



Eric Liddell Centre

Bringing Edinburgh's Communities Together



2021 Holyrood Election **Manifesto**

The Eric Liddell Centre - Registered Care Charity and Community Hub

Overview by John MacMillan,
Chief Executive Officer



The Eric Liddell Centre (Scottish Charity Number SC003147) is a local care charity and community hub founded in 1980 in memory of the 1924 Olympic 400m gold medallist, Eric Liddell. Our mission is to be at the heart of the community, enhancing health and well-being and improving people's lives.

The Centre is one of a few specialist dementia day care providers in Edinburgh and offers a number of befriending services to carers and further dementia support programmes.

Our vision is to Bring Edinburgh's Communities Together, to respond to isolation, loneliness and society's disconnection. We work hard to change perceptions of people living with dementia, disabilities and mental health issues - we aim to show living a full life can be achieved with the correct support.

Like many charities and community organisations, the Eric Liddell Centre has had a difficult and challenging year.



Eric Liddell taken between 1922-24



Despite this, we have continued to provide alternative services to the vulnerable people we support via outreach and online digital methods. These services include additional wellbeing phone calls, food programmes for the vulnerable, shopping, prescription collection, a range of online opportunities, supplemented with health and wellbeing activities to keep the mind, body and soul active during the recent unprecedented times.

Our specialist Dementia Day Care Service, Carers Programme, Befriending Service, Dementia Support Programme, Caring Soles and Music Therapy Service continue to provide much needed support throughout the City of Edinburgh.

I am immensely proud of the dedicated team at the Eric Liddell Centre, which managed to get online services up and running within 24 hours of the Centre's closure in March 2020 due to COVID-19 restrictions. The team has continued to care for the vulnerable and isolated, showing innovation and inclusivity reaching out to provide contact and comfort.

The pandemic has shown that Scotland's health and social care services rose to the challenges of COVID-19 by ensuring that services were able to break through bureaucracy and adapt to the constantly changing situation. Innovation, fast decision making and making it work were the watchwords.

As we move towards the start of a long period of recovery, establishing the "new normal" is going to need the same input of

innovation and fresh thinking to make it sustainable.

Since the start of the pandemic, everything we took for granted – good or bad – has changed forever. I hope that from this, we can move forward to restore what was good and completely rethink what was not working well in our health and social care services.

With the Centre closed since March 2020, so far, we have lost £165,000 in room hire and other building related income. This is a very significant amount of money for any charity and recovery post-pandemic is going to be an undoubted challenge. We estimate, as long as we receive financial assistance, that recovery is going to take somewhere between 3-5 years.

One of the reasons for producing our manifesto is to set out some potential new ways of funding for the third sector, which we would ask the next Scottish Parliament to consider. We could see these working in conjunction with other funding bodies and those businesses who support Corporate Social Responsibility (CSR).

We have been delighted to receive funding from various sources whose generosity has enabled us to combat the isolation and loneliness experienced by many of our clients during the pandemic, by offering an extensive range of online health and wellbeing activities for people living with dementia and their carers.

We need to take this opportunity to make our health and social care work in a way that benefits



all, particularly for those living with dementia and their carers who are often forgotten and taken for granted while they become increasingly isolated and lonely.

In addition to the above, Scotland and the UK will celebrate the centenary of Eric Liddell's Olympic success in 2024, when the games return to Paris - I would also ask the incoming Scottish Government and politicians on a cross party basis, to work with the Eric Liddell Centre and its strategic partners, in the implementation of the 'Eric Liddell 2024 Centenary Initiative'.

There are a number of key issues in our manifesto that I urge our newly elected representatives at the Scottish Parliament to address with innovation, speed and sustainability.

A handwritten signature in black ink that reads "John MacMillan".

John MacMillan

CEO

Eric Liddell Centre



Funding

Recovery from the Pandemic - call for more 'unrestricted' funds



The Eric Liddell Centre welcomes the financial support packages made available to assist third sector organisations. There is no doubt that this support must be sustainable as we are likely to see the impact of COVID for years to come.

While the Centre's clients, trustees and staff are greatly appreciative of the funding received through COVID recovery grants, many sources of funding are mostly prescriptive in allocating the use of the monies awarded.

Given the unprecedented events since COVID, we urge the next Scottish Government and other major sources of charity funding, to support organisations such as the Eric Liddell Centre with fewer restrictions built into funding awards, where appropriate.

Particularly at this time of financial crisis, with the Centre having lost £165,000 since our building closed in March 2020 due to the COVID pandemic, we would greatly appreciate more flexibility within grants of 'unrestricted' funds.

As an example, a grant may enable us to employ an additional specialist dementia care worker for which we would be very grateful. However, the Centre would still have to find the funds to keep our building open with utilities such as heating, lighting and cleaning, equipment, catering, HR and Financial services etc. Going forward, it is clear that when we reopen, there will be many new standards to be introduced and upkept due to COVID, such as increased ventilation, ongoing and deep cleaning, that we will need to maintain to keep our clients, the public, volunteers and our staff safe.

We are encouraged that recovery programmes to assist third sector organisations are being introduced in recognition of the unique challenges the pandemic has brought. These are welcome examples of providing new, innovative, funding support which recognise that charities need to recover across a number of utilities and restricted funding is not always the most helpful way to facilitate this.



The Eric Liddell Centre is delighted that the most recent Health Secretary accepted the findings of the Independent Review of Adult Social Care ('the Feeley Review') and has stated that the Review is an "important opportunity" to be bold in reshaping how social care is planned, funded and delivered.

On the specific issue of the introduction of a National Care Service, the Health Secretary said, she accepts the principle of the introduction of such a service and will continue to talk to the Convention of Scottish Local Authorities (COSLA) to reach agreement on how to take this forward.

The Centre, as a significant provider of a specialist dementia service for over 40 years, fully supports the introduction of a National Care Service, as we believe it would be the best means of providing the culture shift recommended by the Feeley Review, to a society "that values human rights, lived experience, co-production, mutuality and the common good".

The Eric Liddell Centre's key commitment in its role as a dementia care provider, is to play our part in ensuring that people with a diagnosis of dementia are able to live a full and fulfilled life in their own home and community for as long as possible.

As a result of our extensive experience in this field, we believe the following would offer the best opportunities for people living with a diagnosis of dementia.

Integration of Health and Social Care

Independent Review of Adult Social Care - 'the Feeley Review'





The Eric Liddell Centre's role

The Eric Liddell Centre can provide a positive contribution to meeting the recommendations of the review in the following ways:

- The Review of Adult Social Care is keen for social care to be delivered in local communities. The Eric Liddell Centre would welcome that as an established organisation at the heart of the community.
- The Review also indicates that there will be a projected increase in the number of people living with dementia in the future. Our specialist dementia Day Care and support for carers will be needed more than ever.
- The Review is planning for a new system where people can live well in their own homes. A blended model would work well and our specialist dementia Day Care has already adapted to a remote support approach since the start of the pandemic. However, little can compensate for face-to-face human interaction which our Day Care and wider support programmes provides. This is highly valued by our clients.

The Review mentions investment in wellbeing and preventative care courses for carers and the wider community, to help increase activity levels, reduce stress and allow people to care for their loved ones.

The Eric Liddell Centre agrees with the Review which states that carers are a cornerstone of social care support and treats them as equal partners.

The review seeks to build on trusting relationships. The Eric Liddell Centre has a track record of over 40 years in the field of dementia care and carer support.

The Review advocates the use of technology to enhance people's lives and allow them to live independently. The Eric Liddell Centre has embraced technology since the start of the pandemic and has been instrumental in ensuring that those who need support have been given access to equipment and training.

People living with dementia



The Eric Liddell Centre recognises the importance to the whole community of people living with dementia, being able to continue to live in their own home or in a community setting, with appropriate support, rather than in residential/institutional care.

Changing and modernising dementia care to ensure a shared vision is an enduring commitment for the Eric Liddell Centre and one to which we will continue to give a distinct and strong focus. Transforming services and improving outcomes for people affected by dementia and their carers has been our mission for many years. Showing ambition and drive to implement change comes with challenges and requires commitment from every service provider and funder.

The Eric Liddell Centre Dementia Day Care Service supports a blended model of care which includes outreach and digital support. We also recognise that face-to-face day opportunities are vital in the care of people living with dementia.

Whilst the Eric Liddell Centre recognises, implements and encourages the importance of technology within older people's services, a realistic approach to technology is needed and should be maintained in dementia care.

To achieve this model of care, we urge the next Scottish Government to:

- Allocate funding to local Health and Social Care Partnerships/ the National Care Service specifically for this purpose and regularly monitor and evaluate whether this funding is being used effectively.
- Prioritise bespoke registered person-centred services for people living with dementia.
- Recognise that competitive tendering can undermine commissioning decisions with its focus on costs, resulting in poor terms and conditions and pay for staff. We acknowledge that the Health Secretary has already made a commitment to move from a competitive market to collaboration and ethical approaches

to commissioning and procurement, to help embed fair work principles and improve the consistency of services.

- Recognise the specialist training required for third sector staff who work in dementia services and the level of remuneration required to recruit the appropriate high quality of staff and ensure they feel valued, motivated and not overwhelmed and underpaid. And fund these services at a significantly higher rate to reflect this.
- Make a clear distinction between the range of services provided for older people generally and those provided for older people who also have a neurological condition, such as dementia and other complex health needs, as the needs of each group are significantly different.
- Recognise the key role the Care Inspectorate (CI) has in the monitoring and development of all care services and to facilitate better dialogue and engagement between services and the CI.



Additionally, we ask the Scottish Government to:

- Recognise the inevitable projection of increased numbers of people receiving a diagnosis of dementia and that implementing changes now could reduce the impact on future services. This call for recognition is based on a number of reports. Alzheimer Scotland reported in 2017 that 93,282 people in Scotland were living with dementia with 7,647 in Edinburgh. <https://www.alzscot.org/>. Edinburgh Health and Social Care estimated in 2019 that the number in Edinburgh had risen to 8,492.

<https://www.edinburghhsc.scot/livingindependently/dementiasupport/>

- Consider investing more in health and wellbeing to build on the current foundations to allow people living with dementia, the opportunity to remain independent at home for as long as possible.
- Adapt to and encourage a new way of thinking 'changing the paradigm', recognising that social care is an investment that enables the rights and capabilities of those who wish to live independently.

- Recognise the importance of the whole community of people living with dementia continuing to live in their own home or in a community setting, with appropriate support for as long as is realistic, rather than moving immediately to residential/institutional care.
- Taking an innovative role in changing and modernising dementia care to ensure a shared vision and improved outcomes are achievable, so that all people can receive excellent care.
- To support a blended model of care which includes outreach and digital support but which, significantly, recognises that face-to-face day opportunities are vital in the care and wellbeing of those living with dementia.



Unpaid Carers



According to a Scottish Government campaign entitled **Carers Urged To Seek Support** launched on 25 November 2020 before the pandemic, there were an estimated 690,000 carers in Scotland. Polling by YouGov suggests this figure could have increased by an additional 390,000 during COVID lockdown, taking the potential total number of carers to around 1.1 million. <https://www.gov.scot/news/carers-urged-to-seek-support/>

The Eric Liddell Centre recognises the huge amount of money, which unpaid carers save the Scottish Government and the effect the 'Dementia Tax' has on these individuals and their families. The 'Dementia Tax' is when the family home is seen as a financial asset and if sold, can be used for payment towards care.

We also recognise the lack of control/input that unpaid carers still have and that this undermines the outcomes expected of the Carers (Scotland) Act 2016.

We believe the substantial need for carer respite can only be achieved by increased funding for initiatives such as day care opportunities for older people, which is a vital support to allow people living with dementia, to live independently for longer and supports carers through providing respite care.

We ask the Scottish Government to recognise the enormous need for open and honest dialogue with carers (and the organisations supporting them) surrounding respite care, short breaks, day opportunities and to fund them adequately. The need for unpaid carer support is often

overlooked causing complex, frustrating and untrusting relationships between carers and any organisations involved in planning and providing care.

With the support of the Edinburgh Health & Social Care Partnership, the Eric Liddell Centre and the Carewell Partnership are currently involved in the planning, developing and delivering of an effective and coordinated approach to health and wellbeing support for unpaid carers. We are working together to put in place credible, respected and meaningful services to improve carer health and wellbeing.



Volunteers

We also recognise the wonderful and mostly unacknowledged work provided by volunteers in Scotland. Before COVID, we had 120 volunteers assisting us at the Centre and when we asked for more assistance to deliver home cooked food to our vulnerable clients throughout Edinburgh, another 70 stepped forward.

Our call for recognition also includes volunteers who are largely unsung heroes. In the year ending 31 Mar 2020 we estimated that the value of volunteering to the Centre was £326,430, which would have been the equivalent of 18 full time employees.

Research carried out by Carers UK said unpaid carers save the Scottish Government £43 million every day of the pandemic. The same research valued care provided by families in Scotland at £10.9 billion over the course of the pandemic so far.

Volunteer Scotland reported that 1.2 million volunteered last year, contributing to an estimated £2.6 billion to the Scottish economy. It's crucial to remember that volunteering does so much more than this, bringing significant individual and societal wellbeing benefits too.

Volunteer Scotland has also confirmed that volunteering overall is in decline, with a fairly low number (17%) providing regular help (at least monthly).



They have also raised the important questions: -

- How can we reverse this overall trend?
- Where will potential growth come from?
- Who has the capacity and resources to support those people who are willing to volunteer so they can enjoy the many benefits that volunteering can bring?
- If the majority of people are not volunteering and a core group are doing the majority of hours, we have to ask ourselves whether the current approach to volunteer involvement is working?
- What can we all do to encourage and support more people to volunteer?

The Eric Liddell Centre would suggest that the incoming Scottish Government can play a significant role in encouraging and maximising this volunteering resource, by recognising/funding the role of existing charities who recruit, train, support and nurture so many of Scotland's volunteers.

We know there are already some businesses very invested in providing Corporate Social Responsibility (CSR) programmes for their employees. To encourage this further, we would like to suggest to the Scottish Government that tax relief or some other type of financial incentive be offered to businesses that become "Accredited CSR Providers" and enable employees to volunteer to provide assistance to charities.

We urge the government to introduce financial/tax incentives for businesses to become accredited CSR providers, enabling their employees to volunteer for recognised charities/organisations.

An example of good practice is via an Edinburgh based financial institution, which has its "Day to Make a Difference", where individuals and teams are given a paid day each year to volunteer in the Community. Other businesses offer the addition of matched funding where the charity also receives the cash equivalent of the wages of the individual or team for that day.

The coordinated development of this approach could see new volunteers identified to support local communities and see them placed with local charities/other recognised organisations, with input from business.



Summary

The Eric Liddell Centre urges a 'call to arms' for the Scottish Government and all funding bodies, to consider assisting the recovery of charities from the pandemic by building in 'unrestricted funds' to their future grants programmes.

The Centre agrees that the government need to prioritise investment in social care. The Centre is one of a few specialised dementia day care facilities in Edinburgh. We need to ensure that our staff are paid fairly for the important job they do. Our staff are greatly valued by our clients and their families.

We welcome the recommendations of the Independent Review of Adult Social Care chaired by Derek Feeley (the Feeley Review) and were delighted to note that the previous Scottish Government has backed the review's recommendations.

We call upon the next Scottish Government to fully implement the Integration of Health and Social Care. We urge the government to learn from COVID-19 and to recognise that this is a unique opportunity to restructure, rebuild and refinance a workable new health and social care model, where funding is adequate to provide for the needs of all the people in Scotland. We seek to target health inequalities and to promote diversity, equality and inclusivity.

The Centre, as a significant provider of a specialist dementia service for over 40 years, fully supports the introduction of a



National Care Service as the best means of providing the culture shift recommended by the Feeley Review, to a society "that values human rights, lived experience, co-production, mutuality and the common good".

The Eric Liddell Centre's key commitment in its role as a dementia care provider, is to play our part in ensuring that people with a diagnosis of dementia are able to live a full and fulfilled life in their own home and community for as long as possible.

The Eric Liddell Centre seeks recognition for the tireless and mostly unpaid work carried out by carers, who often struggle with social isolation and loneliness.

We particularly highlight the research carried out by Carers UK, which said unpaid carers save the Scottish Government £43 million every day of the pandemic. The same research valued care provided by families in Scotland at £10.9 billion over the course of the pandemic so far.

Volunteer Scotland reported that 1.2 million volunteered last year, contributing to an estimated £2.6

billion to the Scottish economy. It's crucial to remember that volunteering does so much more than this, bringing significant individual and societal wellbeing benefits too.

The research, released for Carers Rights Day, estimates that the care provided by people looking after older, disabled and seriously ill relatives and friends during the pandemic, stands at £10.9 billion so far, after just eight months. <http://www.carersuk.org/scotland>

We urge the Government to recognise that carers deserve to be better supported socially, emotionally and financially.

The same call for recognition includes volunteers who are also largely unsung heroes. In the year ending 31 Mar 2020 we estimated that the value of volunteering to the Centre was £326,430, the equivalent of 18 FTE.

We urge the government to introduce financial/tax incentives for businesses to become accredited CSR providers enabling their employees to volunteer for charitable work.



For any further information regarding the Eric Liddell Centre's Holyrood Election Manifesto please contact John MacMillan, CEO, Eric Liddell Centre, macmillanj@ericliddell.org or 07979 227551.

Further details regarding the 'Eric Liddell 2024 Centenary Initiative' can also be accessed via John MacMillan.

References:

<https://www.gov.scot/publications/estimated-projected-diagnosis-rates-dementia-scotland-2014-2020/>

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<https://www.edinburghhsc.scot/livingindependently/dementiasupport/>

<https://www.gov.scot/news/carers-urged-to-seek-support/>

<https://www.carersuk.org/scotland/news/unpaid-carers-save-scottish-government-43-million-every-day-of-the-pandemic>



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