



Eric
Liddell
Centre



Can you help us?

Our Caring Soles Service Needs Your Support

The Eric Liddell Centre is a local care charity and community hub founded in 1980 in memory of the 1924 Olympic 400m gold medallist, Eric Liddell. Our mission is to be at the heart of the community, enhancing health and wellbeing and improving people's lives.

Our caring services support communities across Edinburgh, including individuals needing footcare support, people living with dementia, their families, unpaid carers and the wider community. In addition to our Caring Soles Foot Care Service, we offer a Dementia Day Care service, Carer Support Programmes, Befriending Service and Volunteering opportunities. The wider community use of our building by local groups and children's activities creates a unique and lively atmosphere that mixes generations, abilities and interests.



One of our committed volunteers delivering a Caring Soles treatment

Our Caring Soles Service provides footcare to people in local community settings across Edinburgh. Trained by Eric Liddell Centre staff in collaboration with NHS Lothian Podiatry, our volunteers are equipped to provide and ensure that people receive good quality footcare.

Caring Soles provides important footcare, improves mobility, boosts confidence and helps reduce social isolation and loneliness. Read on to find out more about the difference that Caring Soles has made and the ways in which you can help us to continue to fund this popular community service.

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

Tel: 0131 447 4520 Email: frontdesk@ericliddell.org Registered Charity: SC003147

www.ericliddell.org



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How Caring Soles Works

Step by Step



SIGNPOSTING

Volunteers signpost people to exercise & walking groups, knitting socials, carer support, dementia daycare, workshops and new activities.

RECRUITMENT

We have 20 volunteers and are always looking for more!

APPOINTMENTS

We average over 100 appointments per month, and with your support we'll be able to do more.



SERVICE USERS

Caring Soles Service users come to us from all over Edinburgh. In the last year we have treated over 350 pairs of feet!

TRAINING

Our volunteers are trained by NHS Lothian Podiatry in collaboration with the staff of the Eric Liddell Centre.

LOCATIONS

Service offered at the Eric Liddell Centre, and three sites in: Wester Hailes, Dalry/Gorgie and Restalrig.

Our recent funding request to the public sector to support the continuation of Caring Soles has not been successful and this well regarded service is now reliant on donations to remain operational

Anne's Story

Anne used to volunteer in the Eric Liddell Centre in the early 1990's, helping to run the lunch club which provided many local people with a warm welcome and meal, that would have been difficult for them to prepare at home. She made and brought in her own home-made soup twice a week. Anne also attended the Eric Liddell Centre's activity programme and was a regular participant.

Last year, Anne's daughter who now lives in England, contacted the centre to make a Caring Soles footcare appointment for her mum.

When Anne arrived for that first appointment, she spoke fondly of her volunteering memories at the Eric Liddell Centre. Anne warmed to the Caring Soles volunteer, who listened intently to Anne's recollections about the Centre 20 or more years ago - she felt delighted to be taking care of Anne's feet. Anne explained that she felt rather awkward having someone else doing her feet, and outlined how frustrated she was that she is no longer able to reach and care for her feet.

Anne explained that she now lived on her own following her husband's death the previous year and how lonely she felt



as her family and friends had all moved away. Our volunteer outlined the wide range of activities on offer at the Eric Liddell Centre and how we would be keen to help Anne become more involved in opportunities that were on her doorstep. Anne was interested in hearing more about our Seated Exercise Class and discussed this further after her treatment, over a cup of tea with the volunteer.

When Anne found out that the class would help with 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 to re-establish a link to the outside world for Anne, who had become lonely and isolated. Anne now attends a Caring Soles footcare appointment every 3 months and has become a regular attendee of the Seated Exercise

Class too. Her daughter feels happy that her mum is getting some support with her feet, is now getting out more and making new friends.

How you can help.

As a small charity we rely on the support from individuals and organisations to continue our work to help people like Anne. Here are some of the ways that we use the kind contributions we receive:

£10 supports a meeting between a service user and a volunteer to provide footcare

£30 helps to cover the costs associated with delivering footcare appointments at our three Caring Soles satellite sites

£60 helps pay for recruiting volunteers and reducing waiting times for footcare appointments

£100 helps pay for the specialist training that we provide to Caring Soles volunteers

**If you would like to know more about Caring Soles, please contact us on
0131 357 1268 or 0131 357 1269**

*Names and some details have been changed to protect the privacy of our service users



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Support Our Caring Soles Service



If you would like to support our Caring Soles Service please fill out the form below and return to the Eric Liddell Centre via freepost.

I would like to help the Eric Liddell Centre by making a donation of:	<input type="checkbox"/> £10 <input type="checkbox"/> £60 <input type="checkbox"/> £30 <input type="checkbox"/> £100 <input type="checkbox"/> Other £
Name:	
Address:	
Post Code:	
Telephone:	
Email:	

Please send with your cheque made payable to 'Eric Liddell Centre' to:

The Fundraising Manager, Eric Liddell Centre, FREEPOST RSEH-ESBT-HAHL, 15 Morningside Road, Edinburgh, EH10 4DP.

You can also make a donation at www.ericliddell.org or by texting 'eric15 £10' to 70070 to make a £10 donation to us today.

Gift Aid

Make your donation go further at no extra cost to you. Gift Aid is a Government run scheme that allows us to reclaim the tax on your donation. For every £1 you donate, we get an extra 25p back, making your donation go further at no extra cost to you. Please tick in the box to Gift Aid your donation

- I am a UK tax payer and would like the Eric Liddell Centre to reclaim the tax on any qualifying donations I make until further notice. I confirm that I have paid an amount of UK income or capital gains tax equal to any tax reclaimed.

We would like to stay in touch.

We would like to keep you informed about our latest news, fundraising appeals and other events and plans for the Centre. We promise to keep your information safe and secure and we will never pass it on. You are free to unsubscribe or change your communication preferences at any time, just email: info@ericliddell.org.

We will not keep any details that are not necessary. If you would like more details about our Privacy Notice, please email: info@ericliddell.org and we will send you a copy.

May we contact you by: **Email** Yes No **Phone** Yes No **Post** (address as above) Yes No

Email address

If you have recently completed a similar return regarding your contact details, no action is required.

If you would like more details about how to become a Caring Soles volunteer, please provide your name and email address