



Thank you and hello

Thanks to everyone who continued to support The Kirsten Scott Memorial Trust (KSMT) during 2015/16 – particularly those who fundraised on behalf of the Trust or made a donation. We are a small charity and are super grateful for your help 😊.

This newsletter provides you with a snapshot of our recent activities and the people that we have been able to support in the past year, through the allocation of grants. Our grant recipients this year include medics and midwives, musicians and artists, windsurfers and canoeists, and more. What they all have in common is talent, enthusiasm and a spirit for adventure. Read on for details, and also information about an exciting upcoming event: the 2016 KSMT ceilidh, taking place in Edinburgh on Saturday 29 October 2016.

www.kirstenscottmemorialtrust.com

The aim of KSMT

The aim of KSMT is to provide financial support to young people, aged 26 and under, in order for them to fulfill ambitions, enhance their personal development, and make a positive contribution, either at home or overseas.

We hope that beneficiaries will be able to enjoy rich new experiences which they would otherwise not be able to undertake, and in doing so, create a fitting legacy for Kirsten.

KSMT considers applications across a broad range of areas – including, but not limited to – the arts, sport, exploration and travel, volunteering, community projects, and educational development. Trustees meet quarterly (Jul/Oct/Jan/Apr) to discuss applications.

If you, or someone you know, are aged 26 or under, and would like to apply, please visit www.kirstenscottmemorialtrust.com where you can download an application form, or email kirstenscottmemorialtrust@gmail.com.



Kirsten on holiday in Sicily in July 2011

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KSMT fundraising ceilidh

SAVE THE DATE, dust off your dancing shoes, sporrans, and best tartan, because the 2016 KSMT fundraising ceilidh is due to take place on **Saturday 29 October 2016** at Assembly Roxy Central in Edinburgh.

Following the success of the two previous KSMT ceilidhs in London, we are heading north of the border for our latest event. Friends of the Trust, old and new, are invited to join us for a night of revelry and dancing, with a live ceilidh band. Full details are on Facebook (<http://bit.ly/29CGsut>) and will be on the website soon, including information about how to secure tickets.



Grants awarded to individuals

Over the past 12 months, the trust has provided financial support to a diverse group of young people, with an eclectic range of ambitions and funding needs.

Euan Smith (18)



A KSMT grant helped **Euan** from Paisley to train as a snowboarding instructor in Banff, Canada, before taking up employment in the same resort. Euan is a keen snowboarder, with a passion for the outdoors, and hopes to continue snowboarding after he returns to Scotland.



Hannah Currant (20)



Hannah, a Molecular Biology student at the University of St Andrews, received a KSMT grant to undertake an internship at University College London (UCL). At UCL Hannah was working as part of a team developing computational tools to help solve biological problems. She reported back to the Trust: “Academically, I have gained so much knowledge on computing and on the current research in the field . . . but I also feel the experience has helped me learn lots and develop many general skills such as team work, problem solving and time management”.

Vicki Balfour (19)



Vicki, a Zoology student from the University of St Andrews, was awarded a grant from KSMT to travel to Transylvania, Romania, to carry out biodiversity surveys. Vicki was based in the Tarnava Mare Natura 2000, a region with extensive flower-rich grasslands and a spectacular array of fauna; including the largest population of European brown bears found anywhere in the world. Whilst in Romania Vicki was working with Operation Wallacea to assess the effectiveness of maintaining traditional farming practices, and to observe any changes due to agricultural intensification.

Ross McQuillan-Johnson (25)



KSMT supported **Ross**, a Law student at the University of Strathclyde to volunteer as a teacher at a school in Phnom Penh, Cambodia with an organisation called PCDO (Phumyoeung Community Development Organization). He taught a class of 28 pupils, learning each Khmer name off by heart and building a great rapport with his ambitious pupils. Ross enjoyed his time in Cambodia so much he intends to spend more time in the future working with children and families in developing countries, and hopes one day to set up his own NGO.



Hannah Curley (25)



KSMT awarded a grant to **Hannah**, a medical student at the University of Glasgow, to help with costs associated with her medical elective placement in Tanzania. Hannah spent four weeks working at a large hospital in Moshi, Tanzania and then a week with the Flying Medical Service. During her time in Moshi she was based in the delivery suite and delivered an impressive 36 babies! The Flying Medical Service visited remote Maasai villages and Hannah and another student led an antenatal clinic where they did basic medical checks on babies and mothers, giving folic acid supplements and anti-malarial medication.

Ellis Dixon (17) &
Louisa Crookshanks (17)



Ellis and **Louisa** are both teaching English for 12 months with Project Trust in a rural area of Malaysia. Louise is working in a government boarding school, meaning she is fully integrated into the school and local community. She has also had a chance to travel around South East Asia, a long-standing ambition, and writes: "it has been an overwhelming experience where I have learnt so much about the diverse world we live in and also about myself... I will never forget it."

Dorostela Slavova (22)



Dorostela, a Law student at the University of Aberdeen, was awarded a KSMT grant to travel to India with Childreach International. As part of the trip Dorostela cycled for 600km across northern India. She also spent some time in a school in Delhi and was struck by the commitment and enthusiasm of the students, writing "funnily enough, children in developed countries perceive going to school as a chore, a burden. But for kids in India this is their only chance and hope and they are fully aware of it."



Alex Rawcliffe (26)



Alex, a PhD student at Edinburgh Napier University, was awarded a KSMT grant to travel to Pittsburgh to conduct research with elite military soldiers. Alex was based in the Warrior Human Performance Centre at the University of Pittsburgh, which is dedicated to providing research for the US Special Forces Operations Command to enhance performance and reduce the risk of injury in elite soldiers. The ultimate aim of his doctoral research, which also included physical performance tests with American football players, is to reduce the risk of musculoskeletal injuries and disorders within a military population, attenuate financial loss, and reducing the rate of discharges within the British and US Armed forces.

Caitlin MacPhie (20)



Caitlin, a midwifery graduate from Edinburgh, travelled to Ghana to volunteer as a midwife with the help of a KSMT grant. She spent four weeks working on delivery suite in one of the largest hospitals in Ghana. "It has been the most amazing experience of my life! I have loved working in both of the hospitals and feel like I have the experience of a midwife who has been working for like 10 years!" You can read more about Caitlin's experiences on her blog: <https://midwifecaitlin.wordpress.com>.

Viliina Kaikkonen (24)



Villina, a student in Sustainable Development at the University of St Andrews, was awarded a KSMT grant to carry out fieldwork for her dissertation. Villina first travelled to Casa Colorida in Vigo, Spain and then to Can Decreix in Cerbere, France, spending one month in each community. The aim of her research was to investigate whether, and to what extent, these community-based alternative lifestyles can challenge the globalisation discourse and whether they can offer alternative visions for sustainable future. She reported to the Trust that the fieldwork had made her enthusiastic and inspired – both personally and academically.



Annie Crabtree (25) & Nikki Kane (24)



The Trust supported two young artists, **Annie** and **Nikki** to complete an Interdisciplinary Residency at Hospitalfield Arts in Abroath. Sharing her Residency with 12 other artists, Annie found the experience to be truly collaborative. She reported back to the Trust: “although there was plenty of time for reflection alone, and plenty of space to explore and get lost in, it was these connections with the other residents that provided the most valuable part of the residency”. During the Residency Nikki was able to test and make work for her Masters degree show and finish her thesis, using screen-printing, learning bookbinding, and writing and researching.

Louise Bichan (23)



KSMT awarded a grant to **Louise**, a traditional and folk musician from Orkney who is studying at Berklee College of Music in Boston, to assist with travel costs. During her first semester at Berklee, which Louise completed in May, she has continued to improve her fiddle playing and general musicianship, meeting and being influenced by new people and experiences, and learning from other cultures and musical styles. She has also joined the marketing team to further her photography skills and contribute to their social media channels. This summer she is planning to tour Orkney, Shetland and the mainland before returning to Berklee for her second semester.

Brandon Brown (19)



KSMT has also supported another Berklee student, **Brandon**, with his travel costs. Brandon, from Glasgow, is a talented musician, and has been playing the guitar, piano and drums since he was eight. Brandon is having an amazing time at Berklee, where he has just completed his second year. He has been working on scoring for films with Oscar-nominated composer Patrick Doyle, including two short scenes with an orchestral arrangement for two horror films, and has been taught by guitar heroes from The Eagles and Toto. He recently performed at the Hard Rock Café in Barcelona during a semester at the Spanish Berklee campus.



Ben McCann (15)



Ben, a talented young windsurfer, received a grant to help with the cost of equipment and competing in events. Ben plans to compete in several high-level competitions this year, including national championships. Currently ranked 6th in the country, he hopes to win a place on the British youth squad.

Amy Pickles (25)



Glasgow-based artist **Amy** received a grant to support her residency at Sneath in Kypseli, Athens where she ran printmaking art workshops. Sneath is an artist-run space formed in 2012, aiming to expand artistic activity and research in the city, fostering new relationships and collaborations, creating a dialogue with the city, and with the public of Kypseli. Amy led workshops with a focus of printmaking onto fabric, stimulating discussion around culture, space and belonging.

Nicoletta Favari (23)



The Trust awarded **Nicoletta** a grant to complete a Musician Winter Residency at the Banff Centre in Canada. Nicoletta is a professional Pianist who graduated from the Royal Conservatoire of Scotland in 2015. Her duo have an upcoming European tour in 2016, and preparations for this formed a key part of the Residency.



Other grants recently awarded



Travel costs to assist **Rebecca Thomson** (22-year old from Strathaven) as she embarks on a degree in International Law at Maastricht University in the Netherlands.



A grant to **Jennifer Struthers** (17-year old from East Kilbride) to contribute to the costs of her year in Santiago, Chile as a volunteer language assistant with a local charity, Belén Educa, in a socially deprived area, as part of Project Trust.



Hannah Poland (21-year old from Berkshire and Geography student at Birmingham University) received a grant from KSMT to carry out a British Sign Language Level 1 Course. Hannah is planning to train as a primary school teacher after graduating and hopes the course will be of great benefit to her professionally and personally.



KSMT has awarded **Eve Holden** (22-year old from East Lothian) a grant to travel to the Budongo Conservation Field Station in Uganda to study wild chimpanzee behaviour. In Uganda Eve will be working with two groups of chimpanzees, collecting data on gestural communication. Her career goal is to become a researcher, studying great apes. After completing her study in Uganda Eve will start a Masters in Evolutionary and Comparative Psychology, hopefully followed by a PhD.



Callie Halliday (22-year old from Malvern) is a top sprint canoeist and will use her KSMT grant to assist with the costs of competing in the five national regattas which she plans to attend this year. She hopes to be chosen to represent Great Britain at the European under-23 canoe



sprint championships. Callie trains twice a day, six days a week, both on and off the water, alongside her job as a teaching assistant. She is currently ranked 3rd in Great Britain for ladies C1 canoe sprint over both 500m and 200m



Siobhan Love (18-year old from Suffolk) has received a grant from KSMT towards the costs of volunteering for a year in Honduras. During her twelve months, Siobhan will work as a primary school teacher and hopes to run extra-curricular activities in drama and writing classes. After returning to the UK, she plans to

study anthropology with languages at university.



Aimee Gray (21-year old from Plymouth) received a grant to help with the costs of travelling to Chile to volunteer in a primary school. Whilst in Chile she hopes to develop her teaching skills and practice her Spanish. On completion of her project, Aimee hopes to train as a teacher back in the UK.



Rhian Caffull (22-year old from Malvern) will travel to Tanzania as part of an expedition with Camps International, partly funded by KSMT. Whilst in Tanzania, Rhian will work with a diverse group of young people as an assistant leader. She is currently working in education as a teaching assistant and tutor.



Kristina Wright (20-year old from Cheshire and a Social Policy student at Birmingham University) has been awarded a KSMT grant to travel to Cape Town in South Africa for three months to volunteer at the Ihata Shelter. A shelter for survivors of abuse and violence, the project provides educational programmes about HIV/ Aids, occupational therapy, counselling sessions, play therapy for young children and arts and crafts classes.



Grants for organisations

Northumberland Clubs for Young People

KSMT continue to support **Northumberland Clubs for Young People**, a network of organisations helping over 6,000 young people aged 11-25 in the areas of Newcastle, Tyneside and Northumberland.



The Youth Stress Centre

Youth Stress Centre in Castlemilk, Glasgow, is the recipient of a grant to support its work with young people on self-esteem, confidence and mental health. The aim of the Centre is to promote health and wellbeing through a range of techniques, including counselling and stress

management, yoga, reflexology and aromatherapy. The young people they help often come from some of the most deprived areas in Glasgow.

Eastleigh Young Carers Project

The **Eastleigh Young Carers Project** supports young people aged 8-18 who are carers for someone in their home who has a disability or long-term health condition. Their aim is to give young carers opportunities to have time out from their caring role, raise their aspirations, enhance their access to opportunities and improve their quality of life. Activities include a regular social club, life skills workshops, and day trips and other activities. The grant from KSMT will help cover organisational running costs, and will support 5 young carers for a year.

Miracles Sudan

The mission of **Miracles Sudan** is to help disabled Sudanese children through the use of hippotherapy (using equine movement as part of an integrated treatment program to achieve functional outcomes). Disabled children in Sudan are often kept at home, and miss out on education and opportunities. Miracles Sudan

are striving to change this, enabling young people with disabilities to have new experiences and treatment options. The grant from KSMT will help with developments to the facility, specifically an electric water dispenser and a gate for the garden.



Battersea Arts Centre

The Trust has a long-standing relationship with **Battersea Arts Centre (BAC)**, having held two fundraising ceilidhs in its beautiful main hall, which was sadly damaged by a fire last year. A KSMT grant has been awarded to BAC to support their school workshops initiative. Working in collaboration with Wandsworth Museum, these artist-driven workshops



encourage children aged 4-11 to engage with their local heritage.

Latin American Foundation for the Future



Latin American Foundation for the Future (LAFF) is a charity that has been helping marginalised children in Peru since 2008. A KSMT grant will support six girls for one year with costs associated with their education, including enrolment fees, stationary, uniform, internet access and after school tutors.

Knightwood Youth Club

The **Knightwood Youth Club** in Winchester has received a KSMT grant to assist with on-going running costs. The club offers 13-17 year-olds an environment where they can have fun, learn new skills and gain confidence.

Fundraising

Aberdeen Bake-Off

In December 2015 Aberdeen Asset Management held their annual 'bake-off' event. The cakes look phenomenal and an impressive £1,365 was raised for the Trust, so thank you all.



Donate to KSMT

If you would like to donate to The Kirsten Scott Memorial Trust, the easiest way is via our Just Giving page:

<https://www.justgiving.com/KirstenScottMemorialTrust/>

See you soon

From all of us at KSMT, thank you for reading and we hope to see many of you in October for the ceilidh.

The Trustees, August 2016