

Autumn 2020

**aberlour**
scotland's children's charity



Aberlour News

In This Issue:

The impact of Coronavirus on vulnerable children and families in Scotland

How we are responding to the crisis

Changing lives during the pandemic

How your donations are helping us support children

No one left behind

A joint initiative to fight digital exclusion



The impact of Coronavirus on vulnerable children and families in Scotland

At Aberlour, we are seeing first-hand the profound impact the COVID-19 pandemic is having on families we work with, many of whom are already in the grip of poverty. We are encountering extraordinary challenges in making sure children, young people and families continue to get the practical, emotional and financial support they badly need.

During the past few months, we've had to radically change and adapt how we deliver support, as well as how we communicate and maintain contact and connections with those who need us.

The resilience and determination of our staff as they respond to this crisis has been both incredible and humbling, so many of our people go above and beyond to ensure that vital support, a lifeline for many, remains available to families at a time when it is needed most.

Our services normally support thousands of families across Scotland, and we anticipate the level of need will continue to rise steeply as a result of current circumstances.

Families already at breaking point are struggling, and across the country many more families than usual are requesting our help. Working alongside the Scottish Government, local authorities and other public services, Aberlour aims to make sure no child, young person or family is left in need. Our joined up and collective approach has never been needed more than at this time of national crisis.

We have seen thousands of children and their families across Scotland either falling into poverty or being pushed deeper into poverty, as a result of Coronavirus. For that reason, we have also increased the direct financial support we provide to struggling families through our Urgent Assistance Fund, which provides basic and essential items for families which they couldn't otherwise afford.

We've received applications from people who have never needed our support before; from people who have lost their jobs and don't have enough money to feed their children while they wait for their first Universal Credit payment.

Thanks to you, our supporters and donors, we have provided cash grants to almost 2,000 families; we are so thankful to everyone who has donated to help families with children who are suffering extreme financial hardship. You can see what an incredible impact your kindness has had on pages 4 and 5.

Thank you, and stay safe.

A handwritten signature in black ink that reads "Sally Ann Kelly".

Sally Ann Kelly
Chief Executive



What the children, young people and families we work with need most at this time is to know that Aberlour will still be there for them. We are doing all that we can to provide the certainty, continuity and reassurance that we will continue to deliver help and support for those who need us most, throughout and beyond this crisis.



Stay up to date at www.aberlour.org.uk


Impact of Aberlour Urgent Assistance Fund since March 2020


We have supported **1,800 families** and **3,458 children**


£423,000 of cash grants to families in need
That's over **£5,000** a day!


21,704 food parcels delivered to families we haven't supported before


£246 average grant amount


1,155% increase in applications


We've received applications from **every local authority in Scotland**



Donations to our Urgent Assistant Fund are directly benefiting families in desperate need across Scotland.

How your kindness and generosity is making a difference to children and families in Scotland...

"This money is going to make a huge difference to my client and her little boy. It's such a relief to know that she can pay her bills and provide essential household items and food."

Pastoral Care Teacher,
Aberdeen

"Aberlour has really helped the families I am working with and they are so grateful!"

Teacher, Fife

"This is amazing, thank you. I've just spoken to the recipient of the grant and she's over the moon!"

Social Worker,
West Dumbartonshire

"Thank you so much! I know what this will mean to the family so I cannot thank you enough."

Social Worker,
Glasgow

Ryan's* story

Seven-year-old Ryan's parents had been struggling to put food on the table.

Due to COVID-19, they were pushed further into poverty. When we heard how the family was struggling, some of our staff members popped round to the family's home to drop off some cooked meals, but we discovered the family had no way of warming them up. Thanks to donations to our Urgent Assistance Fund, we were able to buy the family a microwave; making Ryan's day. Grinning, he told our staff: **"My dream has come true! I dreamt of having our own microwave one day"**.

*names changed to protect anonymity.





Building a new home-from-home

For families of children with a disability, short breaks can provide an enjoyable experience for the child or young person, and a much-needed break for their parents and siblings.

In Aberdeen, we're working to build brand-new premises, which will provide more children with a safe, caring, home-from-home base for community activities and support for parents and siblings.

Working in partnership with Aberdeen City Council and Grampian Autistic Society, our new service will provide a Wellbeing Hub which offers home care, community and residential short breaks, and an exciting, tailored programme of activities and support for children with disabilities, overseen by our expert staff.

Aberlour's Assistant Director Beverley Hart said: "Families come in all shapes and sizes, and we understand that family life with a child with a disability brings both joys and unique challenges. We're so excited to be developing this new home-from-home

facility to enable greater inclusion, connection and choice for these families."

Our new centre, due to open in November 2020, will support children with disabilities and their families from across the city; giving children the chance to have new experiences and make new friends while giving their parents the vital opportunity to recharge their batteries.

Join us and "bring a bulb"!



In Autumn 2020 we intend to invite members of the local community along to see the building and to bring a bulb to plant in the garden. For more information, follow our social media channels or email hello@aberlour.org.uk

A decade of changing lives

Ten years ago, Rose arrived in Scotland from Nigeria, as an unaccompanied child who'd come to Scotland in search of safety. Alone and afraid, she was supported to recover and seek sanctuary in Scotland. She had one dream; to become a nurse.

Rose was one of the first people helped by our Scottish Guardianship Service, which we launched a decade ago, in partnership with the Scottish Refugee Council.

Through this service, we help young people like Rose – refugees and victims of trafficking – to navigate the UK's complex immigration system, while providing them with vital information and support. Our Guardians listen to and understand these young people; they respect their resilience as survivors; they ensure young people get actively involved in the decisions that will affect them and their future in Scotland.

This work hasn't stopped during the pandemic; our teams have adapted by helping young people to attend their legal appointments via video conferencing. We've joined nearly 500 such appointments in the last three months.



Ten years on, Rose now lives in England where she has been working as a nurse in a critical care department during the pandemic. We know that with the right support, children and young people who have experienced unimaginable horrors, can have a fulfilling future, and indeed become indispensable members of the communities where they settle.

Could you be a volunteer befriender?

You would be matched with unaccompanied children and young people arriving in Glasgow, and could play a significant role in their lives as they adjust to their new home.

To find out more about becoming a volunteer befriender email volunteering@aberlour.org.uk, call **0141 445 8659** or visit www.aberlour.org.uk/services/befriending-young-refugees



Summer Term in Lockdown

When Scotland went into lockdown, school children across the country found themselves trying to complete their schooling at home. Among them, was Chris Debenham, a young person supported by Aberlour Youthpoint in Moray.

Like 700,000 other children across the UK, Chris didn't have access to a laptop at home, making his school work a struggle.

Thanks to a joint initiative run by Aberlour, Children 1st and the Scottish Government's 'No One Left Behind' scheme, Chris was one of hundreds of children to be given a laptop to make keeping up with school easier. Chris even featured on a special edition of the BBC's children's news programme, Newsround; 'Summer Term in Lockdown' where he talked about the difficulties he'd faced when his school had closed.

"When I got the laptop it really helped me do my school work. It made me so happy and I've improved my writing and reading as well."



If you missed "Summer Term in Lockdown", you can find it on the Newsround website www.bbc.co.uk/newsround



What will your legacy be?

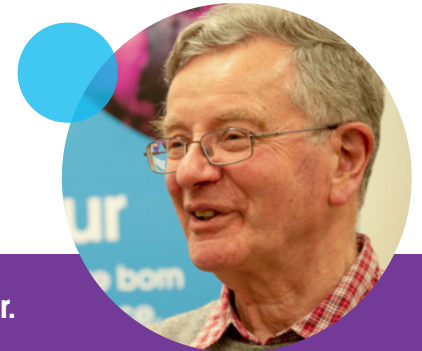
At Aberlour, we recognise that not all children are born with an equal chance and that those who are marginalised or are born in the most deprived communities can often struggle to access the same opportunities as others.

By leaving Aberlour a gift in your will, you could help improve the futures of some of Scotland's most vulnerable children; your generosity could mean that children across Scotland don't just survive; but thrive.

Once you have taken care of your family, you can make a long lasting impact by leaving a gift to Aberlour in your will. And it won't cost you anything today. Every gift, big or small, will make a life-changing and lasting difference to the next generation.

Including Aberlour in your will is straightforward. When making or updating your will, you just need to let your solicitor know your intentions.

Mr Friend left a gift in his will to Aberlour. He said: "I whole-heartedly believe that all children deserve the best start in life. I have left a gift in my will to Aberlour to ensure that generations continue to flourish in years to come."



Leave a gift in your will to Aberlour.

All you need to provide your solicitor with is:

Name of Charity: Aberlour Child Care Trust

Scottish Charity Number: SC007991

Address: Aberlour Child Care Trust, Kintail House, Forthside Way, Stirling, FK8 1QZ

If you don't have a solicitor, Aberlour offers free legal services in partnership with McClure's solicitors. To make or update your will for free,

call: **0800 852 1999** or email: contactus@mcclure-solicitors.co.uk

For more details visit:

www.aberlour.org.uk/get-involved/leaving-us-a-gift-in-your-will



Get involved!

Izzy and Harriet took part in the virtual Dundee Kiltwalk earlier this year and raised **£1000** for Aberlour – thanks Izzy and Harriet!

We may be facing restrictions on getting together, but they aren't stopping Aberlour's amazing supporters from helping children, young people and families by raising funds in new ways.

Edinburgh Marathon Festival goes virtual!

Exercise and fresh air are more important than ever in maintaining physical and mental health, so it's the perfect time to set a new goal. This autumn the Edinburgh Marathon Festival has gone virtual – and the good news is you can take part anywhere, anytime, at your own pace. You can even spread your challenge over a few days!

There are a range of distances to choose from so whether you're a seasoned runner or building up to your first 5k walk, there's a challenge to suit you.

Find out more...

To sign up for the Edinburgh Marathon visit virtual.edinburghmarathon.com

You can email us at fundraising@aberlour.org.uk and we will be happy to help with any queries.

Adi's screen time helps families in need

During the lockdown, people have been connecting online more than ever before; for example many of the young people we support have been socialising by taking part in quizzes and playing online games.

Scottish gamer Adi has over 4,000 followers who use the streaming site Twitch to watch along as she plays games like Destiny 2. Adi held a charity stream for Aberlour at the start of the lockdown, and raised a fantastic £1,171 for Aberlour in just one evening! Fans from all over the world dug deep to support the Urgent Assistance Fund with one supporter writing 'Adi, in these extraordinary times there's a lot of negativity, fear, and uncertainty, but also people like you stepping up to help others. Thank you for the charity stream! You can donate to Adi's total here justgiving.com/campaign/AberlourUrgentAssistanceFund and you can follow her on Twitch at twitch.tv/roboticadi.



Adi's followers around the world donated **£1,171** to Aberlour in just one evening

If you'd like to host your own Twitch fundraiser, get in touch with us at fundraising@aberlour.org.uk and we'll be delighted to support you.



Free money for Aberlour via amazon smile

Amazon customers can now support Aberlour in the shopping app on iPhones and Android phones! To generate a donation to Aberlour for every purchase follow these three simple steps:

- 1 Sign up to AmazonSmile at smile.amazon.co.uk and select Aberlour as your charity.
- 2 Install the Amazon shopping app (or reinstall if you already have an earlier version), tap Settings, then tap AmazonSmile to get started.
- 3 Spread the word to family and friends to help generate even more free donations!

I'd like to make a gift to help children in Scotland



1 I would like to make a regular gift

I would like to give: £5 £10 £12 £15 £20 or my choice £ _____ each month

Starting on 1st / 15th of the month

Name(s) of account holder(s) _____

Bank/Building Society account number

Sort code

Instruction to your Bank/Building Society

Please pay Aberlour Child Care Trust 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 Aberlour Child Care Trust and, if so, details will be passed electronically to my Bank or Building Society.

2 I would like to make a one-off gift

I enclose a cheque for: £15 £25 £50 or my choice £ _____ made payable to Aberlour

Please debit my Mastercard / Visa / Maestro / CAFcard £15 £25 £50 or my choice £ _____

Name on card _____

Card number

Start date

Expiry date

3 Your contact details

First Name _____ Last Name _____ Tel _____

Address _____

Postcode _____

Email _____

We'd love to keep in touch. Please tick the box below to indicate how you prefer to receive further communication from Aberlour. by post by telephone by email

You can change your preferences at any time just by contacting us at hello@aberlour.org.uk or 0800 856 150. We store your details securely and will never share them with any third parties for the purposes of their marketing. See website for full privacy statement.

4 *giftaid it* I want to make my gift worth 25% extra at no cost to me.

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.

Signature(s) of account holder(s) _____ Date _____

Thank you

Completed forms can be sent to
Aberlour, Kintail House, Forthside Way, Stirling, FK8 1QZ.

Aberlour Child Care Trust | Scottish Charity no: SC007991 | Company reg no: SC312912
Registered Head Office: Kintail House, Forthside Way | Stirling FK8 1QZ
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