

# The Source

Winter 2016



**New Finance Service** Page 12

**Travis sing for SBH Scotland**  
Page 19

**Members - Join our Advisory Panel** Page 15

**Fundraisers Gallery** - Page 16

Spina Bifida  
Hydrocephalus  
Scotland



Spina Bifida Hydrocephalus Scotland is a trading name of the Scottish Spina Bifida Association.  
Registered Scottish Charity No. SC013328.

## Introduction

It's Winter time again and whilst we don't know what the weather will bring us we can keep you up to date on our news, services, new projects and activities.

Please remember... If you'd like to contribute an article or idea for the next publication, or if you'd like us to feature you please get in touch with Clare Cogan Turner, Communications Manager by email: [communications@sbhscotland.org.uk](mailto:communications@sbhscotland.org.uk) or call her on 01236 794507.

## Keep in touch

No matter why you need to get in touch with us, we will be with you on your own personal journey, offering impartial advice, support and information. We can also offer a variety of groups, projects and training throughout the year if they are relevant for you.

### Direct Services (including all support and projects)

Call our Helpline: 03455 211 300 Email: [support@sbhscotland.org.uk](mailto:support@sbhscotland.org.uk)

### Main Reception

Call: 03455 211 811 Email: [mail@sbhscotland.org.uk](mailto:mail@sbhscotland.org.uk)

### Fundraising Enquiries

Call: 03455 211 600 Email: [fundraising@sbhscotland.org.uk](mailto:fundraising@sbhscotland.org.uk)

### Rebecca Cottage Enquiries or Reservations

Call: 03455 211 811 Email: [rebeccacottage@sbhscotland.org.uk](mailto:rebeccacottage@sbhscotland.org.uk)

### Online

**Web:** [www.sbhscotland.org.uk](http://www.sbhscotland.org.uk)

**Facebook:** [www.facebook.com/sbhscotland](http://www.facebook.com/sbhscotland)

**Twitter:** [www.twitter.com/sbhscotland](http://www.twitter.com/sbhscotland)

**Instagram:** SBHScotland

### Write to us at:

The Dan Young Building  
6 Craighalbert Way  
Dullatur  
Glasgow  
G68 0LS

## Our new 0345 numbers - What do calls to them cost?

All our main numbers now begin with '0345'. 0345 numbers and all other numbers which start with 03, cost the same as a normal local or national landline. If your mobile phone package has free inclusive minutes to numbers starting '01' and '02' it should also include our 0345 number. If you're unsure what your phone package covers please double check with your mobile phone provider.



Introducing...

**Lindsay Cunningham-McLeish**

Health and Wellbeing Nurse | East of Scotland

I'm specialising in the care of young people aged **12 – 25 years old**, who are going to be transitioning to adult services or supporting those who have already moved on. In Scotland the process of transitioning from children's to adult services is wide-ranging and complex, both in policy and practice terms.

From experience, young people affected by spina bifida and hydrocephalus attend hospital regularly and develop close relationships with their Paediatric Team. However, at some point there is an expectation that you transition into the Adult Healthcare Services, a scary thought for most!

SBH Scotland's East Coast Health & Well Being Project is funded for 2 years and will bridge the gap between paediatric and adult care services; making things easier for our members. Using regular proactive diagnostic checks a transition pathway will be carried out to identify health issues and assist you to link into the relevant community, health,

education and social care that suits you. I will also signpost individuals to appropriate advice and information regarding financial inequalities and vocational options.

**This is an exciting project to improve young people's confidence in communicating with the NHS, have greater self-esteem and the necessary skills required to manage their condition overall, reducing health inequalities and improving the patient/parent experience.**

Lindsay will be at the RHSC Edinburgh at clinic appointments to speak to families. For everyone else on the east coast of Scotland please feel free to contact Lindsay for more information via E: [Lindsay.cm@sbhscotland.org.uk](mailto:Lindsay.cm@sbhscotland.org.uk) or call 03455 211 300.

Grateful thanks to Edinburgh and Lothian Health Foundation for funding this post.



Focus on...

# Grandparents

Many families today face a range of pressures, such as demanding jobs and financial constraints and the pressures of childcare and the costs incurred can be an added burden. Frequently, grandparents, who may be of working age themselves, step in to become involved in providing childcare and support.

In the cases of families with disabled children the grandparents are often the only people, other than the parents themselves, trusted with personal care such as catheterising and medications. This can feel like a big responsibility and often means the commitment of evening and weekend babysitting falls on them because of this.

**SBH Scotland want all grandparents out there to know how special you are and that without you many parents would get no break at all. We also want to let you know that our support service is available to you as well. If you need any support or information on anything from your grandchild's condition to applying for possible entitlements available to you as a carer, or if you'd like to attend our family groups or get in touch with other grandparents - we're here for you. Please contact us on 03455 211 300 or email us at [support@sbhscotland.org.uk](mailto:support@sbhscotland.org.uk).**

We went out and about and interviewed some SBH Scotland grandparents to



Mary King with grand-daughter, Kelsey and Grandson, Sean-Paul

hear about the special part they play in their grandchildren's lives.

## Mary King

Mary was no stranger to looking after a grandchild with additional support needs by the time her grandson, Sean-Paul was born. Sean Paul is now 5 and was born with spina bifida. Mary's daughter, Amanda, lives at home with and has 2 other children Kelsey and Carly. Kelsey who is 8 has autism and Mary has long been a huge support in caring for her but when Sean Paul was born there was added pressure in looking after all 3 children, especially when it was discovered he also had further medical problems.

**Q. How did you feel when you first found out Sean-Paul had a disability?**

Well it was a surprise, we didn't know until he was born. I then tried to research but the internet frightens the life out of you. We got some info from the doctors but it was when SBH Scotland visited that we felt like we began to understand.

**Q. How often do you look after Sean-Paul?**

A. I'm here 24/7

**Q. Do you find it challenging at times?**

A. Yes, it can be very challenging. Once our [SBH Scotland] Keyworker started coming, it was a great relief. It's sometimes the only chance I get for a cup of tea.

Even Carly finds things difficult being in between Kelsey and Sean-Paul but our Keyworker supports us all. I don't know where we'd be without her.



Marion Dias proudly shows off the photo of her grand-daughter Milli

**Marion Dias**

Marion has 5 grandchildren, but the one many of you may recognise from our publicity materials is Milli Hamilton. Marion is a proud granny who does whatever she can for all of her grandchildren. For Milli she has also been the driving force behind her getting to meet 'One Direction' and getting the legal permission to have official 'One Direction' spoke guards

made.

"I'm not afraid to ask and I'm happy to write to various organisations if I think there's something I could do to make my grandchild happy".

Milli is 8 and was born with spina bifida and hydrocephalus.

**Q. How did you feel when you first found out that Milli had a disability?**

A. We didn't find out until the 32 week scan and I happened to be there with my daughter, Caroline, for that. I'm glad I was, it was a horrible experience. At this point I was afraid of the unknown, I'd never heard of spina bifida before.

**Q. How often do you look after Milli?**

A. Every Saturday, or whenever she phones! We have a great time playing games, making cakes and dressing up.

**Q. Do you feel you have all the support you need?**

I do, you've just got to get on with things haven't you?

---

It's not just 'Nannas' or 'Grannys' who help with the care of our children but Grandads can play a big part in the day to day care of many.

**Drew Hamilton**

Drew is affectionately known as 'Papa Drew' by Milli and is also heavily involved in her care.

**Q. How did you feel when you found out that Milli had a disability?**

A. Devastated. I knew nothing about spina bifida.

**Q. How often do you look after Milli?**

A. Every Friday Night and any other time she wants! I love going out walking so we're often at Strathclyde Country Park and, at Milli's request, we seem to be in a habit of going to the Park cafe straight after for tea and toast. Milli also loves to swim so I take her swimming whenever I can.

**Q. Do you find it hard or challenging at times?**

A. Not really, although as she's getting bigger she is heavier to carry. I'm currently moving house and I'm making sure everything is on one level so Milli won't have to struggle with the stairs.

**Q. What do you love about your special role in the family?**

A. I have a great relationship with Milli and just love spending time with her. She's a real character, very sarcastic (just like me) and witty. Whatever I can do to help, I will.



Drew Hamilton pictured with grand-daughter Milli



R-L. Alex Little, Great Gran June Bain, Arlene, Emily and Mum Lorri Biggs

## Supergran cycles 300 miles in 23 days

Arlene Dryland has undertaken a spectacular year of fundraising for SBH Scotland. She started with a 300 mile cycle at her local gym and finished with a Zipline across the Clyde, and there has been plenty of other activity inbetween!

Arlene turned 50 this year so she decided to make the most of it by taking on the biggest challenges of her life for SBH Scotland who've been supporting her grandson, Alex, who was born with hydrocephalus.

As Arlene says, *"It wasn't easy but SBH Scotland have been such a big part of my grandson's life so far that I wanted to do something important for them. When better than as I turn 50!"*

To date Arlene has raised over £2,000 and everyone at SBH Scotland would like to say a big thank you to Arlene and all those who've supported her.



# New Adult Support Groups in Inverness and Aberdeen

SBH Scotland are delighted to announce that we have received funding from **Awards for All** to run monthly Adult Support Groups in **Inverness** and **Aberdeen** in addition to our existing Cumbernauld Group (pictured above).

Available to all adult members aged 18 and over; come and join us for a coffee, a chat, the chance to make some new friends or catch up with old ones. At the groups SBH Scotland staff are also on hand for support or advice.

The Cumbernauld Adult Group runs the last Wednesday of every month at The Dan Young Building and for further information on the Aberdeen and Inverness groups please get in touch with us so we can let you know all the details.

To attend or for more information please email us on [support@sbhscotland.org.uk](mailto:support@sbhscotland.org.uk) or give us a call on 03455 211 300.

## New Spina Bifida and Hydrocephalus Facebook Groups for Members



In response to feedback we received from surveys we sent to all members last year we've launched separate Spina Bifida and Hydrocephalus private Facebook groups.

Here you can ask us questions, speak about your condition or share positive stories or interesting tips which may interest others.

To join please search on Facebook for: **SBH Scotland Spina Bifida Support** or **SBH Scotland Hydrocephalus Support**

Please note, you have to be on the SBH Scotland member database to be approved.

## A HOME DELIVERY SERVICE DEDICATED TO YOU

We know that you need to receive the highest levels of service and enjoy complete peace of mind. Our 150 years history as a family run company has taught us that.

### **Five great reasons to use Bullens Home Delivery Service:**

1. You will get your own dedicated personal advisor, champion, supporter, friend
2. Your advisor will call you every month for a stock and well-being "check-in" so you never forget to place your order and never run out
3. There's a great range of complimentary items which are available with every order
4. A Rapid Response Team for life's emergencies is on call 365 days per year
5. Free cutting, delivery, re-ordering and collection is part of your normal service

To sign up or hear more about our service

**0800 023 8856**

[info@bullens.com](mailto:info@bullens.com)

[www.bullens.com](http://www.bullens.com)



## An Update from Bullen Healthcare...

Bullen Healthcare launched its partnership with Spina Bifida Hydrocephalus Scotland (SBH Scotland) in April 2015 to provide a dedicated home delivery service for SBH Scotland members. We're delighted that over 100 members are already using our service.

Through this partnership Bullen Healthcare can deliver your urology and stoma appliances and prescription medication directly to your door, discreetly and efficiently.

There are two options available. You can either get both your appliances and medication delivered at the same time by Bullen Healthcare or alternatively you can just get your appliances delivered by Bullen and continue getting your medication from your local pharmacy.

According to the members who have joined there are several



reasons why they prefer Bullen Healthcare: they call you each month to go through your order; the quality of the service is excellent; they supply all makes and manufacturers and there's a great range of complimentary items. Those same members also love the reassurance and peace of mind they get from always speaking to someone who knows and understands them.

Bullen conducted its first customer satisfaction survey earlier this year too and the results they received were fantastic. 96% of those who responded were very/extremely satisfied and 100% would recommend the service.\*

**Here's what some of the**

**SBH Scotland members had to say about the home delivery service:**

*"I have already recommended your service to a number of people"*

*"I would recommend this service 100%, fantastic keep up the good work"*

*"Excellent service and helpful, friendly staff. Keep up the good work"*

*"Great company, I love all the free complimentary items"*

**For enquiries about how Bullen Healthcare can help you and your family why not call us on 0800 023 8856 or email us at [sbhscotland@bullens.com](mailto:sbhscotland@bullens.com)**

\*February 2016 - April 2016 to 100 SBHS members. 36 members responded.

# In Pictures...



Six members of our SEA Change North Project were taken on an inclusive activity adventure weekend in Lagganlia, Nr Aviemore. Thanks to the team from Equal Adventure it was amazing to see what can be achieved with the adapted equipment.



Thank you to all funders and individuals who support our activities.

The Stronger Links: Stronger Families project enjoyed our Conference at Crieff Hydro.



The Coolio Group enjoyed a night out bowling



Our Glasgow adult members had their own photo shoot at one of their groups



The Aberdeen Family Group tried Boccia



Fife Family Group continues to grow



The Superhero Group enjoyed their trip to Amazonia



Families from across Scotland came with us to an Edinburgh Zoo Dreamnight

# New Financial Support Service Available to all members

This free and confidential new service is for all ages and aims to keep you up-to-date on financial information, benefits and funding streams whilst building confidence in managing your finances effectively.

Call us and we can work with you to create your own finance and budgeting plans, check you're receiving all your entitled benefits and help to maximise your income. We also have details on discounts you may be entitled to from your utility providers.

Noreen Mulheron (pictured right) will be working with adults or their parents/carers and Tracey McColl (pictured left) will be working with children and young people and their parents and carers so please give them a call for an informal, confidential chat and see how we can support you with your finances, budgeting or benefits.



**Noreen and Tracey are available Monday to Friday from 9am to 4.30pm on 03455 211 300 or by email via [support@sbhscotland.org.uk](mailto:support@sbhscotland.org.uk)**

## It's a Strike!

Our adult **Bowling Group** runs the second Wednesday evening of the month at Braehead Soar (formally Xscape), **Glasgow** and we'd love to see new members there.

This group is for any SBH Scotland member who is 18 or over.

We'll pay for your 2 games of bowling and the club also gives you the opportunity to meet other members.

**If you'd be interested in attending please call Caroline Kenny on 03455 211 811 or email [support@sbhscotland.org.uk](mailto:support@sbhscotland.org.uk)**

Special thanks to volunteer **Brian McCann** who administers the group every month.

# Trekkers tackle the Italian Alps for SBH Scotland



**Five men, including SBH Scotland Board Member Robert Carachi, took on the Sentiero Delle Orobie, a famous Trek in the Italian Bergamo Alps, all in aid of SBH Scotland and raised over £2,800.**

Robert Carachi, Ewen Mcleod, Eamon Murtagh, Jim Fisher and Jim Kerr (pictured) undertook the challenge in June this year and walked at heights between 1,410 – 2,295 metres above sea level.

Jim Kerr tells us, “We are all the wrong side of 60 so this was a good challenge for us! We did the West Highland Way last year for

*another charity and raised a lot of money so we wanted to support a different charity this year and help to raise awareness.”*

Deborah Roe, Director of Fundraising for SBH Scotland said, “We’re so grateful to this group for choosing to fundraise for us in our 50th year. Challenges like this are vital to us.”

**If you’d like to undertake your own adventure challenge please call Lynsey hamilton on 03455 211 600 or email fundraising@sbhscotland.org.uk**



SBH Scotland would like to congratulate Robert Carachi (pictured left on photo above), for his recognition by the Queen in the New Year Honours List.

Professor Carachi receives an MBE for his services to medicine.

This is a well deserved award for someone who is well known to many of our members and a long-time supporter and friend of SBH Scotland.

# Rebecca Cottage

## Looking for accessible accommodation?

**Rebecca Cottage is SBH Scotland's award winning, adapted, wheelchair accessible holiday cottage in Carnoustie, which sleeps 7.**

This cottage is available to book by anyone and members of SBH Scotland receive heavily subsidised rates on their stay.

Weekly lets are available in high season and during medium/low season we now offer short term lets as well.

Carnoustie is a small coastal town on the Angus coast inbetween Dundee and Arbroath and this cottage boasts spectacular uninterrupted views of the sea.



### Facilities include:

- Wheelchair ramp access to cottage
- Lowered counter tops in kitchen
- Single bedroom with profiling bed
- Large bathroom including wet floor shower
- Tracking hoist from large bathroom into single bedroom
- Modern wet floor shower room
- Stairlift for access to first floor
- Free wi-fi

**To find out more or for availability please visit: [www.sbhscotland.org.uk/rebeccacottage](http://www.sbhscotland.org.uk/rebeccacottage) or call us on 03455 211 811.**



**T**esco Craigmarloch joined forces with SBH Scotland to launch a local charity partnership, pledging to raise £10,000 for us through in store fundraising and initiatives.

David Hanney, Tesco Craigmarloch Store Manager explains, *“By choosing a local charity to support we can directly see the impact that our customers generous donations have in our community.*

He continues, *“I was shocked to find out that a charity who are on our doorstep have to raise almost all of the £1million they require to run each year so if we can help in some way to continue their great work, then we’re delighted.”*

It’s always a pleasure to work with David, Doreen and their team at Tesco and we thank them for everything they’ve done so far.



## We Want You... For SBH Scotland Advisory Panel

We want to make sure we continue to provide meaningful support, information and projects for all of our members across Scotland. To do this we are launching a Voluntary Advisory Panel.

All those who sign up will be sent surveys or may be called throughout the year to give opinions on current services and future projects which could benefit you.

That information will help to inform our future services and support.

**We want as many SBH Scotland members as possible on the panel.**

If you’re intersted or would like more information please email [communications@sbhscotland.org.uk](mailto:communications@sbhscotland.org.uk) or call Clare on 03455 211 811.



## Super Stratton’s come to our aid

A big thank you to Sean and Michael Stratton for coming to fix our greenhouse in the blustery wind and rain after vandals attacked it in April.

# Some swim, some run, some just get muddy!

## But they all do it for... SBH Scotland

Our fundraisers have been amazing this year and we're just sorry there isn't room to fit you all on these pages, however, we're very grateful to every single one of you. You've all made a difference.



1) Fiona Morton ran her first marathon in Paris with a stunning time of 4hr 55mins and raised over £1,100. 2) New Lanarkshire College took part in a sponsored walk for us. 3) Lyndsay McNulty, David Dick and John Gray from Cumbernauld all took part in the Glasgow Kiltwalk 4) The Woodcutter Pub in Abronhill kindly presented us with a cheque for £1,000 which was half of their quiz night takings. 5) Lynne Holborn of Deveron Homes presented the Aberdeen Family Group with a cheque for £250.





6



7



8

6) Dare devils from across Scotland joined us for a spectacular Zipline across the Clyde in September. In total over £20,000 was raised.

Pictured is Louise McCutcheon, Dr Margo Whiteford, the Donnelly Family and Elaine Macleod and her daughter, Bethany who all took part.

7) Claire Cochran, Sonia Scott Mackay and Vivienne Main all fundraised for us by taking part in the Glasgow Womens 10K then continued the fundraising by attending our Ladies Lunch in the afternoon. That's commitment ladies!!!

8) SBH Scotland member, David Brown, belongs to the Northern Soul Dundee Club and organised a fundraising evening which raised £1,000.

£933 was raised but the Logie Club, where it was held, generously topped the donation to £1,000.



**P**aramount Creative supported SBH Scotland through their 2016 Scottish Entertainment and Hospitality Awards and their CEO, Warren Paul, presented fundraising manager, Richard Donald with a cheque for £38,710.31.



## Aiden helps to promote Kiltwalk!

**SBH Scotland member, Aiden Kennedy, joined us in Glasgow to meet Olympic swimmers Robbie Rennick and Michael Jamieson (pictured) to help promote the Kiltwalk 2016.**

A big thank you to everyone who took part in the Kiltwalk for SBH Scotland. Together you raised a phenomenal £18,110.

The Kiltwalk is taking place in 2017 and SBH Scotland have special fundraising incentives so please get in touch.

- Glasgow 30th April 2017
- Aberdeen 4th June 2017
- Dundee 20th August 2017
- Edinburgh 17th September 2017

**For details please call:  
03455 211 600 or email  
fundraising@sbhscotland.org.uk**

**V**olunteer SBH Scotland Business Ambassador, James Collins-Taylor, took on the Glasgow Kiltwalk with his daughter Kate and raised a phenomenal £5,688! The 26 mile walk took James and Kate 9 hours 45 minutes.



# Del Amitri Fans Release Travis Christmas Single for SBH Scotland

**In a dream come true, Scottish rock band, Travis has given a festive makeover to one of Del Amitri's most successful songs, 'Nothing Ever Happens' and it's been released with all proceeds going to SBH Scotland.**

The special track will also feature on an album of Del Amitri covers, a brainchild of the band's fan-base.

Through a social media campaign led by fans, and a personal blessing from Del Amitri frontman Justin Currie, a host of famous Scottish musicians and song-writers have collaborated to support our cause. Ricky Ross of Deacon Blue, Julie Fowlis and Tom McRae have all provided songs for the album; 'Pasted Beyond Recognition'.

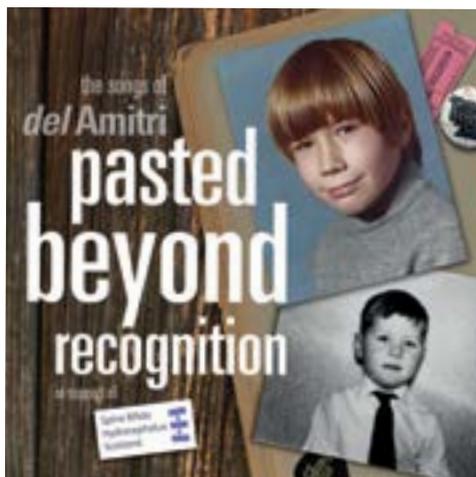
'Pasted Beyond Recognition' will be



officially launched at a special celebration of music on Saturday 17 December 2016 at Òran Mór in Glasgow with host, Hardeep Singh Kohli.

Justin Currie will be treating gig-goers to Del Amitri's classics and will be joined by Tom McRae, Withered Hand, Blue Rose Code, Ranagri, Zervas & Pepper, Jill Jackson of Speedway and Kris Dollimore. All proceeds from the event and album sales will also be donated to SBH Scotland.

Deborah Roe, Director of Fundraising for SBH Scotland, said: *"We are grateful to the Del Amitri fans, Travis, Justin Currie and all of the fantastic musicians who have all generously come together to collaborate on this release. As a charity that is almost solely self-funded, the money and awareness raised will make a huge difference to the lives of those we support and the launch gig will be the perfect end to our 50th anniversary celebrations."*



**T**he Travis Single 'Nothing Ever Happens' and 'Pasted Beyond Recognition' are both available to download on iTunes and other digital music sites and a limited run of 500 CDs can also be ordered at [sbhscotland.org.uk/del-amitri-cd](http://sbhscotland.org.uk/del-amitri-cd)

# Events Diary



## A Question of Burns

**Thursday 26th January 2017**

**Glasgow Hilton**

Sponsored by Chisholm Hunter, this is a Burns supper like no other, with hilarious twists, a quiz and an amazing line up including: Andy Nicol (BBC Sports presenter and former Scotland Rugby Captain), Jonathan Watson (Only an Excuse), Sheriff Lindsay Wood, Eric Davidson and Nicola Cassells.

Tickets: £85 pp or £800 for a table of 10

Call: 03455 211 600 W: [sbhscotland.org.uk/burns](http://sbhscotland.org.uk/burns)



## Community Burns Supper & Ceilidh

**Saturday 28th January 2017**

**Westerwood Hotel, Cumbernauld**

Tickets: £30pp or £250 for tables of 10

Tickets available now - Call 03455 211 600

[www.sbhscotland.org.uk/community-burns](http://www.sbhscotland.org.uk/community-burns)



## Spring Bling Ball

**Saturday 25th March 2017**

**Aberdeen Altens Thistle Hotel.**

Organised by a SBH Scotland parent, this black tie ball promises a wonderful evening of food and entertainment.

Tickets: £40 pp or £380 for a table of 10

Email Carol via [Carol.fullertonsba@hotmail.co.uk](mailto:Carol.fullertonsba@hotmail.co.uk)

## Ladies who give an F\* Lunch

**Sunday 4th June 2017**

**Radisson BLU Hotel Glasgow.**

John Amabile, Edward Reid, cocktails, food, prizes galore and dancing... Ladies need we say more?

Tickets: £45 pp or £400 for a table of 10

Tickets available now: Call 03455 211 600

[www.sbhscotland.org.uk/ladieslunch](http://www.sbhscotland.org.uk/ladieslunch)



# Dundee Firewalk

**Saturday 11th March**

*Can you handle the heat and firewalk for SBH Scotland?*

Come and help us raise vital funds while taking part in the challenge of a lifetime. All participants will go through a fear busting seminar called 'Learn or burn' which will equip you to walk unharmed across 20 feet of wood embers burning at 1236 degrees fahrenheit.

Email: [holly.taylor@sbhscotland.org.uk](mailto:holly.taylor@sbhscotland.org.uk)

Call: 03455 211 600

W: [sbhscotland.org.uk/treksandchallenges](http://sbhscotland.org.uk/treksandchallenges)



# Loch Katrine Walk

**Sunday 2nd April 2017 - Loch Katrine  
Trossachs Pier, By Callander, Stirling**

Loch Katrine is surrounded by magnificent scenery and mountain ranges. Our experience begins at the Trossachs Pier where walkers take a cruise on the famous 'Sir Walter Scott' steamship. Then a 13 mile walking challenge takes you on a glorious journey from Stronachlachar back to the Trossachs Pier. Lunch and refreshments are provided en-route. Numbers are limited to 200 due to sailing restrictions, so early booking is advised.

Cost: £10 registration fee and a pledge to raise £100.

Email: [Fundraising@sbhscotland.org.uk](mailto:Fundraising@sbhscotland.org.uk)

Call: 03455 211 600

**NEW YEAR'S DAY  
PETERHEAD PLUNGE**

Join us for our first ever New Year's Day Dip into the North Sea on Sunday 1st January 2017

SIGN UP TODAY!

ARE YOU BRILL-AVE ENOUGH?

E: [holly.taylor@sbhscotland.org.uk](mailto:holly.taylor@sbhscotland.org.uk) T: 03455 211 600 W: [sbhscotland.org.uk/plunge](http://sbhscotland.org.uk/plunge)

Spina Bifida Hydrocephalus Scotland

# SBH Scotland Crowned National Charity of the Year



Our esteemed group of volunteer fundraisers, the Peterhead Shimmer and Sparkle Committee (pictured below) also won the 'Volunteer of the Year Award' for their dedication and commitment to raising funds for SBH Scotland over the past 8 years.

We would like to officially thank this wonderful committee and all those who have supported them over the years. To date they have raised over £200,000 and that money has had a direct impact on the services we have been able to offer in the North of Scotland.

**We're thrilled to announce we've been chosen as National Charity of the Year at this year's Charity Champions Awards.**

The awards were judged by an independent panel which included the Office of the Scottish Charity Regulator (OSCR). As well

as this accolade SBH Scotland was also runner up in the Disability Charity Award and our Chairperson, Dr Margo Whiteford received the Lifetime Contribution Award for her role in raising awareness of spina bifida and hydrocephalus in Scotland and globally.



# Thank you

**SBH Scotland would like to say a big THANK YOU to every individual, group, organisation and funder who has, and continues to support SBH Scotland.**

For 50 years we have shared a special journey with our members, working to enable all those affected by spina bifida and/or hydrocephalus to live the best life possible.

Our aim is to continue to provide our lifetime commitment of support and information for the next 50 years and that is only possible because of your current and continued support.

**Thank you.**



## Going Digital

As of 2017, Source Magazine will only be posted out to members and supporters once a year. This is due to increased mailing costs and the increased engagement we have with you all on our social media channels.

However, between magazines we want to keep you regularly updated by email with our new digital updates.

**Do we have your email address?** If we

do you'll automatically start receiving updates from the new year but if we don't, and you want updates, please email [communications@sbhscotland.org.uk](mailto:communications@sbhscotland.org.uk) today with your full name and email address.

If you no longer wish to receive any communications from us at all please email the same address with your details and request.

# 2016 Christmas Appeal



This Christmas, if you're able to, please consider donating to Spina Bifida Hydrocephalus Scotland to support our work this festive season and beyond.

Spina Bifida  
Hydrocephalus  
Scotland



**Having a baby with spina bifida and or hydrocephalus is not the end - just the beginning and with your support SBH Scotland can support individuals and families on their own personal journeys for a lifetime.**

Every year we have to raise £1million and, with very little statutory funding, donations are the driving force of the charity, effecting change every day.

To support children, young people and adults affected by the lifelong, complex disabilities of spina bifida and/or hydrocephalus this Christmas:

Call us to make a credit/debit card donation on 03455 211 600

Go online:

[www.sbhscotland.org.uk/donate](http://www.sbhscotland.org.uk/donate)

OR to donate by post, please make cheques/postal orders payable to 'SBH Scotland' and send with this form to:

Spina Bifida Hydrocephalus Scotland,  
The Dan Young Building,  
6 Craighalbert Way, Dullatur, G68 0LS

Boost your donation with Gift Aid: Tick to allow us to claim Gift Aid on your donation. SBH Scotland can receive an extra 25p for every £1 you donate at no extra cost to you.

**NAME:**

**COMPANY/ORGANISATION (if applicable):**

**ADDRESS:**

**POSTCODE:**

**TEL:**

**EMAIL:**

- I would like to Gift Aid my donation\*
- I would like to receive further information about SBH Scotland's work

\*I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.



*Thank you*