



Eric Liddell Centre

Bringing Edinburgh's Communities Together



The Eric Liddell Centre



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 medalist, Eric Liddell.

Our mission is to be at the heart of the community; enhancing health and well-being and improving people's lives.

We are working hard to change perceptions of living with dementia, disabilities and mental health issues - we aim to show living a full life can be achieved with the correct support. Since we were established, we have developed many valuable services across Edinburgh:

supports some of the most vulnerable people in Scotland's capital.

Bringing Edinburgh's Communities Together.

- Providing a vibrant weekday Day Care Service for up to 70 people living with dementia.
- Our Befriending Service supports carers across the City of Edinburgh.
- Our Carers Programme offers meaningful support, educational and fun activities for unpaid or informal carers.
- Providing a two weekly Lunch Breaks programme for people living with dementia to attend along with carers.
- Our Caring Soles Service, provides footcare treatments in local community settings throughout Edinburgh.
- Providing a wide range of healthy eating options through our award winning Café Connect.
- Hosting a charity Bookroom and Tots Togs Children's Clothes shop to raise funds for our caring services.
- Providing volunteering opportunities to a wide range of the local community, including young people from neighbouring schools and people with additional support needs.
- Providing a total of 11,601 hours of community activity, care and support to the community of Edinburgh throughout the year.
- Offering affordable office space for small and developing charities.



The Eric Liddell Centre cares for you as we would do for one of our own.

**We encourage families to live
life to the max, regardless of
circumstances and challenges.**

Our Aims

- To increase opportunities for our communities to become involved in social, wellbeing and meaningful activities
- To promote and improve health & wellbeing within our communities
- To improve social connections, reduce social isolation & loneliness in our communities
- To increase opportunities for lifelong learning
- To engage and communicate with individuals, stakeholders and communities about our services, opportunities and events
- To sustain and create successful, stable partnerships, which will complement our services, benefit our communities and organisational scope
- To develop a strategy for ongoing financial sustainability





**Bringing
Edinburgh's
Communities
Together**

Dementia and Carers

In 2017, Alzheimer's Scotland reported that 93,282 people were living with dementia in Scotland, of which 7,647 lived in the City of Edinburgh. This is the second largest density of people living with dementia in Scotland with Glasgow taking the lead. This is likely to double in the next 25 years, due to an ageing UK population.

This increase will also lead to more unpaid and informal carers who will need support to

cope with their role. There are already around 788,000 unpaid carers looking after a friend or relative in Scotland as of 2017, or 1 in 10 people.

In the UK, dementia is the only condition in the top 10 causes of death without a treatment to prevent, cure or slow its progression. **This is a frightening statistic.** Those living with dementia face a daunting and uncertain future—**we try to ease this burden.**





Social isolation

Age UK have identified that loneliness and isolation are a stark reality for around 100,000 older people living in Scotland today.

1 in 3 live alone, which rises to 40% of those aged over 65. Around 94% of people don't see friends or family regularly

For older people in particular, being socially isolated increases the risk of falls and

can worsen existing health conditions such as Alzheimer's or heart disease. It has been suggested that isolation is as unhealthy as smoking or obesity.

The Eric Liddell Centre's caring services are making a difference to loneliness and isolation by Bringing Edinburgh's Communities Together.





Dementia Day Care

Our qualified Day Care staff and highly trained volunteers look after many people who are living with dementia. This service not only helps reduce the isolation and stigma of the individual, but also provides an essential break for their carers. This chance of vital respite helps promote independent living and has the ability to sustain families in their community for longer.

Each week, we welcome up to 70 clients into our Day Care Service, with 3,500 places available every year. During their day, clients enjoy art classes, iPad sessions, appropriate fitness and reminiscence activities, music, dance and a tasty, nutritious, homemade lunch prepared by our chef and associate nutritionist. **These group activities foster friendships, as well as keeping clients minds and bodies active.**

As part of our Day Care Service, we have introduced a Multi-Sensory Room, which has a calming effect for people with dementia. Multi-sensory therapy consists of the gentle use of light and sound to stimulate senses and engage the individual in a relaxing and non-clinical environment, free from pressures and expectations.

Day Care clients enjoying our sensory room





William and Mary's Story

Mary was referred to our Day Care Service when a social care worker recognised that her husband, William, was struggling to look after her himself. At first, she really didn't want to come to the Centre and was reluctant to join in with the activities. After a few weeks she settled in and began to look forward to her time with us. While Mary was enjoying days out, watercolour classes, singing and seated exercise, William was getting a much needed break from his role as primary carer.

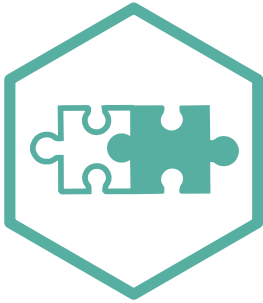
William used the time that Mary spent at the Centre to play sports, shop and catch up with friends. These activities, which most of us take for granted, become a luxury for carers who are looking after their loved ones. These precious hours helped to overcome the social isolation that both Mary and William were experiencing before Mary started coming to Day Care.

Mary attended Day Care for five years. This allowed her to stay at home in the care of her

family and community much longer than she would be able to, had this vital service not been available.

Sadly, Mary has now passed away from complications relating to her dementia; but her family take comfort in knowing they were able to look after her for as long as possible. By helping to keep Mary out of the clinical environment, the Eric Liddell Centre Day Care Service gave Mary and her family several additional years of quality time.





Support for Unpaid Carers

The role of a carer can be isolating and stressful. A Carers UK survey found that 8 in 10 carers feel lonely and anxious on a regular basis. Finding ways to cope with the demands of the role while getting respite can help to extend the time carers can manage with their loved ones at home.

Befriending

Our Befriending Service pairs carers with trained volunteers who meet with them on a regular basis, to provide companionship and a well needed break from their responsibilities. They are matched on interests and circumstances, so they have a good basis to build a positive relationship.

The feedback we get from carers about this programme is overwhelmingly positive. This service makes an impact on their lives and helps them to sustain the role of carer for longer.

We were able to help up to 500 carers last year.



Lucy's Story

A few years ago, Lucy's husband Steve was diagnosed with Alzheimer's. At first, she was able to cope very well, as Steve was still able to go out and be active in their community. But as the years passed, Steve became less mobile and Lucy felt increasingly isolated and confined to the house. Days would pass without speaking to anybody aside from people phoning about Steve's care. Lucy could feel her personality changing and her temper shortening.

Lucy was referred to the Eric Liddell Centre's Befriending Service and based on similar interests was matched with Alison. Alison was delighted to

be able to help someone in her community. She looked forward to getting to know Lucy and to give her a break from her carer role.

For their first meeting, they decided to see a show in the festival. Lucy was amazed at how much better she felt after just two hours of not having to make any decisions.

Over the next year, they continued to meet twice a month exploring Edinburgh and attending exercise classes together. Lucy began to feel less stressed and isolated; she began to feel like herself again.

Although Lucy and Alison's year with the Befriending Service has come to an end, they

continue to meet regularly and have become true friends.

Their friendship has really helped Lucy cope with the deterioration of Steve's health. Lucy even asked Alison to come along to some of his consultation meetings to give her some much needed support. Through our Befriending Service, Lucy has been able to break the cycle of isolation many carers face.





Carers Programme

The Carers Programme offers free wellness classes for carers. Just an hour a week spent doing Tai Chi, yoga or mindfulness can help reduce the stress placed upon carers when looking after their loved

ones. In addition to wellness benefits, participant feedback indicates that the consistency and stability of participating in a regular group activity is of equal value.



Friday ‘Lunch Breaks’ and Wednesday ‘Liddell Lions Lunches’

This programme provides a safe and welcoming group meal experience, along with a variety of appropriate and engaging activities, for people living with dementia and their carers. Diners can relax and enjoy the company of people who understand the day-to-day challenges that dementia can have on families and friends.

Liddell Lions Lunches is supported by and delivered in partnership with Celtic FC Foundation. Our Lunch Breaks are kindly sponsored primarily by R5 Macdonald Charitable Trust, along with Life Changes Trust and St James' Place Charitable Foundation.





Caring Soles

Our Caring Soles Service delivers footcare to people in community settings across Edinburgh, who struggle to look after their own feet. We work with the support of NHS Lothian Podiatry, who train all our staff and volunteers.

Caring Soles provides important footcare, improves mobility, boosts confidence and helps reduce social isolation and loneliness.

We have delivered over 1,200 appointments in the last year.

What our clients say:

- **“Wonderful!”**
- **“I feel like I’m walking on air.”**
- **“I enjoy coming here because the volunteers are lovely and competent.”**
- **“Thank you for taking good care of my feet.”**



Anne's

Anne used to volunteer at the Eric Liddell Centre in the early 1990s, helping to run the lunch club which provided many local people with a warm welcome and meal. She made and prepared homemade soup twice a week. Anne also attended the Centre's activity programme and was a regular participant.

Last year, Anne's daughter contacted the Centre to make



Story

a Caring Soles footcare appointment for her mum, who was no longer able to reach and care for her feet.

When Anne arrived for her first appointment, she spoke fondly of her volunteering memories at the Eric Liddell Centre. She warmed to the Caring Soles volunteer, who listened intently to Anne's recollections about the Centre 25 years ago.

Anne explained that she now lived on her own following her husband's death the previous year and how lonely she felt now that her family and friends had all moved away. Our volunteer outlined the wide range of activities on offer at the Eric Liddell Centre. Anne was interested in hearing more about our Seated Exercise Class and discussed this further with the volunteer after her treatment. When she found out that the class would help her balance and movement, she booked herself a place straight away.

Our trained volunteer provided the footcare treatment that was needed, while also listening and having a friendly chat - this helped re-establish a link to the outside world for Anne, who had become isolated. She now attends a Caring Soles footcare appointment every three months and has become a regular attendee of the Seated Exercise Class. Her daughter feels happy that her mum is getting some support with her feet, is now getting out more and making new friends.



South West Villages

The Eric Liddell Centre is proud to reach out to communities across Edinburgh - an example of this is the South West Villages Project which ran from 2017–2019.

The project was developed to map and assess the various programmes and services available to older residents within the smaller, more isolated villages in the South West of Edinburgh - Juniper Green, Currie and Balerno.

The project took a community development approach, working with existing organisations and local people to identify issues and develop solutions for the future.

The South West Villages face particular challenges in terms of population and geography. The population profile for the area shows a higher proportion of older people than the Edinburgh average which brings benefits such as a wealth of retired volunteers who support the many and varied activities and groups in the area.

However, it also means higher than average rates of isolation, hospitalisation and ill health.

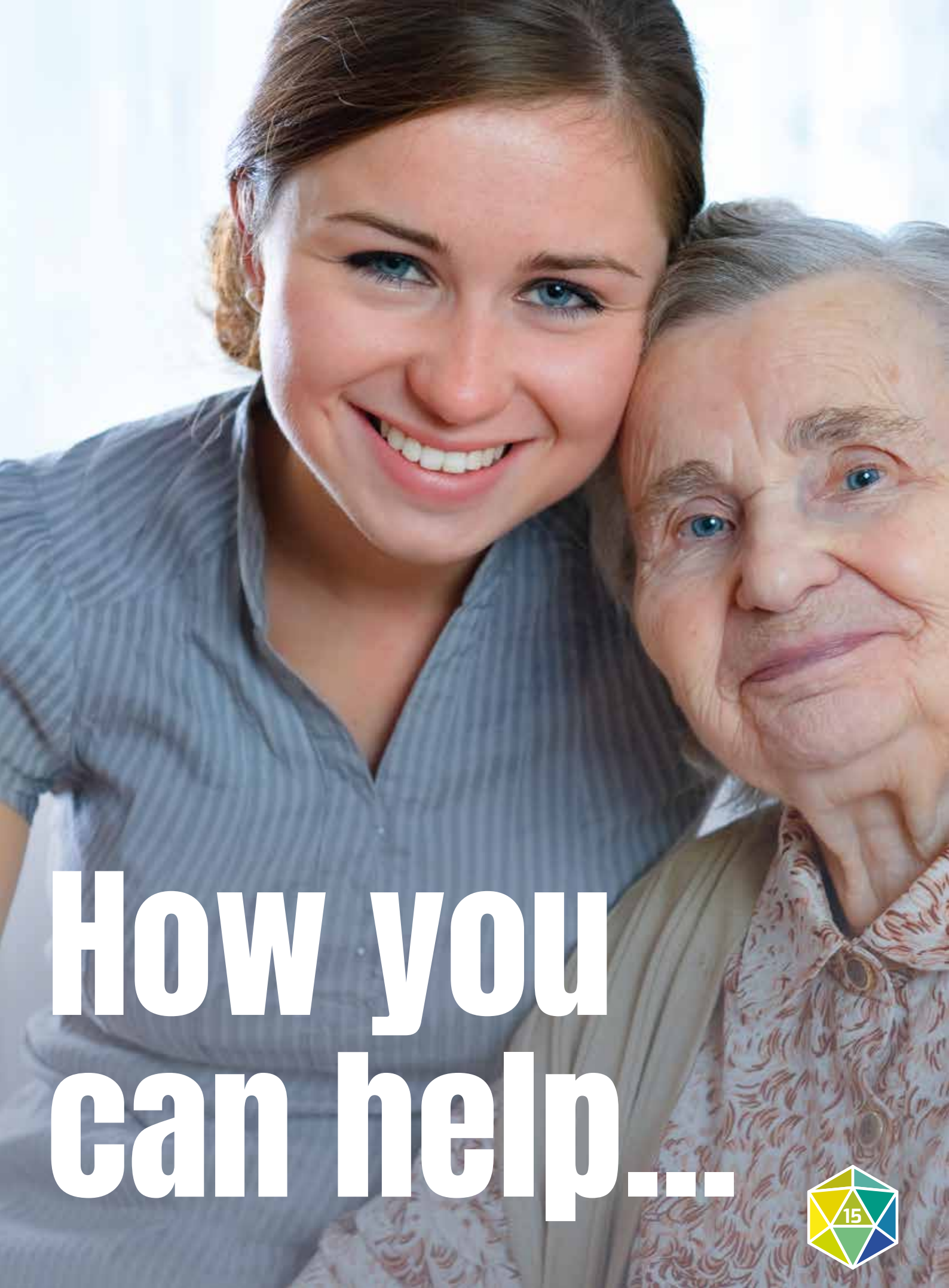
A key gap identified by the project is the lack of befriending support available to reach the most isolated in their homes.

We are working with funders to support the development of befriending services for this area in the future.

Achievements of the project include:

- Consultation and engagement to identify key issues facing older people in the villages
- Bringing together the co-ordinators of older people's groups, many of whom did not know each other, to share information and build connections
- Linking with wider health and social care services, informing future planning and service delivery
- Raising awareness of what is available
- Potential future partnership work with Dementia Friendly Pentlands to address identified gaps in provision





**How you
can help...**



Support the Centre

As a local care charity and community hub, the Eric Liddell Centre is reliant entirely on donations. Every donation, no matter the amount, helps us to support some of the most vulnerable people in Scotland's capital.

- A gift of just £7 provides a nutritious homemade two-course lunch for one of our Day Service clients.
- A gift of £15 would help us to deliver a popular Caring Soles appointment at one of our three satellite sites.
- While a gift of £100 would provide the specialist volunteer training needed to allow us to continue offering our vital befriending service.

DO

Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE.

Texts will be charged at your standard network rate. For Terms & Conditions, please visit

www.easydonate.org



You can donate to our vital work through our DONATE page at:

<http://easydonate.org/ELC01>

Or by:

Cheque - made payable to The Eric Liddell Centre

Cash - handed in at reception

Text - To donate £5, text ELC01 to 70970,

To donate £10, text ELC01 to 70191



NATE



Eric Liddell Centre

Become a Member of the Eric Liddell Centre

Membership is open to anyone who has an interest in supporting the work of the Centre. To thank you for your generosity and give recognition to the support you are providing to our caring services, our members receive the following benefits:

- 10% discount at our community café
- 10% discount off selected ELC events
- 10% discount on room hire
- Early bird booking offers for events
- Invitations to receptions and key events
- Newsletters and updates
- An invitation to our AGM and a chance to directly impact the work that we do
- Being eligible to nominate and elect members to the board of trustees

You can also register your company as a Business Member of the Eric Liddell Centre.

As a Business Member, your organisation will be entitled to: -

- Dementia Awareness Training – a 90 minute session for up to 10 staff led by our Dementia Ambassador. Upon completion, we will provide a certificate for you to display in your premises
- 10% discount in our café for your staff – enjoy our homemade soups, salads and tray-bakes
- 15% discount on any catering orders that are placed with room hires (coffees, teas, snacks, lunches, etc)
- Invitation to our annual Business Networking Event
- Recognition within the Centre – your business name displayed within our facility

Community organisations can also be members of the centre.

To find out more please contact:

Zsafia B. Molnar
Communications Administrator
on 0131 357 1266
molnarz@ericliddell.org



Most of our services depend on the kindness of volunteers

Getting involved and volunteering

Volunteering roles at the Centre include, but are not limited to:

- Helping at the Day Care Service and activities for people living with dementia
- Helping at our Lunch Breaks Programme
- Helping in our Bookroom
- Helping within our Tots Togs Children's Clothes Shop
- Providing footcare as part of our Caring Soles Service
- Becoming a Befriender
- Gardening in our grounds at the Eric Liddell Centre
- Helping at our Café Connect
- Helping at events
- Joining our Fundraising group
- Designing new leaflets and other creative tasks

Training and support is provided for all roles.

If you wish to get involved, please email Lynda Hay at: hayl@ericliddell.org.

We would be delighted to welcome you.



The Eric Liddell Centre is delighted to be supported by the following funders:



Working together for a caring, healthier, safer Edinburgh



Getting in touch

To get in touch with the Eric Liddell Centre, you can call our reception, contact us via our social media platforms, email us or send a letter.

Telephone: 0131 447 4520

Email: frontdesk@ericliddell.org for general enquiries
or hayl@ericliddell.org for volunteering

Mail: Eric Liddell Centre, 15 Morningside Road, Edinburgh EH10 4DP

Website: <https://www.ericliddell.org/>

Twitter: [@theericliddell](https://twitter.com/theericliddell)

Facebook: <https://www.facebook.com/EricLiddellCentre/>

Instagram: [ericliddellcentre](https://www.instagram.com/ericliddellcentre)



**The Eric Liddell Centre
is at the heart of the
community**

**Bringing Edinburgh's
Communities Together**

**caring
supporting
volunteering
person centred
inspiring
empowering
life changing
compassionate
learning**





Community Hub

Welcoming over 2,000 weekly visitors of all ages to our range of community based classes.

- Providing affordable office space for small and developing charities
- 150 groups using the centre
- 4,916 hours of community activities delivered
- A variety of colourful events

Well equipped meeting facilities available:

- High Tech AV training suites
- Spaces to meet all your requirements, including catering
- Community gatherings and groups
- Business meetings
- Classes, activities and parties
- Performances
- Exhibitions



Eric Liddell Centre