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.



Issue 30 Spring 2020



Erskine Resident shares her VE-Day memories



Turn to page 12 to read how 100 year old Isobel celebrated this momentous day.

YEARS SINCE VE-DAY!



Public Holiday 8th May

The May bank holiday in 2020 will move from Monday 4 May to Friday 8 May to mark the 75th anniversary of VE Day.

This will enable people to pay tribute to those who served in one of the most significant events in our country's history. The occasion will remember the contribution of British, Commonwealth and Allied armed forces personnel; those who contributed to the war effort and safeguarded the Home Front. As well as marking the Allies' victory in 1945, the bank holiday will serve as an opportunity to pay tribute to those who have served and continue to serve in the UK Armed Forces and their families.

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 facilities 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 and welcome to your latest issue of Erskine News!

My name is Laura MacDonald, I am an Advanced Nurse Practitioner (ANP) at Erskine looking after residents in both The Erskine Home and Erskine Park Home since July 2019. Having worked with the NHS for 28 years in a variety of roles I'm excited to share with you what my new role means for Erskine's residents.

On a daily basis the care staff in each Home will refer residents they have concerns about to the ANP Team which includes myself and a Trainee ANP. Requests for examination include potential ear, eye, skin, urinary or chest infections, they may also request assessment of injuries and many other ailments.

I will triage all referrals and review if they would be best suited to be seen by ANP or GP. I'm able to undertake detailed clinical examination and mental health assessment of unwell residents, undertake investigations, interpret results, determine diagnosis, provide treatment plans and prescribe appropriate medications in a timely manner. This ensures residents have rapid access to advanced assessment skills and can have prescribed treatment in place without delay. Ultimatley this all means we can avoid unnecessary hospital admissions and continue to care for residents in their



own home with familiar surroundings and staff.

Further advantages of having an ANP on site is continuity of care for residents and continuity of support for staff. I am able to follow up with residents and ensure recommended treatments or interventions are correctly delivered and care staff are supported to implement this.

I'm really excited to have recently undertaken research with Thermo Fisher Diagnostics! They gave us access to near patient testing equipment and we are currently the only Care Home in Europe with access to this specific testing equipment. I'll be able to take a small finger prick blood sample from residents whom I suspect have a bacterial infection, this is then processed here at Erskine and results are available within twenty minutes.

I currently face the challenge as part of the greater Erskine family to protect our residents from the current COVID-19 Pandemic and will do this to the best of my ability with the support of the many members of Erskine's care team and you.

Follow us:

Get in touch:

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



Erskine Glasgow Home

Based in Anniesland, the home opened in 2007 and provides nursing and dementia care for 47 residents.



Music that speaks to all

Always a very popular day in The Bridge is residents' weekly music therapy sessions in partnership with Nordoff Robbins. During these sessions, residents - and their family members - enjoy singing as part of a choir or playing instruments. We're delighted that funding has ensured the music therapy will continue throughout 2020.

"It doesn't just enhance my father's day, it makes us as a family very happy to see him involved, content and enjoying the moment." - Glasgow Resident Family Member

Enhancing our wellbeing

There are three Houses within our Home -Flanders, Mitchell and Linburn. Each one cares for residents in different ways.

Residents who live in Flanders House have been enjoying their weekly sessions with the Speech & Language Team who assist in facilitating the Sonas Programme, an activity for people living with dementia.

Sonas involves stimulation of all five senses, gentle chair exercises, relaxing music, singalongs and memory focused exercises.



Erskine Edinburgh Home

Opened in 2002 the home is situated in Gilmerton and provides nursing and dementia care, both long term and respite, for 72 residents.



Partnership continues to flourish through collage

Luminate, Scotland's creative ageing organisation, is working in partnership with Erskine on a 3 year Artist in Residence programme across our four Homes as part of Unforgotten Forces, a partnership of 15 charities supporting older Veterans across Scotland.

Erskine Artists in Residence, Gill White and James Winnett, finished up their time with Edinburgh Home residents by creating meaningful collages. Some chose to focus on special moments in their life such as weddings or their time in the services, whilst others created theirs around family and home life.



Bountiful Produce!

Edinburgh's garden allotment has been thriving of late, to the point kitchen staff had too much produce to use in the Home's kitchen alone so offered the extra crop to relatives and visitors as well as cultivating seeds for this year.

The allotment is enjoyed by many of the residents, not just through the great meals provided by our chefs, but some residents like to work and tend to the harvest too.

Erskine Park Home

Set on the Bishopton estate this home was purpose built and designed to care for people with dementia.

Recognition given for Namaste Care

Erskine Park was recognised at Scotland's Dementia Awards back in September when we won Best Care Home Practice Improvement for the development of Namaste Care.

Namaste Care provides sensory engagement with residents with advanced dementia and at end of life, ensuring they have meaningful person-centred interactions until their very last breath. This has been visibly beneficial not only to residents' joy and comfort, but also their families.



Lesley Wylie, Erskine Park Home Manager, has been visiting each of the other Erskine Homes training care staff on Namaste Care.



Nothing beats being out in the garden

Outdoor space is made the most of in each of our Homes. Erskine Park's gardens were further developed last year when an activities garden was created for residents and relatives to enjoy as part of our Activities Programme.

As this is their home residents voiced the desire and importance for their grandchildren to be able to play when they visited and as such, a children's play area was built into the design.

The Erskine Home, Bishopton

Built in 2000 to replace our original hospital this home provides nursing and dementia care, both long term and respite, for 180 residents.

Generations are brought together through ballet

Scottish Ballet Engagement Team are working creatively with ourselves at Erskine and primary five pupils to explore themes from the production of "The Snow Queen" and promote intergenerational dialogue.

Our residents and the pupils have been led through workshops incorporating movement, storytelling, visual art and music, facilitated by a team of highly experienced professional artists.



Drawing inspiration from qualities

associated with The Snow Queen characters, the group has shared stories of family, adventure, empowerment and transformation; remembering and celebrating the females who have made an impact on their lives.

It's been great to watch our residents and the children interact and create bonds across the weeks.

One gift in kind had our Veterans All Shook Up!



Scotland's very own Elvis, Johnny Lee Memphis, kindly donated a number of tickets to his "Absolute Elvis" concert at the Royal Concert Hall in February.

There was no need to use Return to Sender as residents from three of the Erskine Homes dug out their Blue Suede Shoes and had a rare old time singing along to the Hound Dog's hits.

As you can see it wasn't just the Veterans who looked forward to the evening, Andy from our Transport Team got into the spirit of things too!

Many thanks to Johnny and his management.

Erskine Reid Macewen Activities Centre

The ERMAC Refurbishment

The aims of the refurb are to improve accessibility and increase capacity, whilst no one will argue our building is stunning it was not built for the purpose we now use it. The works will allow those with disabilities to navigate a user-friendly building as well as support the aims we



have of increasing our daily numbers to working with 40 Veterans per day.

Construction work began in February, at a projected cost of £590,000. The total cost will be met through our Aged Veterans Fund grant and Erskine reserves. The contractors will be onsite for six months and whilst it will be a fair bit of upheaval for us we all know the end goal is going to enhance what we already have.

The image above is the architects drawing of our new link corridor. It will provide safe passage across the centre courtyard as well as weatherproof the garage workshops for the colder winter months. We have worked closely with Historic Scotland to ensure all of the designs are sympathetic to the building.

Heart of Erskine

One of the many opportunities provided by the Activities Centre, the workshop encourages Veterans to utilise their skills and creativity whilst supporting teamwork and comradeship.

All the products are designed within the workshop and produced using seasoned oak or other local hardwoods.

The 'Heart of Erskine' keepsakes created by Veterans in the workshop are available to buy on our website **www.erskine.org.uk**



A Poem by WWII Veteran, Barney Roberts (Pictured: Barney and Albert)

There is a happy place not far away, Where they care for Veterans every day. Erskine Reid Macewen Activities is a 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

Evonne will come and say who is entertaining us today, Could be a musician and his singing partner or a guy who thinks he's Frank Sinatra.

Even banjo playing old duffers, Think they're called the Partick Pluckers. And for those who are able, There's a game of pool at the table.

Outside in the pleasant scenery, You can pratice archery. I thought I was Will Scarlet and aimed the arrow at the target.

Or even William Tell instead, And shoot the apple of Albert's head.

Evonne shouted "Put down your bow! There are certain rules for you to know. They're designed to keep you safe, So you don't accidentally shoot your mate."



Workshop Group showcase their skills

The Veterans Workwork Group proudly displayed their artwork, woodcraft and designs recently at an exhibition in CASS Art, Glasgow.

All of the pieces were developed and crafted by our Veterans within the Activities Centre on the Bishopton Estate.

Well done to everyone involved! We're all very proud.



Did you know...











152 REGISTERED MEMBERS PET THERAPY VISITS OVER FOUR HOMES

My VE-Day Memories Isobel Kirkwood B.E.M. Erskine Resident and Proud Military Wife

1945 saw great changes in my life.

On Saturday 24th March I married a wonderful Scotsman, Robert Kirkwood. Robert and I met by chance at a local dance in Babbacome, I was on holiday from my studies as a teacher and he had the night off from RAF training. I might add that he went on to become a Spitfire Pilot! Later that year we welcomed our son, Roger.

The other great change came on Tuesday 8th May, VE-Day.

I was teaching at a Primary School in South Harrow, London, and that Spring we were subjected to the raids of V-2 Rockets. This meant teaching in shelters every day as there was no "all clear", everyone knew the war wouldn't stop until the launch sites were out of action. All of sudden the school closed one day. There was a sudden announcement that Germany had given up the ghost!

It all happened so fast, my friend and I realised that there was nothing locally going on celebration wise, so the only place to head was Buckingham Palace. As soon as we left the Underground the atmosphere hit us. Joyous crowds everywhere, strangers greeting each other with laughter and smiles as we made our way up the Mall.

There we stood in amongst the hundreds of thousands just waiting to get a glimpse of the Royal Family on the Palace balcony. I shall never forget the roar as the family of four and Winston Churchill appeared. You could feel the emotion.



What did VE-Day mean to me?

Hope. There was also a certain excitement as it meant Robert would return and we could start our new family life together in Scotland.

Until he was demobbed I continued to teach and for the first time in five years my lessons were in a real classroom.

Robert came in to Erskine's care in early 1996 after his MS symptoms worsened. He passed in 2003 however Isobel's commitment to the charity has never dwindled.

After 25 years as a volunteer and fundraiser, Isobel has recently become an Erskine resident herself.

Isobel has raised £20,530.



What you've been up to!

Students put their learnings to good use.

A group of Robert Gordon University 4th Year Events Management students have been running a number of fundraising events since October last year. From bake sales and quiz nights to bingo, their main event was an Indoor "Outdoor" Street Party!

With the support of local musicians, small businesses and generous raffle prize donors the night was a great success with a donation of $\pounds1042.16$ made to Erskine.

Thank you to the Rewind Events Team: Chloe, Lucy, Sean, Cassie and Vicky.





This Grandfather won't be outdone by the youngsters.

Ian Douglas and grandson Kai from Ellon, Aberdeenshire, have completed a sponsored trek and camping trip across the Isle of Skye. Braving the wind and rain and enjoying the occasional sunshine, over the two day trek they raised over £1660 for Erskine Veterans.

Helping them along the way was sponsorship from friends, relatives and local businesses, many of whom had displayed collection cans on their shop counters.

Thank you lan and Kai for your brilliant effort and wonderful donation. Thanks also go to everyone who sponsored the trip and helped make this wonderful achievement possible.

Faslane visit leads to Fundraising!

Six serving sailors were so inspired by a visit to Erskine Bishopton Home in December they are walking the West Highland Way to support our Veterans.

Training is well underway for the team, battling both the elements and blisters the winter has thrown at them.

The'll start their West Highland Way challenge later this year and hope to complete the route in six days. A big good luck to each and every one of the HM Naval Base Clyde Crew: Warrant Officer Class 1 Kevin Shenton, Chief Petty Officers Simon Scott and Colin Groves, Petty Officer Gareth Butler and Leading Hands James Brady and David Muir.



Are you brave enough to take on the hottest challenge of the year?



Friday 9th October Lochter Activity Centre, Inverurie For more info please visit: www.erskine.org.uk

What you've been up to!

Captain Warren brightens up the Bonnie Banks of Loch Lomond

For the fourth year running an ex-Serviceman has entertained visitors at Loch Lomond Shores with his piping.

Captain Bryan Warren, from Alexandria, pitches up at the popular tourist spot twice a week from May to October to raise funds for his fellow Veterans here at Erskine.

We were delighted to meet with Bryan, members of the Vale of Leven Remembrance Association and a representative from Lomond Shores back in November to receive a cheque for £6,500!

Modest as always Bryan would like to give credit to the generous public who donated the most money he has ever received at any one time for us here at Erskine.

"The amount I raised was due to the generosity of the public. I want them to know how much it is appreciated and let them know where their money is going to help people.

I owe a huge thanks to the staff and management at Lomond Shores for their support too as without them I would not have had the opportunity to raise the money."

To date Captain Warren and the wonderful visitors to the Bonny Banks have raised £18,865.



Charity Partnerships We have a number of ways organisations can support Erskine!

Your company/club/group could also support Erskine by attending one of our events, by encouraging staff/members to donate their time to volunteer at one of our events or collections or by providing one-off unique items for auction. You can give gifts in kind to support our fundraising work and help us maximise the care to our Veterans.

All partnership opportunities can be tailored to suit your organisation's preferences. To further discuss how your organisation can work in partnership with Erskine please contact:

Jennifer Campbell, Events & Corporate Fundraising Manager T: 0141 814 4706 E: jennifer.campbell@erskine.org.uk



Time to pop the feet up!

7 SCOTS Sergeant Major Lee Penrice is wished a restful new year from everyone at Erskine after 2019 saw him run the equivalent of 52 marathons in 52 weeks to raise money for the charity's Veterans.

Running in all weathers and even on Christmas Day, Lee who is based in Dundee with The Royal Regiment of Scotland has completed 1,362.4 miles within a year. He ran his last five miles on Hogmanay finishing at our Bishopton Home after which he presented RAF Veteran Hasie with a cheque for nearly £3,000.

Lee said: "For the last few years I have tried to do something for charity and after spending time at an Erskine Home I knew I wanted to fundraise for Erskine. I think the work the charity does is amazing and I wanted to contribute in a small way."

John - the Million Metre Man

Army Veteran, John Baillie, has completed his incredible rowing challenge in support of Erskine Veterans. Last spring saw John, 77, start his One Million Metre Row by taking it in stages on a static rowing machine.

The former Staff Sergeant with the Adjutant General's Corps 2/51 Highlanders completed his final mile on the water with support from Inverness Rowing Club and what a special day it was. The sun shone and family and friends were there to cheer him on.

To date John has raised £8,449!

John said: "I'm so honoured to have been able to do this. I'd like to thank all the members of the public who have supported me, they've just been pure dead brilliant!"

Inspired to take on your own challenge? Contact your Community Fundraiser today for support on how to get started:

0141 814 4706 - fundraising@erskine.org.uk

Upcoming Events

The Ideal Home Show Erskine Charity Partner

10am - 5pm, 11th - 14th June SEC Glasgow

We are proud to be the Official Charity Partner of the Ideal Home Show Scotland and create the Ideal Show Garden and Plant Market for the **eighth year running**.

As an Erskine supporter you can get **FREE tickets** by using the code:

ERSKINE

www.idealhomeshowscotland.co.uk

*Please note as this is a third party event, not one organised by Erskine, due to the recent Covid-19 guidelines the organisers may cancel or postpone. Keep an eye on the Ideal Home Show website.

**T&Cs: Book before 14th June 2020. Maximum of 2 free adult tickets per person. Children aged 15 and under go free. Tickets will be on a first-come, first-serve basis. Tickets are non-transferable, non-assignable and there are no cash alternatives. All tickets will be scanned upon entry. Multiple applications will be refused entry onsite. Tickets include entry into Eat & Drink Festival.

Christmas Cracker Shopping Fayre

12pm - 5pm, Sunday 22nd November 10am - 3pm, Monday 23rd November Ingliston Country Club, Bishopton

With over 70 stalls ranging from crafts to homeware, fashion to skincare, food, drink and much more, don't miss this traditional Christmas Shopping Fayre to pick up some unique gifts and get into the festive spirit.

Entry is **FREE!** Donations will be gratefully received.

Victory Ball

6:30pm - late, Friday 2nd October Doubletree by Hilton, Glasgow

The Victory Ball is Erskine's premier fundraising event of the year! Hosted by BBC Scotland presenter and founder member of Deacon Blue, Dougie Vipond!

Commemorate the 75th Anniversary since the guns fell silent at the end of the war in Europe and dance the night away at this glittering black-tie ball with a unique 1940's theme.

As a thank you for your on-going support we would like to offer you the following **Special Earlybird Offer!**

Book by Monday 1st June Tickets - **£65 per person** (reduced from £80) Tables - **£650 per table of 12** (reduced from £800)

For further information on all of Erskine's events please visit our website

www.erskine.org.uk/events

or contact us on 0141 814 4706 events@erskine.org.uk

Let's be social! Find us on Instagram, Facebook and Twitter. C Erskine1916

- F ProudtoCare
- Frskine1916

Stay tuned for new 2020 dates!

You can still register and fundraise for all of the Kiltwalk events.

Please contact us to find out more.

WALK WITH OUR VETERANS

GLASGOW

ABERDEEN

DUNDEE

EDINBURGH

ERSKINE

Try The Wee Wander, The Big Stroll or take on The Mighty Stride and raise vital funds for Erskine!

Every penny you raise, **plus a 50% bonus by The Hunter Foundation**, will come to Erskine to help us continue to support over 1,000 Veterans each year. TO JOIN US CONTACT

E eve.conroy@erskine.org.uk T 01418144620



www.erskine.org.uk

Your lasting legacy Leaving a gift in your Will is a huge decision, and one that shouldn't be taken lightly.

When you think about a gift in your Will, what springs to mind?

That you should look after your family first? That you don't have much to give? Or, I want to know how my gift would be spent.

There are many misconceptions about leaving a gift in your Will, but here at Erskine we are able to answer any questions and put any fears to rest. Let's go through them one by one.

You should look after loved ones first.

Absolutely you should! Here at Erskine, we are incredibly family orientated and would never want to come between you and your loved ones. But did you know that you can leave a percentage of your Estate to Erskine?

This means that you can leave as much to the important people as you would like, and still remember a cause that is close to your heart. As little as 1% of the residue of your Estate would make a huge impact at Erskine.

I don't have anything to leave.

Are you sure? We all at times think we're running a little low on cash...but have you taken into consideration your other assets? If you own your home, have a pension, life insurance policy or even valuable possessions – these will all be added to your Estate and it can be a figure much larger than you realise.

I want to know how my gift would be spent. Quite right!

As part of our legacy promise, we promise to use your gift wisely and for the benefit of our Veterans. Erskine is very careful with all donations we receive and ensure that 83p in every £1 donated is spent on our Veterans, this is much higher than many charities.

If you notify us of your gift intention (which is completely confidential), we are able to thank you and talk you through how gifts are used.

Leaving a gift in your Will to Erskine is easy! Decide how much or what you would like to give, visit/phone your solicitor and give them these details:

Erskine, Bishopton, Renfrewshire, PA7 5PU and our Charity Number SC006609

Erskine care for around each year and rely on y IF AND WHEN THE TIME I REFERSE **Types of Gifts:** There are 3 types of gift you can leave in your Will. Each one slightly different but all have equal merit.

Pecuniary Gift

This is a specific amount of money given in a Will, it can also be called a "cash gift". It could be as large or small as you want it to be, but remember that it could be affected by inflation.

Residuary Gift

This is a share of your remaining Estate after all other legacies and expenses have been paid. This type of gift retains its value and doesn't diminish over time. It can also be as large or small as you want it to be.

Specific Gift

Exactly what it says - it's a specific gift that you have named in your Will. It could be an item you own, for example jewellery or art, or stocks and shares, or even property.

FREE WILL SERVICE

Erskine has partnered with legal firm McClure Solicitors, who in exchange for a donation to Erskine will review or prepare your Will for free. They also offer a reduced fee 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 leaving a gift to Erskine contact:

- Sarah Morgan Legacy Officer, Erskine, Bishopton, PA7 5PU
- 6 0141 814 4706
- @ sarah.morgan@erskine.org.uk

l 1000 Veterans our support

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Erskine Memorial Plaques

We were delighted to offically open the Erskine Garden of Reflection in the summer of 2018. A very fitting Service of Reflection was held and attended by those who purchased plaques for their loved ones. We will continue to hold this Service each year as a lasting memorial.

Plaques can be in memory of anyone, whether they have been an Erskine resident / served in the Armed Forces or not.

To find out more and purchase a plaque please visit: www.erskine.org.uk/support-our-work

Yes, I want to support Veterans at Erskine today



5

Your details please:

Name:

Address:

Email:

Postcode: Phone:

Please accept my gift of £

giftaid it 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.

I am a taxpayer





I am not / no longer a taxpayer

4	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 Security Number (Last 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.

Fundraising Department, Erskine, Bishopton, Renfrewshire PA7 5PU

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ERSKINE ang for Veterans since 1916	Instruction to your bank or building society to pay by Direct Debit	our bank or ay by Direct Debit
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To: The Manager Address	Bank/Building Society	Reference
Namale) of Account Holder(e)	Postcode	Instruction to your Bank or Building Society Please pay Erskine Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction
		may remain with Erskine and, if so, details will be passed electronically to my bank/building society.
Branch sort code		Signature(s)
Bank/Building Society Account Number	Number	Date
Banks and	Building Societies may not accept Direct	Banks and Building Societies may not accept Direct Debit Instructions for some types of account.