



# The Shetland Befriender

## Spring & Summer 2024

Welcome to the latest edition of the Shetland Befriending Scheme Newsletter.

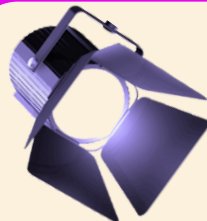
Here in the office, we have been doing some spring cleaning and taken the opportunity to spruce up our newsletter too.

You may notice one or two tiny changes - we would love to know what you think!

Inside you can read more about the changes we have made to the office.

What hasn't altered is the commitment and hard work of our volunteers - thank you all!

Mairi Jamieson  
Project  
Coordinator



## Spotlight on a Volunteer

My name is Cheryl and I have volunteered with the Scheme since 2018.

Volunteering allows me to support people who feel they are very lonely and isolated, something about which I am extremely passionate.



I started my fourth match last year. Since then, we have been out to Sunday teas, for runs in the car, visited charity shops, gone to the cinema, been out for walks and visited cake fridges.

I find it rewarding to spend time with someone on a one to one basis who really appreciates your company and to help encourage them to reach for their personal goals.

Volunteering has done wonders for boosting my own confidence and self-esteem. It has given me lots of experience working with vulnerable individuals. I even help with the Tea and Cake group when I can – this is a success for me as I have never been comfortable in larger groups.

Volunteering has helped me with my career ambitions. It gave me the confidence to return to college and then gain employment in the voluntary sector supporting people with their mental health and well-being.

# All about the Money

## Co-op

We are part of the Co-op Local Community Fund for 2023-24 and we are delighted that a total of £2,846.40 has been raised in the first quarter, thanks to Co-op members and customers. If you haven't chosen a cause yet, you can make us your good cause by scanning the QR code or visit the Co-op website: [www.coop.co.uk/membership](http://www.coop.co.uk/membership)



## Morton Lodge

We recently received a kind donation of £400 from the Morton Lodge. We were grateful to have been chosen to receive this generous donation.

## Thank You Too!

Last year you donated £302.97 through our collecting tins located at various retailers. Thank you all, donors and businesses alike!

## TL Dallas

We would like to thank Ruth Newbold and the staff at TL Dallas for nominating the Scheme to benefit from their Trust.



Photo: TL Dallas

The scheme is absolutely delighted to receive £500, which will be used across all sections of the scheme and go towards the cost of the group activities which we offer throughout the year.

## The Year in Numbers

Spring marks the start of the new financial year for the scheme, a very busy time for Mairi. She has been writing reports for our funders and as always, looking out for additional sources of income to ensure we can continue to deliver the scheme at no cost to participants. The highlights of Mairi's reports are that in the last year we have supported 38 face to face matches, offered 12 group activities, trained 10 new volunteers and there were 102 attendances at the Tea and Cake group. Not bad, even if we say so ourselves!

## Thank You to all our Funders



Shetland Befriending Scheme is a project supported by Voluntary Action Shetland Charitable Company limited by guarantee SC165677 Scottish Charity no. SC017286

## A Mark of Quality



# Spring Cleaning

## Office Changes

Along comes spring and with it, out comes the feather duster for a bit of light cleaning... Well, in the Befriending office, we have taken things a step or two further.

Market House has had a fresh coat of paint and not to be outdone, Mairi, Amanda and Ian launched into full on Grand Designs mode. Out went unwanted furniture - all to good homes - and in came the colour swatches. After much 'friendly' debate, we settled on a design scheme - and we are quite pleased with the results! But don't take our word for it, see for yourself.

We have gone from this



To this



Photo: Archie Fulton

## A Warm Reception

Market House Reception has had a makeover with fresh paint, carpet, greenery, chairs and staff.

The next time you drop in, take time to admire our new, improved reception and say hello to our lovely receptionists, Michelle Hughson and Rachel McIntosh.

## Shiny New Volunteers!

We would like to wish a very warm welcome to our latest crop of volunteers.

Claire Henry and Rebecca Davies are about to complete training with Amanda for the Children and Young People section.

Kathy MacDonald and Janine MacDonald (no relation) have both recently completed their training with the 16+ section of the scheme.



If you are interested in joining our team of volunteers, please contact us to find out more.

# Fun for All!

## Slime Time

On Thursday 14th March, Amanda, three volunteers and five young people attended a Paint & Slime Group Activity at Aa Fired Up.

Initially everyone got to choose an item to paint and they worked very hard on their designs creating some wonderful, bespoke pieces!

The second half of the session was spent making monster slime and lots of fun was had by all.



We all enjoyed creating huge bubbles with our slime and were very happy that we got to take our tub of slime home with us.

## Up Helly Aa

Here at the Befriending scheme, we all love Up Helly Aa! Volunteers Karl Bolt and Niall O'Rourke both played an active part this year, as did Mairi.



Karl is in the Brass Band and played at five of the events. He was in a squad too. Niall had a great time in the Delting Jarl Squad and Mairi took an active role in SMUHA. It was inspiring to see them all out supporting their local communities.

## More Tea!

Our Tea and Cake at Islesburgh monthly drop in group recently welcomed Gino Abrew, a volunteer with RNID, the hearing loss charity.



Between mouthfuls of delicious home baked Victoria sponge, Gino spoke to us about hearing loss, its causes and the support available.



Gino then spent the rest of the afternoon fixing hearing aids and administering tests.

## Christmas Treat

A dozen members of the adult section of the Befriending scheme enjoyed a Christmas meal at the Lerwick Hotel. The mixture of volunteers, service users and staff left no cracker un-pulled!



# Spreading the Message

## Return of the YPI

The Youth and Philanthropy Initiative (YPI) is a powerful active citizenship programme, empowering young people to make a difference in their communities while developing a range of skills.

On Wednesday 24th January, Mairi visited the Anderson High School to speak to S2 pupils at the YPI Charity Fair.

Mairi had a very busy day speaking to pupils, telling them about the Shetland Befriending Scheme and what it does to make a difference to individuals across Shetland.

It was a great event and a chance for young people to engage with local third sector organisations to see how they can contribute to making a difference.



Photo: Anderson High School

## Supporting Young People

Amanda and Ian were thrilled to be invited to attend the Developing the Young Workforce event at Clickimin in February.

Developing the Young Workforce aim to deliver quality engagements from educators and employers to widen young peoples' understanding of the world of work.

Amanda and Ian were on hand all day to speak to many of the hundreds of young people attending about the volunteering opportunities available to them with the Befriending Scheme.

Most of the people were a peerie bit too young to volunteer just yet, but as Amanda said, it is worth planting the seeds early.

We were proud to be part of the event and to support our young people to succeed in their employment and volunteering adventures.



## Staff Training

Mairi has been busy increasing her knowledge of trauma informed practice. As well as doing a general awareness course, she did modules on children & young people and gender based violence. Amanda has completed the Adult Support & Protection Level 2 course and Ian took part in online training about best practice in training volunteers to support people living with dementia.



# Why Don't You?

## Slime of the Times

Inspired by Amanda's group trip to Aa Fired Up? Why not have a go at making your own super slime? You can knock up a ball in about 10 minutes.

You will need:

- 200ml white PVA/craft glue
- 1 tsp bicarbonate of soda
- food colouring
- 2-6 tsps of contact lens cleaning solution containing boric acid

### Method

1. Mix the glue & bicarbonate of soda in a mixing bowl.
2. Mix in 3 drops of colouring.
3. Add 2 tsps contact lens solution and mix really well for a minute. As you mix it will slowly begin to turn into slime. Keep mixing and gradually add more solution until it becomes stringy and then comes away cleanly.
4. Once the ball is formed, take it out of the bowl and knead it until it becomes smooth, pliable and comes cleanly away from your hands.
4. Store in an airtight tub for the best shelf life.
5. Enjoy!

## Name That Tune

Music can play a great part in making meetings go with a swing, so why not have a go at creating the soundtrack of your match?

Research shows that music can reduce anxiety, improve mood, make difficult tasks more manageable and evoke memories. This can be good for everyone, especially those living with dementia. Music is good for a backdrop for driving and can make for a lively conversation starter.

It's easy to create a bespoke playlist. You can chat with your match about their key musical memories and influences.

- We create a lot of memories between the ages of 10 and 30 so music from that period will be memorable.
- We inherit music from others, so asking questions such as 'Did your parents sing you to sleep?', 'What bands did your children like?' and 'What songs take you back to a sweetheart?'
- There will be music associated with the person's identity too – football teams, faith songs, political parties, mods and rockers or the LGBT community, for example.

Once you have had conversations, it is possible to use free apps, such as Spotify to create your playlist and use it as part of your meetings.

The website, [playlistforlife.org.uk](http://playlistforlife.org.uk) has lots of free resources to look at. We have leaflets to help structure conversations and iPads that are available for loan to volunteers. If you would like to know more, please contact Ian.

# A Glance Ahead

## Group Activities

Here at Befriending HQ we are looking forward to offering some exciting group activities over the coming months and not just because it's a chance to join in with the fun, honest!

Some of your favourites will be making a return - the Seabirds and Seals Noss tour and Aa Fired up included. Looking further ahead, you can expect a Christmas meal to appear on the agenda.

We have some ideas for new activities too. We know we don't have the monopoly on good ideas, so if you have any suggestions, do let us know.



Photo: Alan Lindsay

## It's Show Time!

Visiting some of the country shows can make for a great outing with your match. There is something for everyone, from looking at livestock or crafts to queuing for an ice cream. You might even want to enter one of the competitions.

We are planning to be at as many of the shows as possible. We love meeting people who have been involved with the scheme in different ways over the years. We hope to have the opportunity to encourage some new people to volunteer too!

August

3rd - Voe

7th - Cunningsburgh

10th - Walls

31st - Unst

September

7th - Yell



## Tea Times

Tea and Cake at Islesburgh continues to meet monthly throughout the year on the third Friday of the month 2.30 to 4.00pm. The group is open to adults who want to pop by for cake, a cuppa and a chat.

### Future Dates

17th May

21st June

19th July

16th August

20th Sept

18th October

15th Nov

20th December

For more information about the group, please contact Ian at Befriending.



## 2025 Calendar

Looking a little further ahead, we are pleased to announce that we will be producing a 2025 fundraising calendar.



Photo: Julia McGinlay

The only things that we are missing are the twelve stunning photos, so get your cameras out!



# Keeping in Touch

## Our Door is Open

Our door is always open to our volunteers for support and ideas for befriending. You can find us at:

Shetland Befriending Scheme  
Market House, 14 Market  
Street, Lerwick, Shetland,  
ZE1 0JP

Reception is open:  
Monday to Thursday  
9.00am - 5.00pm & Friday  
9.00am - 4.00pm

## Find us on the Web

[www.shetlandbefriendingscheme.com](http://www.shetlandbefriendingscheme.com)  
Find, like and message us on Facebook

If you wish to unsubscribe from receiving this newsletter please email: [befriending@shetland.org](mailto:befriending@shetland.org)

## Fancy Being a Volunteer?

If you are interested in becoming a volunteer with the scheme we would love to hear from you.

Volunteering is a lot of fun and it can help you gain new skills and experiences. People aged 17+ and from all walks of life can apply - full-time mums and dads, retired folk, full or part-time workers, unemployed or students.

All that we ask is that you are able to commit to giving a few hours once a fortnight for at least six months.



Scan the QR code to see what our volunteers get out of befriending.

## We Love Hearing From You!

If you have comments or suggestions you can let us know by phone, email, through social media, the post or even face to face!



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