile.

At Leuchie, you are not disabled, you are simply you. I have no better way to sum up this amazing place. My name is Pete, and I am blessed with a lovely wife, Jacqui, two wonderful sons, Matthew and Lewis, and two grandchildren!

In my thirties, I started experiencing issues with my speech and weakness in my right side. I remember hiking up Stob Bàn with my son Matthew one day and, as we made our way down from the summit, **my legs just seemed to stop working**. I had to descend with my hands on Matthew's shoulders so he could take my weight. It was slow progress, but we got there in the end. Worrying symptoms like this are what led me to seek medical advice.

I was diagnosed with MS in 1998 and at the time we knew little about the condition. I had to stop working soon after, as my job required a lot of long-distance driving. Losing that independence so suddenly, alongside my passion for hillwalking, was very difficult. But I am adaptable and a very sociable person, so I found other ways to enjoy my life.

However, MS is a progressive disease and I have found that in recent years my mobility has declined to such an extent that things have become a lot tougher for us.

It was when we received the devastating news that Jacqui had cancer that we realised things would have

"Leuchie is where Pete gets to be himself again."

to change – that we'd have to set up more support for times when she is not well enough to care for me.

Jacqui is thankfully now in remission, and we have carers coming in sometimes, but their availability can be limiting, especially for someone who wants to retain some independence and quality of life, so Jacqui continues to shoulder most of my care.

When things became more difficult, my neurologist suggested a visit to Leuchie. At first, Jacqui had visions of a care home and me just sitting in my room all day, but we could not have been more wrong. **Leuchie has been life-changing for both of us**.

My wheelchair restricts so much, so it is incredible what I can get up to on a Leuchie break. Jacqui thinks I am slightly mad (she may be right!) but always says that I am "buzzing" when I return home from all my activities. I have tried the microlight flight, the Trekinetic off-road wheelchair, physio, gong therapy and massage, amongst many other things.

It is just amazing that a place like Leuchie exists for people with neurological conditions, and it means a lot that Jacqui gets time to do the things she wants to do, without restriction.

When I drop Pete off, tension just melts from my shoulders, knowing I will have this time to rejuvenate and, importantly, Pete is having an amazing time too.

We are just one of the hundreds of families Leuchie helps each year with the support of donors, so thank you truly for all you do.

A new space of tranquility

Leuchie's new therapy and sensory summerhouse, which opened for use in 2023, was funded through generous support from several grant-giving organisations.

The Alexander Amos Charitable Trust funded the structure itself, and the essential equipment required for its function, including hoists, slings, massage beds and other sensory aids were paid for by the **Edward Gostling Foundation**, the **Percy Bilton Charity**, the **Tesco Bags of Help** scheme and the **Barrack Trust** - huge thanks to them all.

The summerhouse has become a space which enhances Leuchie's beautiful grounds, adding to our guests' enjoyment while on holiday here. The benefits of this space on mental and physical wellbeing are huge. As Leuchie's Occupational Therapist, Katie explains:

> Stimulating all five senses is extremely beneficial for the mental and physical wellbeing of people with neurological conditions, especially where they find communication difficult. We have also found that it gives our guests a safe space in which they choose to open up about things which may be causing them worry.

The space has proved popular, thanks in part to its versatility. Primarily used as a sensory area, where guests can take time away from the Leuchie social activities to make use of relaxing aroma lamps, weighted blankets, mood lighting and music, it also regularly functions as an additional therapy area for massage and exercise amongst other physical and cognitive therapies.

One guest, Helen, found the space so beneficial, she has since installed some of the equipment in her own home:

> Since FND, I have sensory processing issues and need almost constant calm, so I felt like I was in heaven when I used Leuchie's new therapy room. Enjoying massage, beautiful sounds, aromas and gentle lighting was sheer bliss.

It's not just our guests who have access to this tranquil space – Leuchie's team are encouraged to use it when it's free. Caring is a rewarding job but, at times, can be emotionally or physically draining. The team's mental and physical health is extremely important to Leuchie. If they are healthy, then they are the best they can be for our guests, so having access to a place like this for breaks to recharge, is invaluable.

Thank you again to the funding bodies for making such a vital contribution to Leuchie's holistic service.

TESCO Bags of Help

The Barrack Charitable Trust

The Edward Gostling Foundation

The Percy Bilton Charity

Alexander Amos Charitable Trust

Lately, I have found things very tough, so I recreated some of what I experienced at Leuchie at home. It's helped me get over this hump of feeling vulnerable in my disability.

Image credit: Helen Hodge Neal

Reach for the Sky

We are excited to begin a pilot programme with Sky which could be transformational for our guests and also, hopefully, grow to impact more people across the UK and worldwide.

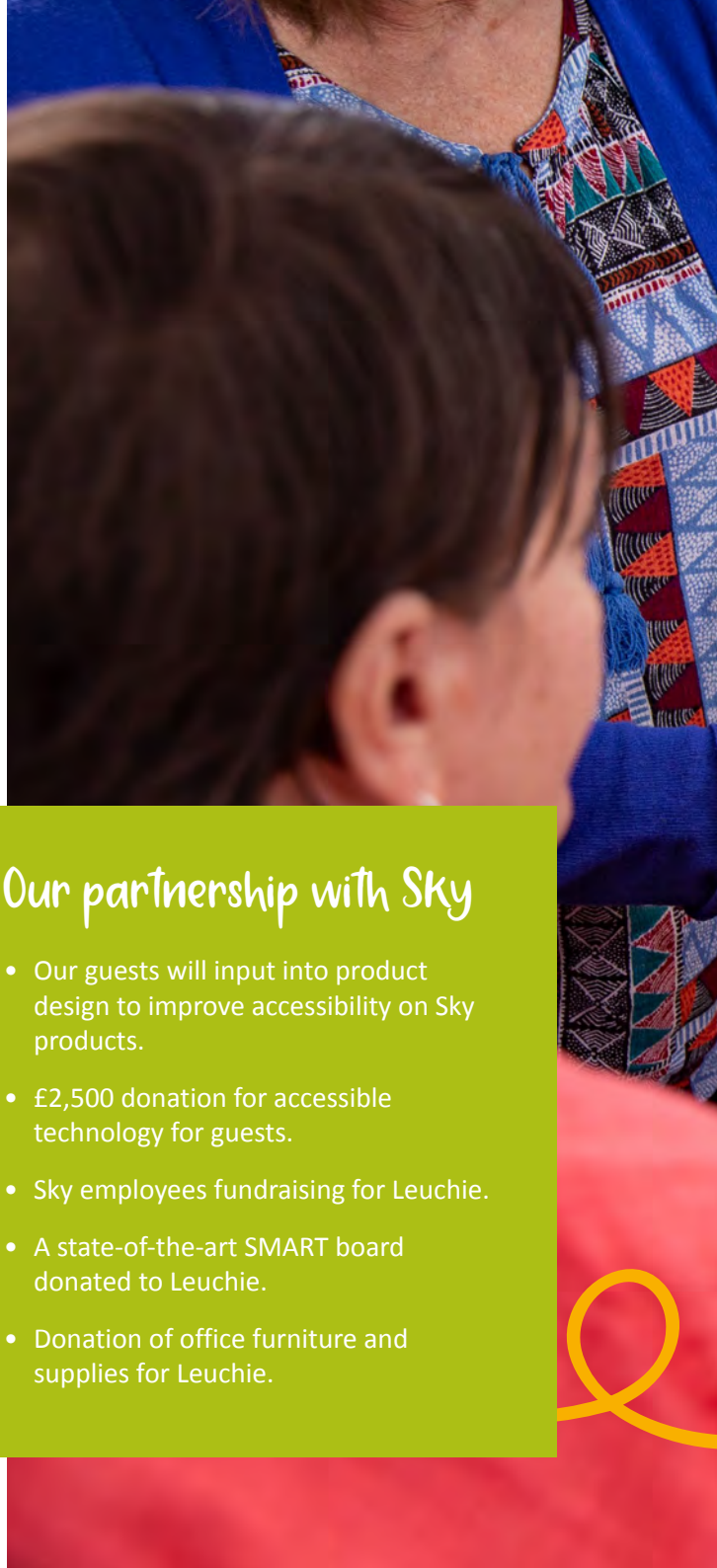
Technology doesn't always get the best write up these days, but, when it comes to the hugely positive impact it can have on people with mobility issues, it can completely change lives, and give people back some of the independence they have lost through their condition.

When our guests come to Leuchie, we showcase a variety of products that help them gain back some of that independence, and we see daily the difference that makes to them.

Our technology team also offer guests 1-2-1 advice and 'surgeries' to fix some of their gadgets which they bring into Leuchie. Many guests then go on to install the technology they have tried at Leuchie in their own homes, but there are also times they get frustrated not being able to get things to work.

Where Leuchie does not have capacity to help, Sky have agreed to launch a pilot programme, whereby their engineers, who are working across the UK, will be given paid volunteer hours, through their 'Time to Care' programme, to visit our guests in need of some technical assistance in their own homes.

We look forward to sharing the progress of this budding partnership with you soon!



Our partnership with Sky

- Our guests will input into product design to improve accessibility on Sky products.
- £2,500 donation for accessible technology for guests.
- Sky employees fundraising for Leuchie.
- A state-of-the-art SMART board donated to Leuchie.
- Donation of office furniture and supplies for Leuchie.

I had trouble operating my phone, so Kevan showed me how to use it with voice command. This has made things much easier for me!

Leuchie's Legends

Whether facing a fear of heights or dancing the night away, in 2023/24 our supporters have raised vital funds to transform the lives of the families who rely so much on Leuchie's services. Thank you one and all!

Thank you to **Mia** for facing the grueling Tough Mudder challenge and raising £200!

Taking to the heights was a Leuchie team, along with some friends & family, who abseiled the Forth Bridge & raised £1,180. Thank you, **Sue, Charlotte, Iain, Steven & Lisa**.

Regular guest, **Tommy & his wife Fiona**, along with friend Keith, put together a fantastic shindig at the Musselburgh Rugby Club in October, raising a grand total of £3,287 for us.

Leuchie's very own historian, **Alisa Fortune**, hosted a musical recital at her home in North Berwick for friends, raising £1,500 for Leuchie.

Last year, **Andrew Guest** raised £1,700 for Leuchie from friends & family with his homemade 'Meditations on Mobility' 2024 calendar. This was on top of being the face of our 2023 Christmas Appeal.

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Last year, **Jim** boldly took on the Hyrox Challenge in Dublin, as well as hosting his own quiz night at West Barns Bowling club, raising £1,405 in total for Leuchie.

I wanted to do the Scottish Half Marathon in memory of my auntie
– Chris McMillan

Supporter spotlight

John Sloan raised £2,337 running the London Marathon in April. Hope those legs have recovered John!

Over the last year, an incredible **£25,000** has been raised from our community!

This year's Edinburgh Marathon Festival runners raised a whopping £5,103 for us! Thanks **Hattie, Georgia, Harry, Sinéad, Katie, Toby & the North Berwick High School Hairy Haggis relay teams.**

Alasdair Gardner & friends of Keith Hogg, former Chair of Scotland Rugby League, held a golf day at The North Berwick Golf Club in his memory after he passed away last year. They raised £10,000 with half of this coming to Leuchie & the other half to MND Association.

Some of East Lothian's most beautiful private gardens again opened their gates to the public for Scotland's Garden Scheme, raising more than £5,900 for Leuchie. Thank you so much to **Blackdykes, A Blackbird Sings & Broadwoodside Gardens.**

Chris McMillan

raised £590 running the Scottish Half Marathon in memory of his auntie Kate, who was a guest at Leuchie before she sadly passed away:

My auntie Kate was the most determined person, so doing something that required resilience and determination seemed fitting.

because Leuchie was such a special place to her.

More Leuchie's Legends

In 2023, the **Marine & Lawn Hotel** North Berwick chose Leuchie as their charity partner and have raised over £2,600!

After winning the Lomond Park Tennis Club charity tournament, local **Robert Mitchelmore**, nominated Leuchie to receive a £160 donation.

Over the summer, the **New Town Hash House Harriers** raised a combined total of £1,660.65 with not one, but TWO Red Dress Runs! Thank you to **Martin Irons** & **Abigail Stevens** for organising & to the Hashers for supporting Leuchie again this year.

Dunbar Castle Golf Club held a raffle last year, raising £190 for Leuchie.

Ten fundraisers (including some of the Leuchie team & the Chair of our Board!) faced their fears in August by zip sliding across the Clyde, raising over £2,000. Thanks **Fiona, Donna, Stephen, Sandy, Julie-Ann, Hazel, Michelle, Natasha, Christopher & Claire!**

Dunbar Dementia Carers Group held a fundraising tea party in aid of Leuchie, raising £300!

In 2023, carer **Denise** & daughter **Emilia**, & supporter **Frank Ross** completed the Edinburgh Kiltwalk, raising a combined total of £1,607.

9-year-old's **Preagh** & **Zäzi** & 12-year-old **Darcy** raised £25 for Leuchie in just two hours with their table sale & tombola! Thanks girls - you are never too young to start being charitable!

In June, **John & Alison Collington** generously opened their home for a live music event, inviting guests to pay a donation to attend with all proceeds going to Leuchie.

Leuchie was fortunate to be one of the local charities to benefit from profits made by **Reuse Scotland** in 2024, receiving a £5,000 donation & a foldable power chair!

A big thank you to **Ann Butterfield**, former Leuchie trustee, who organised a night of dancing & entertainment at the Lilybank Social Club in Paisley, raising £1,500!

Our good friend & local artist **Ali Blevins** raised £287 for us through sales of her cards & Christmas artwork last year. She also raised £1,350 for Leuchie with her butterfly project, thank you Ali.

Thank you to **North Berwick High School** for nominating us as one of their chosen charities for the 2023/24 academic year. NBHS has raised a total of £1,000!

Tim & Cameron Olton took on the Dubai Marathon in January & raised £2,819.

Corporate support and volunteering

For the last couple of years, Leuchie have been focusing on growing our corporate support. These partnerships allow us to build relationships, expand awareness about Leuchie's services and raise vital funds to help grow our impact.

In November 2022, Leuchie held their first Leuchie Long Lunch, a business leaders event to raise funds and awareness for the charity.

This was so successful, a second lunch was held in 2023 and, in total, the two events have raised over £250,000. Branching off from this, a Leuchie Leader's Club was introduced at the beginning of this year, to increase financial support for Leuchie while offering businesses opportunities to expand their networks alongside other leaders. This has resulted in a deeper understanding of Leuchie's services amongst members and the vital role we play in the lives of the families we support.

We have been delighted to see many more businesses, like Sallyport Commercial Finance, taking an interest in our charity's work.

January 2024

Sallyport MD, Andy Tait, attended Leuchie Leader's Club event.

May 2024

Leuchie was chosen as Sallyport's 2024 charity of the year and their team came for a volunteering day.

July 2024

Andy and friends, Kevin, Edward and Stuart completed the Yorkshire Three Peaks in 11 hours 15 minutes to raise £1638 for Leuchie.

September 2024

Sallyport hosts a golf day in aid of Leuchie.

From helping maintain our grounds for the enjoyment of our guests, to creating a bespoke Christmas wonderland for our fundraising efforts, we are delighted to find mutually beneficial ways of working with local businesses and corporate supporters.

Thank you to **McInroy & Wood** for their loyal support and for sharing our vision and purpose. This year, McInroy & Wood generously donated £10,000 to Leuchie after nearly a decade of regular financial support and volunteering.

Our valued supporters at **Stewart Investors'** have gone above and beyond in aid of Leuchie this year, not only by supporting us financially but also by joining us for a volunteering day over the summer.

Phoenix Group

Jerba Campervans

Trident Building Consultancy – Edinburgh

Thank you all!

The Big Ascot Bash

Thanks to our guests, we raised over **£83,000** at this year's event.

Once again, our generous headline sponsor and host, Prestonfield House, donated the entire cost of the event, so that every pound raised goes directly to supporting people living with neurological conditions and their families.

We are also very grateful to our long-term sponsor, No12 Hotel & Bistro, for sponsoring this year once again.

The event could not go ahead without our brilliant volunteers and the entertaining duo of Natasha Raskin-Sharp (baby in tow!) and Edward Reid (who has since visited Leuchie to perform for our guests). Thank you all!

PRESTONFIELD
PRESTONFIELD HOUSE EDINBURGH

No12
HOTEL & BISTRO

Special thanks to Lois who shared a story about her husband Colin who was a regular guest at Leuchie but who sadly passed away earlier this year.

It was important for me to be able to support Leuchie and say thank you to everyone for all the care and kindness given to Colin and me.

It's not too early to reserve your table for next year, Thursday 19th June!

SCAN HERE TO RECEIVE A £250 DISCOUNT IF BOOKED BEFORE JANUARY 2025

Bridge Afternoon & Tea

Another great Bridge Afternoon Tea was held at Leuchie in November 2023, raising **£2,893**. Thanks to Bridge Committee, Jane, Ali, Hilary and Jane for giving up their time to organise this. Another one is set for 8 November.

Please email **cristina@leuchie.org.uk** if you would like to book a place!

£2,893 raised!
Funds a hoist to safely transfer guests.

Leuchie Long Lunch

Another hugely successful Leuchie Long Lunch was held at Prestonfield House on 24 November 2023, raising an incredible **£130,420** for Leuchie! This will take a nice chunk out of the £1.5 million we have to raise every year.

The 'Laughter and Leadership' theme was delivered expertly by our keynote speaker, explorer and adventurer Aldo Kane and the talented Abandoman. Nothing like a good time when you know you're supporting a charity like Leuchie.

Thanks to our volunteers, our MC Natasha Raskin Sharp and our sponsors, Progeny, MBM Commercial LLP, Hamilton Waste & Recycling Ltd, Scottish Building Society and Execair.

progeny

MBM ENTREPRENEURIAL BUSINESS LAWYERS

Hamilton Giving waste new life

SCOTTISH BUILDING SOCIETY

execair

Genesis Scottish Open Putt Putt

Thanks to The Renaissance Club Charitable Foundation (TRCCF) for dedicating their Fan Zone Putt Putt course to Leuchie and another great local charity, The Pennypit Community Development Trust, in July at the Genesis Scottish Open. We raised **£6,477**, which will be split between the charities. Thanks to Max Holder and Rory Colville from the DP World Tour for their support and to our volunteers, including some of the McInroy & Wood team!

Hops in the Garden 2024

£5,000 raised!
A 7 night holiday for 2 guests.

Thanks to everyone who supported Leuchie on 17 August by joining us for our Hops in the Garden event, helping us to raise almost **£5,000** to support the families who rely on us.

A big thank you to Archerfield Walled Garden for hosting this event and donating a gorgeous hamper for our raffle! Thank you also to our wonderful volunteers and The Castle Inn and DF Wishart (Holdings) Ltd. for all your help.

The event would not be possible without Simon Paterson-Brown who organises the wonderful acts and the silent disco (a huge hit again this year with young and old alike!).

Archerfield Walled Garden · The Castle Inn · Wishart Holdings Est 1857

Thanks to the performers:

- North Berwick Pipe Band
- Voices Choir
- Bethany Nicholson
- Sister Sister Choir
- Esk Valley Swing Band
- Rhys Heaven
- ELJam Young Bands

"What a great cause to support!"

Gourmet Golf Day

Thank you to everyone who joined Leuchie's Gourmet Golf Day at The Renaissance Club last year. Culinary delights and a few tipples were enjoyed by all and an incredible **£28,444** was raised on the day.

Thanks to Lyle Crawford, our wonderful piper, the Renaissance Club team, FOX Private Finance, Fidra Gin, Belhaven Brewery, Gilsland Park, the Marine & Lawn Hotel, Copper Grey Developments, and RockSports for all their support.

A special thank you to Renaissance member and regular guest, Robert Morgan and his wife Ann, who shared how important Leuchie is to them.

Renaissance Club · FOX Private Finance · RockSports · Belhaven Brewery · Marine North Berwick · Copper Grey Developments · Gilsland Park · Fidra Scottish Coastal Gin

In memory support

Losing someone close to you is one of the hardest things we all have to face.

In 2023 Leuchie set up Tribute pages on our website as a way for families and friends to share memories, photos or donate to Leuchie in memory of their loved one, and we have been amazed at how much comfort these tribute pages have given grieving families since then.

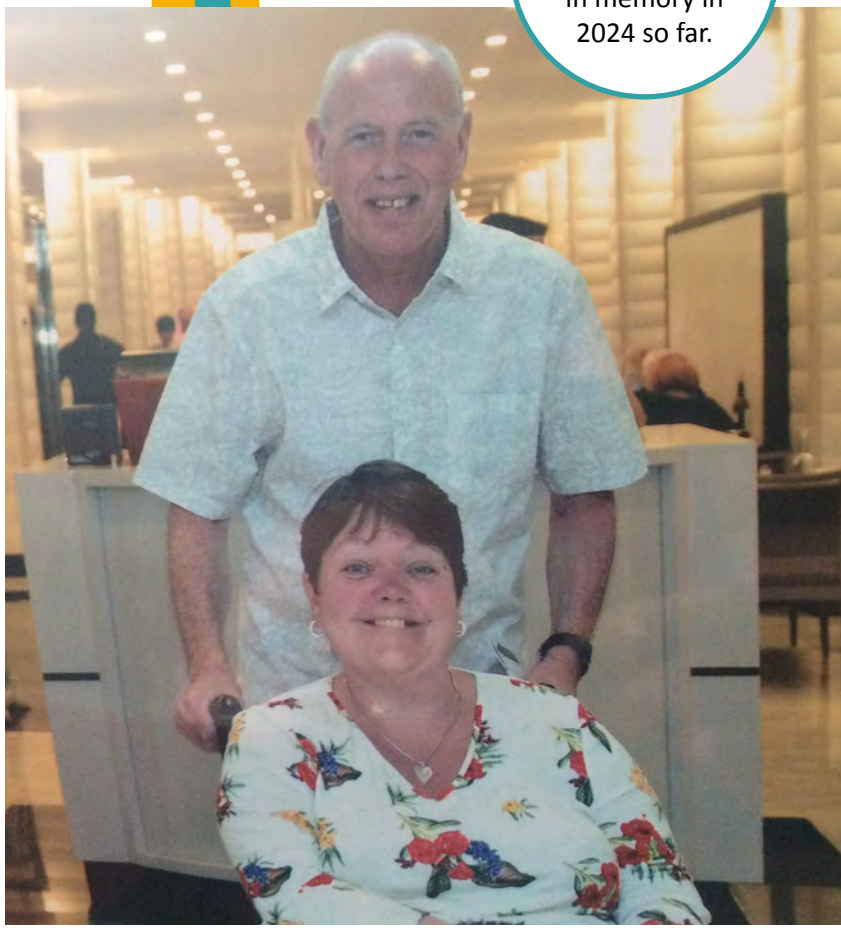
In just one year, over £8,000 has been donated to Leuchie through tribute pages alone.

Thank you to everyone who has supported in this way.

Our beautiful regular guest, Barbara lost her soulmate Dug in 2022 and her and her family set up a tribute page in his memory.

My whole family benefited so much from the page and it brought all of us such great comfort at a time when we needed it the very most. Even now we take great comfort from it when we are thinking of our very precious husband, dad, grandad, brother, uncle and friend.

£8,500 donated
in memory in 2024 so far.



We are so touched when a family chooses to remember their loved one by supporting Leuchie's vital services, knowing it was a place special to them during their lifetime and a place that changes many lives. **If you would like to know more, please contact claudia@leuchie.org.uk or scan the QR code.**

I love the company, fun and laughter at Leuchie.

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.

Leuchie

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

Fundraising Team

Standing L to R – Claudia Wellwood, Jacqueline Mackie, Matt Pearson
Sitting L to R – Cristina D'Agostino, Claire Williams, Emma Rollo and Iain Mitchell

This edition of Transform celebrates our incredible supporters, and it has been heartwarming to see so many people believing in Leuchie's vision. This year has seen more people than ever from our local community and corporate network getting involved. For that, I thank you from the bottom of my heart.

Claire Williams
Head of Fundraising