

Spring 2024



Aberlour News

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We have
much
to do...

For as long
as the need
is there

Supporting families
affected by
domestic abuse

We have much to do...



As the struggle for families to keep their heads above water intensifies, so too has our determination to provide brighter futures for disadvantaged children, young people and families.

The cost-of-living emergency has required us to respond bravely for children and families.

In the past year we have:

- **Raised over £270,000** for the Urgent Assistance Fund and distributed it amongst families as cash grants for essentials, such as heating and food.
- **Opened the first Scottish national Mother and Child Recovery House of its kind**, allowing mums to recover alongside their young children. A second house will open this summer in Falkirk.
- **Won our campaign to write off £1.8m of school meal debt** benefitting 30,000 children.
- **Been recognised as UK Large Charity of the Year** at the 2023 Third Sector Awards.

I am also pleased to report that we are expanding our family support services in Glasgow enabling us to support even more children and families in desperate need.

We are extremely grateful and thank you most sincerely as none of this could have happened without the generosity of our loyal supporters.

“Sadly however 1 in 4 children in Scotland still live in poverty.”

We have much to do and will not rest on our laurels. For as long as the need is there, we will continue to campaign for brighter futures for children and families across Scotland.

SallyAnn Kelly OBE
Aberlour CEO



Aberlour launches new drug and alcohol service for secondary pupils in Moray

We are proud to announce the launch of a new drugs and alcohol service in Moray created to provide help and guidance to young people at risk of using harmful substances.

YP Zone, developed and funded in conjunction with the Children's Services Partnership, was established after concerns were raised about the lack of support available to young people in Moray misusing alcohol and harmful substances.

Local data and feedback from young people reinforced the need for more awareness and 1:1 support around drugs and alcohol. This included an Aberlour poll of 506 Moray secondary school pupils which found:

- **65% of young people** claimed they knew someone personally who used illegal drugs.
- **1 in 4 reported** they had family members who used these substances regularly.

Young people, aged 11 to 18 living in Moray, can contact the service directly by phoning **01343 546214** or emailing **youthpointmoray@aberlour.org.uk**



“We are pleased to offer this new service for teenagers in Moray. This service will help young people make informed decisions, learn about risk-taking behaviours, and promote positive physical and mental health.”

Kelly, Aberlour service manager

Our service works with young people to raise awareness of the associated risks of drugs and alcohol and offers support and advice. It's critical to support young people as early as possible to prevent them from abusing alcohol and other substances in the future.

Alongside group support our team provide one to one assistance to help resolve an individual's own alcohol or substance usage.

“If I hadn't gone to the YP Zone Group, I wouldn't have got my worker who has helped me loads.”

John, Aberlour young person

“It's nice how you care about us and come and see us when we're out at the weekend. We know we can go to you for help.”

Tia, Aberlour young person



Chelsea's Story

For as long as the need is there...

Some children and families need support for a matter of weeks and months, whilst others for years and even generations. That's why we offer support for as long as the need is there.

Now aged 28, Chelsea is single mum to Tommy* (8), Bobby* (6) and Jesse* (4). Despite trying to work she has constant money worries, and the cost-of-living crisis has impacted her mental health.

Having to provide for three growing children on her own with bills, electricity, and everything else is challenging, however she is safe in the knowledge that Aberlour is still there to support her.

*Names changed.



Johnny and Julie

Chelsea was first introduced to Johnny and Julie from Aberlour as a teenager when she struggled with her own issues.

“Johnny and Julie are like my parents. They have helped so much. I know if I want to contact them at any point they will be there for me.”

Chelsea has struggled to feed her children and worries that they're not being fed properly. She regularly skips meals herself in order to feed them. "I would rather just basically starve and make sure that they have." As a last resort when things are desperate Chelsea says: "I know I can phone Johnny and he will get me a food package."

School uniforms have been a big issue for Chelsea and her children nearly didn't go to school.

"It was like two weeks before school and I had no money to get it... I was panicking. And I'm like, what am I going to do? And that's when Johnny stepped in.

"He mentioned the Aberlour Urgent Assistance Fund, and I managed to get the kids shoes, bags, pencils and everything... That took a weight off my shoulders, and I felt like I can send them to school because they've got what they need."

“Aberlour have helped me through every year of my life.”

Chelsea also struggled to provide beds for her children, but Aberlour's Urgent Assistance Fund was able to help:

“I managed to get bunk beds for my sons, which has helped massively.”

"My son was having accidents in the bed, and I was having to clean the mattress as best as I could. But I managed to get the beds, the covers for it, the pillows and everything else and it just really, really helped me."

Speaking about the support Chelsea has received she says: "Aberlour have helped me through every year of my life.

"The support Aberlour gives to families is amazing, they make you feel so welcome, like being part of a big family. I can't describe how good it's been to have their help.

“When I am really struggling, Johnny and Julie go above and beyond. They will listen to me, speak to me and go out of their way to give support... They have brought joy back to our lives when it feels like all hope is lost.”

Please consider supporting Aberlour with a regular gift, so we can help families like Chelsea's for as long as it takes. See the back page for more information.

Aberlour's Equally Safe service supports families affected by domestic abuse

Our Equally Safe teams in Falkirk and Glasgow support mums and their children to heal from domestic abuse and rebuild their families.

During the '16 days of activism against gender based violence' campaign a number of our brave mums stepped up to share their stories of domestic abuse.

Our teams support the whole family to recover. For survivors, like our mums, we offer one to one and group support to help them create a safe and nurturing life for their family. For children and young people, we support them to heal in the ways most appropriate to their needs, at a pace that is right for them.

By sharing their experiences our mums have been able to take back control of their lives, they feel validated, and want other women to know help is out there if and when they need it.



Domestic abuse is happening every single day in people's houses. You don't know where help is available. Equally Safe have changed and saved my life and my children's lives."

Laura



Since getting the support I can leave the house. I feel happier. I feel safer. I have the support group; I have that group of women who are there for me and the advice they give is second to none. They have been there."

Lita




"Bruises heal, cracked bones heal, but the manipulation and the emotional and mental abuse is the worst. That lives with you forever and ever."

Laura


"I felt alone and misunderstood. The (support) group is run by women for women that have experienced domestic abuse. I felt like a weight had been lifted off my shoulders, that I could say things, share thought processes that weren't normal because of the impact of domestic abuse."

Kirsty



I reached out to (Equally Safe) for my daughter and that's when the realisation came in that I needed help."

Lita



It sounds unbelievable that your life can change when you're in a dark place. It's unimaginable, but it's fully possible."

Kayleigh

To watch all our mums stories, visit [aberlour.org.uk/EquallySafe](https://www.aberlour.org.uk/EquallySafe)

Updates from around Scotland!

Great feedback for our Kirkcaldy service

Our house in Kirkcaldy has received excellent praise for the way it cares about the four young people who live there in a recent review by the Care Inspectorate.



“We were impressed with the recognition and praise given to young people for achievements big and small. This relational, therapeutic care promoted young people’s sense of belonging, increased their confidence and self-esteem.”

The Care Inspectorate

‘But we hae meat, and we can eat...’

“Tonight has been amazing! It’s good to meet people in the Govan community and everyone has been really friendly.”

Peter*, Aberlour young person

For 10 years our young people have been hosting a Burns Supper for locals in Govan, in partnership with Elderpark Housing Association.

It’s an annual event loved by all generations. We can’t wait for next year’s Burns Night.

*Name changed to protect identity.



Unconditional care delivered by our team in Moray

“When my son’s needs escalated within our family home, the [Aberlour disability] team in Moray became our saviours. The unconditional care and support that has been provided to us as a family has been outstanding. We will never be able to thank all the team as thank you would not be enough. Our son is now thriving within their care, ‘Our Alba Angels’.”

Beck, Aberlour parent

Beck’s son, Corey, has been supported by our short breaks disability team since he was 3 years old. By supporting the whole family, Corey is flourishing and loves his visits to our house.



Moray

Farming fun for our young people in Falkirk

In partnership with the Royal Highland & Agricultural Society of Scotland, Aberlour’s young people are connecting with local food and farming businesses.

Thanks to the Royal Highland Education Trust for hosting the visits and making the experiences so much fun! There’s more to come over the coming months...

Kirkcaldy



Falkirk



Glasgow



Aberlour Fostering celebrates 20 years!



At Aberlour Fostering we understand just how important families are, as we are just like a family ourselves! Our experienced team have been supporting fostering families for 20 years.

Right now, thousands of children across Scotland, for many reasons, can no longer live with their own families. By becoming a foster carer, you can give a child a safe and loving home.

When you join our fostering family, you will receive extensive 24/7 support, full training and generous monthly fees.

Are you...

21 years or older with a room to spare that a child can make their own?

Available to care for a child full-time?

A non-smoker?

If the answer is yes, you could make an ideal foster carer.

*Name changed to protect identity.

“What made us decide to foster was the support package that Aberlour provides and the reassurance that you’re not doing it all yourself.”

Lynda, Aberlour Foster Carer

“I used to not have a loving home, but now I do. I can go on my bike and play out the front with my friends. I can do all sorts of things now.”

Maya*, Aberlour Foster Child

Can you change a life?

Visit [aberlour.org.uk/foster](https://www.aberlour.org.uk/foster) to find out more about joining the Aberlour Fostering family.

A gift in your will could transform many children’s lives

If you don’t have a will, we offer a free will writing service to all our supporters aged 50+ in partnership with our solicitors, Thomas Bradley & Co.

Contact them today on **0330 390 9200** or info@thomasbradleylegal.co.uk to write or update your will, completely free of charge.

They will agree a mutually convenient date and time for an appointment, which can be a free home visit.

You don’t have to include a gift in your will to Aberlour to use our will writing services, but we hope you will consider a gift once loved ones are provided for.



Including Aberlour in your will is tax efficient, and straightforward. When making or updating your will, you just need to let your solicitor know the following information:

Name of Charity:
Aberlour Child Care Trust

Scottish Charity Number:
SC007991

Address:
Aberlour Child Care Trust,
Kintail House, Forthside Way,
Stirling, FK81QZ

FREE Kiltwalk places!



Choose the walk that suits you best and raise vital funds to help children across Scotland who are facing poverty and discrimination.

Visit [aberlour.org.uk/kiltwalk](https://www.aberlour.org.uk/kiltwalk) to claim your free place!

Did you know?

The Kiltwalk is a great way for co-workers to have a great time and support Aberlour’s work with children and families.

Contact us today to sign up as a team. Email hello@aberlour.org.uk or call **0141 260 9190**.



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: £3 £5 £8 £10 or my choice £ ___ each 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: £10 £25 £50 or my choice £ ___ made payable to Aberlour

Please debit my Mastercard / Visa / Maestro / CAFcard £10 £25 £50 or my choice £ _____

Name on card _____

Card number

Start date

Expiry date

You can also give children in Scotland a brighter future by remembering Aberlour in your will. Supporters over 50 can write a will for free with our partners Thomas Bradley & Co. Call **0330 390 9200** for more info.

3 Your contact details

First Name _____ Last Name _____ Tel _____

Address _____

Email _____ Postcode _____

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 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 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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We invest in people Platinum

Spring 2024

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