



# The Shetland Befriender



## Autumn & Winter 24/25

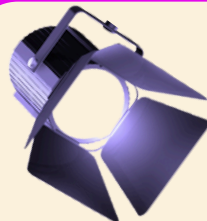
Welcome to the second edition of our all-new Shetland Befriending Scheme Newsletter.

We have had a busy time since the last newsletter - we have been out and about, trained new volunteers, received good news about funding and produced our third calendar, which is flying off the shelves!

2025 marks a quarter of a century for Befriending and we are preparing to celebrate in style.

Inside, you can read about all of these things and more!

Mairi Jamieson  
Project  
Coordinator



## Spotlight on a Volunteer

My name is Joanne. I have been a volunteer with the Befriending Scheme for two years now and in that time, I have had one fabulous match! Being able to help someone feel more connected and special through befriending is a wonderful thing.

I found out about Befriending through a friend and thought it sounded brilliant. Staff make the process easy. All I have to do is show up and have a wonderful time with my match!

For a few hours every 2 weeks, I enjoy exploring new things with someone who benefits from quality 1:1 time. It fills my cup, and it helps them fill theirs. We do so many fun things. On fine days we visit the beach with a picnic. On not-so-nice days we might go swimming at the pool (followed by a trip to the nearest cake fridge!) When we tried the climbing wall at Aith, she was convinced she couldn't do it, but she smashed her third climb to the top. I'll never forget her face in that moment!

When I'm not befriending, I enjoy spending time with my family, working our croft, playing the banjo, reading, knitting, cuddling our cats, watching films and walking our dogs.

If you are thinking about volunteering, do it, you will love it!



# All about the Money

## 2025 Calendar

Thank you to the volunteers and staff who contributed photos to our 2025 fundraising calendar. The photographers are Alan Lindsay, Amanda Brown, Greet Blom, Ian Edwards, Jo Archer and Mairi Jamieson.

We are very grateful to the retailers who have been selling the calendar on our behalf: Freefield Post Office, Mainland Mini Market, Scalloway Meat Company and Sound Service Station.



Photos: Volunteers & staff

## Thank You to all our Funders



## Co-Op

We were fortunate enough to have been chosen to benefit from the Co-op Local Community Fund for 2023-24.

Thanks to the kind generosity of local customers, we are pleased to announce that we have been awarded a total of £7,855.36.



We shall be using the funds to support the work of the Children and Young People's section.

## Long Term Support

The Scheme has been successful in securing funding for 2025-2030 from The Shetland Charitable Trust to help sustain current service delivery. Funding was secured for the Children and Young People's section and match funding for the 16+ Section of service as well as funding of the Project Co-ordinator's post.

We are extremely grateful for the financial input from the Charitable Trust and will continue to work in partnership with them to deliver positive outcomes for our service users.



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



# In The Office

## Finishing Touches

We have now been able to put the finishing touches to our office and its fair to say that as a working environment and a meeting space, it has been transformed - we love using our cosy meeting corner!

Thanks to help and know-how from Archie Fulton, Market House's very own volunteer handy-person, we now have shelves up, lots of photos on the walls and even a lovely new clock.



We would like to say thank you to Archie, and well done for receiving a much deserved Willin Hands Award for his volunteering at Market House.

## Befriending Conference

During Befriending Week, Mairi, Amanda and Ian attended the annual online Befriending Networks conference. It was a chance to meet people involved in befriending schemes across the UK, to hear about their work and to pick up some good ideas! There were some interesting presentations on different aspects of befriending that we will be thinking about in the near future.

## Staff Training

The whole team has recently undertaken website training, so we can keep our site up to date and fire awareness training. Ian has been on a Suicide Intervention course. Mairi has completed a project management skills course and is currently updating her Adult Support & Protection Level 3 qualification.

## Befriending is Brilliant!

As part of Befriending Week, we asked people to tell us why Befriending is Brilliant and here are just some of the responses:

“It’s a service that has allowed me to help others as well as helping me too.”

“Even small activities make such a big difference to somebody who is feeling lonely.”

“It’s about connections, friendships and support across the generations.”

“With a little time spent the feel good factor is a massive reward.”

“It’s an end to isolation.”

## New Volunteers!

We would like to wish a very warm welcome to our latest crop of volunteers: Vaila, Archie and Colin. They have all finished their initial training and will be looking to start their first matches in the New Year.

If you would like to find out more about what volunteering entails, please arrange to drop in for a chat.

# Fun for All!

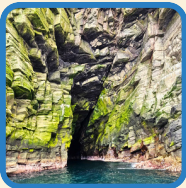
## Getting Shirty

Amanda accompanied six young people and three volunteers to Aa' Fired Up in October for a Halloween themed Group Activity! The group decorated spooky T-shirts and made witches slime, and had a wicked time! The young people worked well together and had lots of fun trying to make bubbles with their finished slime. There was even time at the end to take part in a 'Hunt the spider' competition!



## Seal of Approval

In the summer, we had the pleasure of taking a group of young people and adults on the fabulous Seabirds and Seals boat trip around Noss, expertly guided by Marie.



Photos: Rikki Watt

The boat is an excellent way to see Shetland in a different way. We have been on several trips with Marie now and we always manage to see something different.

## Seeing the Sights

Whilst the younger members of the Befriending Scheme were heading off to Aa' Fired Up, a coach load of people from the adult section had a day's sightseeing with lunch at Frankie's too.

We set off from Lerwick, headed to the West side and up to Brae. We left the rain behind and enjoyed a bright day with excellent views of the windmills!

After a delicious fish supper, we headed home via Sullom Voe and then back to the rain in Lerwick. I for one, didn't need dinner that night!

## Spooky Staff



In the name of building a strong staff team, we sometimes get to try out activities for ourselves. This was our first collective attempt at pumpkin carving and we think we did pretty well! Look out for a new group activity next Halloween!

# Spreading the Message

## Scottish Parliament Birthday Roadshow

We attended an event at Islesburgh this summer marking the 25th anniversary of the Scottish Parliament. Ian had the opportunity to tell MSPs about the fantastic role our volunteers play in supporting lonely, isolated and vulnerable people.



Ian had no trouble at all getting Alison Johnstone MSP, the Presiding officer of the Scottish Parliament to model a pair of our stylish sunglasses!

## Willin Hands

Congratulations to all our volunteers who are recipients of this year's Willin Hands Awards. There isn't enough space to name them all but check out our Facebook page!

## Showing Off!

Amanda and Ian had a great time visiting the Cunningsburgh and Yell shows this summer. They spoke to well over a hundred people about befriending and gave out lots of goodies! Our sunglasses are now heading all over the world - America, Australia and Sweden included!



## Prize Winners

Congratulations to Mel Todd and Pauline Gilfillan who were the lucky winners of our yummy hampers from our Show Prize Draw.



# Why Don't You?

## Stone Painting

Stone painting can be a simple, fun and arty activity to try out...

To give it a go, you will need some stones, acrylic paint and imagination! You can also use coloured pencils, sharpies, paint markers and, if you want the design to last outside, a sealer.

Once you have found a nice smooth, clean stone, start by painting it white with acrylic paint as a base coat – it will make the colours that you place on top look brighter.

Paint on your design. You might be inspired by the shape of the stone, the season, nature – the only limit is your imagination.

You can use sharpies or coloured pencils for more intricate designs.

If the stone is staying indoors, it does not have to be sealed, but if you want it to last, a waterproof clear coat will help.

You can try PVA glue, Mod Podge or a water based craft sealer.

Some people hide their stones around Shetland for people to find and post on the Shetland Rocks Facebook page, so you could join in the giant treasure hunt! Don't forget to send us photos too!



## What to do?

Winter may not be the best time to be tramping across the countryside, especially if it's cold, wet and grey but there are so many other activities for you and your match to try.

Here are Amanda's top suggestions:

- \* Go out for a meal together
- \* Visit the Shetland Museum to look at the exhibits
- \* Go swimming at one of the many leisure centres
- \* Get a manicure
- \* Play a game of carpet bowls at Clickimin Centre
- \* Book a court and try a sport
- \* Book the sensory rooms at Clickimin
- \* Borrow the Scheme's remote control cars
- \* Watch a film at Mareel
- \* Use the kitchen at the Staney Hill Hall
- \* Go to the Library to read and/or take out books
- \* Play a game of pool at the Scalloway Youth Centre
- \* Visit one of the rural Up Helly Aa festivals

We have an exciting cupboard full of lovely arts and craft materials, loom bands, colouring sheets, board games, jigsaws, puzzles, card games, Lego and more.

You could always use a room here at Market House to use the resources of your choice or you could loan them out and take them to somewhere like Mareel or Islesburgh to use.



# A Glance Ahead

## Oh Yes, We Did!

December is Panto Season and we were all looking forward to it!

This year's offering was Babe's in the Wood, performed by the brilliant Open Door Theatre Company. A dozen people from both sections had the chance to attend the opening night, along with other groups from across Shetland, and they loved it! O h, Yes they Did!



Poster: Open Door

## Bingo and Boccia

Amanda and Ian are currently hatching plans for a new group activity to be delivered in the New Year... We have often been asked to put on a bingo evening and Ian has fancied running a boccia session. So, Amanda and Ian have been wondering, why not do both? Look out for details in early 2025.

## 25 Years of Befriending!

2025 marks an important milestone in the history of the Shetland Befriending Scheme. In June, we will be

# 25

celebrating our 25th anniversary - we will tell you more about our plans in the next newsletter. We are proud to say that to date we have supported an average of 25 people a year - not bad, even if we say so ourselves!

## What Else Should We Do?

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

## Times for Tea

We are pleased to announce that we will continue to run the Tea & Cake at Islesburgh group 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.

### 2025 Dates

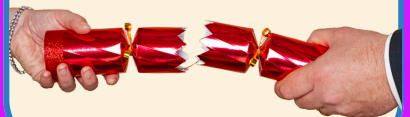
|               |                |
|---------------|----------------|
| 17th January  | 18th July      |
| 21st February | 15th August    |
| 21st March    | 19th September |
| 25th April    | 17th October   |
| 16th May      | 21st November  |
| 20th June     | 19th December  |

For more information about the group, please contact Ian.



## Christmas Cheer

Around 15 members of the adult section of the Befriending scheme have booked their place for our annual Christmas meal at the Lerwick Hotel and are looking forward to making merry!





# 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.

## 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!



Scan the QR code  
to enquire about  
volunteering



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