

2 **ANNUAL REPORT** 14

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We believe that life is for living

  
**thistle**  
Foundation

## Foreword

After the excitement of our 70th anniversary year, we have settled back down to the business of supporting people to live the life they want and are forging ahead with plans for the future.

We continue to develop and expand our work supporting disabled people with long term health conditions, as well as inspiring health and social care practitioners to develop their practice and bring a more holistic approach to their work.

The way we support people – what we like to call the ‘Thistle approach’ – encourages change both for individuals and communities, and on a much larger scale, in our wider society. That’s why our work has both a local and a national focus. We believe that you can’t influence change without having practical experience of how that change would make a difference.

We are hotly anticipating the completion of our new Centre for Wellbeing on the site of the old Tudsbery Centre in Craigmillar, keeping us at the heart of the old Estate and firmly in the midst of our community. It will serve as our head office, as a community hub and as the title suggests, a Centre for Wellbeing. It will give us a clear focus for the way ahead and a fresh start to do so.

We’ve a renewed purpose to fundraise more so we can ensure a bright future – by relying less on government funding (uncertain at the best of times) and continuing to develop our innovative work to meet the needs of an ever growing and changing community.

We are working strategically with the Scottish Government, with the NHS, with local authorities and other partners to influence positive change for not only the people we support, but on a national scale.

We are doing this because we know that more than 2 million Scots live with one or more long term conditions. It might be you, or someone you know. Whoever it is, we’ll be here to support them to live the life they want.

To that end, we want to thank you for your continued support. We couldn’t do it without you.



**Diana Noel-Paton,**  
CEO



**David Giffin,**  
Chair of the Board  
of Trustees

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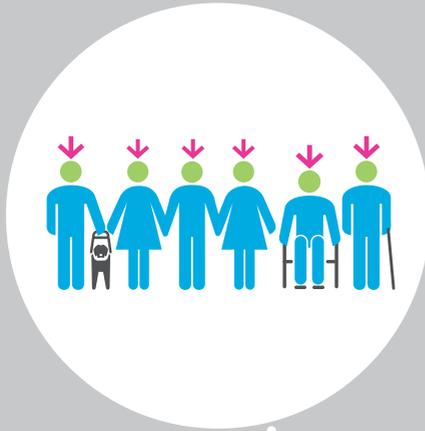
# Thistle's Impact 2014/15

Inspiring and developing best practice

Supporting people to live more independently

Supporting people to manage long term conditions

**81** veterans across Scotland, including Edinburgh, Glasgow and Inverness took part on our Veterans Programme



**305** people became members of our Gym



**20** managers in the fields of Health and Social Care completed Leading Others course

**33** family members attended our Big Plan group Person Centred Planning events

**566** practitioners participated on our Personal Outcomes Partnership courses

**43** young people were supported to plan for their future through InterAct



**200** people were supported to live more independently

**613** people living with a long term health condition were referred to us for support

# Kenny



Image Credit: Robert Ormrod

“I never knew what Tai Chi was before, but now I’m teaching my sisters Tai Chi exercises!”

On his first visit to Thistle, Kenny could not turn the page of a newspaper or make a cup of tea. Nine months earlier, he had experienced a stroke that had severely restricted his mobility and changed his life completely. Taking a few steps down the stairs in his house led to panic attacks and he felt isolated and alone. ‘When you’ve had a stroke people don’t bother with you anymore’, he says.

Kenny went from having an active social life – regularly going out to clubs and taking breaks away with his friends and family – to being labelled ‘disabled’ by his support worker and unable to leave his house without assistance.

When Kenny came to Thistle he needed support for both his physical and mental health. After talking things through with one of our health and wellbeing practitioners, he decided to join our ten-week Lifestyle Management Course. The course helped Kenny to manage his condition and to think more positively about his situation.

Kenny then joined an exercise class in the Thistle gym, designed especially for people who had experienced a stroke. By taking small steps towards regaining his confidence

and physical strength, it was clear that a big change was taking place. So big, in fact, that two years later, Kenny walks not with a stick but a spring in his step, sometimes for two hours with his walking group, covering distances of up to five miles. He is independent, has reconnected with old friends and lives the life he wants. His family has been inspired by his transformation, too; Kenny jokes, ‘I never knew what Tai Chi was before, but now I’m teaching my sisters Tai Chi exercises!’

Kenny also supports other people to take up exercise. An important step on his journey was to become a Thistle volunteer – encouraging people with long-term health conditions to pursue physical activity, often for the first time in years.

In 2014, Kenny started volunteering at the Thistle gentle exercise classes in the local community. Kenny ‘buddies’ people as they try out their exercise circuits – ‘helping other people gives you great satisfaction,’ he explains. ‘I know what it’s like myself, just having someone to talk to makes a big difference,’ he says, thinking back to life before Thistle, ‘there’s nothing worse than feeling like you’re on your own.’

**£30** This will enable someone like Kenny to have an initial consultation with a health and wellbeing practitioner. This life changing conversation is crucial to making sure people get the right support.

Chris, the Thistle Gym Manager, has supported Kenny since he first came to Thistle in 2013.

“When Kenny first came to Thistle, he was a completely different person to who he is now. Physically, he is much stronger and his vastly improved mobility has had a knock-on effect on his confidence. Kenny’s volunteering work is so valuable to us – not only does it mean we can support more people, ‘buddying’ them on a one-to-one basis as they complete the circuits, it’s also really inspiring for people who are recovering from a stroke or living with a long-term condition to meet someone like Kenny. Through determination and perseverance Kenny has changed his life, and that’s a great message.”

# Callum



Image Credit: Louise Kennedy

**“It’s like my mum says,  
‘Never say never!’  
There are always hopes and dreams.”**

Just like any other 23 year old guy, Callum likes cars, playing the guitar, Xbox and living on his own. But until 2014, when Thistle piloted an Individual Service Fund (ISF) with Callum and his support team, he had never spent an evening alone in his house. Callum’s behaviour was aggressive and non-cooperative. He had 24-hour support, often with two people living alongside him, and it wasn’t working for him.

Individual Service Funds are at the heart of the new Self Directed Support legislation, which means that people who require support can have choice and control over the financial and social support they need. Thistle and City of Edinburgh Council worked with Callum to introduce the ISF way of working.

The ISF allowed Callum and his team to think more creatively. The first step was spending a night alone in his house – and he loved it. Callum continued to reduce his support, until eventually he settled at

27 hours a week. By lowering his support hours so dramatically, Callum had more choices about how to make the most of the support available to him.

He started by getting in shape. A combination of jogging and weightlifting in Thistle’s gym has seen Callum lose 3 stone already. Not only has going to the gym helped Callum physically, it has also boosted his self esteem.

Callum also got support to start up his own car valeting service, edging towards his dream to become a mechanic. ‘We never knew he had these ambitions,’ explains his mother Moira. ‘We’re so proud of him.’

On Callum’s bedroom wall there is a huge poster of New York. That is the next plan: to save up, get a passport and explore the world. Callum explains: ‘It’s like my mum says, “Never say never!” There are always hopes and dreams.’



**£25**

**This will pay for a subsidised gym membership for someone like Callum.**

**Andrew works closely with Callum’s team of Personal Assistants.**

**“Despite having lots of support from personal assistants, we realised from listening to Callum that actually this wasn’t what he wanted or needed. Now that Callum has fewer support staff, there’s more room in his budget for him to try new things – such as work on his fitness, which is brilliant.”**

# Margaret & Irene



Image Credit: Robert Ormerod

“I’m a lot more outgoing now. I’m not frightened to speak to people or to go places.”

Sisters Margaret and Irene both have hearing loss. They joined a Lifestyle Management Course in 2014 after their older sister died. The course offered the support they were looking for, but also assisted them in unexpected ways, particularly in managing their hearing loss and feeling more confident.

‘I used to pass everyone on the street’ says Margaret. ‘I would never talk to anybody, because of the background noise.’ One breakthrough moment happened while Margaret was still on the course. She was waiting for the bus when a man started speaking to her, ‘and without thinking I answered him!’ she exclaims. That would never have happened before. She has now gained the confidence to speak to her neighbours and feels a part of her community, where she has lived for 28 years. ‘I know more neighbours now than I have ever known – I think they must have thought I was a snob,’ she laughs.

Irene has experienced a similar boost to her confidence. ‘Before, when I couldn’t tell what people were saying, I would just sit back,’ she says. ‘I’m a lot more outgoing now. I’m not frightened to speak to people or to go places.’

Since completing the Lifestyle Management Course, Margaret and Irene have continued to come to Thistle to do Tai Chi classes and relaxation. They are regulars in the hub, surrounded by the new friends they have made at Thistle.

‘I’ve still got bad hearing loss and I still get a lot of background noise,’ says Margaret, ‘but now I’ve got the confidence to sit down and speak my mind.’



**£160**

This will support someone like Margaret or Irene through their journey to manage life better with a disability or long term health condition, from the initial conversation about what support is needed, to completing a ten week Lifestyle Management Course where they can learn techniques to help relax and cope with stress, and more.

Cathrin, Thistle’s Health and Wellbeing Manager led the Lifestyle Management course that Margaret and Irene first attended.

“Many people come to Thistle unsure of what support they need. Together we take small steps to work it out. Small changes can make a big difference, just a little bit more confidence can change someone’s life as Margaret and Irene’s story demonstrates.”

# June



“They’ve been with me on my journey, now I can do something for them.”

June has been supported by Thistle to live independently for over 16 years. She is supported by a dedicated team who want her to be able to do the things that are important to her. She’s fun loving and friendly, and has a wicked sense of humour.

June wanted to do something that would make a difference to others and have lots of fun doing it. After chatting with her team, June decided to do a two mile sponsored walk for Thistle.

Not to do things by halves, June decided on a “Wedding Party” theme for the event. Thistle put a call out on Facebook to find a wedding dress for June’s big day and after lots of helpful responses and a trip to a lovely donor’s loft, the perfect dress was found for June to wear. June had the perfect pair of sparkly shoes to match.

June quickly went into training. She tested and measured the walk route from Nobles on the Prom at Portobello to the Ship Inn in Musselburgh. The route went past the local

primary school, so June’s team contacted the school to let them know about the walk and ask if the children would wish her good luck and cheer her off from the playground.

June’s passion is Daniel O’Donnell. She has met him at concerts in the past. Her team wanted to do something special for June and got in touch with Daniel’s fan club, receiving a video message from Daniel O’Donnell himself, wishing her all the best for her sponsored walk. This was the highlight of June’s year!

Primary 3 pupils from Towerbank Primary School all came out onto the Prom to wave June off. The weather on the day was perfect and June was the centre of attention; filmed and photographed by the local press. Her team were there in their wedding party outfits, chosen by June.

Everything went to plan, including a lovely celebration lunch with friends and family at the Ship Inn afterwards: A wonderful end to a wonderful day.

June raised a fantastic total of £552 for Thistle. Thank you June.

June says:

“The sponsored walk is something that I really wanted to achieve this year. Thistle has been great and there is always someone there to help. They’ve been with me on my journey, now I can do something for them.”

# Alan



“The days are a lot better. Life is a lot better.”

Alan and Steve have been working together for almost two years. Alan was looking to expand his support team, Steve applied for the job and they hit it off straight away. ‘From the minute go, I knew it would be a good move,’ explains Alan, who was part of the recruitment process throughout.

Alan is a trained chef and previously worked at a restaurant in the Highlands. An accident left him with severe scars to his hands and arms. The accident was part of a very difficult time for Alan, which he struggled to find his way through. Soon after, he came to Thistle for support. He has been living at a house in Renfrew, supported by a team that he recruited with Thistle ever since.

Steve shares Alan’s passion for food. They both work on Alan’s allotment in ‘The Garden of Dreams’ in Renfrew, close to Alan’s house,

with Alan creating his own recipes for his home-grown produce in his specially-adapted kitchen. Alan has also started to host dinner parties for his friends and family, which Steve helps him to plan.

‘We can chat for hours about food and different cultures,’ says Alan – who particularly enjoys trading Scottish and Australian slang with Aussie Steve. ‘It makes a big difference,’ he continues: ‘The days are a lot better, life is a lot better.’

Alan has also become an important ambassador for Thistle. He recently collected a cheque from The Hospital Saturday Fund on behalf of Thistle and currently works with us on our ‘Big Conversation’ – in which people from across the organisation come together to help steer our future direction.



Do you believe life is for living?

Go to [www.thistle.org.uk/jobs](http://www.thistle.org.uk/jobs) to see what opportunities are currently available.

Steve came to work in Renfrew from Perth, where he had also supported people as a personal assistant. ‘It’s a privilege to walk alongside someone,’ says Steve – and the recruitment process at Thistle, which pairs people with those who share their interests and outlook just makes it all the better.

‘Good will gets you so far,’ explains Steve, ‘but good will and similar interests will get you a lot further.’

‘I’d describe Alan as a top bloke. I think that speaks for itself really.’

# Keith



Image Credit: Robert Ormrod

“I went on several of the short training courses run for volunteers and learned so much from them.”

After his second stint in a psychiatric ward, Keith moved to Whitefoord House, a complex of supported accommodation for Scottish veterans. ‘The doctor said that things weren’t going to get better in the family home,’ he says. His stress levels were just too high to sustain a happy life there.

Keith needed support and after getting in touch with Thistle, our veterans’ practitioners, Pat and Gary, visited him at Whitefoord House, where he felt safe, and talked to him about what he wanted. Keith decided to try our Veterans’ Programme.

‘People will go on a Thistle course when they’ve had enough of their suffering and they are looking for a way out of it,’ says Keith, ‘and it’ll not be the first thing they’ve done.’ Keith had tried other things, but they did not work for him. The Veterans’ Programme he joined is specifically for veterans who are having trouble adjusting to civilian life, and is designed so that every veteran – regardless of their experience or condition – can manage it at their own pace.

Keith was determined to change his situation, and that is exactly what he has done. Soon after completing the ten-week course he decided he wanted to assist other veterans. ‘I thought it would be great to get involved,’ he says. ‘I went on several of the short training courses run for volunteers and learned so much from them.’

Keith’s journey did not stop there. At the start of 2015 he was employed by Thistle to deliver his own course, *Settling the Restless Mind*, which supports veterans to manage depression, anxiety and stress through training the mind to concentrate on the present and aiming to increase feelings of positivity, focus and attention.

‘I want to help people,’ says Keith, ‘and I want to help veterans specifically. If I’m going to reach a lot of people then I need to do it through a big organisation and I can’t think of a better organisation than Thistle.’

**067** This will help a veteran like Keith to begin to adjust to life on Civvy Street. It will cover an all important initial chat at a place that feels secure to the veteran, as well as follow up one on one support sessions.

Pat, our Veterans’ Programme lead says:

“Serving in the Armed Forces is a unique experience, and having volunteer veterans supporting Thistle’s work is a huge incentive for other veterans to approach Thistle. Keith is a fantastic example of how someone can turn their life around. Keith’s course was developed with a specific insight into what techniques can support veterans, based on his own experience. It has been a great success and we are delighted and proud to have worked with Keith to deliver *Settling the Restless Mind*.”

# News

To stay in regular touch with our work follow our Twitter account [@thistlecharity](#) and like our Facebook page [www.facebook.com/thistlefoundation](http://www.facebook.com/thistlefoundation)

You can also sign up for our monthly e-newsletter. Contact [dosomething@thistle.org.uk](mailto:dosomething@thistle.org.uk) to register.



## Highlights

One of our partners, **get2gether**, which supports disabled people in Edinburgh and the Lothians to find love and friendship, received a very special Everyday Impact – **New Enterprises nomination** in 2014 at the Social Change Awards. The winners in each category of the awards were announced at a ceremony that took place on 4 December 2014 at the Charity Centre in London. Get2Gether was the only Scottish charity nominated for the award and took second place.

Scottish Veterans Commissioner **Eric Fraser** visited Thistle in 2015 to learn more about our work with veterans. He spent the day in our Wighton House office in Craigmillar and met our veterans' team, including our peer support workers Kirsty and Keith (read more pp 14-15).

## New Work

With the help of Poppy Scotland funding we expanded our **work with veterans to Inverness**. In 2014–15, we supported 18 veterans based in the Highlands through our Lifestyle Management Course. The course focuses on group and individual work, assisting veterans to develop coping tools and different techniques to deal with their health conditions, and supporting them with the challenges they may face in the transition from military to civilian life.

**Mindfulness** has been a real talking point recently, and with the benefits of this ancient form of meditation clinically proven, we launched an eight-week course and a series of taster sessions on Thursday lunchtimes at Wighton House. As always, these classes are free thanks to our supporters.

2014 also saw the launch of new **Tai Chi classes at the East Neighbourhood Centre in Craigmillar**, delivered by our fantastic volunteers.



Image Credit: Louise Kennedy



## Inspiring Best Practice

We offer a wealth of professional support and inspiration to practitioners and professionals in health care, social care and the voluntary sector through our training and development programmes and our work with local and national partners.

Our evaluations show that working with practitioners and professionals to develop and improve practice is not only important for improving services and care but is transformative for the people they work with.

We have shared the development of our approach and now deliver some of this work directly and some in partnerships that enable the approach to be rolled out on a national scale.

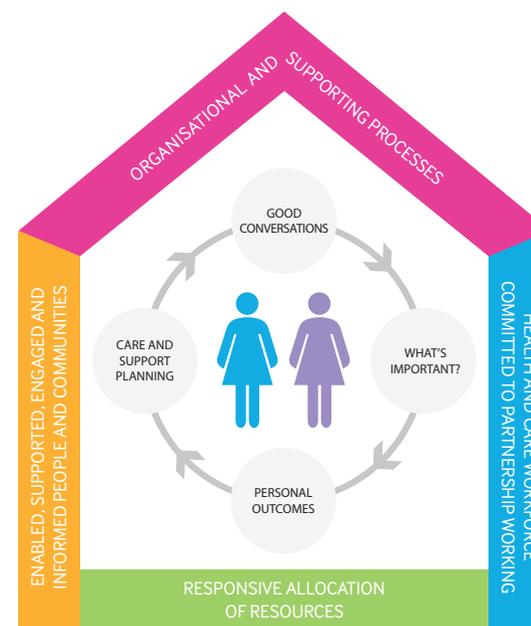


In 2014, we partnered with The Alliance and Joint Improvement Team to form the **Personal Outcomes Partnership (POP)**. POP brings together the experience and learning of these three organisations, and other partners, to support individual practitioners, teams and organisations in health and social care settings across all sectors. POP offers free workshops and courses for health, social care, voluntary and independent practitioners, as well as for

front line staff, team leaders and managers in Scotland, to develop their skills in working for better personal outcomes. Over the last year, we supported 566 practitioners through these training programmes.

In house, we have been busy developing and delivering **training opportunities for staff**, including the Principles into Practice course and our Leading Others course.

We have also focused on evaluating the impact of our health and wellbeing work this year through an informal **Social Return on Investment Report**. This captured the stories of six people who have been through the service over the past 10 years. This is an ongoing piece of work that aims to capture long term impact and also go some way to demonstrating the importance of investing in anticipatory and preventative self management tools.



The essential, unifying feature is that care planning and support is based on what's most important to the person at the centre of the house.

*Reference: Lothian House of Care Model*

**The House of Care** is one of the many ways that Thistle is actively working to influence real change for people who need support. We are lead partners with NHS Lothian in shaping and rolling out the House of Care approach, as part of the National House of Care approach.

### It's about:

- Helping make sure people and communities are enabled, supported, engaged and informed about the choices available to them.
- Helping culture change within health and social care systems.
- Making sure the health and care workforce supporting people is committed to working in partnership.
- Making sure health and social care systems are joined up and have the right resources in place to do this.

**We know about supporting people in a joined up way that is right for them - and that's why it's important we're involved.**

## The Year Ahead

The Scottish Government have pledged over £250,000 of funding over three years for **InterAct**, an exciting project that works with young people to plan for a good life after school. This means that we will be able to expand and deepen our involvement across the Lothians, increasing our follow-on work with young people and families, with a particular focus on staying connected and developing independence to access ordinary

places in their city with their peers. We will have more scope to work with young people in champion roles for the project. We will also be able to take our learning nationally, forming partnerships in four or five new areas across Scotland. Working with partners, we will deliver the elements of InterAct that are most relevant to local situations, ensuring that what matters to young people is at the heart of planning.



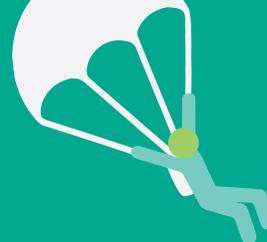
Image Credit: Robert Ormerod



Image Credit: Lorna Brown

In March 2015, we started work on our new **Centre of Wellbeing**. The £3.5 million centre will support thousands of people to access activities like Tai Chi, pilates and gym facilities, as well as free Mindfulness and Lifestyle Management Courses that focus on exercise and nutrition as ways to improve wellbeing. The new centre will extend to 1,500 square metres and will be located on the site of the former Tudsbery Centre, on the Thistle Estate and closer to the heart of Craigmillar.

## Upcoming Events



### Skydive 26 March

Are you a bit of a daredevil? Have you always wanted to jump out of a plane? Tandem jumps at the airfield in Glenrothes can be organised on a weekend to suit you.

### Thistle Firewalk 03 April

Said to be an empowering experience, our firewalk offers you the chance to fundraise for Thistle. Full training is given before the event and we'll host a BBQ and drinks to celebrate this fantastic achievement afterwards. If you can't take part yourself, buy an experience voucher for a friend!

### Edinburgh Night Ride 18 June

Cycle 50 miles along the twists and turns of the streets of Edinburgh on our Night Ride. Lit by the moon and lights of the city, the ride will include crossing the Forth Road Bridge.

### Thistle's Wellbeing Festival June (date tbc)

Join Thistle Foundation at the opening of our new Centre for Wellbeing in the heart of Craigmillar to explore what wellbeing is and why it matters to all of us. Whether it's singing, tai chi, the art of good conversations or learning how to better cope with the stresses of life, wellbeing contributes to health, happiness and a good life. And who doesn't want a bit more of that?

Featuring inspiring speakers, a community banquet lunch, a petting zoo, music performances, the community archive and a chance to check all that's on offer at the new Centre.

### Tough Mudder 25 June

Assemble your own Team Mudder to compete in this challenging obstacle course in the grounds of the beautiful country home of Drumlanrig Castle, Thornhill, Dumfries and Galloway.

### London to Paris Bike Ride 20–24 July

Four days of cycling that culminates in reaching Paris alongside the Tour de France. Be part of an organised group – all you have to worry about is riding your bike and raising money for Thistle.

### Spartan Reebok Challenge 23 July

Spittal Farm (Nine Mile Burn, near Penicuik, Midlothian) is the exclusive venue for the Scotland Sprint, where the proper Scottish hills will test you on the 5km+ course with over 15 obstacles. Too easy? Why not do 'The Beast' on 24 July, a 21km course with 30 obstacles?

### Pedal for Scotland 11 September

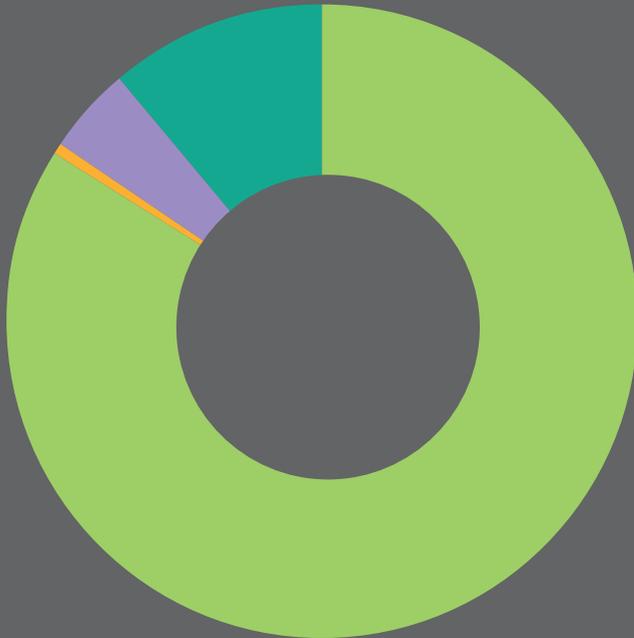
Scotland's biggest bike challenge. Choose from *The Wee Jaunt* (9 miles around Edinburgh), *The Classic Challenge* (55 miles from Glasgow to Edinburgh) or *The Belter* (110 miles Glasgow to Edinburgh return).

To book a place on one of these events or for further information please contact our fundraising team on [fundraising@thistle.org.uk](mailto:fundraising@thistle.org.uk).

**Income  
2014/2015**

- **Fundraised Income**  
£823,560 / 11%
- **Investment Income**  
£316,616 / 4.5%
- **Income from Charitable Activities**  
£6,058,555 / 84%
- **Other**  
£26,535 / 0.5%

**Total Income:**  
**£7,225,266**



# Financial Report

**This year, just over 94% of expenditure was spent directly on our charitable activities.**

Thistle is reliant on, and grateful for, the continued support of our regular givers, trusts, foundations, community fundraisers, local authorities, the Scottish Government, staff, volunteers and our community partners.

We work very hard to keep operating costs as low as possible, while still providing the highest quality support we can for the people we work with.

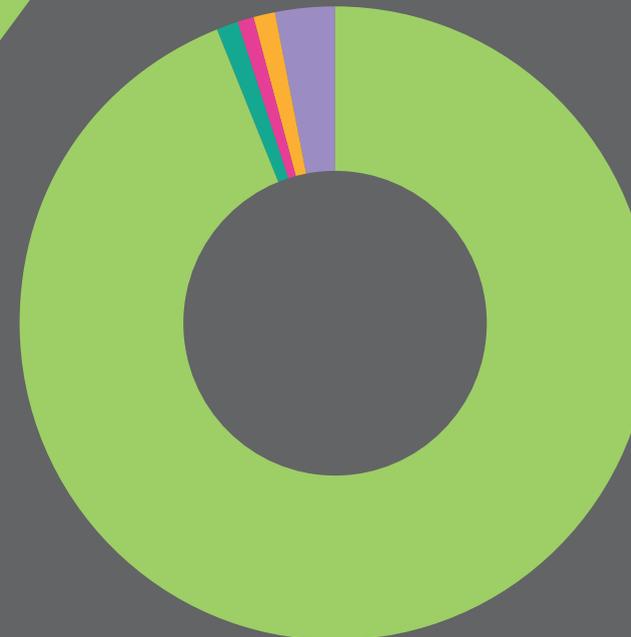
Our total income grew by **19%** to **£7,225,266**, with a total expenditure of **£6,877,825**.

Financial sustainability remains one of our top strategic priorities and to this end we have seen steady growth in fundraised income, in our Training and Consultancy work and our Supported Living services.

**Expenditure  
2014/2015**

- **Fundraising**  
£68,818 / 1%
- **Governance**  
£57,863 / 1%
- **Other Income Generation Costs (Investment Management, Conference Facilities)**  
£71,599 / 1%
- **Property Costs**  
£210,522 / 3%
- **Charitable Activities**  
£6,469,023 / 94%

**Total Expenditure:**  
**£6,877,825**



# Fundraising Highlights

Thistle was one of seventeen charities chosen by the **Sunday Mail Centenary Fund** to benefit from its year of fundraising to mark the paper's one-hundredth birthday in 2014. Events took place throughout the year and Thistle received a generous donation of **£17,000** from the fund. Many thanks to all the subscribers and supporters.

**Craig Hamilton** took part in the annual Tough Mudder event in Dalkeith Country Park, Midlothian, with his friends and raised a staggering **£2,242**.

**Maureen Kersley** and **Edna Laing** held a T for Thistle event at their local church. These enterprising ladies raised **£330** at their very first event.



Pupils from **Pilrig Park School** held a sponsored walk and invited our fundraising officer to pop down to the school to meet the pupils and attend a school assembly, at which they presented us with a cheque for **£624**.

**Shirley Nutley** baked a beautiful Christmas cake to raffle, and on the day sales of raffle tickets at our Christmas event, raised over **£200**.

Our **Spartan Raceteam**, including the lovely volunteers who helped on the day, raised **£611**. The two runners and seven volunteers had a brilliant day out in East Lothian.



**Victoria Meacham**, a staff member, used her birthday present of a bungee jump experience in Killiecrankie Gorge to raise **£286** for Thistle – she did it wearing a Thistle morph suit!



**Liz Barnes**, the brains behind T for Thistle, held a big afternoon tea party with swing music and a raffle at Wighton House in September, with the help of **Morag Fenwick** and some of our regular **volunteers**. After all the tea and cakes were finished and the extra cakes sold off, the total raised was **£574**.

**Lesley Ann Ramsay** with the help of her mum, **Ann Ramsay**, put on an evening of entertainment with a disco and a live band at Easthouses Miners Club, Dalkeith. As well as having a great time, their supporters raised **£462**. Thanks also to the **Easthouses Miners Club** for supporting the event and **The Skababs** and **DJ Glen** for providing the entertainment on the night.

**Les**, one of our lovely gym users, nominated us to receive an award from the **Lothian and Edinburgh Amateur Football Association**. The Association's members make annual donations to charities, and we received **£1,100**. We are grateful to all our supporters who nominate us for awards and help us to raise awareness of Thistle in the community.

Within weeks of each other, **June Reynolds** and **Malcolm Gray** both undertook sponsored walks along Portobello Prom to Musselburgh with their support teams, raising **£551** and **£182**, respectively. June was spurred on by a personal good-luck video from her favourite singer, **Daniel O'Donnell**, on the day before her walk (read the full story pp 10-11).

Our brilliant Facilities Team held a yard sale to clear out the **Tudsbury Centre** before it was demolished. The 'trash turned to treasure' raised **£1099** and also saved on skip hire costs!

On 21 May 2014, **Sharon Kirk**, who was supported by Thistle, sadly died. Her relatives and friends gave to Thistle in her memory, and her family also donated the proceeds of Sharon's estate to Thistle. Her legacy will help to support the health and wellbeing of others. Sharon also inspired her friend **Lynne Dougan** to take part in the Colour Vibe, a 5K run, in May 2015 to raise even more funds for Thistle.



# Support Us



## Donate

There are many ways you can donate to us, from a one-off gift to a regular payment by Direct Debit. You can also help by remembering Thistle in your Will.

Whichever option you choose, thank you.

[www.thistle.org.uk/donate](http://www.thistle.org.uk/donate)

## Fundraise

There are so many ways you can raise funds to support our life changing work. You could challenge yourself to run a marathon, climb a mountain or jump out a plane. Fancy something more sedate? Why not throw a tea party, host a clothes swap or sit in a bath of beans. It's up to you!

Our website has lots of ideas and resources to help you start fundraising.

[www.thistle.org.uk/fundraise](http://www.thistle.org.uk/fundraise)

## Corporate Support

Working with Thistle is an excellent opportunity to partner a well established, pioneering charity brand and help even more people live the life they want.

Get in touch for more information

[dosomething@thistle.org.uk](mailto:dosomething@thistle.org.uk)



**A huge thank you to all of our supporters and partners, some of which are listed below, as well as all of our regular gift givers.**

A M Pilkington  
Charitable Trust  
ABF The Soldiers' Charity  
Agnes Miller Knox  
Alexander Kilgour  
Allison Poulter  
Amy Newcombe  
BP Amoco Corporation  
Caledonian Society  
of Holland Lincolnshire  
Callendar Charitable Trust  
Craig Hamilton  
Darren Hogg  
David Morrell  
Edinburgh and Lothians  
Greenspace Trust  
Edinburgh  
Contemporary Crafts  
Elizabeth Barnes  
Elizabeth Leith Mowat  
Elizabeth Margaret Pearson  
EVOC  
Garfield Weston Foundation  
Glebefoot Charitable Trust  
Greenmantle Pub  
Hugh & Mary Miller  
Bequest Trust  
J G McLellan  
James Dalgety  
Jean Munro  
Jeff Begg

John Miller  
Julia Fitzpatrick  
Kenneth Barge  
Memorial Trust  
Keystore  
Lesley Ann Ramsay  
Lindsay McCall  
Lodge The Gael No 609  
Lynne Dougan  
Malcolm Gray  
Marion Newton  
Mary Milne Welsh  
Maureen Kerley  
Miss Rachel E Duncan's  
Charitable Trust  
Mother Lodge Kilwinning  
Mr W J & Mrs C G  
Dunnachie's Charitable Trust  
Neil Fraser  
Peter Harrison Foundation  
Pilrig Park School  
Poppy Scotland  
Rae Brynes  
Royal British Legion  
W S - Bucksburn  
Sharon Kirk  
St Andrew's Club  
O' Berwick-upon-Tweed  
Sunday Mail Centenary Fund  
The Andrew &  
Mary Elizabeth Little  
Charitable Trust

The Health and Social  
Care Alliance Scotland  
(Lothian House of Care)  
The Health and Social  
Care Alliance Scotland  
(People Powered Health  
& Wellbeing)  
The Health and Social  
Care Alliance Scotland  
(Self Management  
Impact Fund)  
The Hospital Saturday Fund  
The Lothian & Edinburgh  
Amateur Football Association  
The Robertson Trust  
The Scottish Government  
(Autism Development Fund)  
The Scottish Government  
(Person Centred Delivery  
Group)  
The Scottish Government  
(Section 16b Mindfulness)  
The Scottish Government  
(Section 16b Veterans)  
The Scottish  
Government(Voluntary  
Sector Development Fund)  
Thistle Friends Edinburgh  
Fundraising Group  
Thistle Friends Renfrew  
Fundraising Group  
Thistle Trust  
Victoria Meacham  
WH Reception

## Our Supporter Promise

Thistle's Supporter Promise is our commitment to you.

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### We recognise the value of each and every supporter

- We value every supporter; however they choose to support us and every donation we receive matters to us, regardless of how big or small it is.
- We are committed to making your relationship with Thistle a pleasurable and fulfilling experience.
- We are committed to thank you promptly for the support we give us.
- We will never share your personal details.

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### We are committed to high standards

- We are members of the Fundraising Standards Board, the self-regulator of fundraising in the UK, and the Institute of Fundraising. This means that Thistle is committed to best practice in fundraising and follows the Fundraising Promise and the Institute of Fundraising's Code of Fundraising Practice.
- We comply with the law including those that apply to data protection, health and safety and the environment.
- We are committed to be the best we can be and provide both the people that use our services and our donors with an excellent service.

### We are accountable

- If you are unhappy with anything we have done while fundraising, you can contact us to make a complaint.
- If we cannot resolve your complaint, we accept the authority of the Fundraising Standards Board to make a final adjudication.
- We will offer clear information about how you can make a gift and how your gift is used, and will answer all questions about our fundraising activities and costs.
- Our supporters' feedback is important to us and we regularly use it to improve and enhance our fundraising campaigns.

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### We are respectful

- We respect the rights, dignity and privacy of our supporters and beneficiaries.
- We will not put undue pressure on you to make a gift and if you do not want to give or wish to cease giving, we will respect your decision.
- We will honour your request on how, when and how often to contact you.

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### Contact us

- To offer feedback on our supporter promise, please call Fundraising Manager Elaine Michaelson on 0131 656 9936 or email fundraising@thistle.org.uk.

## We believe that life is for living.

If you, or someone you know, would like support to live life to the full, please visit [www.thistle.org.uk](http://www.thistle.org.uk) or call us on 0131 661 3366.

If you would like a copy of this Annual Report in larger type, please call us on 0131 661 3366.

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