

CHAS C'hat

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PHOTO: Sean Bell

WHERE THERE'S A WILL THERE'S A WAY

How legacies help hundreds of Scottish families

CHAS NEWS

WELCOME

Welcome to the Spring/Summer edition of CHAS Chat where we put the spotlight on legacies.

Legacies play a crucial role in raising £6 million each year that CHAS needs to continue caring for families such as the Tye family (see p3). Legacies are such a valuable source of income for us, so we wanted to illustrate just how much CHAS relies on donations from supporters who have kindly remembered us in their will. (p4)

There are lots of other ways you can support CHAS as well, from donating your time or unwanted items to the charity shop, taking part in an event, or joining our facebook and twitter sites. However you choose to support us we are so grateful for your ongoing loyalty. Thank you.

CHAS is a charity that provides the only hospice services in Scotland for children and young people who have life-shortening conditions for which there is no known cure. CHAS runs two children's hospices, Rachel House in Kinross and Robin House in Balloch, and a home care service called CHAS at Home.

BID FOR A BARGAIN

If online shopping is your kind of thing, you can bid for a bargain with CHAS by checking out our ever-growing list of items that we have for sale on ebay at <http://bit.ly/chasebay>



LOOKING FORWARD

Our new Chief Executive, Maria McGill, joined CHAS in October 2010 and took some time out to speak to CHAS Chat.

"It has been a wonderful first six months for me at CHAS. As you might know, last year marked 18 years since CHAS began. It's good to know where we have come from and take stock of where we are now. The charity has come a long way during this time and as we look to the future, CHAS is as committed as ever to offering families the best possible support.

"An exciting future development this year is the expansion of our CHAS at Home service in the North of Scotland. A support worker and two part-time nurses will be based in Aberdeen to help us provide vital homecare for families living in the area. If you live in the area, feel free to shout about the new service - we want as many people as possible to know that CHAS at Home is now on Aberdeen's doorstep.

"We are extremely grateful to all our supporters for your continued generosity that has enabled us to carry on providing vital hospice services to hundreds of families year after year."



MARIA MCGILL

NEW CHAS CHARITY SHOP

Look out for our new CHAS charity shop at the Kingsgate Centre in Dunfermline, Fife, opening this year.

We're delighted to tell you that following the success of a part time shop in Kingsgate we are now busy preparing to open a shop on a permanent basis. So if you live in the area please tell all your family and friends about it.

You can also support this exciting new venture by volunteering at the shop - even just a couple of hours a week makes a big difference. Or perhaps you have unwanted clothes, toys, books, jewellery, pictures or bric-a-brac that you could donate to the shop? If you can help, we would love to hear from you - contact the retail department on 01577 864692.



VISIT OUR NEW CHARITY SHOP.

TIARA APPEAL

We are delighted that the current Miss Scotland, Nicola Mimmagh, has launched a fundraising campaign for CHAS in Scotland's most popular newspaper - The Scottish Sun. Called the Tiara Appeal, Miss Scotland is aiming to raise £100,000 to fund a new young adult space at Rachel House.

Nicola has first hand experience of how CHAS helps children and young people because her two cousins regularly visit Robin House.

To hit her target Nicola is encouraging Scottish Sun readers to dig deep and donate to the appeal, as well as organising a glamorous Tiara Ball in Glasgow on Saturday 14 May. Find out more about the appeal by visiting our website www.chas.org.uk

A LIFELINE

Exciting new developments are happening within the CHAS at Home Team with the recent announcement that the service is expanding into Aberdeen later this year.

CHAS at Home is a vital service, providing families throughout Scotland with homecare when they need extra support between their hospice visits, especially for those families who live a long way from Rachel House or Robin House.

One Aberdeen family looking forward to the arrival of the new service is the Tye family. Dad Sam explains why the CHAS at Home service is such a lifeline for them:

"My son Sean has Pompey disease, which means that he doesn't have control over the muscles in his body. Instead his muscles are floppy, so it's as if he is paralysed. Mentally he is a healthy three and a half year old, but he relies on a ventilator and he can't move his body at all, except a bit of movement in his fingers, so he has very complex needs.

"We love our trips to Rachel House and we try to visit five or six times a year - but getting there for us can be quite stressful. It takes us about five hours to get Sean ready and then it takes us over two hours to drive to the hospice because we stop along the way to make Sean as comfortable as possible. Our stays at the hospice are five days long, because if they are any shorter we end



SEAN TYE

up returning home exhausted again after all the travelling. Five days gives us a really good break.

"There are no words to explain what that means to a family like ours."

"That's where CHAS at Home comes in. If it wasn't for the CHAS at Home team we wouldn't get any respite at all when we are at home in Aberdeen, so the support we receive is really significant. The visits we get from the team each month allows

us to leave Sean and do some normal everyday things, like our shopping. The service gives us some calm time and a chance to do really simple things like having our hair cut or going for a meal. We try to pack lots in to the day, to make the most of every minute.

"Sean loves the visits from the CHAS at Home team, he is very nosy, so he likes to look and see the nurses when they arrive. We can leave Sean knowing he is being cared for by the CHAS at Home team - their training is so specialised, we know he is in safe hands. It means that for those few hours every month we don't have to be keeping an eye on Sean. CHAS at Home gives us some precious time back to do 'normal' things that might be taken for granted.

"The new CHAS at Home team in Aberdeen will be a wonderful support to us. At the moment the CHAS nurses have to travel a long way to visit us so it will be wonderful to have a team nearby. It will mean that families like ours living in Aberdeen will have an extra support network on the doorstep. There are no words to explain what that means to a family like ours."



THE TYE FAMILY DESCRIBE THE SUPPORT FROM THE CHAS AT HOME TEAM AS "REALLY SIGNIFICANT."

A LASTING GIFT

"I chose CHAS because I think it is in a unique situation supporting families..."

Do you know that it costs CHAS over £6 million each year to run Rachel House, Robin House and the CHAS at Home service? Thankfully generous supporters like you make it possible for us to offer professional care, practical help and emotional support to over 250 families a year, as well as a significant number of bereaved families.

We realise that people who choose to donate to CHAS like to do so in a variety of ways, from donating your time to volunteer, to supporting an appeal or giving a regular monthly donation, to name a few.

Another way you can donate to CHAS is by leaving a legacy in your will - it's an amazing way to show your support. It is staggering that last year just over a quarter of CHAS's total income came from people kindly remembering us in this way.

Selecting a charity in your will is simple and a solicitor will help guide you through the process and give you all the advice you require. Judy Cheer is just one of our many supporters who have remembered CHAS in her will.

Judy tells us why she chose to leave a legacy to CHAS when she recently amended her will:

"I have left four charity legacies in my will which all mean something to me - Guide Dogs for the Blind, Cancer Research UK,

PHOTO: Sean Bell



ABOVE: A MUM AND DAUGHTER WHO RECEIVE CARE FROM CHAS.

"The whole process really was incredibly simple."

RNLI and CHAS. I chose CHAS because I think it is in a unique situation supporting families across the whole of Scotland as there are no other charities in Scotland providing hospice care for children. It is a vast area for one charity to cover.

"I decided to re-sign my will recently because I now have two grandchildren and

I have a third on the way - so I wanted this to be reflected in my will. The whole process really was incredibly simple. After making the initial changes with the solicitor, I just explained the four charities I wanted to leave money to. He looked up the charity numbers for each one and inserted them into the will - and that was it.

"I really got to grips with what CHAS does when I went for a tour around Rachel House a couple of years ago. I had already heard about the work that CHAS carries out, but seeing the hospice made it all make much more sense. I think you can't help but have a mental concept of sadness when you imagine



ABOVE: CLAIRE ENJOYS T IN THE PARK OUTING.



PHOTO: Sean Bell

ABOVE: A FAMILY ENJOYS THE BENEFITS OF THE HOSPICE'S MULTI SENSORY ROOM.



PHOTO: Paul Hampton

ABOVE: A MESSAGE ON THE REMEMBERING TREE.

a children's hospice, but I couldn't get over how nice it was. I was so interested to hear about the work the hospices do with teenagers and young adults, like taking them to T in the Park.

"I also think the CHAS at Home service is impressive. I often go on holiday to the Scottish Highlands, and it makes me appreciate how isolated families must feel if they live in a remote area with a very ill child. CHAS at Home must be such a crucial service helping families who find it hard to get support due to where they live.

"As well as leaving a legacy, I also like to support CHAS with a monthly donation. I don't live in Scotland at the moment and I can only volunteer my time on an

intermittent basis to help the charity with fundraising. So in the meantime, I like to feel I am supporting CHAS once a month and I can have peace of mind that the charity will also receive a legacy from me, one day in the future."

We realise that choosing who to leave money to in your will is an incredibly personal choice, and selecting CHAS to benefit won't suit everyone. However, if you do feel that you might like to find out more about leaving a legacy, or any other way to support CHAS, we would love to hear from you - just contact your local fundraising office.

VISIT OUR HOSPICES



PHOTO: Paul Hampton

A WARM WELCOME AWAITS YOU AT THE HOSPICE TOURS

You can visit our hospices and find out why families describe Rachel House and Robin House as "a home from home" and "a safe haven". So come on a free tour and see for yourself how your support helps these families.

Tours take place in the spring and autumn - to register your interest in a Rachel House tour call **01577 865222** or **0141 779 6180** for a Robin House tour. We'll then get in touch with you once dates are confirmed.

A GARDENER'S WORLD



ANDY TENDS TO THE ROBIN HOUSE GARDEN.

Robin House Gardener, Andy Sandlan, took some time out to tell us about his job.

What are your plans for the garden?

"There are a lot of things in development this year. I am currently working on a vegetable garden which will have raised beds so it's at the children's height - it will make it easier for them to get involved with planting and tending to the vegetables.

"I'm also working on a Loch Lomond topiary monster which will greet families and visitors as they arrive. One of the parents is helping me with this, so it's really nice for her to be involved."

Do families spend a lot of time in the garden?

"Most families do. During the summer we set up a trampoline and swing in the garden for the children and a lot of the parents eat their meals outside in the Mediterranean garden."

Are there parts of the garden planted in memory of children who have died?

"Yes, there are a number of trees which parents have planted in memory of their child. I will be working on a rose garden this year which two parents have asked for in memory of their daughter. One of our supporters left CHAS a significant gift in her will in memory of her sister and some of the funds were used to plant a laburnum walkway."

What do you enjoy most about your job?

"There are so many reasons why I enjoy being the gardener here. Creating a space for people to enjoy relaxing in or just going for a walk gives me a lot of pleasure."

EVENTS

GET INVOLVED

There are great events coming up for you to take part in on your own, as part of a team or as a family - so why not get fit and have fun, whilst raising money for CHAS at the same time? We'll give you the support you need to raise as much money as possible through one of these sponsored events.

Read on to find out what's happening in a town or city near you!

WALK, JOG OR RUN

- Women's 10K on Sunday 8 May from Bellahouston Park in Glasgow.
- City of Aberdeen Baker Hughes 10K on Sunday 22 May around Aberdeen beach and harbour area.
- Walk for Scotland on Sunday 5 June starting in Edinburgh's Holyrood Park choose from a 12, 6 and 1 mile walk.
- Men's Health Forum Scotland 10K on Sunday 19 June for men at Bellahouston Park in Glasgow.
- Sand Walk in September (date TBC) in Aberdeen - 8K walk along the beach starting in Newburgh.
- Great Scottish Run on Sunday 4 September from George Square in Glasgow - choose from a half marathon or 10K race.
- Big Fun Run 5K during September/October in Edinburgh, Dundee, Aberdeen, Glasgow and Perth.
- Baxter's Loch Ness Marathon and Festival of Running on Sunday 2 October - choose from a marathon, 10K or 5K race.



TAKE PART IN AN EVENT FOR CHAS.

TRIATHLON

- Lochgoilhead Triathlon on Saturday 18 June - the course involves a 6 mile run, cycle and swim across the loch.

FOR THE KIDS

- Walk for Scotland, Big Fun Runs, Sand Walk and Lochgoilhead triathlon events welcome children.

SOMETHING DIFFERENT

- Motorbike ride to Applecross on Saturday 18 June - keen bikers will be leaving from Crieff, with a stop in Tyndrum, and meeting in Applecross.

There's also a Celebrate Aberdeen Parade at 11am on Saturday 11 June through the city to raise awareness of the good work being carried out by the city's Third Sector, including charities such as CHAS. Come along and show your support.

Contact your local fundraising office (see p8) to find out more about any of these events.

SUPPORTING CHAS

WRITING A WILL

Mansionhouse, the UK's leading will writing company, is supporting CHAS by donating £35 for every will created by CHAS supporters.

Mansionhouse Business Development Manager David Ross said: "We had a great level of interest from those who visited us at the Retirement Show for the launch and I am sure we will not only help our clients by creating their wills, but help CHAS to continue the wonderful support it provides at Rachel

House, Robin House and the CHAS at Home service."

We're delighted Mansionhouse has chosen to support CHAS and hope that it will give extra encouragement to people who are considering making their will to take the first step.

Read the article below to find out why legacies are so important to CHAS.



DAVID ROSS FROM MANSIONHOUSE AND DEBBIE MOONEY LAUNCH THE PARTNERSHIP.

FINANCIAL IMPACT

Legacies are an incredibly important source of income for CHAS.

Supporters who leave a legacy to CHAS play a huge part in helping us to raise more than £6 million each year to provide specialist care to children, young people and families through our hospices and home care service.

We spoke to Moira McCaig, CHAS Director of Finance and Administration, to get to grips with some facts and figures that demonstrate how our work is made possible thanks to legacies.



MOIRA MCCAIG

We know that legacies are vital to CHAS, but just how many does the charity receive each year?

"In the last financial year (2009-10) we received 91 individual legacies. It is often the case that when we receive notification of a legacy gift it is the first time we have any knowledge the individual was a supporter of our work. We wish we knew all the kind people out there who have chosen to remember CHAS in their will so we can say thank you to them and keep them up to date with CHAS news."

What percentage of CHAS's income came from legacies last year?

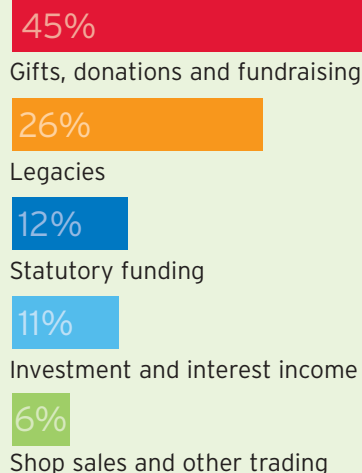
"Just over a quarter of our total income came from legacies last year. It's always hard to predict or forecast how much this will be, but for a relatively young charity like CHAS, we are receiving a wonderful amount of help from supporters leaving a legacy. In the current economic climate CHAS is relying on these gifts more than ever before."

Is there an average gift amount that CHAS receives from legacies?

"Legacies certainly come in all shapes and sizes and are all hugely appreciated. In 2009-10 legacy donations varied from £300 right through to £250,000."

To find out more about legacies contact your local CHAS fundraising office.

SUMMARY OF TOTAL INCOME - YEAR ENDED 31 MARCH 2010



SUPPORT FOR SIBLINGS

SIBLINGS STUDY

In 2009, CHAS undertook a study to gain the perspectives of brothers and sisters of affected children, aged between five and 15 years old, who use Robin House to explore the support we offer to them and how we can develop it further.

Since then, an article on the siblings study has appeared in Linchpin, a children's palliative care journal which aims to promote best practice in palliative care for children and young people.

Here are some of the key findings of the study:

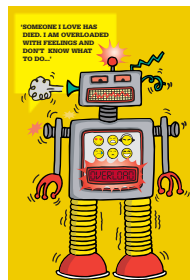
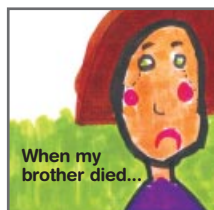
- 92% of brothers and sisters said they would like Robin House to keep in touch with them when they are at home.
- Some children would like more time to talk about their feelings but a greater number said they would not.
- Some children suggested more play activities and opportunities to make friends.
- Art was the most popular individual activity during stays, followed by play and swimming.

This has given us an insight into the effectiveness of the care we provide. We'll continue to develop sibling support, making sure that every brother or sister knows that support is available to them whilst respecting their needs and choices.

BEREAVEMENT SUPPORT

The death of a child is the most devastating kind of loss. As well as offering bereavement support to parents, we also offer this support to siblings. We have recently produced a series of three leaflets to help children cope with their feelings when their brother or sister has died.

A group of bereaved siblings were involved all the way through the project to help develop the set of leaflets relevant for different age groups. They came up with brilliant and original ideas on how to communicate with their peers and illustrate their feelings through concepts and drawings. This has resulted in three engaging materials that will benefit other children in the future.



THE SET OF CHAS LEAFLETS FOR BEREAVED SIBLINGS.

GET REGULAR UPDATES

Keep up with CHAS news by joining our official facebook and twitter sites - it's an easy way to get regular updates on what's happening across CHAS, including hospice stories, so don't miss out.

www.facebook.com/childrenshospiceassociationscotland

www.twitter.com/supportchas



CONTACT US

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email: edinburgh@chas.org.uk

CHAS Aberdeen

tel: 01224 645000

email: aberdeen@chas.org.uk

Gift Shop

tel: 01577 865557

email: retail@chas.org.uk

Bazaar (charity shop)

tel: 01577 861380

email: retail@chas.org.uk

Bazaar 2 (charity shop)

tel: 01577 865190

email: retail@chas.org.uk

Head Office

tel: 0131 444 1900

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Please pass this newsletter on to family and friends so more people can hear about the work of CHAS.

Did you know you can receive this newsletter by email? Let us know if you would prefer to receive it electronically by emailing us at info@chas.org.uk



Children's Hospice Association Scotland
Sharing the Caring

