

Spring 2022



# Aberlour News

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Are you ready to don tartan for children trapped in poverty?



# Your efforts to move families from Poverty to Hope

Energy bills are on the rise and so are living costs, with many families accumulating council tax debt and rent arrears they simply cannot afford.

Often, struggling families have been forced to choose between keeping the heating on or putting food on the table for their children.

Now, more and more families are at breaking point, and can't afford to do either.

Families tell us they are desperate due to everything they have gone through in the last eighteen months.

**“Aberlour is there for children and families in Scotland, not just at the point of crisis, but for as long as they need us.”**

**They are stressed about their finances. They are worried about being plunged further into debt, and about what this will mean for their children in the future.**

They are worried about their children's mental health and how they will keep up at school.

We know that even before COVID struck more than 1 in 4 children in Scotland were growing up in poverty. In some areas of Scotland, this is now 1 in 2 children. All measures indicate that child poverty has increased even further due to the impact of the pandemic.

That's why this past winter we launched Aberlour's 'Poverty to Hope Fundraising Appeal' to support children and families through the dark and hard winter months.

**We want to thank you, our supporters, for donating over £40,000 to allow Aberlour to be there for families who had nowhere else to turn.**

Aberlour's Family Support Workers do everything they can to provide help and support for families facing extreme financial hardship, but often families need more than just financial help. We also aim to make sure the voices of families we work with are heard, so we've continued to lobby both the UK and Scottish Governments to do everything they can to tackle child poverty by making sure families have an income that allows them to thrive.

As a result of our work with the End Child Poverty coalition partners and many others who campaigned tirelessly, in April 2022, the Scottish Child Payment will increase from £10 to £20 per child per week for low-income families. This is a hugely welcome development that will be a real boost for families most in need.

But there's so much more that we need to do. Increasingly, families tell us their children are missing out on life experiences, that they don't have adequate clothing, that they aren't sure where the next meal is coming from, and they're afraid to put the heating on.

With your support, we will continue to raise funds, campaign and lobby the government to free children and families trapped in poverty.

**“On behalf of the families who were able to feed their children, and of the children who did not have to go to bed with an empty tummy, thank you so much to everyone who donated to our ‘Poverty to Hope’ appeal.”**

**SallyAnn Kelly**  
Aberlour CEO







# Aberlour helps keep families together

**A family crisis can happen at any time. Our Sustain services work with families whose children are at risk of being taken into care. By giving them the support they need, when they need it, we can help keep families together.**

**“I want to stay with my mum from now on. It’s her I want to be with.”**

Brandon

We believe that, in most cases, families are better together. For many children staying with their loved ones, in the area they have grown up in, is the best place they can be.

Our Family Workers create positive relationships with families through listening closely to them, understanding their needs and jointly finding solutions to the challenges they experience. We help families build safe, nurturing, loving homes, where children can thrive, and families can stay together or be supported to be put back together again.

We are committed to standing by families, to help them get back on their feet and supporting them for as long as it takes.

## Tracey, Brandon and Scott are a family we have recently supported.

Four years ago Brandon and Scott were taken into care. The boys always said they wanted to live with their mum again if they could. With the support of Aberlour, Brandon and Scott were finally able to go back home. Tracey shares her story.

“I was first introduced to Ally and Chris from Aberlour to help my sons, Brandon (16) and Scott (14), return to family life after almost four years in foster care.

“It took quite a bit for Scott to finally settle in at home. The boys were young when they were taken, and Scott was moved around a lot.

“Aberlour has been amazing helping us get back into a routine, making sure the boys are coping at school and providing positive role models in their lives.

“The boys don’t get to see their dad very often as he lives in England, so it’s important for them to have people to look up to.

“Ally and Chris have helped with Scott’s behaviour. He has ADHD with developmental delay. They helped us manage his behaviour and set boundaries which I wrote on a chalkboard which we could all see.



**“They’ve helped calm me down. It’s good seeing Ally and Chris and going out on bike rides and playing football together.”**

Scott

“Scott is now much calmer and is doing well at school. Ally and Chris also take him out on bike rides and play football with him, giving them time to chat about anything he’s worried about.

“Ally has also been supporting me. Now Brandon is 16 he’s classed as an adult and should have his own room. This means we need a bigger house. Ally has been helping me to understand the council house bidding system.

“As a family we wouldn’t have received this help anywhere else. I know Aberlour will always be there for us if we need them; they’re just at the end of phone.

**“I’m really looking forward to the future. I’m hopeful we get our house move and have a fresh start – just the three of us.”**

**Find out more about Tracey, Brandon and Scott’s story**

Watch the video by visiting [aberlour.org.uk/stories/traceys-story](https://www.aberlour.org.uk/stories/traceys-story)

## Families in Scotland still need help urgently



Since April 2021 the Aberlour Urgent Assistance Fund has supported over 2,600 families, over 5,380 children and has given out over £1million in cash grants.

The Urgent Assistance Fund helps struggling families to buy the everyday basics they need to survive. Our cash grants are being used to buy:



**Food** – families have simply run out of money for food. They don't have the money to get to large supermarkets by public transport so can't buy in bulk or access cheaper food.



**Fuel bills** – so many families tell us they are always on the emergency meter. They are in debt to energy companies and being cut off. They move to one room to try to save money on heating. Children and parents are sleeping altogether, often on bare floors.



**Clothing** – many applications to the fund are asking for children's clothes. Growing children are not getting replacement clothes or warm jackets and shoes that they need for the changing seasons.



**Beds and bedding** – damp (due to cold houses) is causing mould issues with beds and bedding. Many families have told us that their children are sleeping on mattresses on the floor. There are lots of requests for suitable beds for children.



**Debt** – utility, rent and council tax arrears are a constant and worrying reality for so many families.

“Sharlene’s got me out of a massive hole that I thought I’d never get out of. She’s been amazing and has done the world of good for my children and me.”

Maddie

Thanks to your continued support the Aberlour Urgent Assistance Fund helped alleviate some of the stress families trapped in poverty face every day.

Recently we supported Maddie\* and her two daughters, Izzy\* (2) and Penny\* (6 weeks.)

Maddie was introduced to Sharlene, an Aberlour Family Worker, as Izzy wasn't speaking yet, and the family needed a little extra help. While getting to know Maddie, Sharlene noticed she was very stressed and anxious.

At this time Maddie was still pregnant with Penny and had just become a single parent. Sharlene wanted to do everything she could to help ease the stress on Maddie. Maddie had found herself in rent arrears for the past two years. Universal Credit had stopped paying her rent. Maddie wasn't aware of this until she received a letter explaining she was nearly in £1000 worth of debt.

Maddie got a short-term job to help pay the debt off. However Universal Credit stopped paying her rent again and Maddie received another letter. Extremely worried about how she would keep a roof over Izzy and her unborn baby's head, Maddie went into early labour.

Through the Aberlour Urgent Assistance Fund Sharlene was able to secure a cash grant for Maddie and her girls. Sharlene was able to help Maddie manage her rent arrears, allowing her to apply for a new council house, so Maddie and her girls could have a fresh start as a new family. She was also able to buy a cot for Penny, as well as clothes and nappies.

**Sharlene and the team are still supporting Maddie, Izzy and Penny and will be there for as long as they're needed.**

The cost of living is continuing to rise, and many families like Maddie's are desperate.

The Aberlour Urgent Assistance Fund is available to help families in Scotland struggling to make ends meet.

Find out more by visiting [aberlour.org.uk/service\\_category/urgent-assistance-fund/](https://aberlour.org.uk/service_category/urgent-assistance-fund/)

You can help children and families trapped in poverty by donating to our Urgent Assistance Fund.

Find it at [aberlour.org.uk/donate](https://aberlour.org.uk/donate) or by calling our team on **0141 260 9190**.

\*Please note: this story has been anonymised and stock photo used to protect identities.



# Two new services open to support families in Glasgow



**We were delighted to open two brand new services last Autumn to help promote the wellbeing of children and families in Glasgow.**

In partnership with the Glasgow City Health and Social Care Partnership and other Third Sector providers, Aberlour is offering compassionate, caring and responsive support to families.

These families are struggling with all sorts of challenging situations, from coping with financial challenges to establishing steady routines for children to dealing with mental health issues. Support is offered to address these challenges by Aberlour staff without judgement and with a focus on what families' strengths are, not what they struggle with.

**After what children and families have been through over the past 18 months, this is needed now more than ever.**

Lindsey and John have three children. Two of the children have been diagnosed with ADHD, one of whom has confirmed autism and the other suspected. This has led to behavioural issues as well as frequent absences from school. Not only does Lindsey suffer from type one diabetes but John has ADHD and autism.

The family have also experienced significant bereavement and trauma which has impacted on Lindsey's emotional wellbeing, mental health and parenting abilities.

Lindsey has been very keen to make a difference for her children and welcomed the support from Aberlour Family Support Worker Natasha who says:

**"We have been working with Lindsey and John building strong relationships and trust. We've provided practical, emotional and parenting support; liaised with the school so they understand the children's needs as well as introducing routines and boundaries which are helping the family with everyday life. A real high point was taking Lindsey to the cinema and allowing her to have quality one to one time with her children.**

**"The family has achieved great results. At a recent review Lindsey highlighted that she doesn't know what she would do without the service."**

**"The support has been life changing for me and my family."**

Lindsey

## Wanted: Important People!



**Life is getting tougher for everyone – especially our children, young people and families. Our Family Support Workers and staff are in demand more than ever and our services continue to grow.**

But we need people to help us make this happen. Good people. Important people.

People are our most important asset.

We want people who understand how important their job is.

- People who want to **help children**
- People who want to **help families**
- People who want to **help communities**
- People who want to **change society**
- Important people who can take time to **understand and deliver support to families most in need...**

**and we need them now!**

**"I don't know what I would do without Aberlour. I trust them and my child trusts them – we both feel safe when they are in the house. They've changed our lives."**

Parent supported by Aberlour.

**"What I enjoy most about my job is working with our families. I always look forward to seeing them and I enjoy being there for them when they are going through challenging times."**

Christy, Aberlour Family Support Worker.

**If you or anyone who you know is looking for a rewarding career, please apply now. You'll receive a competitive salary, benefits and all the support and training you need.**

**Find out more & apply today**

Visit [aberlour.org.uk/jobs](http://aberlour.org.uk/jobs)

Get involved!

## The Kiltwalk is back!

The Kiltwalk is back and it's bigger and better than ever. With four locations, a virtual event and all three distances returning, you can choose from the Mighty Stride, Big Stroll or Wee Wander.

These events will reunite Kiltwalkers from all over Scotland. So, why not make it a fun day out and ask your family and friends to join you?

Once registered, we'll help you out with a t-shirt and tips on how to maximise your fundraising. And for every £1 you raise, Aberlour will receive an extra 50p thanks to The Hunter Foundation.

So, let's put on that tartan and make 2022 the biggest and best ever year of Kiltwalk!

Are you in? Sign up today!

To register and find out more, visit [aberlour.org.uk/the-kiltwalk](http://aberlour.org.uk/the-kiltwalk)

kiltwalk

Virtually  
7-9 October

Aberdeen  
29 May

Dundee  
21 August

Glasgow  
24 April

Edinburgh  
18 September



## Thank you SAS Scotland R&D for your support!

We were delighted when SAS Scotland R&D got in touch in 2020 to let us know they'd chosen Aberlour as their Charity of the Year.

Touched by the support Aberlour provided to children and families during 2020 and the impact their fundraising was having, the team decided to extend their commitment and support Aberlour during 2021 too.

Over the two years of our partnership, the fantastic team at SAS Scotland R&D has raised an outstanding £11,500. That's enough to ensure over 350 families, who otherwise would have gone without, could afford to buy their weekly shop.

Thank you so much to everyone at SAS Scotland R&D for your incredible kindness and generosity.

## Can your workplace help free children trapped in poverty?

If your workplace can support children across Scotland who are trapped in poverty by choosing us as your Charity of the Year or raising funds, please contact our team at [fundraising@aberlour.org.uk](mailto:fundraising@aberlour.org.uk)

## Are you part of a community group?

Like many, COVID had a devastating effect on us being able to meet our wonderful supporters face to face.

But with restrictions easing, it's great to see community groups and organisations across the country getting back together.



"You all do such great work helping out children and families."

SAS employee



Are you part of a group or organisation who'd like to know more about Aberlour?

Email us at [fundraising@aberlour.org.uk](mailto:fundraising@aberlour.org.uk) and we'd be pleased to join your meeting either in person or, if you'd prefer, virtually, to tell you more.

# 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 1<sup>st</sup> / 15<sup>th</sup> 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 by contacting us at [hello@aberlour.org.uk](mailto:hello@aberlour.org.uk) or 0141 260 9190. We store your details securely and will never share them with any third parties for the purposes of their marketing. See [www.aberlour.org.uk](http://www.aberlour.org.uk) 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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**INVESTORS IN PEOPLE**<sup>™</sup>  
We invest in people Platinum

Spring 2022

CUT HERE