



The Shetland Befriender

Spring & Summer '26

Independence Day!



We are delighted to announce that Shetland Befriending Scheme have recently transitioned to become an independent charity, separating from Voluntary Action Shetland!

This move marks a significant milestone for the organisation after being part of Voluntary Action Shetland for 25 years.

The scheme will continue its vital work offering friendship and support to young people and adults experiencing loneliness and isolation throughout Shetland, now with greater autonomy and flexibility.

Staff are excited for this next step in the Scheme's journey and are confident it will allow the service to further strengthen the support provided for people across Shetland.

We are grateful for the partnership and guidance provided by Voluntary Action Shetland over the years and look forward to building on that foundation as an independent organisation.

A Board of Directors has now been formed to support the Scheme moving forward. Mairi Jamieson, Service Manager, has genuine confidence in the new Board, consisting of individuals who are truly passionate about Befriending.

By working together, they aim to strengthen existing relationships and foster new connections within the community.

"This is such a positive step for the Befriending Service. Going independent will support the development and growth of the newly established charity to continue to meet local needs. Having a long standing, highly respected service that already provides quality Befriending support for individuals in our community, this new stage will ensure that Shetland Befriending Scheme will continue to be the key organisation for providing 1:1 support."

- Lynn Tulloch, Executive Officer of
Voluntary Action Shetland

Scheme staff are keen to offer their reassurance that there will be no disruption to current services as a result of this change.

Meet Our Board...



My name is Liz Adamson. I live in Cunningsburgh and I am a retired teacher. I find myself as Chair on the Board of Trustees of the Shetland Befriending Scheme.

I decided that I wanted to be part of the Scheme because I have witnessed, as a teacher and a befriender myself, the amazing difference it has made in the lives of young people and adults.

The Scheme is run by committed and dedicated staff and I would like to help them in some small way to go forward in the future.



My name is Karl Moar and my role on the Board is that of Vice Chair. This means that I will act in the Chair's absence, sharing leadership responsibilities and ensuring Board continuity.

I first volunteered with the Shetland Befriending Scheme over 15 years ago after a family member's encouragement. After seeing the difference it can bring to individuals, I was keen to support the

Scheme's move towards independence - to enhance the quality and scope of its service. The skills which I bring to this role include a decade of supporting service users directly as well as many years of engaging in a diverse team environment from my own career.



I am Archie Fulton, father and grandfather. I retired in 2021, having worked at Sullom Voe Terminal for most of my time in Shetland. I now spend some of my time volunteering. In my role as Secretary, I am responsible for arranging and taking minutes of meetings. I can act as a link between the Board and service manager and assist other Board members when required.

Having volunteered in Market House, I was aware of the excellent work carried out by the Scheme and so became a volunteer befriender. When I heard that Befriending were thinking of becoming independent from Voluntary Action Shetland, I wanted to be a part of that because I believe in the service going forward.

I have some experience from being on a charity group Board before, and I am keen to assist in any way I can.

... of Directors!



My name is Linda and I am a Management Accountant. Currently, I work for both third sector and private businesses in Shetland and Orkney.

I wanted to join the Board of Trustees in order to use my professional financial experience to support this wonderful service.

Previously, I have worked for Shetland Islands Council in Social Work, the Charitable Trust, University of the Highlands and Islands Shetland and for a Charitable Folk School in Sweden.

The Folk School specialised in Arts and Music, giving young adults who did not thrive in main-stream schooling, the opportunity to gain the necessary entry requirements to attend University. It also ran specialist four-year courses for the Swedish Church. I have known Mairi all my life and we have been in the same class since playschool! I look forward to seeing the Befriending Scheme grow and develop its service for many years to come.



My name is Lavinia. I'm originally from Germany and have lived and worked in Shetland for the past 7 years.

I don't have a specific role on the Board, but I am often the one who likes to ask the 'silly questions' to make sure we're all on the same page.

I previously worked for Voluntary Action Shetland, so I had a direct insight into seeing how amazing the staff and volunteers at Shetland Befriending Scheme are and the difference they are making.

I had also been considering joining a Board for a little while as many Boards lack representation of under 30's. However, it soon turned out that life offered me new opportunities and although I have recently moved away from Shetland, I have decided to stay on the Board because it doesn't change the support I want to offer. It also gives me a way to stay in touch with Shetland and it's vibrant third sector and the super cool people at Befriending.

I already have a lot of knowledge around the voluntary sector and the volunteering landscape in Shetland and in Scotland.

I have an interest in mental health and I am a Mental Health First Aider and ASIST trained. There are things I don't know yet about being on a Board, but I'm sure I'll learn from my fellow committee members.

Raising our Profile



DYW Event



During February, all staff attended the Developing the Young Workforce (DYW) event at Clickimin Centre. This is always a really great event

and staff enjoyed the chance to speak with everyone who stopped along our display stand, so we could share volunteering opportunities and the work which we do. If you are keen to find out more about us, please email: befriending@shetland.org or tel: 01595 743907.

Primary Care and Third Sector Event



At the end of April, Amanda and Ian attended this event at the Town Hall.

It was fantastic to meet with a range of NHS staff to share information about our service and to offer guidance on how professionals might refer individuals to the Scheme for support. We were able to give away plenty of leaflets, freebies and enjoyed chatting to other organisations who were in attendance too.

“Why, it’s YPI!”

We were delighted to be contacted earlier this year, by a group of S2 pupils from Brae High School, who wanted to represent the Shetland Befriending Scheme as their chosen charity for the Youth and Philanthropy Initiative (YPI).

Amanda and Ian met with the group in early March at Market House, to tell them a bit more about how the Scheme works and to answer their questions. Ian was then able to visit the pupils at school in mid-April, alongside an experienced volunteer, who enjoyed sharing his time of volunteering with the Scheme. During their visit Ian set up a call with a 60+ service user so that they too could talk about their experience of receiving support and to answer the group’s questions.

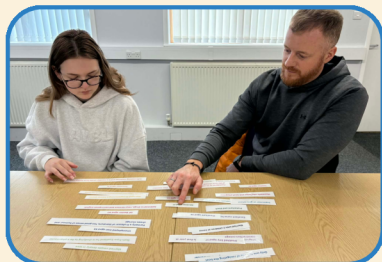
On Monday 4th May, Ian attended the final at Brae High School. Although the pupils didn’t win, they made an excellent presentation and did a fantastic job of raising the profile of the Scheme. Thank you for your support, and well done to all the other teams who campaigned hard for their nominated charities too.



A Hive of Activity



Volunteer Training



A big welcome to Katie-Jayne and Kieran who both recently completed their initial training with Amanda, during March and April.

We wish them all the best as they begin their befriending journey in their new matches.

All staff are continuing to meet with potential new volunteers and will consider initial training dates to suit individual needs.

Saltire Awards

The Saltire Awards, a long-standing national awards scheme open to anyone aged 11-25 years, is designed to recognise and reward the commitment young people make to volunteering in their community.

The awards recognise milestones of 10, 25, 50, 100, 200 and 500 hours of time spent volunteering and are recognised by colleges, universities and employers.

Again this year, Befriending staff have completed the necessary paperwork to detail Befriending hours completed by volunteers who are registered with Saltire Awards.



Staff Training

Amanda has spent some time increasing her knowledge and understanding of different topics including self-harm, bullying, gender based violence and also dementia by attending online webinars and completing an online module.

She also attended an ADHD conference in early March, which was delivered by visiting specialists from the Scottish ADHD Coalition.

Ian has been concentrating on self-directed learning and looking at the use of AI (Artificial Intelligence) for image production and considering ways it could help with preparing activities.

Mairi attended a Train the Trainer for Trauma Informed course, delivered by Wendy Hand.

She is now hoping to get some dates in her diary to deliver this over the next few months - so watch this space!

Making connections



Group Activities

In January, Amanda and a group of volunteers and service users had a super evening at Aa Fired Up.

We were able to create our own 'Up Helly Aa' themed plates and choose between a helmet or galley design, or our own creation! Do you like our finished pieces?



At the end of March, a group of volunteers and service users from the Children and Young Persons' section enjoyed an afternoon of creativeness!

With a large selection of Easter and Spring arts and crafts laid out, there was plenty to get stuck into. A great time was had by all!



Country Shows

Befriending staff are looking forward to attending the Voe and Cunningsburgh Shows this Summer.

We do hope to see you there!

Voe Show - 1st August
Walls Show - 8th August
Cunningsburgh Show - 12th August
Unst Show - 29th August
Yell Show - 5th September

Volunteers' Week



Volunteers' Week took place 1st - 7th June. Staff and volunteers enjoyed a cuppa, cake and chat at Fjara Cafe Bar to celebrate.

Funding News

The Scheme is currently in the process of transferring its existing funding arrangements with Shetland Islands Council and The Charitable Trust, to the new charity. We are also delighted to have been successful with our application to The National Lottery Fund and will receive £116,210 over 3 years, to fund the Dementia service.

Why Don't You?



Meaningful Memories...



If you and your match are feeling creative, it can be a great idea to produce a 'keepsake' of your time spent together.

This could be in the form of a memory board or memory book, whereby photos are taken and printed, to show activities you have done together and places you have visited.

You can then write your own notes or comments and add stickers or decorations to your keepsake item - be as creative as you wish! Please remember to get permission from your match and family members, where appropriate, to make sure everyone has consented to photos being taken.

Thank you to Families First St Andrews, for providing exemplar photographs of a memory board and book from their own service users.



Tea & Cake at Islesburgh

Tea and Cake takes place at Islesburgh Community Centre on the third Friday of every month from 2.30pm - 4.00pm.

The group is open to adults who want to pop along for cake, a cuppa and a friendly chat. We even enjoy the odd game of bingo or boccia, and also arts and crafts. Why don't you come along and join us?



Remainder of Tea & Cake dates for 2026 are:

17th July
21st August
18th September
16th October
20th November
18th December

Thank You to all our Funders

 Shetland Charitable Trust



 COMMUNITY FUND



Shetland Befriending Scheme
is a registered Scottish Charity SC054964



Get in touch with us...



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

Find, like and message us on Facebook

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

Fancy Volunteering?

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 enquire about volunteering

Ideas to Share?

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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