



2024

# IMPACT REPORT

Reimagining respite

  
**Leuchie**  
THE NATIONAL RESPITE CHARITY

# WELCOME



Today, over 100,000 individuals in Scotland live with a disabling neurological condition, overwhelming our healthcare system

and leaving families struggling to thrive. Leuchie is a beacon of hope for many families, but their need keeps growing.

We have responded to their need, and that of a growing number of families by expanding our impact within Leuchie and beyond. It's your generosity which fuels our mission to provide essential care and combat the increasing isolation faced by those we support and their family carers.

We are proud to be recognised by the Care Inspectorate as leading the way in innovative, combined health, care and technology which delivers a lasting impact. These capabilities can be harnessed, with your continued support, to the growing crisis in care, not incrementally but at a scale and in ways we know will have impact. Thank you for all you continue to do.

**MARK BEVAN**  
Chief Executive

*Leuchie feels like freedom.*



11 years ago, I had dinner with three men around the same age as me who, like me, had enjoyed varied successful careers – doctor, engineer and scientist. But, unlike me, their lives had been upended by the onset of neurological illness. They were unable to work, restricted by a need

to use wheelchairs and highly dependent on their carers. The dinner was the final night of their stay at Leuchie.

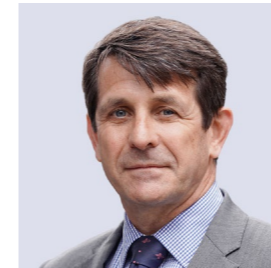
I was impressed by their positivity, despite the issues they faced daily, and by the care they received at Leuchie. So, when asked to join the Board of Trustees in 2014, I knew I had to say “yes”, and it has been a great privilege to serve as a Trustee and as Chair for the last five years.

I have learned a huge amount as the charity has matured, thanks to the hard work of the excellent team and board. Leuchie's stability is down to the generosity of supporters, without which, we would not have a future. Because of you, the future is exciting and positive.

As my term as Chair comes to an end, I am delighted to welcome Graeme Hartop to the role. A long-term supporter of Leuchie, Graeme brings a wealth of talent, experience and networks from his time as CEO of Hampden Bank. He has already made a positive impact and I am confident that Leuchie is in very good hands.

**STEPHEN PEARSON**  
Chair of the Board of Trustees

## IN 2024 LEUCHIE SUPPORTED OVER 780 PEOPLE AND UNPAID CARERS



I am hugely excited to have joined Leuchie at this time and I would like to thank Stephen, Mark, the team and supporters

for the fabulous work done to bring Leuchie to where it is now.

There is an opportunity for us to build on the great work done to date as the need for Leuchie's services is growing continually and well beyond the ability of our NHS and social care services to meet. We have a moral obligation to utilise our expertise and supporters' goodwill to meet this critical need. We will look to do this in a way that ensures a sustainable future for Leuchie to enable the team to support many more families in the long-term.

I look forward to helping deliver this ambition and to meeting many more of the amazing Leuchie community when I takeover from Stephen on the 25th of April.

**GRAEME HARTOP**  
Incoming Chair of the Board of Trustees

We started a partnership with **sky** for inclusive design research & help with **technology at home**

We saved the NHS an estimated **£500k**

with our respite service & through early detection & treatment of pressure sores & UTIs



**4406**   
respite nights  
with round-the-clock specialist care

**430**   
breaks at Leuchie

 Welcomed **76 new guests** to Leuchie

 **318 people** enjoyed breaks in our two self-catering properties

# HOW LEUCHIE MAKES A DIFFERENCE WITH YOUR SUPPORT

**My name is Lorna. I am 72 and live with my husband of 55 years, Billy, in Falkirk. We have two children and four amazing grandsons! I have always loved children, starting out my career working as an *au pair* and then working at a children's home in Falkirk for several years.**

Anyone you talk to will say I have always been a very independent, sociable person, with a busy life and plenty of friends. When I was around 50 years old, I started to have dizzy spells and was losing my balance a lot. Neighbours came to my door to ask Billy if I had a drinking problem, which was upsetting if I'm honest.

When I spoke to the GP, he said to me "it's all in your mind" but I kept pushing for answers and was finally diagnosed with MS at the age of 52. If that wasn't devastating enough, two weeks later, I suffered a massive stroke while on a night out with my sister. I remember I just lay down on the floor of the golf club, and the next thing I knew I was being taken straight into theatre at the Western General in Edinburgh. I remained there for over three months.

I wasn't prepared for what was to come. I remember my social worker saying to me: "Lorna, your life is going to change dramatically." I felt like a baby, having to learn how to do things again. My living room was taken over by hospital beds and equipment and I felt so frustrated that I couldn't do things myself, having to constantly ask Billy for help. It was eating away at me.

And then the worst happened. Two years ago, Billy had a stroke. It really impacted him and he wasn't getting the support he needed to rehabilitate. It all became far too much for us. He just couldn't get better while caring for me and all I wanted to do was get myself up the stairs and give him a wee cuddle, but I couldn't.

To make matters worse, I then ended up in hospital after falling and breaking my leg badly. After surgery, I was completely immobile and they couldn't send me home as Billy could not look after me. I was sent to temporary accommodation in a hospice for three weeks, while we waited for a care package, and it was at this point, we realised we needed to find another option.

A friend of mine, who used to come to Leuchie, told me what an amazing place it was. I thought "it can't be that great!" but it is, and so much more! I started coming to Leuchie in 2023 and have loved every minute. I just feel like I can be me and do what I like when I like. Billy has a proper rest and spends time with our grandsons. It's a vital break for him.

Leuchie is just amazing, so down to earth – a place where you can just be you...



The staff at Leuchie bend over backwards to help you. I have benefited from so much at Leuchie, from Louise and Katie in therapy to Elizabeth and Kevan in the tech team, trips out and pampering therapies. I have even had Leuchie send one of the Sky engineers to my home to help me set things up for more independent living. As I have family in Canada and New-Zealand, it is great to find more ways to connect with them.

Leuchie is just amazing, so down to earth – a place where you can just be you, enjoy yourself and simply feel happy. There have been many ups and downs in my life and I just feel so lucky to be here.

## AT LEUCHIE, LORNA HAS BENEFITED FROM:

- WHEELCHAIR ADJUSTMENT
- SPECIALIST NURSING ASSESSMENT
- PHYSIOTHERAPY TREATMENT & EXERCISES
- 1-2-1 OCCUPATIONAL THERAPY SUPPORT
- 1-2-1 RE-ENABLING TECHNOLOGY SUPPORT

# IMPROVING HEALTH

People living with complex neurological conditions cannot get comprehensive, long-term effective care in one place.

REDUCING LONELINESS

REIMAGINING RESPITE

RE-ENABLING INDEPENDENCE

## MEETING NEED

As the prevalence and complexity of neurological conditions continues to rise, more families than ever are battling to access the services they need to live well. Unpaid carers should not have to struggle with the responsibilities of caring for their loved ones. Those living with a neurological condition should have access to support that re-enables independence and social opportunities.



THANKS TO OUR SUPPORTERS, IN 2024, LEUCHIE'S TEAM HAVE RESPONDED TO THIS NEED, PROVIDING OUR UNIQUE RESPITE BREAKS AT LEUCHIE, WHILE GROWING AND DIVERSIFYING OUR IMPACT IN A NUMBER OF AREAS BEYOND OUR WALLS.

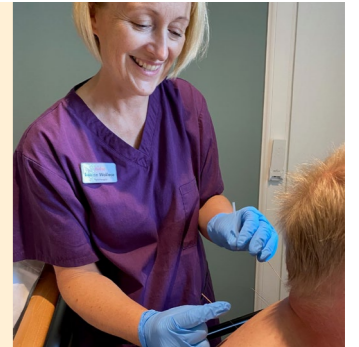
## HOW LEUCHIE MET THAT NEED IN 2024



### 1130 THERAPIES, ASSESSMENTS & INTERVENTIONS

provided to guests – a 56% increase on 2023.

☀ Louise and Katie have been great. My chair has been adjusted, and I've had treatment to stimulate the circulation in my hands and feet. I've really felt the benefit of that. ☀ - regular guest



### 246 REFERRALS TO COMMUNITY HEALTH PROFESSIONALS

preventing serious health problems from developing.



### 7 PLACEMENT STUDENTS

trained for 2,521 hours in how vital collaborative working is in healthcare.

☀ Working at Leuchie is a rare opportunity for us to see practices out with the NHS. There is such a person-centred approach; you look at the person in front of you and do what works for them. ☀ - Niamh, QMU



### COLLABORATED WITH UNIVERSITY OF EDINBURGH AND HERIOT-WATT UNIVERSITY

on the groundbreaking Feather project to test cutting edge technology for early detection of life threatening UTIs.

# RE-ENABLING INDEPENDENCE

IMPROVING HEALTH

REIMAGINING RESPITE

REDUCING LONELINESS

An increasing loss of independence is leading to huge pressure on unpaid carers & strain on family relationships.



**80%** of carers cannot take a break due to a lack of social care support\*

Someone taking responsibility off my shoulders for a week was priceless.

\*2024 State of Caring Report

## HOW LEUCHIE MET THAT NEED IN 2024



**OVER 450 GUESTS BENEFITED FROM 1-2-1 TECH TUTORIALS,** recorded and group sessions, so their technology can work for them.

Using the voice commands Kevan showed me has made things much easier - I can now put the tv on with my voice! - Guest



### PARTNERED WITH SKY VOLUNTEER ENGINEERS

to keep people connected, using smart technology, to maintain greater independence at home and input into inclusive design research.



Sky is proud to work alongside Leuchie, introducing smart technology to keep people connected and independent at home. We are looking forward to growing our partnership together to embrace the power of technology and human connection!

- Claire Du Preez, Sky Communities Programme Manager



### OUR LEUCHIE AT HOME SERVICE

supports 24 local people.

- 630 visits
- 1260 hours of respite for family members

Volunteering a few hours a week is nothing really, but it means so much to the client and carers. - Volunteer



# REDUCING LONELINESS

Social isolation for people disabled by a neurological condition, and their family carers, is on the increase. Unpaid carers bear the weight of an overstretched health and social care system.

RE-ENABLING INDEPENDENCE

REIMAGINING RESPITE

IMPROVING HEALTH

Two thirds of disabled people in the UK are chronically lonely & this figure rises the younger a person is\*

LEUCHIE IS THE ONLY RESPITE CHARITY IN SCOTLAND PROVIDING BREAKS AND SERVICES DESIGNED WITH THE INDIVIDUAL IN MIND. BREAKS AT LEUCHIE ARE ALL ABOUT FUN, RELAXATION AND LAUGHTER WITH A BIG FOCUS ON REDUCING ISOLATION FOR OUR GUESTS AND THEIR FAMILIES.

\*2024 State of Caring Report

## HOW LEUCHIE MET THAT NEED IN 2024



### GUESTS WENT ON OVER 220 OUTINGS

As a RAF veteran, being back in the air in the Microlight, after a decade grounded, just filled me with joy and made my heart sing. I was enabled, not disabled, thanks to this amazing charity." - Guest



### GUESTS ENJOYED OVER 750 ACTIVITIES & ENTERTAINMENTS

I so enjoyed my time at Leuchie - the care, support & wonderful company, the food, outings, surroundings, entertainments & advice. You are a truly wonderful organisation! - first time guest



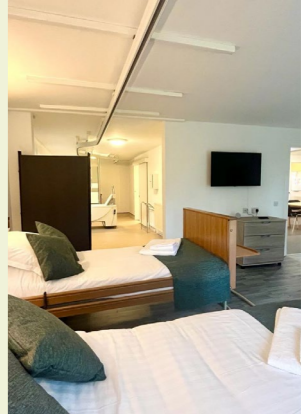
### 13,218 DELICIOUS & NUTRITIOUS MEALS SERVED



### PROVIDED 83 WEEKS OF ACCESSIBLE BREAKS FOR 318 PEOPLE

to take a break together at Doddie Weir House and Glen View Caravan.

It's so easy to care for my 13-year-old daughter here. Having the profiling bed & hoist made such a difference to my energy levels. - Glen View guest



# INVESTING IN OUR HEALTHCARE TEAM

**A shrinking healthcare workforce could have devastating consequences for struggling social care services and an already over-stretched NHS.**

Helping people to realise their potential is in Leuchie’s DNA, whether that’s the people we serve directly, their family carers or our team. We know that by investing in our team, we are investing in the future of those who rely on us.

*Scotland does not have the nursing staff required to deliver care to all who need it.*

**Colin Poolman, Royal College of Nursing Scotland Director (2023)**

## THE SECRET GARDEN

Working in a care role is incredibly rewarding but can also be emotionally and physically exhausting. The health and wellbeing of our team is incredibly important to us because the job they are doing is so essential. So, with the support of Katy Corstorphine, owner of Imaginarium Interiors, several local tradesmen and local artist Ali Blevins, our staff room was refurbished to create a sanctuary of calm for our staff to rejuvenate during break time.

*It's a great space to escape to when you just need a moment of calm. It's great to feel valued.*



## EMMA

Over the course of nine months, Leuchie supported our Director of Care and Health, Emma Jenson, to complete the Queen’s Nurse Programme through the Queen’s Nursing Institute Scotland. At the end of the programme, Emma was awarded the prestigious Queen’s Nurse title, an acknowledgement of the real difference she makes to people’s health and wellbeing.

*It was an absolute honour to be awarded the title of Queen's Nurse and has been the most amazing journey. I couldn't be more thankful to Leuchie for supporting me through it all. But it's the guests at Leuchie who are the real heroes in my story – they are the reason I am where I am today.*



## GILLIAN

Gillian joined us as a Care Assistant, quickly moving into the role of Senior Care Assistant. Two years ago, we supported Gillian to apply for and start training to become a qualified nurse. It’s been a joy to see Gillian grow into her potential and we look forward to welcoming her back to Leuchie as a Registered Nurse!

*I feel really lucky to have been supported by Leuchie to pursue my career in nursing.*



## IN 2024...

**11 TEAM MEMBERS SUPPORTED TO COMPLETE THEIR SVQS**

**WE HIRED NINE NEW TEAM MEMBERS TO INCREASE THE NUMBER OF GUESTS WE CAN WELCOME**

**WE INTRODUCED 1-1 WELLBEING PROCESSES, REDUCING SICKNESS BY 600 HOURS**

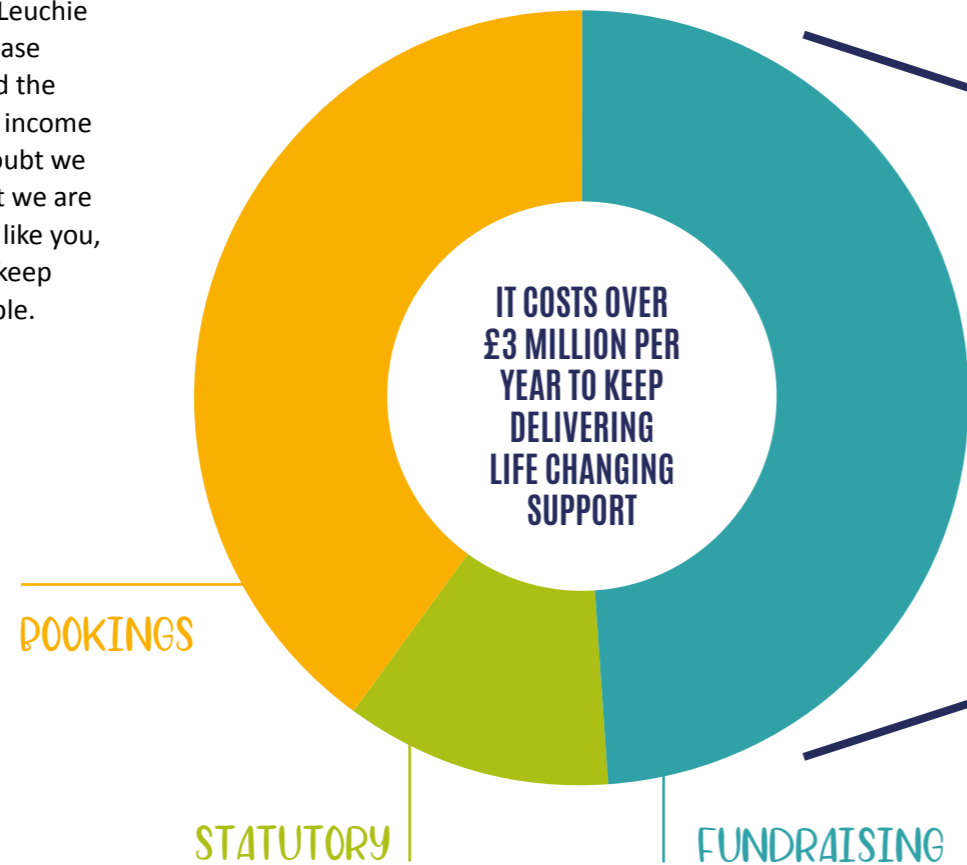
# YOUR SUPPORT



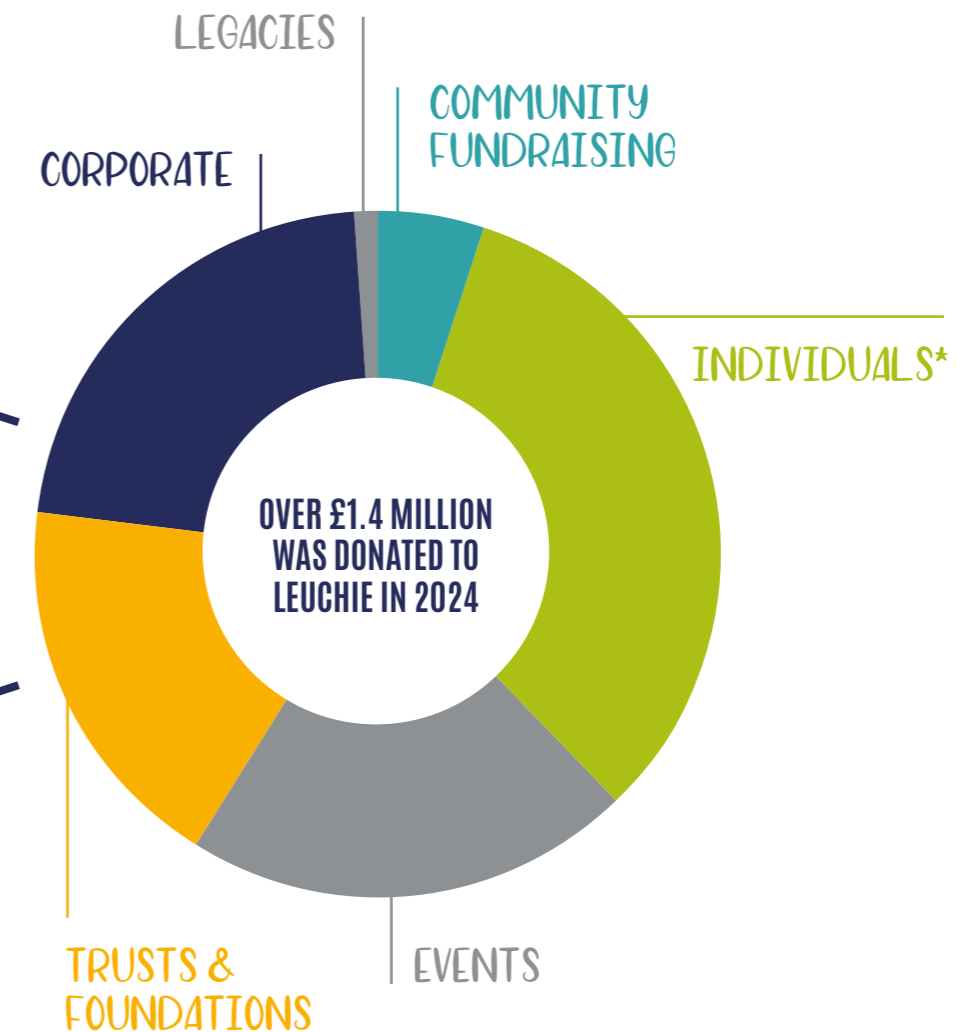
In line with our three-year strategy to double our impact by 2026, every individual at Leuchie worked extremely hard in 2024 to deliver excellent service, both within Leuchie and outside our walls, to increase awareness across Scotland and the UK, and to grow philanthropic income across all areas. There is no doubt we will face challenges ahead, but we are privileged to have supporters, like you, helping us and inspiring us to keep delivering more for more people.

**THANK YOU.**

## 2024 INCOME



Thank you Leuchie for all the wonderful work you do. What a great example you always are!



\*includes £46,000 of Gift Aid



# RESPIRE AS A HEALTH AND SOCIAL CARE SOLUTION

WE ARE WITNESSING AN EVER-GROWING NEED FROM FAMILIES LIVING WITH THE EFFECTS OF A NEUROLOGICAL CONDITION. THIS, ALONGSIDE THE UK'S GROWING, AGEING POPULATION, SHRINKING CARE WORKFORCE AND STRETCHED NHS AND SOCIAL CARE SERVICES, DEMAND THAT CHARITIES LIKE LEUCHIE STEP UP.

We are now approaching the end of a successful three-year strategy to diversify and expand our services, which has led to Leuchie's stability since the pandemic.

To continue to deliver our purpose and make a real difference to the real lives of people living with a neurological condition, it is imperative that we look ahead at how we can transform what we offer, at a greater scale, to meet the future needs of those who rely on us for support and we can only do that with the investment of our donors.

Leuchie is reimagining the delivery of respite for people with neurological conditions as a way of meeting wider health and social care outcomes for the families we support.

USING THE INPUT OF THOSE WE SERVE ALONGSIDE OUR EXPERTISE, WE ARE PARTNERING WITH SUPPORTERS, OUR NHS, UNIVERSITIES AND THE PRIVATE SECTOR TO CREATE A BLUEPRINT FOR CHANGE ACROSS SCOTLAND AND THE UK.



MULTI-YEAR COMMITMENT HELPS LEUCHIE TO PLAN AHEAD TO MEET GROWING NEED AT A GREATER SCALE.



Smart technology  
**IN EVERY HOME,**  
reducing pressure on carers and  
**RE-ENABLING INDEPENDENCE**



Growing private sector  
partnerships, like Sky,  
**EXTENDING REACH  
INTO MORE HOMES**  
to reconnect people



**HUGELY REDUCE  
HEALTHCARE COSTS &  
IMPROVE HEALTH**

Use our knowledge and skills  
to get pressure mapping  
technology into every GP  
surgery in the country,  
to predict, intervene and  
prevent pressure sores

**WHAT THE  
FUTURE COULD  
LOOK LIKE**



**GIVING PEOPLE THE  
CHOICE TO THRIVE**

more options of accessible  
self-catering accommodation,  
strengthening family relationships



'Leuchie at Home'  
**SET UP IN ALL  
LOCAL AUTHORITIES**  
across Scotland



Collaborations in  
**HEALTHCARE AND  
TECHNOLOGY RESEARCH**

impacting wider service  
delivery and public  
policy

# TRAINING THE FUTURE WORKFORCE

LEUCHIE UNDERSTANDS THE VALUE OF REAL-LIFE EXPERIENCE FOR YOUNG PEOPLE WANTING TO WORK IN CARE. OUR IN-HOUSE EXPERTISE PROVIDES OPPORTUNITIES FOR YOUNG PEOPLE TO JOIN US FOR A UNIQUE EXPERIENCE IN AN INTERDISCIPLINARY PERSON-CENTRED HEALTHCARE SETTING.

We believe that providing this work experience to train the future workforce, will improve the mental and physical health outcomes for people living with the effects of a neurological condition.

## HIGH SCHOOL STUDENTS

A number of school age volunteers have completed their Duke of Edinburgh awards with Leuchie. They are directly involved with Leuchie's guests by assisting them at mealtimes and with in-house activities. Their interaction with guests helps them to build confidence and social skills while positively contributing to our guests' holiday experience.

## GAP YEARS

Many gap year students have come through Leuchie's doors over the years and we are passionate

about providing opportunities to experience a variety of areas at Leuchie. They are given exposure to a real-life healthcare environment in which to develop their skills and knowledge in healthcare, teamwork and communication. Many gap years students will come back to work with Leuchie during university holidays, bringing extremely valuable new skills and knowledge back into Leuchie.

## HIGHER EDUCATION STUDENTS

In 2023 we began a partnership with Queen Margaret University, offering student placements at Leuchie. What makes our training environment unique is the **person-centred interdisciplinary approach to care**. Students work together on projects across disciplines, increasing their awareness of health initiatives and showcasing the incredible difference

collaborative working in healthcare has on the future of our health and social care system and the wellbeing for individuals overall.



## PLACEMENTS AT LEUCHIE

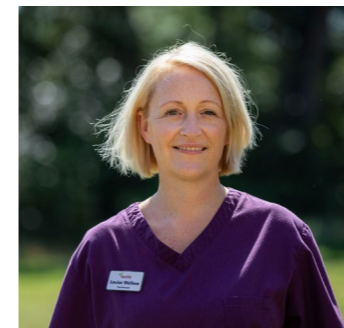
- ✦ NURSING
- ✦ PHYSIOTHERAPY
- ✦ OCCUPATIONAL THERAPY
- ✦ ART & MUSIC THERAPY
- ✦ SPEECH & LANGUAGE THERAPY
- ✦ TECHNOLOGY SUBJECTS

## BERTIE

2nd year Physio student



- 2022  
Started as a high school physiotherapy volunteer
- 2023  
Joined Leuchie's care team during his gap year
- 2024  
Began a course in Physiotherapy at Glasgow University
- 2024 - PRESENT  
Returns to Leuchie during semester breaks



Our placements provide a unique opportunity for students to interact with the people they will soon treat as patients. It is vital for healthcare practitioners to see the human being behind the symptoms, often people who have long and detailed involvement with the NHS. Chatting to our guests in a non-clinical environment on a daily basis, is a great opportunity for students to connect and to see the impact that healthcare attitudes and actions have.

Louise Wallace, physiotherapist

## CAMILLE

2nd year Med student



- 2022  
Joined Leuchie's care team during her gap year
- 2023  
Began a course in Medicine at Aberdeen University
- 2024  
Returns to Leuchie during semester breaks

I've always wanted to study medicine but wanted to gain some relevant experience before University and joining Leuchie has been a great decision. It has taught me a lot about the kind of care required for this role and the strength of connection you build with the people you care for.

OUR VISION IS THAT EVERYONE WITH A NEUROLOGICAL  
CONDITION, AND THE LOVED ONES WHO CARE FOR THEM, CAN  
ACCESS THE RESPITE AND SUPPORT THEY NEED TO LIVE WELL  
FROM PEOPLE AND SERVICES THEY CAN RELY ON.


  
**Leuchie**  
THE NATIONAL RESPITE CHARITY  
Reimagining Respite

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



 Leuchie does a wonderful job  
bringing sunshine into peoples'  
lives. Long may you continue.  
