

# Cystic Fibrosis support... making a difference since 2010



...because life is 4 living!

*Making a difference in the lives of  
young people with Cystic Fibrosis.*

♥ Bringing hope    ♥ Sharing burdens    ♥ Changing lives



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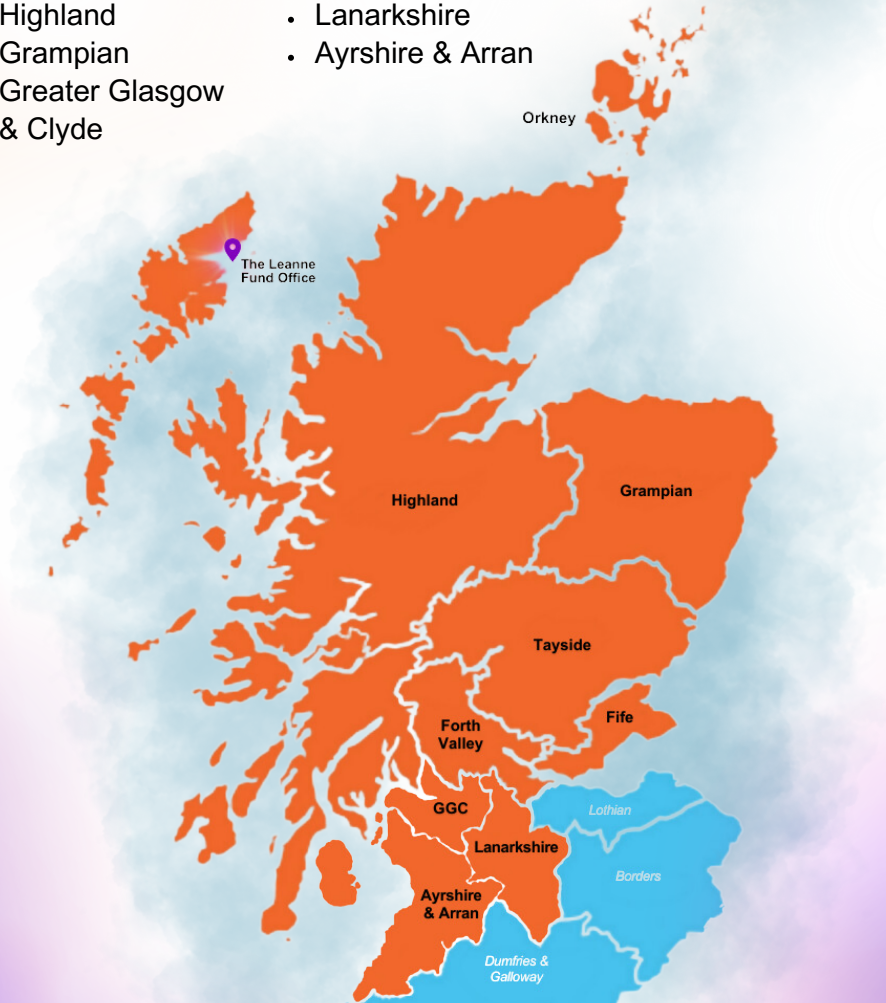
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# Areas we cover

- Western Isles
- Shetland
- Orkney
- Highland
- Grampian
- Greater Glasgow & Clyde
- Tayside
- Forth Valley
- Fife
- Lanarkshire
- Ayrshire & Arran



Working in partnership with regional NHS Cystic Fibrosis teams we are actively supporting individuals and families affected by Cystic Fibrosis in 11 NHS regions across Scotland.



# About The Leanne Fund

The Leanne Fund is the foremost Cystic Fibrosis support organisation in Scotland - bringing hope to those affected by the illness, sharing the burdens that CF brings, and significantly changing the lives of sufferers and their families through a range of social, practical, emotional, and financial support services.

From our remote office base on the Isle of Lewis, The Leanne Fund has grown and evolved to develop a range of support services which are centred around the needs of the CF Community.

Through our unique services of The Leanne Fund, children and young people affected by CF are able to access the support they need, whenever it is needed.



**There is no other Cystic Fibrosis organisation that provides the range of services we do.**

*The Leanne Fund was founded in 2009 by the Mitchell family as a lasting legacy to their daughter, Leanne, who died of Cystic Fibrosis aged 21.*

*Leanne was an incredibly special young woman, adored by her family and all who knew her.*





# Hello Little One

A little gift from us to you - Welcome to the World

Our Hello Little One baby box service provides support to families following their little ones Cystic Fibrosis diagnosis.

The boxes complement the government issued baby box, providing a range of essential items for both baby and mum.



You will find items such as vests, nappies, a sleeping bag, dummies, bibs, teething aids, toiletries and lots of other essentials to ensure baby, and mum, have everything they need.



# Hospital Transport Costs



The Leanne Fund can provide assistance with transport costs for pre-planned non-emergency hospital/GP appointments.

We are also able to assist with the cost of travel to other appointments eg transplant assessment visits.

For more information on how to arrange transport, please speak to your CF Nurse Specialist or contact our team directly.



# Pamper Hamper



We deliver hampers full of essential toiletries and snacks to children and adults who are spending time in hospital for IV antibiotics and other necessary treatments.

Each Pamper Hamper is lovingly put together by a member of our team and delivered to CF patients across Scotland on admission.

Our Pamper Hampers can help to relieve the stress of admission by delivering these essential items directly to your hospital bedside.

Hampers for children will include their favourite snacks and toiletries and also games/ books to help pass the time during lengthy hospital stays.



Your CF nurse will inform us of your admission and we will arrange for delivery of hamper.

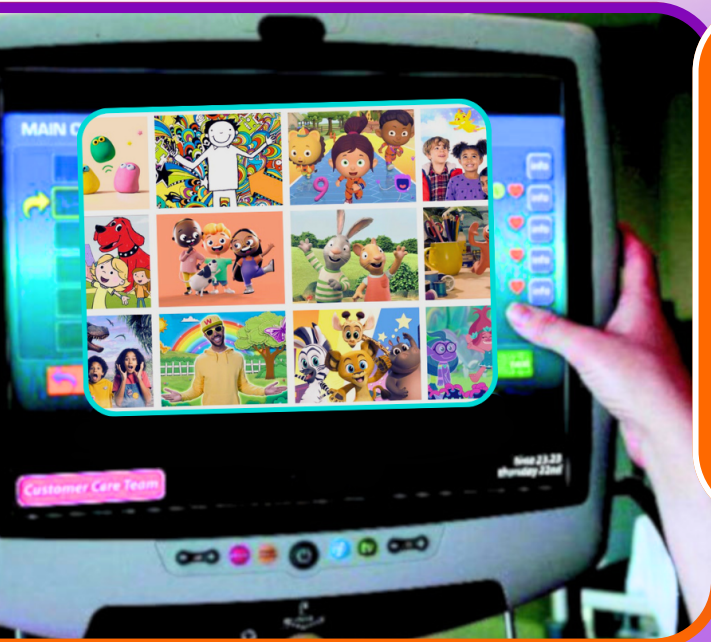




# TV Cards

Young adults with CF are frequently admitted to hospital for periods of up to 2 weeks at a time.

Unfortunately you must pay to use the bedside TV/internet services which can prove costly for a family over this period.



The Leanne Fund is able to help with the provision of TV/Media cards to offset these additional costs.

On admission, please ask your CF Nurse Specialist and they will be happy to supply cards (free of charge) during your stay.



# Clinic Care Packs



Our Clinic Care packs are made available to patients who have been required to fast for annual review or other procedures, or to patients who need a little pick me up.

A gift for you from everyone at The Leanne Fund

The care packs are created with the patient in mind. We have a variety of care packs to cater for all age groups which are filled with high energy treats. They are given to patients at the discretion of the dedicated CF Teams.





# Get Active



Through our 'Get Active' initiative we are supporting you with the provision of sport/fitness equipment or gym/sports club membership to help you improve and maintain fitness.

Sports equipment/memberships will be ordered by The Leanne Fund and delivered directly to your home address.

As part of this service and in conjunction with your CF Physiotherapy, you will also have individually tailored exercise programmes that are regularly monitored.

## How can I apply?

Get Active application forms are available from your CF Nurse/Physiotherapist who will be happy to help you complete the forms and will return it to us.

## WHAT CAN I APPLY FOR?

Children may apply for one of the following - Bike + helmet, Trampoline, Nintendo console with fitness games, Sports Club, Membership fees, baby activity gym, swimming lessons. Other sports equipment may also be considered.

Adults may apply for one of the following - Exercise bike, Treadmill, Road bike, Gym Membership, Wii Fit/Switch Ring Fit, Sports Club Membership Fees, Other sports equipment may also be considered.



# Body, Mind & Soul



**Mental health is a real focus for The Leanne Fund.**

Through our Body, Mind & Soul service which was introduced in 2021, The Leanne Fund can provide resources for you to encourage self help, reduce anxiety and/or stress, and to enhance your physical and mental wellbeing

Through a range of carefully selected items our Wellness boxes can help to lift your mood. Each box also contains tips and advice for taking care of your mental wellbeing.



If you or someone you know could benefit from one of our Wellness Boxes, please get in touch, or speak to your CF Nurse Specialist.



# Counselling & Mindfulness

We can all face times in our lives when we feel we cannot cope and it can really affect our day-to-day living. Things can become overwhelming.

Our Counselling service is available to individuals and families affected by Cystic Fibrosis.



A registered counsellor can listen with empathy, and help you deal with your thoughts and feelings, giving you hope that tomorrow will be better. The Leanne Fund can arrange for individuals with CF, parents and carers to benefit from confidential counselling sessions or mindfulness sessions without financial pressure.



## How do I access Counselling/Mindfulness?

If you are interested in using the Counselling service please contact us in confidence and we will be happy to arrange this for you.

The Leanne Fund will offer up to six Counselling sessions with review thereafter.

# Complementary Therapies



Complementary therapies take a holistic approach to care. This means you are supported as a whole person, incorporating physical, emotional and spiritual needs.

The Leanne Fund have partnered with a number of registered Complementary Therapy Practitioners to offer a range of therapies, free of charge, for those with CF and parents/carers alike.

Complementary therapies can be used to help you feel better and cope with having CF and treatment. Many complementary therapies concentrate on boosting relaxation and reducing stress, calming your emotions, relieving anxiety, and increasing your general sense of health and well being.



## **Complementary Therapies available:**

● **AROMATHERAPY** ● **MASSAGE** ● **REIKI** ● **REFLEXOLOGY**

If you are considering complementary therapy please discuss with your CF Nurse Specialist who will issue you with an application form. Usually up to six therapy sessions can be offered and then reviewed.

## **WHAT ABOUT PARENTS/CARERS?**

Looking after someone with a life-limiting condition has its own set of stresses. That's why we also offer complementary therapies to parents and carers. These are offered on a similar basis with application forms available from the CF Team.



# Families in Crisis

At The Leanne Fund we know first hand the stress that living with Cystic Fibrosis can bring. We offer a special grant to support families facing financial challenges as a direct result of caring for a family member who suffers from CF.



Our Crisis Grants are here to help individuals and families who need urgent support because of unexpected circumstances.

Grants are available to help with financial pressures for families when a young person must spend frequent prolonged periods in hospital.

Other circumstances will also be considered if detailed in the application form.

Please contact us in confidence, our team are here for you.

**Crisis Grants do not have to be repaid.**

# On the Move



Moving away to College or University or setting up home for the first time can be really exciting but it can also be extremely stressful and expensive.

We recognise that there may be additional worries for young people with Cystic Fibrosis and we want to do all that we can to help.

'On the Move' is an initiative to support young people who are setting up home independently for the first time.

The Leanne Fund can help with the provision of essential items i.e. fridge for storing medicines, help with heating costs, additional bedding, utility connection charges, help with travel costs etc.

## How to apply to On the Move

Please ask your CF Nurse Specialist for our application form.







# Leanne's Christmas Rainbow



Recognising the significance of special family times, we offer support through our Christmas Rainbow to help make Christmas extra special for young people affected by Cystic Fibrosis and their families.

Christmas can be an expensive time of year for families, no matter how financially secure they are.

For those on a tight budget, finding the extra cash to pay for Christmas treats can be difficult but through Leanne's Christmas Rainbow help is at hand.



We can offer supermarket vouchers towards the cost of your family Christmas meal.

Leanne's Christmas Rainbow application forms are available from your CF Nurse Specialist from 1 December.

# Special Treats & Experiences



For individuals and families living with a life-limiting illness, every moment deserves to be treated as special. The pressure of diagnosis and ongoing treatment impacts daily on family life.



By providing unique Special Treats and Experiences, tailored to your own specific needs, The Leanne Fund hope to provide a break from your everyday routine.



## HOW TO APPLY FOR A SPECIAL TREAT/EXPERIENCE

Please ask your CF Nurse Specialist for our application form today. Please include as much information as possible about the special treat/experience requested.

Remember, The Leanne Fund want to support the entire family and so it is permissible to include parents/carers and siblings in your special treat/experience.



*We want individuals and families to have the opportunity to make precious memories today that can be remembered and shared tomorrow.*



# Testimonials

*Hear from the families we support  
and the CF teams we partner with...*

- ♡ 'Hello, my daughter received a massive parcel today at the children's hospital. What a lovely surprise. She was overwhelmed at the kindness. So many lovely smelly things, foodie treats and craft things to keep her busy while she recovers. It brought a huge smile on her face and we haven't seen one of those for a wee while as she's been so poorly. Thank you so much for putting all those lovely things together for her and thinking of her. Its like Christmas has come early!'
- ♡ 'Many of our patients at one time or another have benefited from a Families in Crisis application. These applications we make on behalf of patients are processed with discretion and in confidence in such compassionate manner. Although the financial assistance is hugely beneficial to the individual receiving it, individuals and their families will comment on the kindness and consideration that The Leanne Fund has offered over a telephone conversation.'  
*CF Clinical Nurse Specialist, NHS Tayside*
- ♡ 'I just want to say on a personal note also thank you for everything you do for my family and continue to do to get us through this in our life. The Leanne fund is an exceptional charity and I'm so grateful for you.'
- ♡ 'On The Move – I cannot put into words just how grateful I am. Going independent was always a dream of mine, now with your help it has become a reality. I can make meals in advance now which means I get the correct goodness from my foods. Also, if my body is in pain I can't cook so having space for pre-made meals is such a help. That's just one example, I guess what I'm trying to say is thank you.'
- ♡ 'You go above and beyond every year and we thank you from the bottom of our hearts.'
- ♡ 'The Leanne Fund is an excellent resource for children, young people and families affected by Cystic Fibrosis. They always go the extra mile to provide caring, compassionate and timely assistance to families.'

*We value your feedback - it helps us provide  
the support which is right for you. ♡*

*The Leanne Fund aims to help young people with Cystic Fibrosis and their families create happy memories today, to be remembered and shared tomorrow.*



For more information please contact our team:

The Leanne Fund  
18 Bells Road  
Stornoway  
Isle of Lewis  
HS1 2RA

 01851 702020

 [theleannefund.co.uk](http://theleannefund.co.uk)

 [info@theleannefund.co.uk](mailto:info@theleannefund.co.uk)

SC041268



@TheLeanneFund

♥ Bringing hope    ♥ Sharing burdens    ♥ Changing lives