

Befriending Newsletter

September 2022

A free newsletter distributed Shetland wide

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The Shetland Befriending Scheme has been funded in 21/22 by:



Spotlight on a volunteer!



My name is Karl and I have been volunteering with the Befriending Scheme for nine months now.

Over the years I have known both volunteers and befriended. I could clearly see the benefits of the Scheme and the positive difference it was making. I also wanted to make good use of my free time, so I planned to apply to be a volunteer once I completed my studies.

I am in my first match. We meet weekly, getting out and about in the better weather where we can and doing indoor activities when the weather isn't so great. We chat about all sorts of things when we meet, often sharing stories about what we both have been up to since we last met.

I have been introduced to carpet bowls, something we both enjoy – it is a simple and meditative activity. Recently we had a great adventure, borrowing the Scheme's metal detector. We had visions of finding Viking relics and perhaps the remainder of the St Ninian's treasure. Sadly, we didn't even find a ring pull, but we had great fun anyway! I would never have tried either of these activities if I wasn't doing befriending. Next, we are planning to learn how to play chess together.

In my spare time, I play the Baritone Horn in the Brass Band. I really enjoy cycling too and am a member to two cycling clubs. I also spend time with my 91 year old grandmother - she, and my match, both enjoy runs around Shetland looking at the changes and reminiscing about their younger days.

I am currently project managing infrastructure development at the Saxa Vord Spaceport, so perhaps we can have a group activity to watch one of the rockets being launched!

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Spotlight on a young person!



“My name is Annika and I am in a match with the Shetland Befriending Scheme. I have been in my match for almost a year now!

During the last year me and my volunteer have done lots of activities together including The Shetland Pony Experience, watching films at Mareel, a picnic at Michaelswood, car runs, a trip to Bressay, arts and crafts activities, getting my nails painted, toy stuffing at Aa Fired Up, going out for food to different cafes, swimming, play parks, Sumburgh Head visitors centre, The Outpost, Clickimin Broch, the beach, chocolate making, a boat trip and metal detecting.

Some of our activities are done as Group Activities and I enjoy these as I get to meet other young people who are also in a match, and we all have fun together.

I love my befriending time, I really like my volunteer and we have fun when we go out together. I always get excited about the next meeting that is going to take place. I enjoy getting to do new and different things with my volunteer and it is helping to build up my confidence and learn new skills.”

Volunteer Film

Our promotional and training film by Keiba Clubb is now complete!



We are very thankful to Keiba, and to our volunteers, who kindly gave up their time to come and share their experiences of volunteering with us.

To view the film, please visit:

<https://www.facebook.com/Shetland-Befriending-Scheme-977606425599595>

We hope you enjoy it as much as we have!



★ Quality in Befriending Award! ★



We are absolutely delighted that we have recently passed our Quality in Befriending Award (QiB) across all three sections of the service!

Mairi has worked hard over the last few months getting it completed, along with the support of her dedicated team. Having the QiB marker (valid until July 2025) is invaluable as it ensures that we are continuing to provide a quality service to those in the Shetland Community and it also helps to secure on-going funding for the scheme. We are so pleased!!

“Shetland Befriending Scheme has achieved QiB in 2022, recognising their excellent work within the different services of the scheme. Their application and evidence exceeds good practice in Befriending and is of the highest quality. It was great learning about all outcomes achieved and the unique and flexible ways the group activities are used to provide respite for carers and support for siblings. Well done and keep up the good work.”

~ Angus MacLean, Quality Officer Befriending Networks

“I enjoy it very much and I really look forward to my trips out. I enjoy telling my family about where I’ve been and what I’ve seen and done. Thank you.”

~ Service user

“The befriending scheme has been a great benefit to my daughter as we live far out in the countryside where there’s not many children of her age.

However, if they had more funding they could possibly help more people, I can not praise them high enough.”

~ Parent/Carer



Photo: Lavinia Schmidt, VAS Volunteering

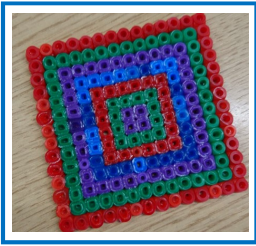
“The Shetland Befriending Scheme is a service which, in my opinion, is a life saver for the users and needs to be classified as front line. In my case, my parent looks forward to the visits/times out/lunches etc and just the companionship of his befriender. It's also about them bringing in "the news", also known as gossip in Shetland, which is part of the staple diet in these parts. Great service....great job and keep up the good work. You're doing well!!

~ Referral Agent

Group Activities!

We have been trying to do a Group Activity each month as far as possible.

We had arts and crafts stations in Market House during April where participants could choose from loom bands, sewing kits, hama beads, cake decorating and more!



As always, if you have any ideas on what you'd like to do for future Group Activities please pass them on to Scheme Staff!

During June, volunteers and their matches attended chocolate making at Island Larder. This was a very popular activity - messy, but fun!



Staff Training



The team received some really useful training from Lavinia Schmidt (VAS Youth Volunteering Support Worker) who held an in-house session in March on how to get the best out of Canva. This online graphic design tool is designed to help you easily create graphics for social media, posters, presentations and more.

We have already used it to create some funky thank you cards and will be jazzing up our information leaflets over the winter.

Mairi, Project Co-ordinator, has recently refreshed her Level 3 Child Protection training, and Laura, our ASN Development Worker, has undertaken some training with Autism Understanding Scotland. She has attended two webinars and will be able to use what she has learnt to add to volunteer training, and in supporting families. This was around the myths of autism and supporting autistic people at work. If you would like to learn more about the work that Autism Understanding Scotland does, you can have a look at their website:

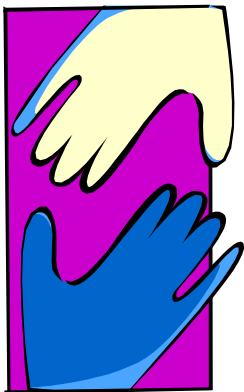
<https://www.autismunderstanding.scot>

Country Shows

The team attended four Country Shows over the Summer - Voe, Cunningsburgh, Walls and Yell.

We held a free prize draw where participants could complete a questionnaire with the chance of winning a lovely hamper from Scoop Wholefoods!

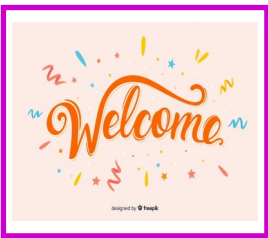
The draw was held after the last show and the winner of the hamper was Margaret Hughson from Unst. Well done Margaret!



Thank you to everyone who completed a questionnaire at the shows.

Scheme staff will shortly be in touch with those who indicated they may be interested in volunteering with us. ★

Welcome to our new volunteers...



As Covid slowly releases its grip upon us all, Befriending feels at last like it is getting back to normal. One of the benefits of this is that people are feeling confident enough to enquire about volunteering. Since sending out our spring newsletter, we have trained up ten new volunteers who, between them, will be working across all sections of the scheme.

We would like to extend a **warm welcome** to: Georgia Hornby; Gillian Martin; Joanne Middleton; Julia McGinlay; Karen Hay; Kerry Wheeler; Michelle Hughson; Nala Williamson; Pauline Gilfillan and Robert Erasmuson.

Kerry told us that she is looking forward to starting her first match. Kerry said that she herself has been through some challenging times in her life and has been fortunate to have received the support she needed to help her get back on track. Now, she wants to pay it forward by offering her time through Befriending to support others.

Robert has been thinking about volunteering with Befriending for a very long time and is looking forward to starting his first match.

Michelle has started her match and is already finding it as rewarding as she hoped. The person Michelle is matched with is a little older than her, so Michelle says that she has had to resort to Google to find out more about some of the things that have been mentioned!

We wish all of our volunteers well in their match, and many more fulfilling years of Befriending.

We ♥ our Volunteers

Contact Details

Market House Reception is open Mon - Thurs 9.00am - 5.00pm and Fri 9.00am - 4.00pm.
Reception is closed every day from 1.00 - 2.00pm.

Please don't hesitate to get in touch with us.



Our door is always open to volunteers for support or suggestions

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