

# Erskine News

Issue 33, Autumn 2021



  
**ERSKINE**  
Caring for Veterans since 1916



# 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.



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

## 0141 814 4538

or visit us at:  
[www.erskine.org.uk](http://www.erskine.org.uk)

**ERSKINE**  
Proud to care

## ERSKINE



## Welcome

### **“Keep up the good work!”**

That’s what a lot of you, our wonderful supporters, told us in our latest supporter survey. And it’s something we can be very proud of. Together, with you, we are proud to care for our brave Veterans and their families.

Despite the challenges we face, with your help, we continue to offer high quality care and support to our ex-Service community when they need it most.

This newsletter shares a snippet of the wonderful things that have happened at Erskine over the last few months. From the smiles on Veterans faces as they venture out on trips to the seaside to a new project that allows Veterans to build their own bike!

### **It’s all made possible thanks to your generosity.**

Things had to be done differently around the Homes this year as you’re well aware. Wearing PPE has become the norm and helps protect both our residents and staff. However, face masks hide our staff’s encouraging smiles so everyone is now more conscious in how they communicate with our Veterans and their families. With your help, we will continue to look for



Ian Cumming, Chief Executive

new ways to improve our high-quality care for Veterans.

If you turn to page 9 you’ll read about how we’re using AI (artificial intelligence) Painchek technology to identify and assess pain. This is especially important for our residents living with dementia, who may not be able to say they are in pain.

Family is at the heart of everything we do. So, please take a moment to meet Findlay, one of our residents who shares what calling Erskine, “home”, means to him.

With My Sincerest Thanks to You,

Wg Cdr Ian Cumming MBE  
Chief Executive

Funded by



#### **Follow us:**

@erskineveteranscharity

@erskineveteranscharity

Play Erskine Veterans Radio by visiting [erskine.org.uk/radio](http://erskine.org.uk/radio)

#### **Get in touch:**

[fundraising@erskine.org.uk](mailto:fundraising@erskine.org.uk)

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

@erskinecharity

Erskine Veterans Charity

0141 814 4657

# Military grants bring good news to Veterans

## Our thanks to Military grants

ABF The Soldiers' Charity awarded an incredible grant of £150,000 to help provide nursing, dementia and palliative care for Army residents at Erskine. The donation has enabled us to continue with our delivery of enhanced care and support services for the Army family, including physiotherapy, speech and language therapy, a varied programme of daily activities, podiatry and hairdressing. These services play a crucial role in ensuring our residents can achieve the very best quality of life possible.

Brigadier (Ret'd) Peter Monteith, Chief of Staff at ABF The Soldiers' Charity said: *"We are delighted to award Erskine with a grant to help former soldiers who are residents in its care homes across Scotland. This last year has been especially tough for the elderly and vulnerable and it is imperative we do all that we can to make sure we're giving the best care to our veterans throughout their life. We have no doubt that Erskine gives the best possible care home experience for them."*

Erskine was also delighted to receive a generous grant of £50,000 from The Royal Navy and Royal Marines Charity and its supporting partner Greenwich Hospital.

This grant is supporting our sector-leading care at The Erskine Home, Bishopton for Royal Navy and Royal Marines beneficiaries. The grant is the RNRMC's largest ever individual donation to Erskine and we are truly grateful for their significant regular support for our veterans since 2011.

The RNRMC's Director of Relationships and Funding, Mandy Lindley said: *"Erskine have always provided the highest quality of care to veterans and this has not changed throughout the pandemic. The RNRMC have worked with Erskine for many years to ensure that, even in the toughest of times, our Royal Navy and Royal Marines veterans are well looked after and enjoy a high quality of life. This latest grant to Erskine reflects an ongoing commitment to our beneficiaries in their care."*



## Do you know a WREN?

We're not referring to the tiny, feathered variety in the garden but the indomitable ladies who joined the Women's Royal Naval Service.

Specifically, ladies who joined up between 1946 and 1981 and did their basic training at Training Depot Burghfield, HMTE Burghfield, HMTE Dauntless, HMS Dauntless/Reading.

Dauntless Divisional Photos is a nationwide project, in collaboration with the Association of WRENS, to gather divisional photographs and memories from those training days but also to reunite ladies with old friends, share anecdotes and relive exciting moments.

So if you, your mum, granny, aunt, godmother or even next door neighbour donned a blue suit and aimed for a life on the ocean wave, please get in touch with the project.

Email: [ddpwrens@gmail.com](mailto:ddpwrens@gmail.com)





# Erskine Radio – More than great music

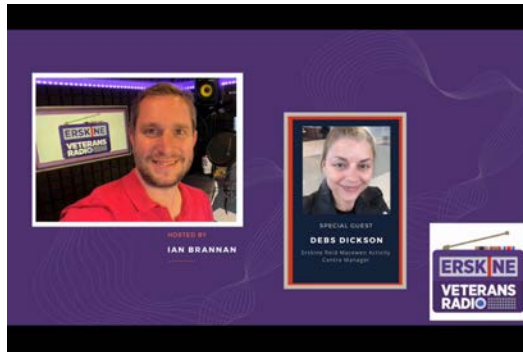
**Back in April we launched our very own radio show jam packed with not only hit songs but interviews with special guests too!**

Let's take a look back at host Ian Brannan's chat with Erskine Reid Macewen Activities Centre Manager, Debs Dickson.

**Ian:** *"Looking at the timetable for the sessions you do, there's such a wide variety of classes, what's the process behind choosing the types of classes you offer to Veterans?"*

**Debs:** *"We have a committee of 6 Veterans who support me with the decision making. We meet every 6-8 weeks and look at what we're currently doing, how it is perceived, is there anything we can do better etc. There's also a suggestions box in the centre so we take a look at what's been put forward by the members and we really do talk about how we can best move forward with things together. The centre is for Veterans so it would be silly for us to schedule activities and classes without them having their say."*

You can listen to the full interview and catch up on all previous interviews at any time on Apple, Spotify and Stitcher simply by searching for "Erskine Radio" or watch them as YouTube videos on our channel Youtube.com/ErskineTV



However you chose to listen, please don't forget to follow! That way you'll never miss out. The more listeners we have means our radio show is shown to even more people!

## Get yourself a shout out on air!

Our Veterans and staff love to hear from you and we try our best to share your well wishes with them all. Now you can tell them direct!

Send your message to Erskine Veterans and staff  
Visit: [erskine.org.uk/radio](http://erskine.org.uk/radio)  
Or email [radio@erskine.org.uk](mailto:radio@erskine.org.uk)

## Three ways to tune in

1. Visit our website  
[www.erskine.org.uk/radio](http://www.erskine.org.uk/radio)

2. On your Alexa smart speaker.

The first time you listen say:

*"Alexa, enable the Erskine Veterans Radio skill"*

From then on you can simply say:

*"Alexa, play Erskine Veterans Radio"*

3. Download the Erskine Veterans Radio app. Search for "Erskine Veterans Radio" in the Google Play or App Store.



Join us for some fabulous music 24 hours a day and chat with host Ian at Erskine Veterans Radio Tuesday, Thursday and Saturday at 12pm (repeated at 3pm and 7pm).



## On yer bike mate!

We're very privileged here at Erskine to have received several outstanding grants in recent years from the Armed Forces Covenant Fund Trust. In March, the Trust awarded a grant of £35,000 through their Positive Pathways programme for Erskine to partner with Common Wheel, a local mental health charity, to deliver a **'Build Your Own Bike'** programme for members of our Activities Centre.

Our Veterans will undertake a 10-week course and work with the Common Wheel bike engineers to design, build and keep their own bespoke bike. The course will accommodate Veterans of all abilities and skill levels, helping to combat isolation and mental health issues during this challenging period for our members. We expect twenty of our Centre's Veterans to complete the course over the coming year.

Sonia Howe, Director of Policy for the Armed Forces Covenant Fund Trust, said: "This project embodies the ethos

of our Positive Pathways programme. The Veterans involved will be learning new skills and getting out and active in a project that means something to them and results in something they can use and enjoy, knowing they've made the bike themselves. We wish Erskine and the Veterans involved all the best with these interesting workshops."



common  wheel

## How technology can help detect pain

**When you're in pain, you can usually tell someone about it. But for people living with dementia or a cognitive impairment, that isn't always possible. This can mean pain goes undetected and the person can become distressed. Now there's a solution.**

As you know, we share a real commitment to providing the best standard of care for our Veterans and their spouses. With the backing of LIBOR grant funding, we've recently starting using the world's first AI-powered pain assessment tool, PainChek®, to identify and assess residents who may be in pain.

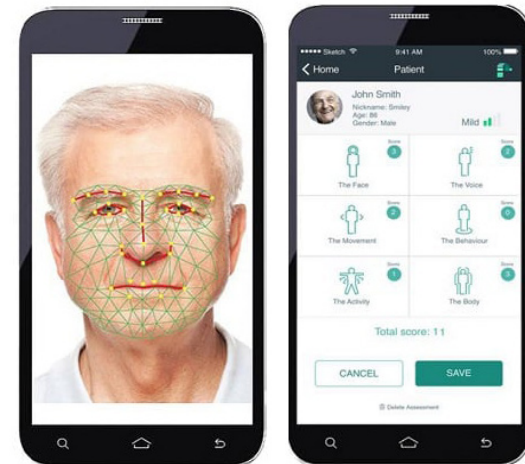
### How does PainChek® help Veterans?

The app enables staff caring for residents in our four care homes to quickly and easily identify, quantify and document the pain assessment of every care home resident. This includes residents living with dementia or a significant cognitive impairment who may have difficulty communicating they are in pain.

Our registered nurses and senior care assistants record a short video of the resident's face using a smartphone and answers questions about their behaviour, movements and speech. The app uses AI (artificial intelligence) to analyse micro-facial expressions that are associated with pain and combines this with the carer's observations to calculate an overall pain score.

Derek Barron, Director of Care at Erskine explains, "We use technology to enhance, rather than replace, the care we provide to residents and to maximise their potential and quality of life. Having a tool that directly supports the wellbeing of residents living with dementia is important in supporting us to deliver the right care at the right time."

PainChek helps with our overall aim to support Veterans and their spouses in enjoying a sense of comfort and fulfilment in every phase of post-service life.



### Follow us to see all the latest updates:

f @erskineveteranscharity  
@erskineveteranscharity  
@erskinecharity  
Erskine Veterans Charity



# You. Our Super Supporters

**Lots of you helped us celebrate Armed Forces Day this year by hosting your own Big Picnic with friends and family. It was great to see you all out enjoying the sunshine surrounded by cakes!**

Your efforts raised thousands for Veterans and donations are still being sent in. We want to say a big thank you to all however, there's just not enough space! Take a look at more photos from our brilliant Big Picnic hosts on Erskine's Facebook page.



## Rhona's picnic

Rhona held a family picnic and raised an incredible £285 (all while celebrating her great niece's 2nd birthday!)

*"My mum, Margaret Munro, is a resident in the Anniesland home and we can't thank all the staff enough for all they do for her and all the residents."*

## Jim's Cycle

Veteran Jim Legge from Elgin has completed a 681 mile cycle for Erskine. Jim completed a daunting mileage on his e-bike and has raised over £1,000 for his fellow Veterans.

The former Royal Army Medical Corps veteran set himself the challenge which started and ended at the Lossiemouth War Memorial. *"Having qualified for an early COVID19 inoculation I decided to do*

*something about my health, despite the Service-related disability in my left-knee. I therefore upgraded my bicycle to an e-bike, through the cycle-to-work scheme. However, I knew I would fall at the first hurdle if I didn't set myself a challenge and so the idea of a Charity Cycle was formulated"*.



## Little Lily's Challenge

To celebrate turning 10 years old, Lily McBride from Balloch, decided to take on a walking challenge. Lily walked 10km every

day for 10 days prior to her 10th birthday on 7th June.

**After setting herself a target of raising £500 we can tell you she absolutely smashed it and to date has raised £2,148 for Erskine.**

Lily chose to fundraise for Erskine as her dad Andrew is a former serviceman and the family knew a friend who previously stayed in an Erskine Home.

**Well done Lily!**

## March for Erskine

Many of you took on our challenge to March for Erskine, so many in fact we can't fit all of your great photos and stories in this little space. Drum roll please...you're now in our HALL OF FAME!

If you Marched for Erskine please visit [www.erskine.org.uk/hall-of-fame](http://www.erskine.org.uk/hall-of-fame) to see your name in lights. Thanks to each one of you for your commitment to the challenge and our Veterans.

## In need of a good book?

Scottish author, Alastair Chisholm, has generously gifted 50 copies of his book "Romance and Realism" for us to raise funds from.

The historical novel follows a fictional family through the tumultuous years from 1894 to the present day featuring not just the family members themselves but also many of the real people and

major events of the last 125 years.

Alastair says it's suitable for everyone from 14 year olds learning history at school, all the way up to 100 still looking for a good read!

**If you'd like to purchase copy please call us on 0141 814 4555.**



# A snapshot of summer

**Many of you donated to our Veterans' wishes Summer appeal. Thank you!**

Your generous support gives Veterans and their families the chance to enjoy everything from an afternoon tea to a concert.

Here's a small snapshot of residents enjoying the summer heatwave and celebrating the return of all things social within our Homes.



*Robert and Bill talking tactics*



*Marjorie has all the right moves to get a strike*



*Getting out in the garden is a favourite at all the homes*



*A wee bit of sunshine makes for the biggest smiles*



*Artist in Residence, Gill works with Joan*



*Sadie was over the moon to see Hairdresser Maureen again*



*Jean enjoying concert within her home*





# VICTORY BALL

VICTORY IN EUROPE 75<sup>TH</sup> ANNIVERSARY

**Friday 1<sup>st</sup> October 2021**  
DoubleTree by Hilton, Glasgow

Tickets: £80 | Table of 12: £800 | Service Discount Available  
Dress: Mess Dress | Black Tie | 1940s  
T: 0141 814 4555 E: [events@erskine.org.uk](mailto:events@erskine.org.uk)  
Scottish Charity Number: Sc006609

## Meet Findlay

92 year old Findlay McQuarrie is as Glaswegian as they come! Having joined the Royal Army Service Corps aged only 18 he quickly worked his way up the ranks from Private to Sergeant.

Having done his National Service, he returned to Civvy Street and embarked on a career in journalism. After several years working for one of Scotland's largest newspaper groups it was time for a change, one that would see him go from PR Officer to Depute Director. Findlay said: "I had wonderful opportunities at the National Trust for Scotland, traveling extensively to countries including Japan, Australia and the Philippines. One of my proudest moments was bringing "The Tenement House" in Glasgow into the Trust's care. This living museum is an iconic part of Scotland's heritage." His dedication and commitment to the work of the Trust was recognised and rewarded with an OBE.

Most recently having lived on the banks of the Clyde, in Helensburgh, Findlay crossed the river to make Erskine his new home. Following a bad fall, combined with a debilitating eye condition, Findlay now needs a little more assistance and turned to us for this.



*"As I had visited friends here many times over the years I knew exactly what I was coming to when I made Erskine my home. Although it's quieter just now due to the circumstances we are living in I have no doubt we will be getting back into the swing of things as soon as life starts to return to normal. The staff are very attentive especially the Physiotherapy team whom I can't thank enough for all the support they give me."*

To read more Veterans' stories visit  
[www.erskine.org.uk](http://www.erskine.org.uk)



ERSKINE  
Caring for Veterans since 1916

# PROUD TO WALK



GLASGOW

**Sunday September 26 in Glasgow**

FREE MASCOT KEYRING WHEN YOU SIGN UP

## WALK WITH OUR VETERANS

**TO JOIN US CONTACT**  
E [eve.conroy@erskine.org.uk](mailto:eve.conroy@erskine.org.uk)  
T 0141 814 4620  
[www.erskine.org.uk](http://www.erskine.org.uk)

Try The Wee Wander, The Big Stroll or take on The Mighty Stride and raise vital funds!  
Every penny you raise, plus a 50% bonus will come to Erskine to help us continue to support over 1,000 Veterans each year.



# ERSKINE FIREWALK 2021

**The Hottest Challenge of the Year**  
Let the Veterans we support inspire you to take the challenge

**Lochter Activity Centre,**  
Oldmeldrum, Inverurie, AB51 0DZ

**Friday October 22nd 2021 from 6.30pm**  
Registration fee £10 Sponsorship target £100

For further information please contact  
Michael Jamieson on  
**0782 5094173**  
or visit  
[www.erskine.org.uk/event/erskine-firewalk-2020](http://www.erskine.org.uk/event/erskine-firewalk-2020)







# Your Lasting Legacy

Gifts in Wills fund almost half of Erskine's work. The support that we have received through Gifts in Wills this last year has continued to make an incredible difference to the lives of our Veterans. We are extremely grateful to anyone who has written a Will or plans to leave a gift to Erskine.

## How you can leave a legacy:

Writing your Will can seem like a daunting prospect, but it needn't be. Erskine have partnered with two of the leading free Will services to take away any difficulties you may think might be there.

**Free Wills Network** is a service who can put you in touch with up to six local solicitors who can write a simple Will for you, for free.

**Bequeathed** is an online Will writing service – perfect for those who don't want to go into a solicitor's office or have the time to do so. You can simply log into a secure portal, follow the prompts and when you're happy the Will is checked by a solicitor shall then make sure everything is in order. It's really that simple!

To take advantage of these services please visit our legacy page at [erskine.org.uk/legacies](https://erskine.org.uk/legacies) or call our legacy office on 0141 814 4520.



## Why leave a legacy?

For each of our Veterans, there is a moment when Erskine's door opens and they see a life worth living again. This is thanks to the generosity supporters like you. Every gift given in kindness, no matter how small, really does make a difference to Veterans' lives and their families.

Since 1916 we've been a place to turn to. While today's conflicts may be different, our ex-Service community's need for care and support is still greater than ever. Our vision is to ensure that every man or woman who has served their country can receive the care and support they deserve.

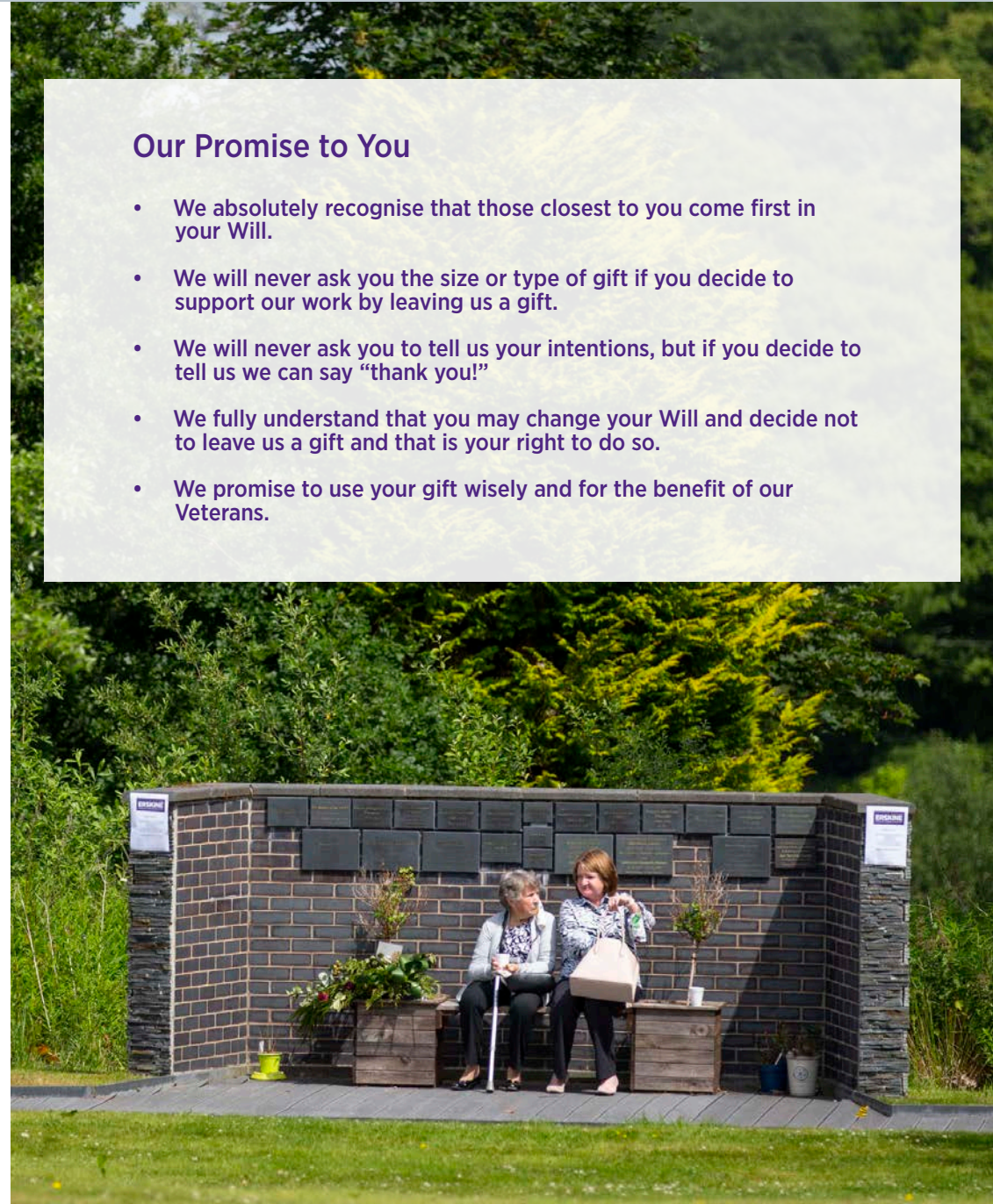
Gifts in Wills help provide funding for specialist nursing care, specialist medical equipment, physiotherapy and many social activities that enhance Veterans' quality of life. Without legacies this high-quality care would not be possible and the lives of our Veterans would be very different.

**If or when the time is right, please remember Erskine in your Will.**

For more information relating to Legacies, please contact:  
Sarah Morgan, Legacy Officer  
Erskine, Bishopton, PA7 5PU  
Email: [Sarah.morgan@erskine.org.uk](mailto:Sarah.morgan@erskine.org.uk)  
Telephone: 0141 814 4520

## Our Promise to You

- We absolutely recognise that those closest to you come first in your Will.
- We will never ask you the size or type of gift if you decide to support our work by leaving us a gift.
- We will never ask you to tell us your intentions, but if you decide to tell us we can say "thank you!"
- We fully understand that you may change your Will and decide not to leave us a gift and that is your right to do so.
- We promise to use your gift wisely and for the benefit of our Veterans.



# What Erskine means to you

Thank you to everyone who filled out our Supporter Survey. Your feedback is helpful to ensure we share stories that interest you and show how your donations help transform the lives of Veterans and their families.

Many of you said your main reason for supporting Erskine is to do something to support our ex-Service community. We hope this edition of Erskine News shows the many ways you are doing just that.

We are encouraged to hear that 94% of you feel the amount of information you receive from Erskine is just right. Please feel free to

get in touch if you would like to change the way you hear from Erskine.

We promise to keep working to get our updates right. We will continue to share amazing life-changing stories made possible thanks to you.

Congratulations to the lucky winner of the £50 Marks and Spencer voucher who was one of the first people to fill in the survey.

Take a look below at another prize-winning way you can help support Veterans – play the Erskine Lottery! Visit [www.erskine.org.uk/lottery](http://www.erskine.org.uk/lottery) to find out more.

## SUPPORTING VETERANS AND THEIR FAMILIES



[www.erskine.org.uk/lottery](http://www.erskine.org.uk/lottery)

Phone 0141 814 4555



# Yes, I want to support Veterans at Erskine today

## 1 Your details please:

Name:

Address:

Email:

Postcode:

Phone:

## 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.

*giftaid it*

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 ☐

Today's date

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

5 ☐ I do not require acknowledgement of my gift.

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



# Yes, I'd like to make a difference via Direct Debit

Name:

Address:

I would like to make a  
regular gift of:

£5 ☐ £10 ☐

Other £

I would like this gift to be made:

Monthly ☐

Quarterly ☐

Annually ☐

Please start my payments on:

1st ☐

15th ☐

(insert month / year)



Please fill in the form and send to: Fundraising Department,  
Erskine, Bishopton, PA7 5PU

Name and full postal address of your bank or building society

To: The Manager

Address

Bank/Building Society

Postcode

Name(s) of Account Holder(s)

Branch sort code

Bank/Building Society Account Number

Instruction to your bank or  
building society to pay by Direct Debit



Service User Number

7 0 6 3 7 7

Reference

## 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.

Signature(s)

Date

Banks and Building Societies may not accept Direct Debit Instructions for some types of account.