

A letter from Roisin



My name is Roisin and I live in Dunfermline with my husband Graham and my son Daniel, who's 11. I have another son, Ashley, 14, who now lives 300 miles away.

Ashley has severe autism and can't speak, so this letter is from both of us.

Over the last three years we've been through hell – there's no other word for it. Please don't let what's happened to my family happen to anyone else. We're writing to urge you to support Aberlour today, so no-

one else has to go through what we did.

When Ashley was 12, our family was supported through the respite service at Aberlour Options-Fife. Before Aberlour helped us, I didn't know where to turn or who to ask for help.

The support the whole family received from Aberlour was wonderful – it made us feel less isolated and more able to cope.

It felt like time was running out

Ashley's condition became more challenging as he reached puberty. His behaviour became unmanageable and his self-harming become more and more frequent and violent. This caused tremendous emotional anguish for the family. With every day that passed, life became more difficult.

In March 2017 Ashley was sectioned. He was only 13 years old. That was the worst day of my life. I walk around numb even thinking about it. After he was sectioned the heart-wrenching decision was taken to move Ashley 300 miles away from home to the nearest residential school for children with severe autism. We are now adjusting to a very different life without him. We miss our son.

How your gift will stop the clock on children's suffering



£25

Pays for a one-hour art therapy session to help a traumatised child express their thoughts and feelings.



£39.37

Offers after school support to enable a child with a difficult home life to do better at school.



£75.53

Provides 2.5 hours of support for children and young people who are dealing with significant loss or change.



£100

Trains a volunteer befriender to help mums with depression and anxiety to give babies the best start in life.



Thank you for any gift you can give.

Your generosity will ensure that our life-changing work throughout Scotland can continue.

You can stop the clock ticking for other children like Ashley

Ashley's future is uncertain now. I can't help wondering how different things would have been if we had been able to get help sooner – rather than when my family had reached crisis point. Did Ashley really have to suffer that much and move 300 miles away from the people that love him? That seems so unfair.

Up and down the country Aberlour provides support for families like ours. But they could reach so many more children, much faster, if they had the funds. Please give whatever you can today to stop children suffering – before it's too late.

With many thanks,

Roisin