



# HAND IN HAND

Befriend a Child's Volunteer Newsletter  
March 2010

A big **hello** and welcome to the March edition of Hand in Hand. We're approaching Spring so hopefully we can wave goodbye to the wintry weather and look forward to pursuing more outdoor activities. Of course there are also plenty of indoor activities to get the brain working—check out page 3 for ideas.

## Way To Go!

Befriender Jennifer Hamilton will be donning her sturdy boots and taking on the 95 mile route which makes up the West Highland way in May. The challenge is set to take Jennifer 7 days as she makes her way from Milngavie to Fort William and of course, she is doing it all for Befriend a Child.

If you fancy easing the pain of blisters (sorry to remind you Jennifer) by making a financial donation towards her efforts then visit

[www.mycharitypage.com/JenniferHamilton](http://www.mycharitypage.com/JenniferHamilton)



We still have a few tickets available for the Sound of Music on Tuesday 30<sup>th</sup> March at 7:30pm in HMT. For anyone who doesn't know the story, the Sound of Music tells the true story of the Von Trapp family's flight across the mountains during WWII. Familiar songs include Climb Every Mountain and My Favourite Things, and are sure to appeal to children (and adults) of all ages!

If you would like to attend the show, please contact Karen on 01224 210060 as soon as possible.

## Time For Change

Ashley Wilson of KIDS (Kids Interior Design Studio) will be re-decorating the basement in the Base Unit from Thursday, March 18<sup>th</sup>. This has been made possible thanks to the very kind support of AMEC and McGrigors and is sure to brighten up the room!

Unfortunately this means that the basement will not be available for use for the remainder of March. Both the kitchen and media room will remain open however and can be booked by calling the office as normal. We look forward to showing you the end result very soon!





# HAND IN HAND

Befriend a Child's Volunteer Newsletter  
March 2010

## Hello & Goodbye

We have no new volunteers to welcome this month but we do have to say **Goodbye** and thank you to:

Leah  
David and Doreen  
Natalie  
and Lorna

## Quarterly Training

The next Quarterly Training session will be held at 6.30pm on Wednesday, March 17th.

However due to circumstances out with our control the ADHD training will not go ahead but in its place, Scott Baxter will come along and talk about The Impact of Parental Substance Misuse. We will arrange for the ADHD Training to take place in the near future.



Having a Ball!

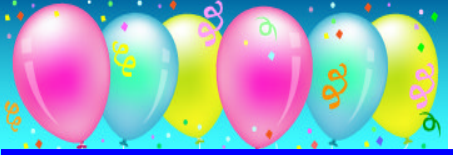
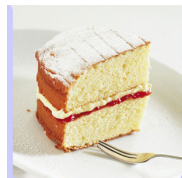
The third annual ball at Ardoe House proved another success on February 26th, with £14,000 raised towards the work of Befriend a Child. As part of the evening, we held the first ever Befriend a Child Champion Awards in recognition of our valued supporters.

There were five recipients of awards which were presented by Chief Executive Karen Farquhar in the centre of the photo. They were (clockwise from left) Susan and Ian Hay; Lesley Donaldson; Keith Douglas; Jean Gordon and Scott Findlay.

"We feel that every single volunteer deserves an award so it made the decision a very difficult one," noted Karen. "It's important to recognise the outstanding support we receive however and this was a great way to do that."

Don't forget—the next group session with Bev will be Mother's Day cake baking on Saturday 13<sup>th</sup> March from 11am until 1pm and 1pm to 3pm.

Please call the office on 01224 210060 to register your place!



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

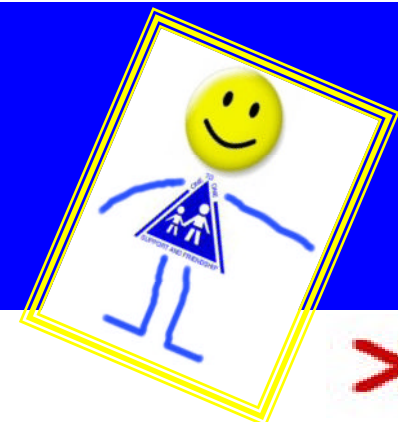
- Janette T 2nd
- Chris M 6th
- Kathleen Mc 10th
- Darleen P 14th
- Sarah W 18th
- Barbara W 24th
- Donna M 28th
- Ikenna U 31st



## Charity Shop

Befriend a Child will be in the City Council Charity shop at 346 George Street from Monday March 1st until Friday March 5th.

Please pop in past to say hello and don't forget—we will be happy to take any donations of quality clothing and bric-a-brac throughout the week to keep us well stocked!



# HAND IN HAND

Befriend a Child's Volunteer Newsletter  
March 2010



If you haven't been to Transition Extreme yet, why not? !!!!!

Located on Link's Road behind the Double Tree Hotel, there's a host of things to get your Befriendee active.

- Climbing walls — a range of walls are available including the instructional wall suitable for beginners
- 2 on 2 Basketball — an affordable street basketball court for fun play
- Skate Park—ideal for boarding, in-line skating or BMX
- Band Practice Rooms - Two areas kitted out with amps, drum kits and mixing desks, plug in and play!

If that all sounds too much like hard work then why not browse the visitors centre, featuring everything from a video pod playing extreme sports, BMX and skate videos, to the Info points providing access to the best extreme sports web links. Or there's always the option to relax and have a bite to eat in the Energy Café with a great selection of sandwiches, soups, hot snack bowls, paninis and the best bit—tasty desserts!

For more information on the activities available, or for prices, call 01224 626279. Alternatively go to [www.transition-extreme.com](http://www.transition-extreme.com).

## Social Networking

Satrosphere has joined facebook!

Now you can keep up to date with news and events at Satrosphere by following them on Facebook.

You can find out about new shows, activities, exhibitions and events for the public by visiting [www.facebook.com](http://www.facebook.com) and searching for Satrosphere.



## Wallace and Gromit Exhibition

Come along and find out how the much loved characters from the world of Wallace and Gromit are brought to life in Aardman's 'Animated Adventures' exhibition.

There's a chance to see the handcrafted sets used in the 'Curse of the Were-Rabbit' and discover how the animators' ideas are made a reality through the magic of stop motion animation. The interactive section of the exhibition also lets you become an animator by creating your own character, making sound effects and even making your own mini movie with stop motion!

The exhibition runs until Sunday, April 18th. Entrance is £5.75 for adults and £4.50 for children. But don't forget—BAC adults get free entry if they show their ID badge!