Erskine News

A Scotland in which all Veterans and their families are valued and respected, and where high quality care and support enable them to maximise their potential quality of life.





TIME TO CARE

If you or someone you know has spent time in our Forces, they deserve some extra special care in return.

At Erskine we have the time to provide the compassion, kindness and care that is needed. We care for our ex-Service men and women, their spouses, widows and widowers.*

If this applies to you, the difference of a lifetime could be just a quick call away.

Erskine's person-centred care is tailored to the needs of each individual Veteran as they are offered a unique quality of care with the provision of physiotherapy, speech & language therapy, dentistry, podiatry and a dedicated activities team on site.

We also assist Veterans who need help to begin the next chaper of their lives, offering social recreation and training facilites at our activity centre.



To find out more about spending time at Erskine for nursing, residential, respite or dementia care, call us today on:

0141 814 4538 www.erskine.org.uk moving_in@erskine.org.uk Erskine, Bishopton, PA7 5PU



ERSKINE



Welcome

Hello, I'm Dougie Beattie and I am the Head of Facilities and Support Services for Erskine. I have been in post for almost 18 months now and joined after spending seven years working in the charity sector for the Ayrshire Hospice. Prior to that I spent 22 years in the Royal Electrical and Mechanical Engineers.

I feel honoured and privileged to be working at Erskine and supporting all of our Veterans and their families. My role here involves ensuring that our built environment is maintained to the highest standard and that our Care Homes are kept to the standard that matches the exceptional level of care our residents receive. This includes all soft furnishings, heating, lighting and safety. This role is made easier thanks to our extremely dedicated and professional teams, including Catering who provide 3 meals a day for every Veteran, Housekeeping and Laundry who ensure cleanliness is maintained and bedding and personal items are professionally laundered, Hairdressers look after ladies and gents requests, Porters and Drivers escort residents on outings and appointments, and our Facilities team manage and maintain the whole estate.



Dougie Beattie, Head of Facilities and Support Services

We also provide independent living for Veterans and their families. Currently we have 44 cottages on the Bishopton estate. However we are in the process of building 24 Single Living Apartments which are due to be available this year. We also recently completed the build of five Assisted Living Apartments which abut the Erskine Home. These are for Veterans who may not require residential care, but need some support from Erskine and they are proving to be very popular.

The next step is to assess and provide for any unmet need for Veterans in Scotland and I will be looking into how we can further develop our estate to meet that need. Watch this space!

Thank you for your continued support and I hope you enjoy this newsletter.

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Fundraising Department, Erskine, Bishopton, Renfrewshire, PA7 5PU

Going from Strength to Strength

A Little Bit of Magic at Erskine



The Erskine Reid Macewen Activity Centre, or ERMAC as it's now fondly referred to, has been open a year and what a celebration we had to mark the occasion.

It's safe to say one of the best moments from the day (aside from the cake) was a poem written and delivered by 93 year old WWII Navy Veteran, Barney Roberts. Here's a short excerpt from it:

There is a happy place not far away, Where they care for veterans every day, Erskine Macewen Activity is paradise for vets like me.

The staff are just like family, Supervised by the charming Debbie.

Transport collects around 9am, You'll arrive just after ten, Behind the desk is the engaging Adele, And other vets signing in as well. Coffee and tea is laid out in style, Time to chat with friends for a while. With over one hundred Veterans now registered at ERMAC, ages ranging from 37 to 94 and that number seems to just keep rising! Thanks to your support and generosity plans are well underway to refurbish unused parts of the Centre and make way for even more opportunities for Veterans.

So far there have been over 1600 meaningful interactive sessions with our Veterans including woodwork, art, holistic therapy, boxing, bowls, archery, IT and genealogy with over 5000 attendances! One of the Veterans who has found the Activity Centre in this last year is Billy:

"I didn't have much human contact for a while and started to get a wee bit depressed but since coming along to the Activity Centre it's been the best few months I've had for a long time."

Happy Birthday ERMAC; here's to many more!

With the number of people living with dementia on the rise, it is no surprise to hear that our care of Veterans living with dementia and our care for their spouses is also increasing. At Erskine we pride ourselves on the steps we take to make sure our care is of the highest standard for the men and women who have served; that's why we introduced Omi Vista Interactive Tables.

An Omi Vista Interactive Table is a motion activated light projection which projects interactive light games onto table tops and similar surfaces. Think of it as turning your kitchen table in to a giant iPad or electronic tablet!

It offers mental and physical stimulation, and encourages social interaction. Small groups of residents, families, friends and staff can come together to use the Omi Vista Interactive Tables. They can enjoy a whole host of interactive games including painting, rippling water in a pond, catching fish, popping bubbles, passing a ball, building a jigsaw and so much more. All of these activities require movement and stretching from participants, as well as an element of mental agility and team work.

The fun and engaging activities are designed to capture the attention of even the most reluctant participants and



encourage people to take part. "The introduction of the Omi Vista Interactive Tables has been very well received by both residents, staff and visitors. It is providing meaningful engagement to residents who can no longer participate in active activities and it provides gentle exercise of the upper limbs as they use the table.

It has bridged the gap between generations as we have watched residents and children enjoying using the table together. Relatives have tweeted about how much fun they have had using the table.

This week I had a very lucid conversation with a resident who is usually very distressed as she explained to me that if I wiped away the flowers they just came back and how much she like the colours." - Lesley Wylie, Erskine Park Home Manager.



something that the residents said or did and when their parents come to collect them they are very excited to tell them about their Young at Heart experiences."

One of the children's parents has also said "I am delighted to see the intergenerational programme with Erskine Home. I think it's fantastic for everyone involved and I look forward to seeing how this develops."



We're all Young at Heart

Residents at our Bishopton Home have been making friends with their neighbours, Enchanted Forest Nursery. You'd be forgiven for thinking "That sounds like a lovely garden centre." In fact it is a children's nursery based on the Erskine estate.

Boys and girls have been scheduling weekly visits to the Home as part of the "Young at Heart" intergenerational project and what fun it's been! Staff from both the nursery and here at Erskine have noticed the benefits.

"When the nursery approached us with the idea we thought it would be great. Working together we've arranged weekly visits since January and every month we alternate who makes the walk up or down the estate to visit. This month it's our residents turn to visit the nursery. It's been really worthwhile as we've noticed residents smiling more, engaging better with the activities and really just being more alert in general when the children are around." Craig Berry, Erskine Bishopton Activities Co-ordinator. To date, the children and residents have jointly participated in activities including storytelling, singing, shared snack, colouring in and celebrating occasions such as Burns Night and Chinese New Year.

The children and residents are starting to form bonds with each other. One of the residents recently asked "See the wee boy who did the amazing colouring, is he back up again this week? It was marvellous, I think it's amazing and he was only 4!"

Both the residents and children are increasing their interactions with each other and on arrival the children are already confident in talking to the residents straight away.

Louise Stringer, Enchanted Forest Depute Manager commented "The visits create such a positive impact for all, and as staff, it is a lovely warm feeling seeing the residents and children laughing with each other. On the walk back down to nursery the children talk about their visit and what they enjoyed doing. They often comment about

Seal of Approval from the Commissioner

We had the honour of welcoming Scottish Veterans Commissioner, Charlie Wallace, to the Erskine Veterans Village in Bishopton earlier this year. Mr Wallace was given a tour of The Erskine Home before taking the short walk down our estate to The Reid Macewen Activity Centre and spending time with Veterans there.

"Having been appointed as Scottish Veterans Commissioner in late 2018, this is my first visit to the Erskine Village and it's remarkable to see first-hand the level of support and services it provides to our Armed Forces community. A Veteran myself, when you leave the Forces you miss that sense of comradeship and the Erskine Village is a first-class example of how that



community sense is replicated where likeminded people can access support services as well as social activities. It's encouraging to see that the charity extends its support and care packages to Veterans' families thus ensuring Scotland is a nation that wholly supports its military personnel." Scottish Veterans Commissioner, Charlie Wallace

lan Cumming, Erskine CEO: "We were really pleased to have an opportunity to demonstrate to the Veterans Commissioner exactly how Erskine, as a charity, remains responsive to Scotland's Veterans' changing support needs. Erskine Homes are iconic for delivering compassionate nursing, respite and end of life care to Scottish Veterans, However, we also take great pride in delivering tailored training, recreational activities, therapeutic support as well as a range of high quality single and family accommodation. Our residents. tenants and activity centre Veterans were delighted to meet the Commissioner to explain the personal challenges they have faced after military service."

Meet Erskine

John Graham has been living in his new Erskine Assisted Living Apartment for six months. With the help of his family, he has his new home looking fantastic, with a definite nautical theme throughout.

We caught up with John to find out more about his time in the Navy and would love for you to meet him...

Would you mind sharing a little about yourself John, going back to where you grew up?

I was born in Glasgow in 1929, we stayed there until I was about seven when my Father remarried and with the marriage came a move to Portsmouth. In 1944 I moved back up north to Glasgow and stayed with my Granny and Granda.

You'd be fifteen at that point, when did you start considering a career in the Navy?

I always wanted to go to sea! Right from when I was a wee kid at school and the teacher would ask "What do you want to be when you leave school?" Everyone else would answer that they wanted to be nurses, bus drivers, this and that and I thought they were all silly because they didn't want to go to sea.

I come from a long line of John Grahams you see. My Grandfather was in the ArgyII & Sutherland Highlanders, my Father served 32 years in the Navy and was a Chief Petty Officer, there's myself and then my son John was a Royal Engineer and served for 22 years. All John Grahams.

Can you recall the day you signed up? I'll never forget that day. I was sixteen, it was January 1945 and all I had tucked under my arm was a brown paper parcel with a towel, a simmet, underpants, a toothbrush and a bar of soap. All the other guys had their fancy cases and there was me with my wee parcel. When we got the uniforms the chief says "Right, gimme your cases so we get your civvie's sent home." Of course there I am saying I just had a paper bag. Well his face was a picture!

After my training they put me on my first ship, the Queen Elizabeth. She was ready to go for scrap because she's an old First World War Battleship. I couldn't stand it so put in for a draft. They then put me on to the Duke of York, she was just back from the Far East and I ended up being promoted twice on that ship. From Boy to Second Class Stoker and from Second Class Stoker to First Class Stocker. I was happy on that ship.

I turned 90 on the 17th January this year and my family gave me a bottle of whisky. On the label was a photo of the Duke of York and it says "Matured 90 years".



Many people see joining the Forces as a way to travel the world, did you manage to see many places?

I got my travels in yes. The first country I ever went to was Norway but my list includes Mauritius, South Africa, Kolkata, Trinidad, Zanzibar and Korea. Not all on the same ship! I served on eight in total.

Now saying that, my Grandsons have both signed up to the Forces and I've told them that nowadays you don't get to travel like the way I did, but I'm sure they'll enjoy their time just the same.

The down side of it of course is being away from your family for so long. I'd always bring Annie and the kids something back but I'll never forget John not believing I was his daddy. Our wedding photo was on the mantle and Annie would point to it whenever John asked about me. I got back after a long bit of time away and John asked who I was! "I'm your daddy." He points to the wedding photo and says "No you're not, that's my daddy." John could talk for hours on his time with the Navy and was awarded the Korean, United Nations and General Service Medals during his service. After leaving the Royal Navy he enlisted in the Merchant Navy as he missed being at sea.



Mandy Moved Mountains for Erskine

Easy ways to fundraise for Erskine



Last November one of our fabulous supporters. Mandy Rendall, climbed to Everest Base Camp. Not only did Mandy climb the 17,600 feet and raise £1,760 for our Veterans, she also managed to stop along the way to pose proudly with an Erskine flag for some incredible photos! A mountain of thanks go to Mandy and all the other amazing people who ran, walked, swam, cycled, baked and much more in aid of our Veterans last year. THANK YOU ALL!

Join our Force this year **#TeamErskine**

If you're looking to set a goal for 2019. we'd love you to take on a challenge for Erskine! Maybe you'd like to join one of the four Kiltwalks across Scotland, aim for a new personal best time at the iconic Edinburgh Marathon Festival, cycle around the Grampian Highlands at Ride the North or get muddy while having tons of fun at the Bog Stomp.

Don't be put off by the energetic events though; there's always something for everyone. You can start your volunteer journey, organise a fundraiser or even ask your employer to sponsor or donate a prize to one of our amazing events throughout the year.

There are so many ways you can fundraise for our Veterans. Why not get started with one of these?

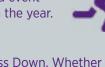


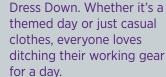
Have a Cake Break! Get colleagues, friends or family together to raise money with a slice of ginger bread heaven.

Need more inspiration? The Veterans Support Group, Tayside & Angus, organised a wonderful Variety Concert in Dundee Caird Hall last summer raising £1,000 for Erskine. Thank you very much to all of the Group for their continued support

Set a goal. Sign yourself up for a sponsored event happening later in the year.







Pay the fine. If you know your time keeping's not great or your colleague can't stay off their phone put a fine in place for every instance.



Nominate us! If your workplace has charity partnerships please nominate us.



Whatever you choose to do we're here to support you. For more information on how to start your #TeamErskine journey contact us on:

0141 814 4555 or email fundraising@erskine.org.uk www.erskine.org.uk

Ode tae the Bard

The Erskine Military Ball 2019

We celebrated the life and poetry of Scotland's national poet, Rabbie Burns by holding an Erskine Burn's Supper and Ceilidh in the prestigious setting of Glasgow's Sherbrooke Castle Hotel.

Hosted by the charismatic Scott Wilson, 'the voice of Tynecastle', guests enjoyed a delicious four course meal and an evening of Burns themed entertainment including an entertaining address to The Haggis by our Director of Care and a memorable performance of Tam o' Shanter by none other than Erskine's CEO, followed by a ceilidh led by the energetic Scottish band, The Jiggers!

The event went down a storm with guests and raised £13,734, a magnificent amount to support our Veterans.

We're now considering 2020 dates and look forward to making this an annual Erskine event. Keep yer lugs tae the ground for ticket information!



Our annual Erskine Military Ball is the premier fundraising event of the year! Once again we are looking forward to a superb evening filled with glamour, fine food and wonderful entertainment.

This year's Ball will be hosted by Scottish singer and comedian Michelle McManus, with entertainment from the sensational Edward Reid. Guests will be able to dance the night away at this glittering black-tie ball with a unique military theme.

The Erskine Military Ball will take place at the prestigious Doubletree by Hilton Hotel Glasgow on Friday 20th September 2019.

Tickets cost £100 per individual ticket or £800 per table of 10.

*Early bird deal – buy your table before Friday 10th May and you will get a table of 12 for the price of a table of 10!

To reserve your tickets please call us on 0141 814 4555 or email events@erskine.org.uk.

If you would like to support The Erskine Military Ball there are various ways you can get involved, from sponsorship of the evening, gifts-in-kind or the donation of a prize for the raffle. To discuss further, please contact Jennifer Campbell on 0141 814 4729 Jennifer.campbell@erskine.org.uk.



The Ideal Home Show Scotland 2019 FREE TICKETS

Save the Date!!

Did you know the Ideal Home Show is the world's longest running exhibition? The Show opened its doors in 1908 and is still successfully bringing all the latest innovations, the brightest ideas and inspiration to shoppers and those attending. The Ideal Home Show is the biggest and best home show in the business!

'The Stables - A Haven for Heroes'

Erskine is proud and delighted to be the Official Charity Partner of the Ideal Home Show Scotland and create the Ideal Show Garden and Plant Market for the seventh year.

Over the past six years, we have taken Show visitors on a journey through the lives of those who have fought and served during war and conflict for our country. From the call to war, through the trenches, to honouring the home effort in the artificial limb workshops we've showcased it all.

This year, we will celebrate the beginnings of Erskine Hospital and follow the journey of Erskine's magnificent building from humble Stables to becoming the Reid Macewen Activity Centre. The listed building has been part of the foundation of Erskine since the very beginning. Since the doors first opened to the Reid Macewen Activity Centre in January 2018 there have been over 1,600 sessions including woodwork, art, holistic therapy, boxing, bowls, archery, IT and genealogy and over



5,000 attendances with Veterans ranging in age from 37 to 94.

The integrated Erskine plant market will return filled with a selection of plants and shrubbery to inspire your summer garden.

The team behind the Ideal Home Show have supported Erskine in many wonderful ways over the years and this year would like to offer our supporters **COMPLIMENTARY TICKETS** to see all that the Ideal Home Show Scotland has to offer!

> To get your tickets visit Idealhomeshowscotland.co.uk and enter the code 'ERSFREE'.

If you would like to support Erskine at the Ideal Home Show Scotland there are various ways you can get involved, from volunteering with Erskine at the show, to in-kind sponsorship of materials for the Show Garden.

To discuss further, please contact Jennifer Campbell on 0141 814 4729 Jennifer.campbell@erskine.org.uk Make sure to get your tickets for our social events or if you've taken inspiration from mountain climbing Mandy, have a look at just a few of the challenge events you can sign up for this year:

25th - 26th May 26th May 24th - 27th May 2nd June 16th June 7th July 27th July 28th July **3rd August** 18th August 24th - 25th August 29th August 1st September 15th September 20th September 28th – 29th September 6th October 5th December December

Edinburgh Marathon Festival Erskine Motorbike Meet The Ideal Home Show Kiltwalk Aberdeen Men's 10k Dundee Half and Marathon Dog Jog Dog Jog **Beach Ballistic** Kiltwalk Dundee Ride the North Erskine Golf Day & Dinner Clyde Muirshiel Bog Stomp **Kiltwalk Edinburgh Erskine Military Ball** Great Scottish Run Loch Ness Marathon Tree of Honour Edinburgh Carol Concert

Edinburgh Bishopton Glasgow Aberdeen Glasgow Dundee Glasgow Edinburgh Aberdeen Dundee Highlands Turnberry Inverclyde Edinburgh Glasgow Glasgow Loch Ness **Bishopton** Edinburgh

For information on any of our events or to get your fundraising pack please call 0141 814 4555 or email fundraising@erskine.org.uk

Make a difference today – Create a future for our Veterans

You, our supporters, are indispensable to our work. The loyalty and support given by you is invaluable and vital in continuing our work caring for Veterans now and in the future.

It's over 100 years since Erskine opened its doors and there is still so much work to be done caring for our country's heroes to give them and their families a brighter future and Erskine can provide that - but only with your continued support.

There are many current Veterans who are homeless, experiencing difficulties and need someone to turn to. Our vision is to ensure that Erskine are there for them when they need us most.

Every week a Veteran turns to Erskine for help. Every week we want to respond. You might be surprised to hear this, last year one in every four Veterans we supported would not have received Erskine care if it wasn't for our supporters who left Erskine a gift in their will.

For each Veteran, there is a moment when Erskine opens its doors and once again they see a life worth living - Could you help us keep that door open?

Imagine a gift that has tremendous power to do so much good in the future. Your final gift is about life and hope, creating happy memories and enabling Veterans to lead positive lives. Making a will is one of the most important things you can do during your lifetime. It may be a simple piece of paper, but it is a powerful document and ensures your wishes are met. It can also provide practical help for your family when you're gone. It's not something we like to think about but how will they know what you would want, who your friends are and how to contact them, or which charity is closest to your heart?

Leaving a gift to Erskine, however large or small, does not commit you to anything as we know your circumstance and those of your family may change. We also appreciate that this is something you must consider very carefully but please, when the time is right for you, could you remember Erskine in your will?

Did you know you can leave Erskine just 1% in your will so that those closest to you receive 99%?

When a Veteran's life changes it's the people who care and support them who make that difference.

"I didn't know that even a small amount of money left to Erskine could make a huge difference. Leaving a legacy in my will was easy and it makes me happy that I can help after I've gone".

What your gift could provide

£500 will provide speech and language therapy to enhance the quality of life for



Veterans who have had a stroke or find swallowing difficult.

£5,000 will help provide physiotherapy to assist with mobility problems and give back independence.

£10,000 will help us train Palliative Care nurses for seriously ill Veterans nearing the end of their lives. Imagine what this means for them and their families.

A share of your Estate could provide:

Rehabilitation to help vulnerable Veterans by providing counselling, training, accommodation and employment here on the Erskine Estate.

Specialist equipment and recreational activities to enhance the quality of life for Veterans in our care.

There are many people who have supported Erskine and chose to make the 'ultimate' gift in their wills and we are grateful to each and every one of them as without their unwavering support Erskine could not

continue. Their acts of kindness will never be forgotten.

FREE WILL SERVICE

For a small donation to Erskine, McClure Solicitors are offering to prepare or review your will free of charge along with a reduced price for Power of Attorney.

The firm have offices in Glasgow, Greenock, Edinburgh, Aberdeen, Liverpool, Newcastle and Plymouth. Their service to you is completely confidential.

To find out more about this service or about leaving a gift to Erskine contact:



Gift Aid; making your donations go further



Yes, I want to support veterans at Erskine today

How does Gift Aid work?

Donating through Gift Aid means charities and community amateur sports clubs (CASCs) can claim an extra 25p for every £1 you give. It will not cost you any extra.

If you are a UK taxpayer all you need to do is fill out a Gift Aid Declaration, like the one on the opposite page. This is a statement from you to us confirming that you want to donate using Gift Aid which will allow us to receive tax back on your donation.

Is my donation eligible for Gift Aid?

For us to claim Gift Aid on your donation, you must have paid UK Income or Capital Gains Tax that tax year. The tax you pay must be more than the amount of Gift Aid the charity will reclaim on your donation in that tax year (and will be claimed by other charities and CASCs). VAT and Council Tax don't meet these criteria.

If you pay less Tax and/or Capital Gain Tax than the amount of gift aid claimed on all your donations in that tax year it is your responsibility to pay any difference.

It's also worth noting that we can't claim Gift Aid on donations on behalf of someone else, groups or companies.

Higher Rate Taxpayers

If you pay tax above the basic rate, you can claim the difference between the rate you pay and basic rate on your donation.



Do this either:

- Through your Self-Assessment tax return
- By asking HM Revenue and Customs (HMRC) to amend your tax code

What if my tax status changes?

Please remember to let us know if you stop paying tax or wish to cancel your declaration. To do this you can either call 0141 814 4657 or email fundraising@erskine.org.uk



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2 Please accept my gift of £

3 Did you know the taxman can care for veterans too?

If you are a UK taxpayer, let us know and we can increase your donation by 25% at no extra cost to you.

I want to Gift Aid my donation and any donations to Erskine that I make in the future or have made in the past four years. In order to Gift Aid your donation you must tick the box below and insert today's date: I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 I have given.

Please tick

Donation Payment:

I enclose my cheque made payable to Erskine OR please debit my Visa/ Mastercard/ Maestro/ CAF Charity Card (delete as applicable)
Card Number
Start Date Expiry Date Cast 3 digits on the back of your card)
Signature Today's Date

I do not require acknowledgement of my gift.

Please send me, in confidence, information about leaving a gift to Erskine in my Will.

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