

Befriending Newsletter

December 2023

Voluntary
Action
Shetland

A free newsletter
distributed Shetland wide

Inside this issue:

Spotlight on a volunteer!	1
VAS Volunteering Awards	2
Mairi's 10 year journey...	3
ASN section and Next Steps...	3
Group Activities and 'Tea and Cake at Islesburgh'	4
Our 2024 Fundraising Calendar!	5
Country Shows and Craft Fair	6
Co-op Local Community Fund	6
Befriending Week entry and Staff Training	7
Scheme Staff Contact Details	8

The Shetland Befriending
Scheme has been funded
in 2023/24 by:



Spotlight on a volunteer!



Meet
Louie...



My name's Louie and I've been a volunteer with the Shetland Befriending Scheme for just under two years. I made the decision to apply after a change of speed and direction in my career, ahead of enrolling in a postgraduate diploma in Social Work. I've always been interested in helping people, and am driven by a desire to alleviate the sense of alienation some people may have if they feel others don't understand them, or accept them.

Since beginning my first match in March 2022, I have been very touched, and humbled, by the difference that just a few hours of my time per month can make to the life of someone else.

When it comes to activities, we have gone for coastal walks, picnics, dinners out, cinema trips, and cookery masterclasses - to name just a few! We tend to do fewer, but longer, meetings as you can often do more varied things and go to more far-flung places this way.

When I am not volunteering, you'll often find me doing deep dives into various topics - social, cultural, political, scientific - through watching documentaries/films and keeping up with the news. I particularly enjoy Mareel's Screenplay festival in August/September and also love walking/hiking, wild swimming, good food and wine, reading books, and buying and reading about fine fragrance, fashion and basically anything that is aesthetically-driven.

It has been my pleasure to be involved with the Befriending Scheme thus far - I only wish there were more volunteers to carry out it's vital work.

VAS Volunteering Awards



For any volunteers aged 17-25 years, staff will offer the opportunity of registering for Saltire Awards and are happy to count your volunteering hours as a befriender. We love to see our volunteers invited to the annual ceremony and receiving their certificates!

If you know of 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!



VAS Volunteering recently announced their NEW Volunteering Awards - 'Peerie Trows' - for someone under 12 years and 'Willin Haands' - for someone aged 26 and over.

These awards are for people who make a real difference to others by helping out in the community, and who deserve a thank you!

Both awards complement the national Saltire Awards scheme, which VAS deliver annually to recognise young people aged 12 to 25 years.

Staff at Shetland Befriending Scheme were delighted to nominate several volunteers, who were either in current, established matches, or who had recently completed a match, for the 'Willin Haands' award - and some of these volunteers can be spotted on both VAS Volunteering's and Shetland Befriending Scheme's Facebook pages.

We look forward to nominating many more volunteers in future years!

16+ years Volunteers

*Ash Hulme
Cheryl Graham
Alan Lindsay
Jimmy Ridland
Niall O'Rourke
Isobel Watt
Karen Hay
Karl Bolt*

7 - 15 years Volunteers

*Liz Adamson
Louie Gray
Joanne Middleton
Zuzanna O'Rourke
Beth Smith
Ashlea Tulloch
Nala Williamson
Laurence Farmer*

THANK YOU SO MUCH...

...to all our volunteers, past and present, who enable our Scheme to keep going. We couldn't do this without your time, effort and dedication to your volunteering role.

You are all appreciated!



Mairi's 10 year journey...

Mairi, our Project Co-ordinator, hasn't always been in that role! Here, she tells us a little bit more about the past 10 years...



"The secret of change is to focus all of your energy, not on fighting the old, but on building the new" ~ Socrates



I can hardly believe it is 10 years since I joined the Shetland Befriending scheme on 8th July 2013 to cover Amanda's maternity leave for 1 year. Upon Amanda's return my post changed a little bit and I was offered 3 days in the Children and Young People's



Section and 2 days working in the Young Adults Section.

In 2017 the Young Adults Section and the 60+ section amalgamated to become one newly formed section of service, the 16+ Section, which also includes service users affected by Dementia. With this development I was able to lead up in this area of the service to develop it further.

In 2021 the position of Project Co-ordinator became available and I applied and was successful. I have been in my current post for 2½ years and I really enjoy what I am doing. Whilst working for the Shetland Befriending Scheme, I have gained a lot of knowledge about the voluntary sector over the years and the variety it offers! I have had great support from an amazing staff team and a great pool of volunteers around me to help deliver the service, they have all played a very important part. I wonder what the next 10 years will bring?.....

ASN section and Next Steps...

During it's 14 years of operation, the ASN section supported 81 matches!



It was with great regret, that the ASN Section of the Shetland Befriending Scheme closed at the end of June due to not securing ongoing funding to support the service.

Thank you to Laura Russell, our ASN Children and Young Persons Development Worker, for all her time and dedication to her role over the past 13 years. We wish her all the best for the future!

We will now take some time to take stock, review and consider how befriending will continue to be delivered in Shetland for children and young people.

Group Activities!

Do you have any suggestions for future Group Activities?

Maybe you know someone who would love to deliver a session for us...

Have a chat with your Development Worker and let us know your thoughts.



In May we had a Fact Finding mission with hot chocolate! Yum!

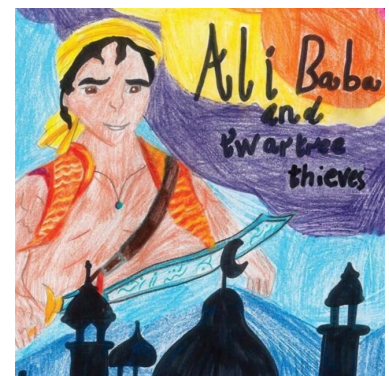


In early December we had a visit from Cheryl of Glansin Glass in Unst - and the 16+ section are looking forward to a Christmas meal on 16th December at the Lerwick Hotel.



June and August saw amazing trips with Seabirds-and-Seals around Bressay and Noss.

We went to see the Panto - 'Ali Baba an' Twartree Thieves' in November. Oh



Upcoming 'Tea and Cake at Islesburgh' dates:

2023

15th December

2024

19th January

16th February

15th March

19th April

17th May

All from 2.30pm to 4.00pm

Tea and Cake at Islesburgh 16+

Ian, our 16+ Development Worker, continues to hold 'Tea and Cake at Islesburgh' events. These run monthly, usually on the third Friday of each month between 2.30pm and 4.00pm.

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

As well as refreshments and chat, there is often a guest speaker or an activity to try. This year, we have welcomed Jonathan Wills, who told us about the Braer disaster, Anna Maxwell from the local police with her colleagues from Trading Standards, who spoke about how we can protect ourselves from fraud and scams, Dorothy Jamieson who told us about the important work of CLAN and Megan Keppie from Ability Shetland who taught us to play Boccia (think carpet bowls - but sitting down). We have some exciting ideas for speakers next year - watch this space!

Fundraising Calendars!

We really enjoyed making another calendar this year to raise funds for the Scheme.

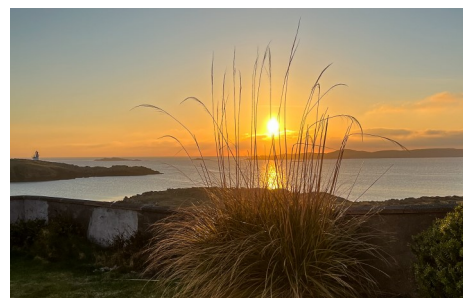
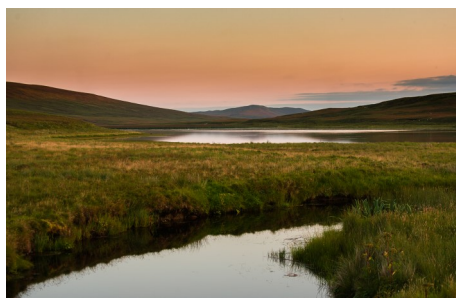
The theme this year is 'Making Memories.'

Calendars are priced at £10 and are available to purchase at the following places:

- Shetland Times bookshop
- Sound Service Station
- Mainlands shop
- Hoswick Visitor Centre
- Market House reception
- Tourist Information Centre

They would make a great last minute Christmas present for someone!

Thank you to everyone who submitted photos to us.



Country Shows and Craft Fair

5 reasons to be a Befriender:

- 1 - Keeps you active
- 2 - Meet new people
- 3 - Get the 'warm rosy glow' feeling
- 4 - Very rewarding
- 5 - Get to try new and different activities



Scheme Staff attended 4 Country Shows over the Summer - Voe, Cunningsburgh, Walls and Yell.

It was great to get out and about meeting lots of different people to let others know about what we do, as well as being on the lookout for potential new volunteers!



Anyone passing our stand was encouraged to enter our FREE prize draw to win a Befriending goodie box! Winners of the goodie box for each of the shows were:

- Voe Show - Fenneke, Edinburgh
- Cunningsburgh Show - April Anderson
- Walls Show - Sophia Silcott
- Yell Show - Joanne Sutherland (pictured left with her goodie box)

Staff were also in attendance at the Craft Fair, held in Clickimin Centre, in early November.

Here, we promoted our new fundraising calendar and made lots of sales! It was a very enjoyable weekend.



Co-op Local Community Fund

thanks
for your
support



The Shetland Befriending Scheme is delighted to be part of the Co-op Local Community Fund this year.

Mairi had a great day at the Community Celebrations on Saturday 18th November, meeting other organisations who had received their money from the previous year.

If you would like to become a member and support the

Befriending Scheme please follow the link:

<https://www.coop.co.uk/membership>

Befriending Week entry



Befriending Week took place this year from 1st - 7th November 2023. It is a chance to celebrate and raise awareness about everything befriending is, and to thank our volunteers for all that they do.

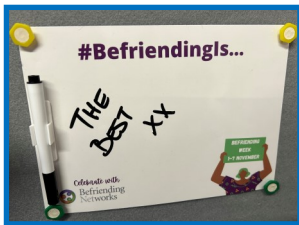
This year, Shetland Befriending Scheme, along with other befriending organisations, made a short video of staff talking about why they were thankful to not only their volunteers but also the support which Befriending Networks offers throughout the year.

Amanda and Ian took turns answering questions, whilst being filmed, and Mairi spoke through why organisations are motivated to achieve the Quality in Befriending Award and how it can help towards their journey in ensuring everything is in place and up to date. The Shetland Befriending Scheme most recently achieved this Award in July 2022.

To view the full videos please visit the links below:

<https://www.youtube.com/watch?v=Y95QbflekI4>

<https://www.youtube.com/watch?v=e731rPoZocA>



Amanda and Mairi also attended the Befriending Networks Conference online on 1st November where they had the chance to do some networking and peer learning; answering questions and hearing from others on a variety of topics.



Staff Training

Ian has refreshed his Child Protection Level 1, and Adult Support and Protection Level 2 training. He did an awareness course designed to give an understanding of the causes of trauma people might experience in their life and also attended an event about how to talk about money worries – something very relevant in this time of rising costs. Ian also attended an event about Playlist for Life, which uses music to promote conversation and stimulate memories for people living with dementia, which he will be chatting with his volunteers about in the coming months.

Mairi and Amanda have both recently completed Child Protection training.

Amanda has refreshed Level 2 whilst Mairi has completed Level 3. Both felt it had been helpful to attend the course on a face-to-face basis, where they were able to meet with staff from other organisations.



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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www.shetlandbefriendingscheme.com

Find us and LIKE us on Facebook!

You can Facebook Message us too!

MEET OUR TEAM



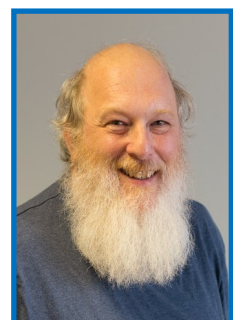
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