



HAND IN HAND

Befriend a Child's Volunteer Newsletter
May 2009

A big **hello** and welcome to the first edition of our e-newsletter.

Each month we will bring you news and events which are happening both within Befriend a Child, and the local community.

What to expect in your newsletter

Befriend  Child



turn a frown upside down

Stories from fellow Befrienders

Features on outings

Birthday greetings

Places to go and things to see

Staff News

Fund-raisers

Much more!

And of course we're happy to hear from you. This is YOUR newsletter after all, so if you have something to share with us, then please don't hesitate to get in contact.

So we hope you enjoy edition one of the electronic newsletter - please take time to read through the positive Befrienders story, and also pick up some ideas of where you can go this May with your young person.



Come On You Reds !

The final fixture list has been drawn up by the SFA for the remaining games of the season.

There are still some dates available.

If you're interested in taking your child along to cheer on the Dons give the office a call.

Tues 12th - Hearts 7.45pm

Sat 24th - Hibernian 1pm



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Quarterly Training

The next training session will be held on Thursday 21st May at 9 Bon Accord Square starting at 7.30pm.

On this occasion Lisa Holmes from Fit Nut will come along and talk about Healthy Eating and Child Nutrition.

Can you please let Jean, Andy or Jane know if you are attending?



Oh No, the Big 5-0

Among the birthdays this month is our volunteer co-ordinator Jean Gordon, who is turning the BIG 5-0!

Jean has been with us for almost 10 years and doesn't look a day over 49 and two thirds!

Have a very happy birthday Jean — and go easy on the grape juice!

Fundraising events in May

Baker Hughes 10k — Sunday May 24th

Participants running on behalf of Befriend a Child

Race Night 30th May

Bourtrees Hall - Portlethen

Stovies/Disco

We are also looking for unwanted gifts/bottle donations for tombola stalls at future fundraising events.

For more information on any of the above contact Alan or Duncan



A Very Happy Birthday to the following staff and volunteers who celebrate a May birthday:

Cheryl 2nd

Gillian 4th

Fiona S 4th

Jill 8th

Leah 9th

Jean 12th

Laura 14th

Natalie 14th

Fiona F 16th

Anne 20th

Nicola 20th



Goodbye & Good Luck

To **Roz** who is leaving the Organisation at the end of April.

We would like to take this opportunity to thank Roz for the commitment she has given both to the child, and to Befriend a Child, over the past few years.

Best wishes for the future and please remember where we are!

Facts and Figures

Over the past year 57 new volunteers were recruited by the Organisation. Most of these volunteers have been trained and matched and are now enjoying befriending. In total 158 volunteers actively befriended 152 children.

There were 67 new children referred to the Organisation during this period. On average we received 5 new referrals a month. At the moment the waiting list has grown to 31 children.

You the Befrienders can help by talking to friends or family who may be interested in befriending this could help cut the length of time the children wait on the list.

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THINGS TO DO AND PLACES TO GO IN MAY



BBC Walking with Beasts Exhibition
23rd March - 30th September

The Walking with Beasts Exhibition at Satrosphere shows the science behind the BBC television series and explains more about these amazing creatures and the times during which they lived.

DNA Interactive
1st April - 21st June

Find out how DNA affects our health, identity and evolution with these unique interactive exhibits.

Visit www.satrosphere.net for all events during May

Sunday 17th May: - VSA Family Fun Day - Duthie Park - Aberdeen

Sunday 24th May: - Pants walk - Family Fun Day - Duthie Park - Aberdeen

Sunday - 24th May - Baker Hughes 10k & Fun Run - Aberdeen Beach

Saturdays - Creative Kidzs - Lemon Tree - Tel 641122 for more details

Saturdays - Kids Club - Belmont Cinema - Tel 343536 for more details

Saturdays: - 10am - 5pm - till June - Your Ocean - Maritime Museum

Sundays: 12-3pm - till June - Your Ocean - Maritime Museum

Nature Reserves

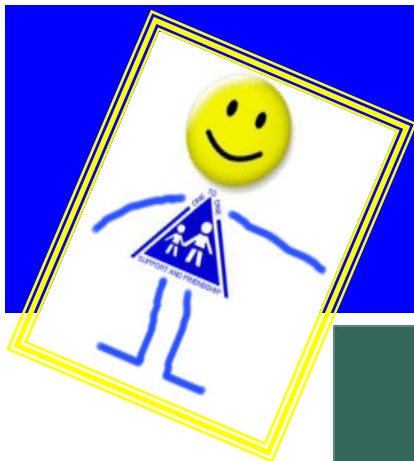
Maidencraig Nature Reserve - just past Hazelhead School

Crawton - RSPB - Nature Reserve



A New Arrival At Befriend A Child

Everyone at Befriend A Child would like to pass their congratulations to our admin assistant Nicola and husband Scott, on new baby girl Amy on Thursday, 30th April at 3:32, weighing 7lbs and 8ozs. Mother and baby are doing well and we hope to have a picture very soon.



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News In Brief

The winner of the recent Treasure Hunt competition to win 'Harry the Hound' was Faith Allan — congratulations

Thanks to all the volunteers who donated goods and helped

man the Charity Shop in George Street in April.

A grand total of **£2553.39** was raised.

The Spring Fayre held on the 4th April raised a total of **£1018.00**

The second annual Befriend A Child 5-a-side tournament on Sunday, May 3rd attracted 10 teams and raised over **£600.**



THE GORDON HIGHLANDERS MUSEUM

A Befriender's story

One cold Saturday morning recently I decided to take P to the Gordon Highlanders Museum as I had heard the facilities for children were good. This included the opportunity for P to dress up in soldiers clothing. The visit did not start off well because when I called for P he had it in his head that we were going to the pictures but as we had used the cinema facilities quite frequently, we stuck to my plan. I'm so glad we did as I was totally amazed at the interest P took in the museum once we were there.

The museum is a very attractive building and P was immediately impressed and was also made to feel at ease by the friendly staff. Firstly we watched a film on the history of the Highlanders - as this involved a fair amount of battle scenes, P's interest was maintained! We then proceeded to tour the displays, taking full advantage of the touch screen and dialogue facilities.

P became fascinated by the medals won by the brave soldiers and showed a lot of interest in the maps highlighting battle areas. On hearing of P's interest in the medals, the guide took us to a room where hundred of medals are kept in drawers and as P picked out the ones he liked, the kindly man showed us how to identify them using the computer in the room. The guide then told us about all the various weapons on show, much more evil and scary than the film P wanted to see! We returned, at P's request, several times to the same displays and it was great to see P's genuine interest.

We finished our tour to the lovely tea room and enjoyed something to eat while admiring the pretty spring flowers struggling to bloom in the cold wind and snowflakes in the garden outside.

Before going home, we walked the short distance to Johnston Gardens and worked off some excess energy. This was a highly successful outing and one I can thoroughly recommend.