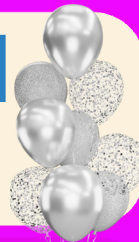




The Shetland Befriender



It's our 25th Anniversary!

We recently interviewed Lynn Tulloch, now Executive Officer of Voluntary Action Shetland, who developed the Befriending Scheme back in 2000. Here's what she had to say...

Why did you decide to apply for the Project Coordinator post?

"I was about to finish my post graduate diploma in Community Education in Dundee, when I saw the post advertised. It sounded interesting; to develop a new project in Shetland to support children and young people with volunteer befrienders."

What are some of your earliest memories of the Scheme?

"The first six months was about establishing the project, developing policies and procedures alongside materials for volunteer initial training. I attended a number of training events on the mainland and visited some projects too, which was invaluable. It was really exciting when we launched the project and did our very first volunteer recruitment drive. Twelve people came forward from the community to volunteer and take part in our first training sessions. We then started engaging with partner agencies to refer children and young people to the project. It was wonderful when I completed my very first match between a young person and volunteer."

What are the biggest changes which took place during your time working at the Scheme?

"The biggest changes were when the project grew to meet local need. In 2005, funding was sourced locally from SIC Housing Department to expand the service to support individuals up to the age of 25 years, who were living in their own accommodation and who could benefit from some support. Further expansions occurred in 2008, with funding from Children In Need, to support young people aged 7-18 years with additional support needs and again in 2011, with funding from the Lottery to support older members of our community aged 60+ years."

Do you have a particular achievement you would like to share?

"Through our quality assurance accreditation, the Scheme has been held up as a model of high standard and good practice locally and nationally, which I am very proud of."

How does it feel knowing the Scheme has reached it's 25th year?

"It's amazing! I'm really proud of what has been accomplished and that the project will continue to help those who need it."

What would you say to someone who is thinking to volunteer?

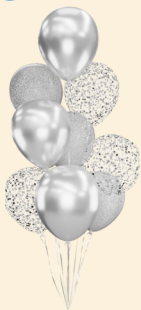
"Don't hesitate to get in touch with staff at the project. It's a great experience and you will make a difference to someone's life."



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Exciting Times!

High Time for High Teas



The Shetland Befriending Scheme will be celebrating their 25th anniversary on Sunday 15th June, 2025 at the Cunningsburgh Hall - serving high teas and providing live music from local bands.

Teas will be in two sittings - the first from 12.00pm to 1.30pm and the second from 2.30pm to 4.00pm.

Tickets will go on sale four weeks before the event at a cost of £10 per head. Each sitting will be for between 70-80 people, depending on demand.

We are also holding a raffle with the top prize being a return trip for two including cabin from Northlink, the second prize being £200 cash, with many other prizes to be won!

The event will be supported by staff, volunteers and family.

YPI Engagement

Mairi attended the yearly Youth and Philanthropy Initiative (YPI) event at the Anderson High School on 14th January. We were delighted to then be contacted by a group of pupils from Brae High School, who were keen to represent the Shetland Befriending Scheme as their chosen charity.

Staff met with the group in late February at Market House, to tell them a bit more about how the Scheme works and to answer questions. We were then able to visit them at school in March, accompanied by a 60+ service user, who thoroughly enjoyed sharing with the pupils her experience of having a volunteer with the Scheme.

On Tuesday 6th May, Amanda and Mairi attended the YPI final at Brae High School. Although we didn't win the £3000 prize, the group performed an excellent presentation about the Befriending Scheme to the judges, Secondary Two's and visiting organisations.

Thank you to the pupils for all your hard work - you should be very proud of yourselves!



New Recruits



Drop-In Session

On Saturday 22nd February, Mairi, Ian and Amanda organised a recruitment drop-in session between 12.00pm to 3.00pm at Islesburgh Community Centre, for anyone interested in volunteering to come along and find out more about it.

It was great to see some new and interested faces at the event, and we are very grateful to our current volunteers who gave up their time to come along and talk a bit about their volunteering role and to answer questions.

Since the event, Amanda and Ian have been able to follow up on all new enquiries made.

DYW Event

In mid February, Scheme staff attended the Developing the Young Workforce (DYW) event at Clickimin Centre. This was a super event and staff were thrilled to speak with so many young people about volunteering opportunities with the Scheme.

Amanda has since contacted all those young people who were keen to find out more about becoming a befriender. Some of these young people have gone on to submit an application form and will be attending initial training soon. The others will be contacted later in the year once they turn 17 years.

If you would like to find out more about being a volunteer befriender, please get in touch:

befriending@shetland.org
Tel: 01595 743907



Volunteer Training

Amanda and Ian have both been busy with meeting, interviewing and training new volunteers.

Since the start of 2025, Ian has gained two new volunteers for the 16+ section and Amanda now has an additional three new volunteers to train up for the children's section.

The initial training for new volunteers consists of an online module about Keeping Adults and Children Safe, as well as some face to face sessions - all designed to help you feel more confident in your befriender role!

The following quotes show recent feedback received from the initial training sessions:

“It was very helpful as it covered a wide spectrum of age groups and scenarios. Also benefitted from the experience/contribution of others on the training course.”

“I really enjoyed the training. Amanda was very helpful and answered all my questions and concerns.”

“Perfect, really well explained.”

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Coming Up...

Tea & Cake

A reminder of the remaining Tea & Cake dates for 2025:

20th June
18th July
15th August
19th September
17th October
21st November
19th December



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 hope to see you there!

Saltire Awards



The annual Shetland Saltire Youth Volunteering Awards Ceremony takes place on Tuesday 3rd June. This award is open to anyone aged 12-25 years.

The Saltire Awards, a long-standing national awards scheme, 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.

Befriending staff are always happy to keep track of hours completed by volunteers who are working towards a certificate, and will submit all paperwork required. Volunteering hours include attending initial training, support and supervision sessions and meetings with the person they are matched to.

Country Shows



The Befriending team are planning to be in attendance at the Cunningsburgh and Voe Shows this year.

Staff really enjoy getting out and about, meeting lots of people, chatting about volunteering and giving away lots of our freebies!

Voe Show - 2nd August
Walls Show - 9th August
Cunningsburgh Show - 13th August
Unst Show - 30th August
Yell Show - 6th September

QiB

Mairi is currently working hard on submitting a new portfolio of work to Befriending Networks, which is due to be completed by July.

We are hopeful to be recredited with the QiB Quality in Befriending Award in due course!



Activity ideas

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Group Activities

Amanda organised an Archery taster session at Sandwick Junior High School games hall at the end of January. A total of 4 volunteers and 6 service users attended. It was great fun trying to hit the balloons and bags of sweets on the target boards, with our bow and arrow!



Unfortunately our planned Boccia and Bingo session had to be cancelled in February. We are hopeful this can be rearranged for the future.



Amanda held a Mother's Day / Easter arts and crafts session in Market House during March. Those who attended enjoyed making and decorating cards, keyrings, candle holders and baskets to name a few!

Summer Suggestions!

We are always hopeful that the weather will work in our favour, especially for Befriending meetings! Don't forget that we have a range of resources in our cupboard that you can book out to use!



Some of the items we have to loan out include golf clubs, walking books, maps, binoculars, remote control cars, sport kites, a geocaching set and a metal detector.

If you would like a reminder of our resources, just let us know and we can send you a copy of our equipment flyer.



If you are keen to book anything for your use, please just get in touch.

Why not try?

- **A trip to the beach... remember there are beaches in Lerwick too! Bains beach is great for collecting sea glass**
- **A visit to Clickimin broch, Jarlshof, Sumburgh Head or another monument / place of interest**
- **Having fun at one of Shetland's playparks**
- **Geocaching or a game of golf**
- **A run in the car and take a picnic with you**
- **Looking after 'easy to grow' plants. You could also decorate your pots with shells or sea glass from the beach**
- **Visiting the country shows**
- **A walk around the flower park - maybe even squeeze in a game of putting or tennis**
- **Cycling - you can hire bikes from JRJ Shetland**

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Staffing Update

Change in hours

From 1st April, both Amanda and Ian have made a change to their working hours within the Befriending Scheme.

Ian has made the decision to reduce his hours from 35 hours to 28 hours, and will work flexibly during the week around events or training which is taking place, and meetings with volunteers and service users.

Amanda has now left her second job within Market House, enabling her to take on extra hours at Befriending. These extra hours have arisen through funding received and the reduction in Ian's working hours.

Going forward, Amanda is excited to be able to support extra matches within the Children and Young Persons section of Befriending, as well as being able to manage some matches within the 16+ section.

Amanda may also accompany Ian at future Tea and Cake sessions at Islesburgh, and is looking forward to meeting everyone who attends.

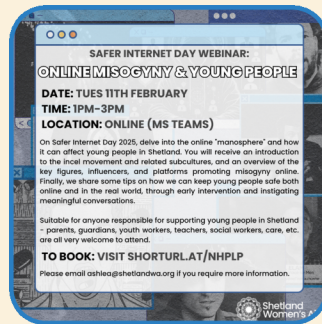
Amanda will be working 28 hours a week, and this will be flexible working around events, training and meetings.

Staff Training

Amanda has recently refreshed her Trauma Informed Practice learning online, as well as completing a short session on the effective use of social media.

In February, as part of Safer Internet Day, Amanda gained a deeper understanding of online misogyny and young people, by attending an online session which was delivered by Ashlea Tulloch of Shetland Women's Aid.

Amanda has also attended an online session to learn about changes to the PVG Scheme.



Shetland
Women's Aid

Volunteer
Scotland



Ian's most recent training has focused on keeping safe in different ways: he has been learning about fire safety, changes to PVG rules and understanding gender-based violence (GBV). This course has given Ian a deeper understanding of the impact of GBV and taught him practical strategies for supporting survivors and handling disclosures.

Mairi has completed Child Protection Level 3 and Adult Support & Protection Level 3, which is always important to keep up to date. She also completed Project Management through E-Pathway which will be useful going forward when the service becomes independent, and STILT (Scottish Trauma Informed Leadership Training) along with other trauma related courses. Mairi is looking forward to completing Trauma Skilled Practice - Transforming Connections, along with the rest of the team, in May.

Money, money, money

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Calendar Custom



Scheme staff are delighted to announce that we sold 161 calendars, raising just over £1000!

Calendars were sold at various shops and businesses in Shetland, as well as from Market House reception. We were also able to make a lot of sales during the Craft Fair at Clickimin Centre in November.

The money we have raised will be used across all the sections to cover future group activity costs.

Donation Tins

A reminder that we have a number of donation tins in various locations around Shetland. If you see one of our tins, please consider putting your spare change in it. Even a couple of pence here and there makes a huge difference to us and the people we support.

If you have a shop or business and would like to display one, please get in touch with Scheme staff via the contact details on the back page.

Since we began using donation tins as a means of securing extra funds for the Scheme, we have raised almost £2,500! WOW! Thank you to all for parting with your spare change. It really does make a big difference!



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 SC017286



Contact Information

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 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 enquire about volunteering

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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Amanda Brown

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