

# HAND IN HAND

Befriend a Child's Volunteer Newsletter  
August 2009

Befriend A Child have successfully applied for a grant of just over £18,000 from the Health Improvement Fund. The funding has been provided for expenses incurred during outings and this will allow us to increase the total expenses allowed per month *within reason*. We would like to thank volunteers for bearing with us recently with the temporary cuts .

A big **hello** and thanks for taking the time to read the August edition of Hand In Hand. I want to draw your attention to the article on page 4—the Sensation trip to Dundee on August 29th. Please let us know if you would like to take advantage of this fantastic day out.

Please take the opportunity to cast an eye over the rest of the updates—there's no shortage of little snippets which may be of interest to you. And please don't forget that we would love to hear what you've been up to in the course of befriending.



## Trinity International Make a 'Healthy' Donation

Offshore catering specialist Trinity International Services have generously supported Befriend A Child with a £2000 donation towards kitchen supplies and equipment.

Stuart MacBride, chairman and CEO of Trinity International Services, said: "I am delighted that we can support the absolutely vital work they do for children in the city.

"Enjoying healthy, nutritious food is one of the cornerstones of ensuring children get the best start in life, so being able to support the charity in educating youngsters in how to make their own healthy, tasty and nutritious food is highly rewarding for everyone involved.

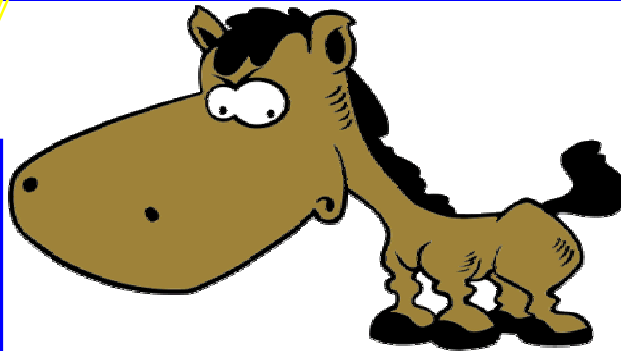
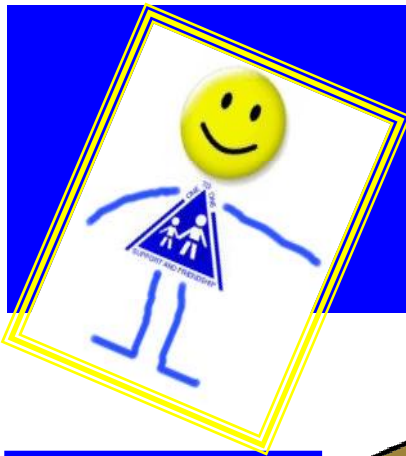
We are extremely grateful to Trinity for their support and hope you as volunteers continue to enjoy the kitchen area with your befriendees.



Pupils from Albyn Lower School held a Friendship Week in aid of Befriend A Child and raised over £1300 for their efforts! The pupils took part in a whole host of activities from a Friendship Message Board in their school and making best friend book-marks, to a Dress As You Please Day and gaining sponsorship for emptying the dishwasher and feeding the cat!

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## Hello ... Goodbye !

Goodbye to Hazel, Jill and Katie — we wish them well for the future. A special goodbye and good wishes must go to Susan who has been a volunteer with the organisation for 9 years!

We'd also like to say hello and welcome to new volunteers Dee, Edward, Gillian and Sarah

## Quarterly Training

### Thurs, August 20th

Jean Hood, ADHD Society at 7.30pm.

*Can you please let Jean know if you wish to attend?*

### Thursday, Nov 19th

Bob Thomson, St Andrews

Ambulance —  
Basic First Aid at 7.30pm

## Neigh Problem!

We have been approached by a qualified horse/pony instructor who is more than happy for the children/volunteers to visit her small stables in Hatton to groom, feed and help muck out the horses/ponies.

If volunteers are interested in taking their child along can they call the office and let us know so we can arrange group trips to the

Unfortunately the Summer Outing this year, which was planned to be held on

Saturday, August 1 at Hazelhead Park has been cancelled due to a lack of interest. On a positive note however, there are spaces still available for a trip to Sensation Science Centre in Dundee on Saturday,

August 29th. See the next page for full details!

A Very Happy Birthday to the following staff and volunteers who celebrate an August birthday:

Sarah S	1 <sup>st</sup>
Pete	3 <sup>rd</sup>
Frank	5 <sup>th</sup>
Wendy	9 <sup>th</sup>
Dawn	11 <sup>th</sup>
Lesley	13 <sup>th</sup>
Natalie	14 <sup>th</sup>
Jan	16 <sup>th</sup>
Seonaid	18 <sup>th</sup>
Andrea	23 <sup>rd</sup>
Kimberlyn	27 <sup>th</sup>
Jemma	29 <sup>th</sup>



Just a reminder that Befriender Dan Warrender is bravely pulling on his trainers and tackling the Glasgow Half Marathon on

**Sunday, September 6th** in aid of

Befriend A Child.

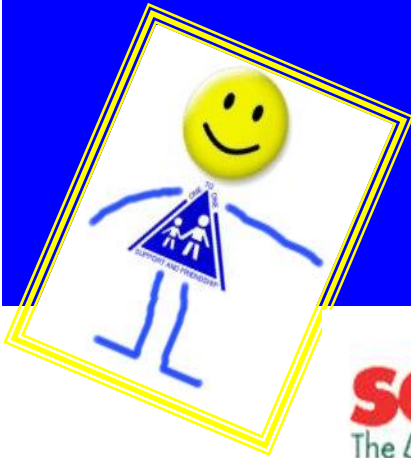
Dan has setup an online sponsor form at [www.mycharitypage.com/dan](http://www.mycharitypage.com/dan).

If you have some spare cash to help ease the 13 miles of pain then please sponsor him and leave a message!



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**sensation**  
The LIVE Science Centre: DUNDEE

## Grab Your Space Today

Sensations in Dundee are supporting BAC by providing a bus for us to go down on Saturday 29th August. We'll be leaving Bon Accord Square at 9am, spending the morning in the Sensations science centre, followed by an afternoon picnic in Camperdown Park, returning to Aberdeen around 5pm.

BAC will pay all entrance fees etc, but we would ask all volunteers to provide a packed lunch for themselves and their befriendeed (costs may be reclaimed via your monthly expenses).

Due to only having one bus, spaces are limited and will be allocated on a first come first served basis. So please email Karen ([karen@befriendachild.org.uk](mailto:karen@befriendachild.org.uk)) and book your space.



Discover the wonders of science through your senses with over 80 hands-on interactive exhibits. Whether you are a child or just a child at heart, Sensation has something for everyone. With friendly explainer staff on hand to help you get the most from the centre, Sensation is a real experience for the whole family.



Journey into the future as you meet the robots of Roboreal and learn how robots use sensors to interpret their environment. Then step into the Mindball Arena to experience the future of cybernetics for yourself. Mindball is a two-player challenge, where competitors sit opposite each other and compete to move a ball using nothing but their brain waves.



## News In Brief

The base unit is open during the summer from 10am -4pm. Just give us a phone to arrange a time



Spree books are once again available from the office priced at £23. As ever there are some fantastic restaurants and activities featured.



AFC season tickets - there's still one set remaining for the Celtic game on Saturday, August 15th. First come first served!



## Animated Adventures featuring Wallace and Gromit

Discover the science and magic of animation in this fascinating interactive exhibition. Explore many of the incredible handcrafted sets and models from Aardman and DreamWorks' feature film 'Wallace & Gromit: The Curse of the Were-rabbit'. Visitors will also be able to try their hand at producing their own animation.

