

# HAND IN HAND

Befriend a Child's Volunteer Newsletter  
October 2010

A big **hello** and welcome to the October edition of Hand in Hand. The nights are 'fair drawing in' as they say, so all the more reason to grab a cup of cocoa and read through your dedicated newsletter for some ideas of where to go and what to do over the Autumn months. Page 3 as usual, has the What's On guide—and don't forget to make a note of the Halloween Party on Sunday, October 31st!

## A Berry Good Time

Despite the cancellation of the Summer trip to Charleston Farm, one of our Befrienders decided to take her befriended berry picking a little closer to home. Here's the report!



"G and I still decided to go berry picking after the trip cancellation. Rather than travel to Montrose we went a bit closer and picked our own berries at Potterton. There are plenty of options to choose from — pick your own, already picked, strawberries or gooseberries.

We chose the size of box to fill (several of sizes to choose, small approx £3) and off we went to start picking. There are 2 fields to pick from, with plenty of room to get a good choice yet space from other pickers. Once our box was full, weighed and paid we had a little picnic in the grass area, used as the car park and ate some of our picked strawberries.



Befriender Dan Warrender was one of the many acts taking part in the fun at Portlethen Gala, with an acoustic set of his own material. For more pix of the gala and a full report, see page 4.

## Group Sessions are Great!

"I've been to lots of Bev's group sessions at Befriend a Child but my favourite had to be when we got to paint our own T Shirts. My one is great and has my name 'Princess K' on it, as well as a princess and lots of hearts and shiny things, and a castle.

It was great fun making them and we could use as much paint as we wanted!

I also really liked making Smoothies because I like fruit and the best bit was tasting them. I have also been to make Valentine cards, baked my mummy a Mother's Day cake and joined in with the Autumn Treasure Hunt. The scarecrow we made in the basement looked fab. I am looking forward to making a pumpkin for Halloween at the next session.

I like going to Befriend a Child — it's always good fun and I really like Bev!"

*By K*



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## Going to the Ends of the Earth For Charity

(Well to the ends of the UK at least.....)



### Hello & Goodbye

Hello to:

Samantha, Bethan,  
Rachel and Heather.

Goodbye to:

Michelle, Val, Sylvia and  
Eileen

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

Laura W	-	2nd
Kathleen D	-	9th
Ruth N	-	11th
Sacha M	-	11th
Martha B	-	12th
Margaret M	-	13th
Catherine B	-	14th
Emma R	-	16th
Monica W	-	20th
Eileen W	-	21st
Anna C	-	22nd
Jill G	-	22nd
Karen F	-	24th
Lesley O	-	26th
Heather B	-	30th

### We Wish You a Merry Xmas.....

Befriend a Child are already thinking of how we can support the vulnerable young people in our service.

The easiest way to make a donation this year? Don't send Xmas Cards! Why not give the money you would have spent to us, to help make the festive period special for the young people who need cheering up?

Better still, why not persuade your employers to start a Giving Tree - donating presents can be a great way of creating goodwill in the office!



The first ever LeJOG challenge in aid of Befriend a Child was a massive success thanks to the dedication of three hardy volunteers. The team of Kyle Hewitt, Liz Pirrie and Steve McHugh spent two gruelling weeks in the saddle, travelling the length of Britain to raise funds for the charity.

Despite some hairy moments — and a close encounter with a brick wall — the trio completed the journey from Land's End to John O' Groats and gained a massive sense of achievement from it.

"I had a great time with the team and cycled over 1000 miles for Befriend a Child," noted Kyle, who originally dreamt up the challenge. It was easily the best thing I have ever done. But now I'm open to suggestions on what I should do next!"



### Events

Friday, Oct 29th - Murder Mystery at Douglas Hotel, 7.30pm. £25 per head

Friday, Oct 19th — Clairvoyant Evening @ Jubilee Hall, Portlethen. £10

Friday, November 26th — Quiz Night @ United Services Club from 7.30pm. £40 for a team of four.



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## October — What's On?

**Throughout October — The Big Draw.** Both Haddo House near Ellon, and Union Square in Aberdeen are venues for The Big Draw, a national campaign spanning art, science, design and the environment, showing how drawing connects generations and communities. A range of creative activities are being offered at Union Square on Saturday 9th between 10am and 4pm, while at Haddo House (11th, 12th, 13th and 17th), youngsters will be encouraged to take a tour of the historic building before creating a life size cut out of themselves! Both events are free of charge. For more information on The Big Draw visit [www.campaignfordrawing.org/bigdraw](http://www.campaignfordrawing.org/bigdraw).

**Saturday 2nd — Nature's Bounty @ Archaeolink.** Discover nature's harvest and how food was preserved before the invention of the fridge and freezer. Archaeolink is open from 10am to 4pm—for admission prices visit [www.archaeolink.co.uk](http://www.archaeolink.co.uk) or call 01464 851500

**Saturday 9th to Sunday 24th — Autumn Quiz @ Crathes Castle.** Explore the woods at Crathes Castle and complete the quiz (£1 entry) as you search for signs of Autumn.

**Tuesday 19th — Magic Spaghetti @ The Lemon Tree.** Enjoy this modern day fairy tale presented by theatre group, Licketyspit. Showings are 11am and 2pm, with tickets from £6.

### PDI Success

The First Year Report for our successful Lloyds PDI grant has been submitted and all going well, the second year of funding should be released to Befriend a Child in the next two weeks.

The grant is for £284,000 over three years to work with children from a background of parental and sibling substance misuse. Year one has been very successful with the recruitment of 26 new volunteers to work in this area, and the establishment of a number of new referral sources including the Grampian Police Runaway Team.

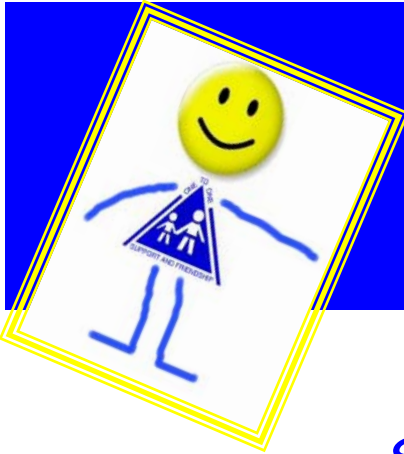
The grant has also allowed for the implementation of the compulsory Drug and Alcohol Awareness Training which many of you have now attended :)

### Branching Out

We are delighted to announce that we have been successful in our bid for a new Youth Mentoring Project in Kincardine and Deeside to provide 1:1 befriending for vulnerable young people. This is an exciting development for the charity, representing our first steps into working in the Shire.

Initial funding through the Aberdeenshire Alcohol and Drugs Partnership will allow us to recruit volunteers to work with nine young people aged between 8-16 but we very much hope this will create an opportunity for more referrals and the chance to provide our service to many more young people who could benefit from an adult role model.

We will be actively recruiting volunteers in South Aberdeenshire and hope to raise the profile of the charity throughout the area. If you have any friends or colleagues who may be interested, please ask them to contact the office :)



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## GALA SUCCESS!

### News In Brief

A reminder — Befriend a Child have six Access To Leisure cards available to Befrienders. The cards give you reduced entry to a number of facilities in the city. Call 01224 210060 to book.



The next session with Bev will be the Halloween Pumpkin Making on Saturday, October 23rd. Sessions will be held at 11am and 1pm.



Befriend A Child are once again able to offer Spree books priced at £23.

Please call in at the office or call 01224 210060 to buy.

Befriend a Child brought back Portlethen Gala at the end of August after an 8 year absence—and despite the inclement weather, the community turned out for a day of fun and games at the town's Bourtree Park and Academy. The usual range of fund-raising stalls, food, toys and gifts were available, as well as entertainment provided by Newtonhill Pipe Band, Millennium Child and The Limits Cheerleading team.



Sponsors of Portlethen Gala were K9 Hydrotherapy based at Findon.

In addition to the various stalls and tasty treats, live music was on stage all day with bands of all ages and genres taking part. Befriender Dan Warrender opened up with an acoustic set of his original material, with other acts including Upstart Heroes from Fraserburgh, the Chalmac Bloos Band from Inverurie and local nine piece Totico. A number of local organisations were also in attendance on the day, including the scout group and Mearns FM who co-ordinated the sound for the event.

The radio station's Ken Venters acted as Master of Ceremonies throughout the day, while local councillor Paul Melling spoke on behalf of the community to welcome the return of the gala after



Inverurie band Chameleon were just one of the acts taking to the stage at Portlethen Gala.

almost a decade away. Befriend a Child Chief Executive Karen Farquhar noted: "We were really pleased by the response of the local community, even with some pretty horrendous downpours during the day. We were really keen to get the name of Befriend a Child recognised in the area and hope that the people who came along on the day had a great time.

I was particularly impressed by the performances of some of the young bands during the day, and thought that was a highlight of the event."

### Date for the diary

This year's BAC Halloween Party is on Sunday 31<sup>st</sup> October from 2.30pm to 4.30pm in the United Services Club. Come along and get into the 'spirit'

