

# HAND IN HAND

Befriend a Child's Volunteer Newsletter  
September 2009

*As you read this latest edition of Hand In Hand, we are sorry to say that Jane Mills has decided to move on to pastures new.*

Jane joined Befriend A Child as our third volunteer co-ordinator in September 2007 and we are very grateful to her for her dedication and hard work for the organisation.

We wish her every success with her new position at Grampian Police.

Until such times as a replacement can be appointed, Jean and Andy will pick up the slack in Jane's caseload.

A big **hello** and thanks for taking the time to read the September edition of Hand In Hand. It's hard to believe that we're into the final third of 2009 already! Almost time to start thinking of Halloween, Bonfire Night, CHRISTMAS! But before we look ahead, there's plenty of opportunity to look back over August and some of the activities we've been up to. And more importantly, some of the activities *you've* been up to! Remember to keep your stories coming into us and we'll be happy to share them.

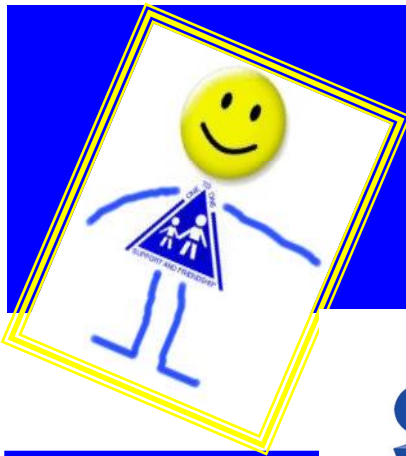


## Down on the Farm

Karen F played a visit to Charleton Farm and reported a fantastic day out. The farm is 7 miles this side of Montrose (just across the old bridge on the coast road) and is well sign posted. There's a huge adventure children's play area (and it's free) and it's open from 9am-5pm. They also have a reasonably priced coffee shop, and a gift shop selling fresh fruit, jams and crafty gifts. And the best bit – you can pick your own fruits. They charge by the weight and it isn't expensive.

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**Hello ...  
Goodbye !**

**Hello to**

Fiona, Rose, Emily  
and Irene

**Goodbye**

Mary, Susi and  
Rachel

Befriend A Child are once again able to offer Spree books priced at £23. As ever there are some fantastic restaurants and activities featured, ranging from BOGOF offers, to reduced entry to cinemas and swimming pools. To purchase a Spree book, please call in at the office or call 01224 210060.

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

FIONA H	1 <sup>ST</sup>
SIMON	4 <sup>TH</sup>
SUSAN	9 <sup>TH</sup>
PAULA	9 <sup>TH</sup>
JOHN M	11 <sup>TH</sup>
ALICE	12 <sup>TH</sup>
SUZI	14 <sup>TH</sup>
NICOLA	15 <sup>TH</sup>
JADE	15 <sup>TH</sup>
ROSS	16 <sup>TH</sup>
KIRSTY B	16 <sup>TH</sup>
DOREEN	16 <sup>th</sup>
SYLVIA	16 <sup>TH</sup>
FIONA B	17 <sup>TH</sup>
GLADYS	19 <sup>TH</sup>
DAN	19 <sup>TH</sup>
ANNA	21 <sup>ST</sup>
AMIE	23 <sup>RD</sup>
LYNN	26 <sup>TH</sup>
LISA	28 <sup>TH</sup>
LORNA	29 <sup>TH</sup>

## Quarterly Training

**Thursday, Nov 19th**

Bob Thomson, St

Andrews

Ambulance —

Basic First Aid at  
7.30pm



Once again Befriend A Child are fortunate enough to have four season tickets for Pittodrie for the 2009/1010 campaign. The tickets are still available for

Aberdeen's only home game in September vs St Mirren on Saturday 19th, with a 3pm kick off. If you're interested in roaring on the Dons then please call the office to book your seats.

**CMYR !**



Granite City Wanderers, Aberdeen's top hockey club, have kindly offered to provide group training sessions for any of the children and young people supported by Befriend A Child.

At this stage, we would simply be interested in gauging numbers — no previous experience at playing hockey is necessary and all equipment would be provided. Youngsters would have the opportunity to learn the basics of the game, with the support of both first team players and the current crop of youth players.

If your befriender would be interested in taking part in a session then please let us know by Wednesday, September 30th.





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## THINGS TO DO AND PLACES TO GO IN SEPTEMBER

5<sup>th</sup> September - Braemar Highland Gathering

5<sup>th</sup> September - Aberdeen City Council Tenant's Open Day at Beach Ballroom, 10-1pm

6<sup>th</sup> September - Stonehaven Harbour Festival

12<sup>th</sup> September - Aberdeen Doors Open Day

19<sup>th</sup> September - Aberdeenshire Doors Open Day

25<sup>th</sup> September - Alford Heritage Centre Old Mart



### Base Unit Group Sessions

Befriend a Child are running a number of group sessions for volunteers and young people between October and December. All sessions will run from 10am—noon, noon—2pm and 2pm—4pm.

**Saturday 3<sup>rd</sup> October** - Arts and Craft Session - Junk Modelling

**Saturday 24<sup>th</sup> October** - Happy Halloween - Pumpkin Soup/Lantern/Mask Making

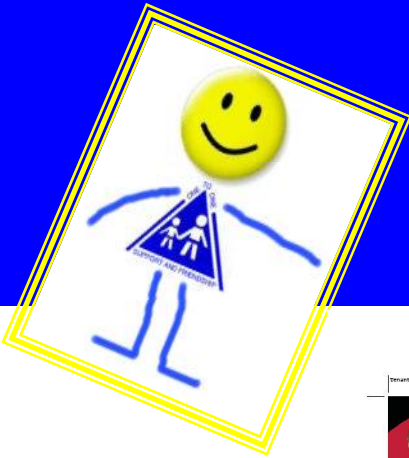
**Saturday 28<sup>th</sup> November** - Baking and Decorating Fairy Cakes

**Saturday 12<sup>th</sup> December** - Christmas Arts and Crafts

To book a place contact Jean or Andy.

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Remember—it's important that you return your monthly report forms, and all expenses & gift aid forms,

regardless of whether you claim expenses or not. This is for evaluation purposes. Thank you



The Base Unit will be closed on both Saturday 26th and Sunday 27th due to the local holiday.



Dan Warrender is pulling on his trainers and tackling the Glasgow Half Marathon on Sunday, September 6th. Dan has setup a online sponsor form at [www.mycharitypage.com/dan](http://www.mycharitypage.com/dan).



This year's Aberdeen City Council Tenants' Open Day is being held at the Beach Ballroom from 10am - 1pm with free buses running from the Town House Union Street from 9.45am as a shuttle service. Three 33 seater buses have been provided so there shouldn't be a long wait!

All the usual stands will be there, with a free bag of fruit for the first 250 through the door. There will also be a big brother room for ideas about how service delivery can be improved for tenants; free dog bags on the environmental stand with an opportunity to discuss any issues with the dog warden.

There will also be tea/coffee and biscuits as well as juice for the children, who will be kept entertained by face painting and a story corner.

## WE WANT JUNK!

Do you have any junk lying around? As you will have read on page 3 of this newsletter, Befriend A Child have organised a Junk Modelling craft session on Saturday, October 3rd and we will require any spare toilet roll tubes, cardboard boxes, tin foil, bubble wrap, yoghurt pots, coloured card, egg cartons, polystyrene.....anything which can be turned from a piece of junk to work of art!

If you have anything you can contribute to the materials for the session, please feel free to drop it off at the office anytime.

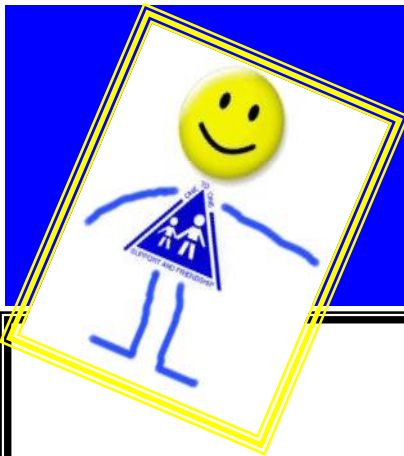
## Tradesmen and Their Tools!

The Carmelite Hotel, Stirling Street is the venue for Befriend A Child's Tradesmen and Their Tools event on Friday, October 2nd. The evening will consist of an auction of tradesmen ranging from a plumber to a record producer and will give attendees the opportunity to bid for the tradesmen's time - a precious commodity!

There will also be a two course meal and a disco.

For tickets (£20) call Karen on 01224 210060.





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## A Befriender's Story

I asked C if he fancied the Tubing at Garthdee ... it's located on the dry slope at Garthdee Sports Centre beside Asda. Initially he was a bit scared but when he saw the slope and the other kids sliding down - he changed his mind and was keen to try!

You need to book in advance (and pay) but its only £5 each for the hour. Gloves and a long sleeved top are required and you get a safety helmet provided. The day we went along was an open day and taster sessions were available for just £1 each!

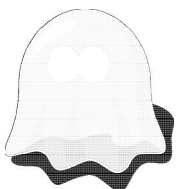
We spent half an hour on the tubing slope - it was very gentle and you slide down at a medium speed while sliding up the side banks — that made it more exciting. The first few goes were good fun and each time you need to pull the big tube back up the hill which does get a little tiring!

Phew !

Overall it was fun and quite easy to do. It would suit all ages but probably younger ones find it more fun as C got a little bored after 20 mins and he is 9 years old! The boys would particularly like having a helmet on and spinning down the hill but girls were enjoying it too and if you want you can slide down in pairs holding on to each other's tube by handles.

The centre has snow boarding and skiing which looked great and we may consider a taster of that next time.

## HALLOWEEN PARTY



Befriend A Child's annual Halloween Party will be held this year on Sunday,



November 1st at the United Services Club in Bon Accord

Square. The freaky fun and ghoulish games will be held between 2pm and 5pm, and ALL children, volunteers and staff are asked to get into the proper 'spirit' by dressing up. Those interested in attending should contact Jean in the office on

**Join us at the United Services Club in Bon Accord Square for a quiz night with a difference.**

Don't expect the usual General Knowledge or TV and Film - but do expect to have a laugh and a great night out!

Teams of four are accepted with a raffle and food also available.

To register your interest please call Karen on 01224 210060.

## Doors Open Days

*get into buildings!*

Doors Open Days in Aberdeen is a great way to find out about the hidden heritage on your doorstep. This is your opportunity to see behind the scenes of everyday buildings as well as important landmarks. And all for free on Saturday, September 12.

The programme of participating buildings in Aberdeen city is still being added to and includes the Central Fire Station, Peacock Visual Arts, the Kirk of St Nicholas and the Zoology Museum.

Visit [www.doorsopendays.org.uk/opendays](http://www.doorsopendays.org.uk/opendays) and search for

Aberdeen City for a full list of where to go and what to see!