Trio take on Ben Nevis
Kevin McKidd lends his support

For the first six months, the safest place for me to sleep is in my cot in your room.

- Clear my cot
- On my back to sleep
- No teddies, pillows, cot bumpers
- Feet to foot
- Check the room temperature when I’m asleep
- 16 - 20º C

600°F in Cambuslang!

We would love to hear about any fundraising you have been organising, or if you would like to share Your Story, please contact us at contact@scottishcotdeathtrust.org.
Welcome

We’ve been busy since the last newsletter! Trust staff, along with our tireless army of volunteers, have been assisting at events; daily, evenings and weekends. Our Trust Ambassador, lain Robertson, has really thrown himself into raising awareness and funds. We had a wonderful start to 2014 with a brilliant charity Burns Night, followed by heat of a different sort as lain, along with many others, took part in this year’s First Walk.

We’ve been all over the country: delivering talks, working solo, with agencies and our stakeholders, helping to keep the Trust profile high across the country. The Trust is a really important point of contact for professionals who want information for themselves or for the families they are helping.

With so much fundraising going on, Lynne has been busy! Along with all the planned events, Lynne has been supporting families, attending their friends with their personal fundraising which means so much to them. As well as keeping up to date with thanking everyone individually for their support in raising money for us, Lynne is busy planning ahead for events to bring in vital funds. No two days are ever the same.

Angela is revising the rewards of our plea for apnoea monitors which have been loaned and not returned. There are still one or two out there, however. It is never too late to return them so someone else will benefit just as you once did from the peace of mind it can bring. The constant demand for monitors and the need to issue them around babies’ cribs is a daily event. In the interim period we do want to reassure you that whether you are seeking support for yourself, a family member or you are a professional wishing to refer a family onto the Trust you can continue to contact us in the same ways: by telephoning the office or calling/texting the support mobile number.

Shona, our new Finance Officer, has settled brilliantly into her new role. Shona loves anything to do with numbers! In a very short space of time Shona has got to grips with our systems (and all their foibles) and has found her feet really quickly. Although numbers may be her thing, Shona is a natural at speaking with anyone who calls in to the office. It really is a case of mucking in day to day, and Shona has now shown us that she can turn her hand to almost anything. Great for us, but I wonder if she may be regretting being so good at multitasking?

As well as saying a really big thank you to the staff, I want to thank the volunteers and everyone else who supports us each and every day. We do have small number of projects running just now which we need volunteers to help us with. If you have time to spare and want to help please do get in touch.

A fond farewell

Jim Gill and Dr Tom Turner resigned as Trustees at the end of March. Both Jim and Tom have served on the Scottish Cot Death Trust Board for many years, for which we give our heartfelt thanks. Dr Tom Turner will remain as interim chairman of the Trust’s Scientific Advisory Committee until his successor is appointed.

STOP PRESS: COMMUNITY SERVICES NURSE

Many of you will know Lynda Balthgate, our Community Services Nurse. Lynda began her post with us in February 2009, developing it into one which provides valuable support to families and education to professionals across Scotland. Lynda has made the post her own through her unwavering commitment to improve things for families and others involved when a cot death happens.

Lynda has accepted a new position as Service Manager with Stepping Stones for Families charity, based in Glasgow. We are sad that Lynda is leaving; however we are delighted for her. The skills she developed in her time here will greatly benefit the families she will work with in her new role. We wish Lynda every success for her future.

One important aspect of the Community Service Nurse role is providing information and support to families who are referred to the Trust following the sudden and unexpected death of their child. If you have concerns or questions about cot death or are concerned about what will happen now, please do get in touch. The support offered by the Trust will still be available to you. There are other dedicated Trust staff members who you can speak with and we also work with bereaved parents and other health professionals to provide a range of support.

The post will not be filled immediately as the Trust has a responsibility to seek the best person for the job and the recruitment process can take some time. In the interim period we do want to reassure you that whether you are seeking support for yourself, a family member or you are a professional wishing to refer a family onto the Trust you can continue to contact us in the same ways: by telephoning the office or calling/texting the support mobile number. If this was given to you by Lynda. You can email us or get in touch through Facebook.

Where has the time gone?

Having just retired as a Trustee and Executive Committee member of the Scottish Cot Death Trust, I would like to share some of my experiences with you.

It’s hard to believe it’s nearly 30 years since our daughter Lindsay died. Whilst the pain has eased, after all those years Lindsay is never far from our thoughts and tears can and do still flow as we think of what might have been’. Lindsay died in November 1979 (aged four months) and Elisabeth and I became involved with the Borders Cot Death Action Group shortly after it formed in 1980.

I first heard about the Trust when the editor of our local paper asked me what my thoughts were about the newly formed Scottish Cot Death Trust. My response was that I hadn’t heard about it. I bought the Scotsman newspaper to read an article about the Trust. Initially, I had serious misgivings – I was afraid of duplication of work and effort with the Foundation for the Study of Infant Deaths (now the Lullaby Trust) and so wrote a long letter to the Chairman, Professor Gavin Amiel, raising various issues. Much to my surprise I received a phone call from him explaining the rationale behind the Trust.

I was asked to present at the first Cot Death conference in Scotland (1988) and it was then I ‘thought, ‘why did I ever write that letter?’ However having put my head above the parapet, I couldn’t say no. Later that year I was invited to join an Advisory Group (now the Executive Committee). As I was in a unique position of being a serving police officer and a cot death parent, I wrote the Guide for Police Officers leaflet, based on my experience with the police officer involved when Lindsay died.

In 1991 I was delighted to be invited to join the Board of Trustees and there started my rather long period in office, where I have been known to ruffle a few feathers.

I was honoured to be awarded the MBE, for service to Lothian and Borders Police and also to the Borders Cot Death Action Group. I believe that this award recognised the work of the Borders Group in particular but also the Scottish Cot Death Trust. This recognition was further enhanced in later years by Hazel Brooke, Executive Director and Dr Angus Gibbon, then Chairman of the Trust, who also received MBEs.

In 2001, we felt that our involvement with the Borders Cot Death Action Group had gone as far as it could so Elisabeth and I resigned, although I continued my work with the Trust.

Over the years I have worked with many dedicated and professional people; fellow Trustees, Executive Directors, staff and volunteers. I have thoroughly enjoyed the successes and challenges – of which there have been plenty. When I first became involved, Hazel Brooke was the Chief Executive (and everything else) and I feel it is important to recognise her contribution to the Trust. Things have moved on since then – we are now fortunate to have dedicated staff including a Community Nurse, Fundraiser, Finance Officer and Administration all helping take the Trust forward.

What in my view have been the greatest successes?

No. 1 has to be the reduction in the number of deaths: the year Lindsay died there were 153, now there are around 40 per year – though this is still 40 too many!

I have no doubt that due to better staffing support for families has improved.

The Trust has undoubtedly provided better education for professionals and parents although I believe this is a continuing process.

The Trust aims are: 1. Fund research, 2. Educate public and professionals and 3. Support bereaved families. In my view, these are as relevant today as when first written. Their order of importance was clearly thought out and remains valid today.

In conclusion, we have a fantastic organisation, supported by tremendous people, which has achieved a huge amount and which I am very proud to have been a part of.

I wish the Scottish Cot Death Trust all the very best for the future.

Jim

News
**New Trustees**

We are delighted to welcome two new Trustees to our Board:

**Mr Adrian Lawrie**

Adrian is a retired Detective Chief Inspector with Police Scotland and served for thirty-seven years. During his career, Adrian mainly specialised in CID duties, investigating a broad range of serious crime.

For the last fifteen years of his service, Adrian specialised in child and adult protection and the management of registered sex offenders. His drive and commitment to public protection led him to membership on a number of Scottish Government groups including the Sudden Unexplained Death in Infancy reference group in 2010, which continued to the end of his service at the end of March 2014.

Adrian gained an MSC in Child Care and Protection from the University of Dundee in 2012 and continues to improve his skills and knowledge to protect vulnerable people from harm.

Adrian has a teenage daughter who is a competitive swimmer and Adrian and his wife are volunteer judges with Scottish Swimming supporting local, regional and national competitions and their daughter’s club.

**Dr Mary Ray**

Mary has been working in Paediatrics for the last 18 years. Mary is a General Paediatrician with an interest in rheumatology. Her role encompasses the care of children, dealing with their carers and parents, and training of junior doctors, nurses and other allied professionals. Mary is also a senior examiner for the Royal College of Paediatrics and Child Health. During these years, Mary has had experience of many families who have been bereaved with the loss of a child and the pain that goes with it.

Mary was on the Board of Trustees for CHAS (Children’s Hospice Association of Scotland) and its Vice Chairperson. Mary stepped down from the Board at CHAS in 2013 after 10 years.

---

**Regional Spotlight-Fife**

**Guy’s Charity Burns Night**

A huge thank you and well done to Guy Cowan and Iain Robertson (and all their team) who put together a truly fantastic Burns Night on the 25th of January at SWG3 and raised a tremendous £14,500 in aid of the Scottish Cot Death Trust.

The night, hosted by Tam Cowan, had all the traditional elements, such as the haggis being piped out, the address to the haggis, the Selkirk Grace etc. Many Scottish actors, writers, comedians and musicians gave performances on what proved to be a very successful night – were he still here, the bard would surely have mightily approved!

Special thanks also to: Becky Millen who shared her family’s experience, since the death of their son Milo 4 years ago.

All the volunteers who came along to help set up, serve, clear up – for basically rolling up their sleeves and pitching in – we couldn’t have done it without you!

---

**Family Fun Day**

On Sunday 8th June, ‘The Bouncy Castle Man’ (Ashley Duncan), has arranged a Family Fun Day from 12-6pm at Elgin Hotel, Charlestown, by Dunfermline, to help raise awareness and funds. There will be dozens of bouncy castles, inflatable slides, inflatable obstacle courses, giant sumo wrestling outfits and much more... For the bigger kids amongst us there are bungee runs, adult assault courses and gladiator jousting. Wee ones and big kids too just love to bounce! A £5 wristband equals a whole day of fun.

**Fire walk**

On Saturday 14th June, join us for a fire walk at McKane Park, Limekilns Road, Dunfermline, KY12 7XA – an opportunity to take on a challenge, have great fun and raise funds too! Fire walking involves walking barefoot across glowing embers at 600-800 degrees Fahrenheit.

If the weather means we need to rearrange, Ashley will keep everyone posted on his Facebook page (thefouncycastlemanscotland).

---

**Early Years Education**

There are thousands of childcare providers across Scotland, each with a responsibility to ensure that babies and young children in their care are sleeping in the safest way possible.

Private nurseries and child minders are inspected against specific criteria to ensure that they are following safe sleep advice provided to the Care Inspectorate by Scottish Cot Death Trust. We:

- Provide free safe sleep advice to child care providers
- Provide an information booklet
- Visit nurseries to deliver talks

With such a large number of nurseries to cover with our staff and volunteers, we have begun to look at ways to reach more providers.

It’s impossible for us to reach all nurseries in Scotland individually. We hope to work with nursery managers and child minder coordinators region by region in order to reach this professional group. To pilot this, we delivered a workshop day in Fife, with nursery managers then cascading the information to their staff.

---

**Raising Awareness**

Local man, Stuart Allan, will be walking 117 miles around the beautiful Fife Coastal path from Newburgh to Kincardine Bridge between Thursday 5th and Sunday 8th June. The path will take Stuart past many local businesses and, in addition, each regional library, theatre and leisure centre will have been informed about the walk, the work of the Trust and the importance of the charity for local families we support. We’d love to get 117 businesses to support us.

In addition to Stuart’s 117 mile walk, the Trust has arranged:

**The Bouncy Castle Man**

A truly life changing opportunity. It is only £10 to register and we ask that you raise a minimum of £100 to help save little lives. Local power drumming band Resonate will add even more energy to the event (look out for Lynsay, Executive Director, with her huge drum).

How you can help:

We hope families from Fife and beyond will come along for the fun events planned and support anyone taking part in the planned activities. Tell your friends too!

If you are interested in helping out with awareness raising, would like to join a local support group, register your nursery for a Welly Waddle or register yourself for the Fire Walk; call us on 0141 357 3946 or email contact@scottishcotdeathtrust.org

We’d love to hear from you!
2013 SUDI Summit

The Trust organised the first national SUDI Summit, in Edinburgh on the 13th November 2013.

The aims of the day were to:
• identify best practice in responding to SUDI cases, especially in relation to a consistent approach to families  
• identify action that could be taken to potentially reduce the number of deaths  
• build reciprocal awareness/understanding of the different professionals responsibilities in relation to SUDI  
• identify any scientific findings from the reviews that may inspire further research

The Trust plays a pivotal role in bringing professionals together and forming and sustaining important professional networks. Whilst the initial idea stemmed from discussions at a national working group, the Trust agreed to take responsibility for the Summit. One of our volunteers sourced generous funding from two funeral directors, and the Co-operative, and, as such, the event was cost neutral to the Trust. The Trust has, in the past, been a link for SUDI families’ experience. Interesting Q&A session at the end

“SUDI/SCDT should come out from centre and support professionals locally.”  

“Excellent event- hopefully the first of an annual cycle, great opportunity for networking, myth busting and collegiate support”

The multidisciplinary programme was the most beneficial part of the day, as well as the opportunity to network.

“The multidisciplinary nature of the event helps us understand what families’ experience. Interesting Q&A session at the end”

SUDI/SCDT should come out from centre and support professionals locally.”

“SUDI SCOT should come out from centre and support professionals locally.”

“Excellent event - hopefully the first of an annual cycle, great opportunity for networking, myth busting and collegiate support”

“Interesting tension between desire for consistency intimated by professionals and a sense that families require flexibility intimated by one of the speakers”

86% of delegates who responded rated the Summit very relevant or extremely relevant to their work. It was positive to hear that we did attract the right audience and that the day met their professional needs. 86% of delegates responded that the speakers were knowledgeable.  

“Informative Day. Excellent speakers”

“I found case histories a good way of picking up learning points”

Comments in general were that the speakers had a good knowledge of the subjects covered and that it was helpful and realistic to have the professionals’ panel discussion by those who had experienced a SUDI Review but who were perhaps not all experts in the process. There were specific comments that the panel discussion about Reviews was particularly enjoyable and/or beneficial.

We received comments that there should have been more input from the Procurator Fiscal, Police and Pathologist.

“Focussed on health involvement mostly”

Delegates were asked if they would have liked anything else added to the programme. The key themes were:
• More input from the Police and pathologist.
• More practical aspects covered when professionals respond to a SUDI, such as what parents can or cannot do - Can they hold their baby? How do others approach the SUDI data form?
• Discussion about risk factors and how to minimise these.

Delegates requested that more case studies be discussed and that professional response and support to families in complex cases with child protection elements should be explored in more depth.

“Only looked a short process i.e. following death. Human element e.g. impact on professionals not really addressed”

The Trust was keen to provide a strong family voice within the programme. As well as presenting the work from the Family Voices survey conducted in 2011, a video (played by actors) showed a couple’s story of pregnancy, birth, adjusting to life with a new baby and then the devastation of their baby dying suddenly and unexpectedly. The video had a mixed response.

“Input from a family who have suffered a SUDI would have been more impactive, although I accept this would be hugely difficult to achieve”

We had left it was not appropriate to bring families into the meeting but this could be explored for future events, although it is recognised by both professionals attending and those who organised the event that, in practice, this may be very difficult to achieve.

Delegates commented that there was insufficient time for networking. The overall programme was busy with no time for breakout sessions for groups to have in-depth professional discussions.

“Very limited time. Probably focus groups could have been more opportunistic to network”

“Does the day need to be longer to allow everyone a chance to achieve what they wanted?”

“More information needs to be disseminated to Health Visitors - key professionals for under 5s and families”

We asked what motivated them to attend the meeting - delegates responded saying that SUDI was directly related to their work and that they had a desire to improve systems within their work area or their own personal knowledge so that families could be better supported.

“We sought feedback from those who attended the event and received many helpful comments. The multidisciplinary programme was the most beneficial part of the day, as well as the opportunity to network.”

“Firm was excellent”

“As a paediatrician working in acute paediatrics, I have faced SUDI and was not aware of the process in detail so to improve my knowledge”

“I deal with parents/ families who have lost their children in the Emergency Department. I wanted to make sure our practice was good practice”

97% of delegates said they would attend another Scottish Cot Death Trust event. Scottish Government have requested we arrange another summit for November 2014. We are currently working with other key stakeholders to define the aims for this year’s meeting and bring together a draft programme for our save the date coming soon!!

Andrew’s Rainbow Update

Our fundraising for Andrew’s Rainbow is off to a flying start... Thank You!

Kinross-shire Round Table 814 celebrate their 50th Charter and support Andrew’s Rainbow

Thank you to the Kinross-shire Round Table for their kind donation of £1000 towards our sibling resource, Andrew’s Rainbow. A great night was had, with a few sore heads experienced in the morning!

A successful night at the Dragons’ Den

Wilma Corragher took on the Dragons and won - adding another £3000 to make Andrew’s Rainbow a reality. Thank you to the Dragons (aka the Dunterminale Round Table) for inviting the Trust to pitch for a donation!

Visit www.facebook.com/AndrewsRainbow for updates and to find out more.

Donations can be made at: www.justgiving.com/AndrewsRainbow.

Focus Groups

We’re looking for families to be involved with Andrew’s Rainbow, as this would help come from many experiences of families whose baby died last night. We would love you to take part in our focus groups, please call us on 0141 357 3946 or email contact@scottishcotdeathtrust.org to find out more.

Scottish Cot Death Trust Spring Newsletter 2014
Our Services

Befriender Service

Very few people will really understand what families have to cope with after the sudden, unexpected death of a child and just how difficult it is to come to terms with losing a child this way. You would never wish for your friends or colleagues to fully understand these feelings themselves but it can leave you feeling you have few options for people to talk to.

Talking to others who have been there too can be a great means of support and help. The Scottish Cot Death Trust can help put you in touch with a Befriender - someone who has lost a child to cot death and can understand the devastation and grief you are experiencing.

What is a Befriender?

A Befriender is someone who has suffered a similar loss and feels ready to offer support to others. Their role is to offer support and listen to the person who has experienced loss. There's no time limit on when to ask for a befriender - some people may want that type of support straight away, for others, this may come later. A Befriender can be offered during any part of the bereavement process – for others, a Befriender can provide support during the initial stages of their grief, while others find particular anniversaries difficult to manage and may request a Befriender during this period. Befrienders can also be there for other close family members.

How do I access a Befriender?

The Trust can offer a Befriender to anyone who has suffered the sudden and unexpected loss of an infant or child. During the initial home visit, the Befriender service will be discussed and this can then be accessed as and when required. The Trust staff helps to match Befrienders to Befriendees. You may initially feel that it would be difficult to speak to other families, you might feel like you won't fit in, that your story isn't the same as others – you're not alone in thinking this and talking to one another can help a great deal.

Whenever you feel it's the right time for a Befriender, you can get in touch with the Trust by calling 0141 357 3946, emailing contact@scottishcotdeathtrust.org or by contacting us through our Facebook page.

Befriending can happen in various ways – mainly through face to face, texting, phone or email, but can also be face to face. As the Trust covers the whole of Scotland, it may be that the Befriender and Befriendee can be a great distance apart.

How do I become a Befriender?

If you're interested in becoming a Befriender, please get in touch and we can keep you updated with information about any upcoming training days. The Befriender service provides an invaluable opportunity for bereaved families to talk to someone who can truly understand the loss and devastation felt. The Scottish Cot Death Trust would like to thank all those who volunteer to give their time and support to other bereaved families across Scotland.

Being a Befriender: Fiona's Experience

When we lost Grant almost 7 years ago, we just couldn't stop asking why… Why did this happen to us? Why did our healthy baby die? Why is there no explanation? Why were the police so heavily involved? Why has our family been ripped apart?

Of course we were not alone, but at the time we didn’t realise that. We had no previous experience of cot death and certainly never expected to have to go through this agony ourselves.

There was a collection at Grant’s funeral to raise money for the Trust, so this prompted me to make early contact with the office and I was visited by Michelle who was the Bereavement Support Worker at the time. She told me about the services that the Scottish Cot Death Trust offered and suggested that I might like to think about being put in touch with a befriender. I must admit that I was hesitant at first as I didn't feel I could talk to anyone about what had happened and felt that no one could possibly understand how I was feeling and what I was going through. How wrong I was – getting a befriender was such a huge turning point for me. Suddenly I realised that we were not alone. Very sadly, there were many families having to go through this pain and grief and still living with it every day.

My befriender had lost her daughter and whilst it was a good number of years earlier, she had experienced the tragic horror of cot death and therefore could fully empathise with me. She understood how I was feeling and made me feel secure in that - how I was feeling was okay and perfectly normal. Sometimes you just need to hear from someone. I also realised that life would get better.

Obviously the pain would never go away but we learn to live with it and Grant would always be a huge part of our lives. Such pain and uncertainty started to get a bit better. It is amazing how much better you can feel just being able to talk to someone who understands. I also found my befriender helped me enormously when I fell pregnant again as I needed someone to talk to about my anxiety and how to cope with the situation.

Befriending is a very valuable service offered by the Trust and it has helped me so much.

I knew that I wanted to offer something back so when I felt the time was right, I participated in a Befrienders Training Course. I don’t think there is ever a right time to do this and start being a befriender but I felt that I was ready to try to help others. Since then I have befriended many bereaved mums and I hope that they have found it useful to be able to talk to me. I am happy to befriend in any way that the parent wants but, to date, most of my befriending has been done via email, text or Facebook. I have met some of the mums but this has been after a period of time. One of the challenges can be distance. It is always possible to meet up personally. Having said that, good relationships can be built up via email and such like. Some people prefer this method of communication as there is less pressure, e.g. you can take your time when writing an email and an instant response isn’t necessary.

The level of befriending can vary – some people want a lot of contact whilst others don’t – perhaps just the one message is enough. I feel very privileged to have spoken to so many bereaved mums and for them to trust me with their stories. Befriending can be very hard work – sometimes you just don’t know what to say but I guess as we share our experiences, everything we do say is the truth and that in itself is so helpful. Sometimes it can be very upsetting but personally I find being a befriender very rewarding. I have had so many mums say thank you to me and it is really nice to hear. I am not doing anything as such but just...
Smoking Cessation

Smoke Free Homes

One mum recently contacted us for advice about second-hand smoke. Kelly asked:

Second Hand Smoke

There has been a great deal of information published recently aimed at reducing children’s exposure to second-hand smoke. We want to raise awareness of the key messages relating to second-hand smoke, which aim to help parents to protect their children from the hidden dangers.

Scottish Government has launched a new campaign focusing on taking smoking “right outside”. For a number of years, the message was not to smoke in the same room as a baby or child; however, new guidance recommends that children should not be exposed to smoke anywhere within the home or car. The clear message now is that if you really cannot stop smoking then smoking needs to be taken “right outside” the home.

Every time you smoke, you breathe out second-hand smoke. Second-hand smoke contains more than 4,000 toxic chemicals. The particles are so small (85%) of them are invisible and colourless; they drift easily as you move through the house and open doors. Children inhale twice as much household dust as adults because they breathe faster. They will therefore breathe more of the toxic chemicals in from the second-hand smoke.

We used to see people smoking near or leaning out of open windows because they believed it helped to prevent children from breathing in second-hand smoke. This doesn’t protect your family: second-hand smoke hangs around for up to 5 hours after the last cigarette was smoked; these chemicals will drift all through the home. Wherever your child is, they will breathe in these harmful chemicals. Take it right outside.

For your kids’ sake, don’t smoke indoors.

Smoke-Free Cars

Smoking in the car, even with the window open, creates dangerous levels of toxins in under 60 seconds.

Here’s why:

• The inside of your car is such a small space that the harmful chemicals in your second-hand smoke get to dangerously high levels very quickly.

• Children breathe faster than adults, their immune system not fully developed, so those harmful chemicals do them greater harm.

• The toxins settle on car seats, door handles and carpets, so your child can pick up these chemicals through touch too.

For more information go to - www.rightoutside.org

By taking smoking “right outside” you’ll be doing as much as possible to prevent second-hand smoke from entering your home. For advice and support to stop smoking, visit www.cancertobaccofree.org.

For your kids’ sake, keep your car smokefree.

The Challenge of Quitting

Circumstances can mean it’s difficult to quit, so it’s important to have the support of family and friends. Health workers can encourage the whole family to provide a tobacco-free bubble around the unborn baby.

It’s physiologically tougher for pregnant women to give up smoking because changes in metabolism mean the speed at which nicotine leaves their system can increase by 65%. Those lowered nicotine levels increase the desire to pull on a cigarette.

Smoking patterns during pregnancy are also affected by fluctuating hormone levels which alter the sense of smell and taste. This can prompt some women to quit spontaneously but can also be a cue to start again when hormonal balance is restored after birth.

For some people, smoking is a way of taking a break from daily problems, of dealing with stress and responsibilities of caring for others and as a way of controlling emotions. Those lacking supportive people around them may face additional parenting challenges and, in isolation, say they smoke to relieve anxiety and depression. However, research shows that quitting tobacco can improve mental health and be a positive step in tackling stress, anxiety and more challenging issues such as depression.

Help to Quit?

Nicotine replacement therapy (NRT) is one way to quit if willpower alone isn’t working. The risk to the unborn baby from smoking outweighs any potential adverse effects of NRT. It’s a safer alternative because mum and baby are exposed to just one chemical instead of the thousands found in cigarette smoke.

According to the Health Scotland Smoking Cessation Guidelines, intermittent forms of NRT, such as lozenges or gum, are preferable to continuous forms such as patches but a patch may be better if the woman is suffering from nausea and vomiting. Pregnant women using nicotine patches are advised to take them off before going to bed to avoid absorbing the drug overnight.

Stopping smoking in the first three months of pregnancy reduces the risk of low birth weight, one of the risks associated with cot death and quitting at any point during pregnancy brings health benefits.

Free Support to Stop Smoking

There’s a much better chance of giving up if you have support. Support is available through the local doctors’ surgery, by contacting Smokefree on 0800 84 84 84 or at www.canterbysmoking.com.

Many pharmacies and chemists can also offer advice and support. The pharmacist can identify the most suitable nicotine replacement therapy and some pharmacies run NHS-funded Stop Smoking services. ASH Scotland also has information on tobacco use and pregnancy: www.ashscotland.org.nz/media/3837/Tobaccoadvisepregnancy.pdf

Action on Smoking & Health (Scotland) (ASH Scotland) is a registered Scottish charity (SC010412). For more information visit www.ashscotland.org.uk.
Fundraising

Walking over hot coals

Over 50 people gathered at The Sun Inn in Cambuslang on the 28th of March to walk over hot coals to raise vital funds for the Scottish Cot Death Trust.

Special thank you to Gemma, Lesley, Kirsty and Laura from Woodlands Nursery who helped recruit many eager firewalkers and collected loads of fantastic raffle and tombola prizes!

We are still collecting sponsorship money, but have already reached £10,000!!!

Firewalking involves walking bare foot across glowing embers at 600-800 degrees Fahrenheit – an opportunity to overcome your fears! There is nothing to fear but fear itself.

Upcoming Firewalk Events:
Ric: 14th June & Kinross: 12th September
If you would like to find out more about either of these events, please contact the Trust office.

We are also hoping to organise events in Aberdeen and Edinburgh very soon!!

Thank you to Gemma, Lesley, Kirsty and Laura from Woodlands Nursery who helped recruit many eager firewalkers and collected loads of fantastic raffle and tombola prizes!

Thank you to

Broughty Bowling Club
Thank you to Broughty Ferry Bowling Club who raised £1500 by holding a race night. The social committee decided to donate the proceeds of their charity race night to the Trust, following the death of Niamh Mulholland. David and Andrea are members of the club and Niamh, who passed away on 17th October 2013, aged just 7 and a half months, was their great niece.

Our volunteer, Wilma Carragher, kindly collected the cheque on behalf of the Trust.

Thank you to

Seussical – The Musical
A cat in a hat, an elephant loyally guarding an egg and people so small they can comfortably live on a clover. Welcome to the magical world of Dr. Seuss.

The work of the popular American children’s author was brought to life in spectacular fashion at Falkirk Town Hall in February by the Big Bad Wolf Theatre Company and our fundraiser, Lynne, was invited along to enjoy the show! The Trust was chosen to benefit from their retirament collection, (which took place after each performance) in memory of Cameron Graham, who passed away in June 2013. Cameron’s dad, Jonathan, is the Musical Director at Big Bad Wolf. The show was simply superb – well done to all involved!!

Thank you to

Running & Walking Events
Take part in a Running (or walking) event – we will provide you with all the fundraising materials (and support) you will need.

Here are just some of the events coming up this year:

10K for Men (Glasgow) - 15th Jun. 2014
Loch Ness Marathon - 28th Sept. 2014
Bank of Scotland Great Scottish Run (10K & Half Marathon) - 5th Oct. 2014
Big Fun Run Glasgow - 11th Oct. 2014
Big Fun Run Edinburgh - 12th Oct. 2014

Or choose from many of the local runs happening throughout Scotland!

Contact us for more information about joining the Scottish Cot Death Trust running team.

Good luck to

Lorraine Thompson’s son Alistair, passed away on the 8th of February 2013 – 2 months before his second birthday. Lorraine is taking part in the Big Fun Run in Edinburgh in October and has already raised £1400 – good luck Lorraine!

Remembering Isla
Isla Brash passed away on the 16th of August 2013, aged just 14 months – Isla’s family have so far raised over £4,500 in memory of their beautiful daughter. Isla’s parents, James and Michelle, set up a Justgiving page and have been touched by the donations made in her memory. James took part in this year’s Edinburgh Half Marathon and his brother-in-law John Wilkinson took part in the full marathon.

Thank you also to Magheragall Parish Church in Belfast who donated £1050 in Isla’s memory – Isla’s grandparents are members of the church and the Trust are extremely grateful for their support.

Running & Walking Events
Take part in a Running (or walking) event – we will provide you with all the fundraising materials (and support) you will need.

Here are just some of the events coming up this year:

10K for Men (Glasgow) - 15th Jun. 2014
Loch Ness Marathon - 28th Sept. 2014
Bank of Scotland Great Scottish Run (10K & Half Marathon) - 5th Oct. 2014
Big Fun Run Glasgow - 11th Oct. 2014
Big Fun Run Edinburgh - 12th Oct. 2014

Or choose from many of the local runs happening throughout Scotland!

Contact us for more information about joining the Scottish Cot Death Trust running team.

Thank you to

Craig Cuthbertson, pictured here with his daughter, Anna, completed the Grangemouth 10k on the 6th of April in memory of Cameron Graham.

Thank you to

Vikki Mearns ran the London Marathon in memory of Layla Louise and as part of April’s Angels London Marathon.

Thank you to

Ben Nevis Climb
Actors Kevin McKidd, Iain Robertson and film set chef Guy Cowan tackled Ben Nevis in May to raise funds for the Scottish Cot Death Trust. Iain is taking his role as Ambassador very seriously and enlisted the help of his good friends Kevin and Guy to help him raise not just funds, but awareness.

The trio began at the Ben Nevis Visitor Centre and set out on the Mountain Track route - enjoying a delicious picnic at the top. Their challenge attracted fantastic media coverage for the Trust and we are extremely grateful to Kevin McKidd for taking time out of his busy schedule to show his support.

The total currently stands at £3800 and you can still donate at www.justgiving.com/SCOTBenNevis.

Kiltwalk
Would you like to be part of this year’s Kiltwalk?
Anyone can take part – men, women, children, old and young, fit and... less fit!

There are 3 distances to choose from: 26 miles, 13 miles and 10km.

Each distance receives the same Kiltwalk resources and support. Would you like to be part of this year’s Kiltwalk?
Anyone can take part – men, women, children, old and young, fit and... less fit!

There are 3 distances to choose from: 26 miles, 13 miles and 10km.

Each distance receives the same Kiltwalk resources and support.

If the Trust has enough people who are interested then we can enter as a team.

Check www.thekiltwalk.co.uk to find your local event.

Ben Nevis Climb
Actors Kevin McKidd, Iain Robertson and
film set chef
Guy Cowan

thanked Ben

in May to raise funds for the Scottish Cot Death Trust. Iain is taking his role as Ambassador very seriously and enlisted the help of his good friends Kevin and Guy to help him raise not just funds, but awareness.

The trio began at the Ben Nevis Visitor Centre and set out on the Mountain Track route - enjoying a delicious picnic at the top. Their challenge attracted fantastic media coverage for the Trust and we are extremely grateful to Kevin McKidd for taking time out of his busy schedule to show his support.

The total currently stands at £3800 and you can still donate at www.justgiving.com/SCOTBenNevis.

Kiltwalk
Would you like to be part of this year’s Kiltwalk?
Anyone can take part – men, women, children, old and young, fit and... less fit!

There are 3 distances to choose from: 26 miles, 13 miles and 10km.

Each distance receives the same Kiltwalk resources and support. Would you like to be part of this year’s Kiltwalk?
Anyone can take part – men, women, children, old and young, fit and... less fit!

There are 3 distances to choose from: 26 miles, 13 miles and 10km.

Each distance receives the same Kiltwalk resources and support.

If the Trust has enough people who are interested then we can enter as a team.

Check www.thekiltwalk.co.uk to find your local event.

Kiltwalk
Would you like to be part of this year’s Kiltwalk?
Anyone can take part – men, women, children, old and young, fit and... less fit!

There are 3 distances to choose from: 26 miles, 13 miles and 10km.

Each distance receives the same Kiltwalk resources and support. Would you like to be part of this year’s Kiltwalk?
Anyone can take part – men, women, children, old and young, fit and... less fit!

There are 3 distances to choose from: 26 miles, 13 miles and 10km.

Each distance receives the same Kiltwalk resources and support.

If the Trust has enough people who are interested then we can enter as a team.

Check www.thekiltwalk.co.uk to find your local event.
Organise your own Afternoon Tea

Pop the kettle on, raise a cup, pick up the phone and raise vital funds! Support the work of the Scottish Cot Death Trust by hosting an Afternoon Tea! We will provide you with all the information, support and materials you will need to organise your own fabulous event.

Invite your friends, family and colleagues to a Tea Party, or similar event (cocktail party, garden party or children’s party), where you can all get together, enjoy delicious treats, and in return, your guests make a donation. Your event can be as simple or elaborate as you want and be for 5 or 300 people.

Contact the Trust to register for your free pack now.

Challenge Events

Skydiving
If you are interested in taking part in a Skydive, please check out the following websites: www.skydnesbenva.co.uk www.skydnesbenva.co.uk

We can provide you with all the fundraising support you need.

Support us by selling Trust merchandise

You can support the Trust by selling merchandise on behalf of the Trust or approaching a local organisation to support us - perhaps your place of work.

We supply Little Star pin badges, wristbands and trolley token keyrings on a sale or return basis, so no money is required in advance.

You can also buy our merchandise direct at: www.scottishcotdeathtrust.org/shop

Support

My Story

On the 15th of July 2012, our wee Scotty was born - three days late. Scott James O’Sullivan Jr made mummy and daddy so happy. He was a healthy baby boy weighing 8lbs3oz and he was bright and alert looking around the labour suite when he was just seconds old.

The days that followed were brilliant; he had made such an impact on everyone’s life with his lovely wee face and his beautiful bright blue eyes. He was so perfect, a special gift from God as I now know. He was the first boy in the family for a long long time and in my mum’s family he was the first boy ever! Everyone had been over crowded with little girls when Scott came along. Daddy had always wanted a wee boy and after having two girls to a previous relationship his dreams had also come true. A boy he could finally name after him to keep the family name going.

The night before tragedy struck, I remember sitting Scott on my lap and taking photographs of him in his bunny pjs and he was staring right at me, it made me so happy to know someone so little loved me so much. I had really just started getting into the swing of motherhood, my tiredness was sorting itself out and I had my appetite back. Things were great.

Exactly a month after Scott was born, I awoke to find Scott in our bed, not breathing. I shouted on my partner to wake up and he soon had Scott on the bed giving him mouth to mouth trying to get him breathing again. He was shouting at me to call 999 but I couldn’t remember how to with the shock, so I went next door and got our neighbour George. George came in and took wee Scott from daddy and the next thing I knew the whole close was out trying to help. The man upstairs was a retired paramedic and he was on the phone to the NAG getting instructions what to do with Scott. We got to the hospital after what felt like an eternity in the ambulance. The ambulance men were great, they tried so hard for Wee Scotty. Once we were at Yorkhill Hospital, the doctors managed to get Scotty’s little heart beating again, words can’t describe the relief I was to hear the words, “His heart’s beating on its own”. Only to be a false sense of hope. They kept Scott on life support for 48 hours doing tests, basically just giving him a chance at life even though we had been told at the start there was a 99% chance he’d die due to no oxygen getting to the brain. He was brain-dead and with this the doctors told us in a sense he was already gone. His brain had given up and he couldn’t breathe on his own.

That day was the worst day of our lives, when we had to decide when to turn off the life support machines, it was impossible. We told the doctor to just do it when they wanted as we were never going to be ready to say goodbye to our beautiful baby. We took prints of his hands and feet for ourselves and close relatives which was a special moment and will stay a very important moment in our life.

On Friday the 17th August at 21.40, Scott was taken off his machines and placed in mummy and daddy’s arms where he fell asleep peacefully. We sat with him for a wee while wishing things were different before we decided it was time to leave the nurses to do what they had to do. That night, when we got home, it was horrendous. I never knew what grief was like until I was alone in the kitchen and I broke down. My arms were aching to hold him and I couldn’t stop screaming. Knowing I had to plan the next week was a horrible thought and I knew it had to be for my gorgeous Angel. We had him home the night before we said our final goodbyes, he looked so peaceful and cute just like he always had. We made sure he had lots of lovely little bits and bobbs in his little bed to keep him company. The service was beautiful
The ‘Reduce the Risk of Cot Death’ leaflet, produced in partnership by the Trust, Scottish Government and Unicef, still remains an important resource for essential advice – and this Easy Read Guide is not designed to replace it - but we hope that the information will give parents a prompt or reminder of the fast facts needed to ensure a baby is always put safely down to sleep, during every nap, day and night.

The BLUE front provides clear information about safe sleep practice, highlighting the really important messages –

Ensure a baby is placed on its back to sleep, only the baby is in the cot or moses basket - nothing else: no cot bumper, no teddies, no pillows - 'just me!'

Babies should be placed ‘feet to foot’, with blankets tucked under their arms and away from the face.

Room temperature should be checked and remain within safe limits of 16-20 degrees celsius.

The RED side highlights warning areas. Every year, very sadly, a number of babies are found to have died whilst sharing a sleep surface – which may be a couch or adult bed - with an adult. The safest place for a baby to sleep is in his or her own cot or moses basket in the same room as an adult. Co-sleeping (sharing a bed with a baby) becomes even more dangerous when parents smoke, have recently drunk any alcohol or taken medication or drugs that make you more sleepy and less able to respond to your baby.

The leaflet highlights that car seats are designed for travelling and not for a baby to sleep in for long periods of time. The maximum time in a car seat is TWO hours. Anyone doing the school and nursery run and popping in to the shops will know that two hours can pass so quickly. Think about when you get home - place your baby into their cot or moses basket before unloading any shopping. A cot or moses basket provides a safe environment for a baby to sleep. The mattress is both FIRM and FLAT - essential elements to help reduce the risk of cot death.

We hope you like the new ‘EASY READ’ leaflet. If you can help make these leaflets available to expectant or new parents, please get in touch. Let us know what you think too!