

PRESS RELEASE– EMBARGOED till 00:01HRS THURSDAY 8 MAY – CALL Lynn Mcadam on 07967804257 for interviews and photo call details

SMALL FACES – BIG HEARTS

Actors Kevin McKidd, Iain Robertson and film set chef Guy Cowan are all set to climb Ben Nevis this Thursday, 8 May to fundraise for the Scottish Cot Death Trust (SCDT). Starting from the Ben Nevis Visitor Centre at 11.00am this Thursday, the three old “Small Faces” chums will set out on the Mountain Track route expecting a four hour climb, one hour picnic and three hour descent!

Scottish Cot Death Trust is the charity close to Iain Robertson’s heart and funds raised will go towards publishing a book – “Andrew’s Rainbow” – for young siblings affected by the loss of their brother or sister through Cot Death. Iain’s family had their lives devastated when they lost his elder sister Nicola to Cot Death. As the SCDT newly appointed Ambassador for 2014, this year Iain has had a busy year raising funds with Guy’s Charity Burns Night, an April Firewalk and now climbing Ben Nevis.

Scottish Cot Death Trust Ambassador Iain Robertson explains, “The support I have received in fundraising from friends has been incredible. Restaurateur and film set chef Guy Cowan supported by putting on a cracking Burn’s Night and now my old mucker Kevin McKidd is making the time between his busy filming schedule to throw his weight behind raising funds for the SCDT. It’s all been pulled together last minute, but with Kevin’s support and Guy’s exquisite picnic to fuel us on our way- I’m sure we’ll make it to the top!”

Kevin McKidd says, “I know that Iain has personal reasons for supporting such a worthy charity and I’m glad space in my schedule has allowed me to get involved. As a parent I can’t even begin to imagine what the loss of a child would feel like, I hope people dig deep to help the Scottish Cot Death Trust continue to offer much needed support and assistance. It’s great to be home and taking in the Scottish scenery again and helping out such a good cause in the process.”

Guy Cowan adds, “It will be great to team up with Iain and Kevin again and raise funds for such a deserving charity. I have fed both these boys many times through their film careers from “Small Faces”, “Trainspotting” and “The Debt Collector” and as a result, I have prepared a delicious picnic filled with their favorite goodies to keep them going!”

Recently appointed Lynsay Allan, Scottish Cot Death Trust Executive Director says, “Iain and Guy have already raised a whopping £14.5k from the Burns Charity night and we have high hopes for fundraising with Kevin McKidd being involved. Their event will help to ensure that, as Scotland’s only cot death charity, all families affected by the death of a baby or young child know that we are here to support them.”

For those wanting to support Iain, Kevin and Guy to raise funds, check out what is up for grabs if you make a donation of between:

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| £10 to £49 | Digital signed photo of Kevin, Iain, Guy (email download) |
| £50 to £99 | Wallpaper (email download) |
| £100 to £149 | Calendar (email download) |
| £150 to £299 | Personalised voice message from Kevin or Iain (email download) |
| £300 to £499 | Skype call with Kevin McKidd for you or up to four participants |
| £500 | Choice of ONE of the following:

Dinner for four cooked by restaurateur Guy Cowan in your home!

OR

Iain Robertson one-man show performed in your home! |

Just go to <http://www.justgiving.com/SCDTBenNevis>

Or social media <http://bit.ly/1iTQv0N> and #SCDTBenNevis

@Robbo_Iain @TheRealKMckidd @GuysRestaurant @CotDeathTrust @KMckOnline

Notes to Editors

The Charity

The Scottish Cot Death Trust, based at Yorkhill children's hospital, was founded in 1985 and covers the whole of Scotland with just five members of staff, relying heavily on public donations and volunteers. To date it has invested more than £3 million into vital research and also educates professionals and parents about reducing risks to babies.

Sudden unexpected death (SUD) in infancy is the largest cause of infant deaths after the first month of life. In Scotland one healthy baby dies suddenly and unexpectedly every nine days and the majority of devastated families will never know why. The Scottish Government has targeted reducing infant mortality by 15% by next year.

The term cot death was first used medically in the 1970s and the Scottish Cot Death Trust was founded in 1985 after research initiatives highlighted the extent of the problem in this country.

Everyone working with those affected, whether police, paramedic, GP health visitor or someone in an emergency department, plays a vital role in helping that family following a truly devastating event.

Babies don't just die in cots: it also happens in car seats, sleeping in their parents' bed or even lying with them on a sofa. Toddlers and older children can also die in these circumstances, so we need these families to know we are here for them too.

Reduce the Risks of Cot Death

The following are the key things you can do to protect your baby from cot death. It is important to follow all of these guidelines, whenever possible. If you need more information, or are having trouble following one or more of these guidelines for any reason, feel free to contact us for support, guidance and advice.

The safest place for your baby to sleep at night is in its own cot, in your room, for the first 6 months of its life.

- Ø Put your baby to sleep on their back.
- Ø Place your baby in their cot in the "feet to foot" position.
- Ø Keep your baby smoke free during pregnancy and after birth.
- Ø Breastfeed your baby.
- Ø Offer a dummy when your baby sleeps.
- Ø Make sure your baby doesn't get too hot or too cold.
- Ø Keep your baby's head uncovered while sleeping.
- Ø Never fall asleep with your baby on a couch or armchair.
- Ø Ensure any sheets and blankets in your baby's cot are firmly tucked in at the bottom and sides of the cot, and are positioned no higher than the baby's shoulders.
- Ø Understand the risks of co-sleeping.
- Ø Learn to swaddle properly.
- Ø Follow the 2 hour rule for car seat safety.

<http://www.scottishcotdeathtrust.org>

Kevin McKidd

Currently adored by thousands for playing Dr Owen Hunt in "Grey's Anatomy", renowned for his performance of gentle giant, Tommy in "Trainspotting" and having made his screen debut in Gillies MacKinnon's "Small Faces" as vicious gang leader, Malky Johnson, Kevin's career has gone from strength to strength.

Elgin born and bred, McKidd loved drama from an early age and was a member of the Moray Youth Theatre before going on to study Engineering at the University of Edinburgh. While at the university, Kevin became involved with Bedlam Theatre, the university's student theatre company. Kevin decided to give up on engineering and dropped out of the university to pursue acting full-time and instead enrolled at Queen Margaret College in Edinburgh to study drama. In 1994, he landed the leading role in the stage play, "The Silver Darlings", produced by Robert Carlyle's Rain Dog Theatre Company and has not looked back.

Iain Robertson

BAFTA winning Scottish actor - Star of the cult Glasgow gang film "Small Faces" wasted no time in following up on his success and movie fans next saw him opposite Jonny Lee Miller and Robert Carlisle in "Plunkett & Macleane". Small screen credits include "Silent Witness", "Kavanagh QC" and "Sea of Souls", but it was the wartime drama, Spielberg's "Band of Brothers" that significantly raised his profile. Iain is affectionately remembered for his work in "Grange Hill" and as Gash in the cult British comedy "Rab C Nesbitt".

Having trained at the Sylvia Young Theatre School at the age of 13, Iain continues to work extensively in the mediums of theatre, film and television. Most recently Iain had a sell out run at Oran Mor and appeared in the BBC drama "Shetland" and is just about to announce a new film role.

Guy Cowan

Renowned for his packed out, popular restaurant on the Candleriggs in Glasgow and having recently opened Wee Guy's opposite Glasgow City Chambers, Guy cooked on film sets for 30+ years.

Having taught Kevin Bridges how to deep-fry a pizza crunch and Ewan McGregor how to cook for his part as a chef in "Perfect Sense", Guy is renowned for his quick wit, brilliant hospitality, great generosity and delicious menus.

Currently living on Glasgow's southside, Guy has an abject dislike of parking attendants and parking tickets but packs a mean picnic!

Kevin, Iain and Guy first met on "Small Faces" 19 years ago and have all gone on to great success in their own fields. Kevin and Iain collaborated on a Scottish Folk Music album – "The Speyside Sessions".

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