

Befriending Newsletter

May 2023

A free newsletter distributed Shetland wide

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The Shetland Befriending Scheme has been funded in 23/24 by:



Spotlight on a volunteer!



Meet Jimmy...



My name is Jimmy and I have been volunteering with the Shetland Befriending Scheme for over ten years. I decided to apply because I was looking for a new challenge in my life and when I saw the poster recruiting new volunteers, I thought that it ticked all of the boxes.

Since starting, I have had five matches. They have all been different and each one was rewarding in its own way. I have lost count of the number of meetings I have had, the cups of tea I have drunk and how many activities I have taken part in over the years!

Although each match has been unique, they have all had in common the fact that each person has faced challenges in their life, has felt lonely or isolated and befriending has had a positive impact upon them.

With my current match, we will go out for a coffee, stay at home having a yarn or having a chat on the phone. She has led a fascinating life and I love to hear the stories she has to tell about her younger days. Sometimes it sounds like an adventure story!

When I am not volunteering, I like cycling, walking, photography and bird watching. I also like gardening and I grow vegetables. I play walking football and have recently taken up swimming.

Although I now have a decade of experience under my belt, I have no intention of giving up! I am looking forward to my next ten years (at least) of volunteering with the Shetland Befriending Scheme.

If you wish to unsubscribe from receiving this newsletter please e-mail: befriending@shetland.org

Spotlight on a young person!

**BBC RADIO
SHETLAND**

If you know anyone who would like to become a volunteer befriender, please ask them to get in touch with us on befriending@shetland.org or 01595 743907 - or they can DM us on Facebook!

Scan the QR code to listen to our Radio Shetland interview



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.

ypi
YOUTH AND
PHILANTHROPY
INITIATIVE
SCOTLAND

One of our young people spoke on Radio Shetland in December 2022 about what a big impact befriending can have. They were a little bit nervous to start with, having never spoken on the radio before, but they soon got into their stride!

They thought very hard about what they wanted to say before they came and it definitely paid off. Here are some highlights!

Q: What kind of things have you done with your befriender?

A: Gone to food places, played Star Wars chess game, Uno and Dobble - I won some of those games!

"Meetings with my befriender are quite funny and amazing."

"...if you are going to try (being a befriender), then have fun and good luck!"

Q: What would you like to try with your befriender?

A: Horse riding. I haven't done it before!

Q: How has befriending helped you?

A: It has helped me a lot.

If you would like to listen to the interview, it is available via the link below. The befriending part is about 18 minutes 40 seconds in.

<https://www.mixcloud.com/BBCShetland/good-evening-shetland-021222/>

Youth and Philanthropy Initiative - YPI

We were delighted to be asked by two groups of S3 pupils from Brae High School and Anderson High School if they could pick us as their charity, to find out more about us! They felt the Shetland Befriending Scheme would really benefit from the prize money of £3000.

Scheme staff met with each group and told them all about the scheme and how it worked. The pupils were very interested and asked really good questions. Each group then put together a short presentation for their teachers and classmates to decide who should win the money.

Our groups were not successful this time but we are very grateful to them for trying - and now more young people have an awareness of the scheme and might want to volunteer when they are older!

Well done to those groups who were successful!

Group Activities - we love them!

We have continued to offer group activities to the Children and Young People and ASN sections nearly every month.



Awesome art work from the group!

Creating masterpieces at Aa Fired Up in September 2022!



A trip to Mareel to watch 'Lyle, Lyle Crocodile' in October 2022!



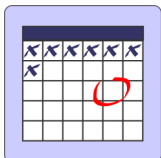
A swimming pool party at Scalloway Pool in November 2022!



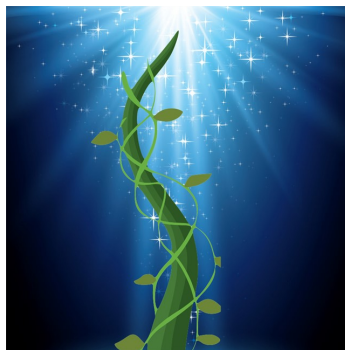
January and February 2023 were really busy and we weren't able to organise any group activities for the younger sections.



We are busy planning activities for the rest of the year. Keep an eye on your emails so you don't miss out! If you have any ideas for group activities, please just let your Development Worker know!



A night at the Garrison Theatre to watch 'Jack and the Beanstalk' performed by Open Door Drama in December 2022!



Arts and Craft kits were sent out in March 2023 as the face to face session needed to be cancelled due to the snow!



A brilliant Archery session in March 2023!

It was great fun!



Group Activities for 16+ Section

Is there an activity that you like doing, that you think others would like too?

This could be card games, craft activities, dancing or even joining a club....

Have a chat with your Development Worker as others might be interested.

The 60+ group had a lovely Christmas meal at Lerwick Hotel in December 2022.



Unfortunately, the weather for the rest of December meant that the 16+ group meal had to be cancelled.

Some of the 16+ section came along to the 'Jack and the Beanstalk' Pantomime in December 2022 and absolutely loved it!

(Oh no, they didn't)

(OH YES, THEY DID!)



Tea and Cake at Islesburgh 16+

Upcoming Tea and Cake at Islesburgh Dates:

19th May

16th June

21st July

18th August

15th September

20th October

17th November

15th December

All from 2.30pm to 4.00pm

Ian, our 16+ Development Worker, has been holding Tea and Cake at Islesburgh events. These started in September 2022 and run monthly. However, thanks to funding from The Winter Activities Fund, they were able to increase them to fortnightly from January - March 2023. From April we returned to running monthly on the third Friday of the month between 2.30pm and 4.00pm.

These events have been really popular, and anyone aged 16+ can come along for free. There is no eligibility criteria and no expectation to attend every session. They are a great place to make connections with other people and have a chat over tea (or coffee!) and cake.

Although most of the sessions have been just a chance for people to chat, the group had a very interesting and informative talk from Dr Jonathan Wills about the Braer Disaster recently, and had a chance to learn Boccia with help from Megan from Ability Shetland. Boccia (pronounced bot-cha) is played similar to bowls but is accessible to all.



Fundraising Calendars!

We loved creating our first ever Shetland Befriending Scheme fundraising calendar with these beautiful images!

We raised an amazing £865.62 for scheme funds.

We are going to do another one for 2024!

The theme this year is

'Making Memories'.

We know from conversations with volunteers last year that a lot of you thought your photos wouldn't be good enough, and didn't put them in.

Please do submit photos even if you aren't sure they are good as we are sure we missed out some awesome images!

You don't need to have a super fancy camera - some of these were taken with an ordinary smartphone.

We will be emailing more details shortly!



Recruitment news



Did you see our poster on display?

We send them to all local shops, doctors surgeries, schools and workplaces throughout Shetland!

We launched our latest recruitment drive in the middle of November 2022.

Although we were aiming to recruit volunteers to the younger sections, some came forward for the 16+ sections too.

BRILLIANT!

Laura and Amanda are working together to plan the training for the CYP and ASN sections.

Ian is planning the training for the 16+ sections.

Good luck to those going forward to training!

We thought our recruitment boards were really eye-catching!



Tah-dah!

Funding news

The most recent funding received was £111,264 which will allow our 60+ Dementia Section to continue until March 2026!



The Scheme's Project Co-ordinator Mairi Jamieson, has been busy writing up year end reports in line with grants and funding streams. She has been on the lookout for future funding for all areas of the service. Funding is a constant challenge in the Voluntary Sector with projects being funded through multiple funders in order to keep delivery at it's current level.

Whilst some applications for befriending have been successful, Mairi continues to apply to those applicable to the service. Thank you to the following funders who are currently supporting the scheme:

- BBC Children in Need - 7-18 years ASN Section
- The Shetland Charitable Trust - Children and Young People and 16+ Sections
- SIC Housing - 16+ Section
- National Lottery Community Fund - Improving Lives - 60+ Dementia Section

Team Building



We took part in a Team Building day in March!

We had a lovely morning pottery painting at Aa Fired Up and then had lunch together. It was brilliant fun and we definitely feel stronger as a team because of it.

Here we are, proudly holding up our painted pieces - we can't wait to see what they look like once they have been fired!



For our volunteers...



We say this every time but.....



THANK YOU VERY MUCH



for all the hard work, time and dedication you give to your match.

You are all awesome!

Equipment Bank

Board games available -

Battleship
Connect 4
Draughts
Dominoes
Frustration
Jenga
Operation!
Othello
Scrabble
Scramble
Snakes and Ladders
Snap
Trivial Pursuits
Uno
Uno Extreme
Decks of cards



Is anyone else feeling that we need to think about doing outdoor activities?

Have a look at our list and see if any of them inspire you!

If you are stuck for ideas, ask your Development Worker!



We have a huge amount of items in our Equipment Bank!



They are free for you to borrow to use with your match.



- * arts and crafts
- * badminton rackets and shuttlecocks
- * binoculars
- * bird and insect identification books
- * board games
- * colouring books and nice pens
- * dominoes
- * fishing rods and tackle
- * football
- * geocaching kit
- * golf clubs
- * hula hoops
- * hama beads
- * jigsaws
- * kites
- * Lego
- * loom bands
- * magnetic darts
- * metal detector
- * remote control cars
- * trivial pursuits
- * walking maps and guides



Make sure you ask your Development Worker in plenty of time to arrange collection from Market House.



Ideas for meetings

- ◆ Visit Sumburgh Lighthouse and Visitor Centre - you could borrow binoculars and a bird book from us!
- ◆ Go over to Bressay and go to the Speldiburn Café.
- ◆ Have a run in the car to somewhere you haven't been before!
- ◆ Buy picnic food and find somewhere with a nice view to eat it.
- ◆ There are so many nice walks in Shetland - have a look at www.shetland.org/visit/do/o outdoors/walk to see if there are any different ones you fancy doing.
- ◆ Take the ferry to Whalsay to visit the Shoard Charity Shop (remember to check opening times!)
- ◆ Visit the Clickimin Broch in Lerwick - it is free!
- ◆ Borrow our remote control cars and have a race!
- ◆ Visit as many of the 71 play parks as you can....
- ◆ Visit one of the many cake cupboards/cake fridges for a yummy treat as you explore.
- ◆ Have a game of tennis at the Flower Park - or try putting!
- ◆ Drive to an inter-island ferry terminal to watch the world go by. Sometimes you can spot otters!
- ◆ Feed the pigs and see wallabies and emus at The Outpost in Burra.
- ◆ Visit a beach you have never been to before. Take our metal detector and see if you can find any treasure!
- ◆ Borrow our kites and try not to get in a tangle!

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

You can use this QR code to see our volunteering video



SCHEME STAFF CAN BE CONTACTED AT:
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Find us and LIKE us on Facebook!

You can Facebook Message us too!



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