

Befriending Newsletter

September 2021

A free newsletter
distributed Shetland wide

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The Shetland Befriending Scheme has been Funded in 21/22 by:



Groundwork UK—Tesco's
Bags of Help

Supporting Communities
Fund

Meet the Shetland Befriending Scheme Team!



Left to right - Mairi Jamieson, Laura Russell, Amanda Brown and Ian Edwards.

We have had a few changes here at Shetland Befriending Scheme over the last couple of months!

Mairi Jamieson is now our Project Co-ordinator, taking the reins from Lynn Tulloch who moved to the Executive Officer Role at Voluntary Action Shetland.

Mairi is being kept very busy, making sure the scheme keeps moving forward and supports us in our individual roles.

Ian Edwards is our new 16+ Development Worker. He is part time and works Monday to Thursday.

He is working hard to make contact with everyone on his lists, and is enjoying living in Shetland! You can find out more about Ian in our Get To Know... feature on page 6.

Amanda Brown is continuing in her role as Children and Young People's Development Worker. She is part time and works on a Tuesday and Friday.

If you need support as a volunteer, you can contact anyone in the team and they will do their best to help you.

Laura Russell is continuing in her role as Additional Support Needs Children and Young People's Development Worker. She is part time but can be contacted Monday to Friday.

The contact details for each of the team can be found on the back page of this newsletter.

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

Recruitment News!

If you have any ideas of things to be included in the newsletter, please let us know, we'd love to hear from you!



We are recruiting again for volunteers for all sections. We have young people and adults on our matching lists, just waiting for the right volunteer to come along.



Why not Volunteer with



A charitable company limited by guarantee registered in Scotland number 165677 Scottish Charity Number SC017286



Shetland Befriending Scheme

Shetland-Befriending-Scheme

Are you Interested?

If you are aged seventeen or over and are interested in being involved, please get in touch

For More Information:

new-activities
have-fun
near
cabs

Facebook Message
Telephone (01595) 743 907
Or Email: befriending@shetland.org



Our next recruitment drive has been launched!

If you know someone who would like to volunteer with the scheme, please pass our details on to them.

01595 743907

befriending@shetland.org

DM on Facebook

Remember to tell them what you get out of volunteering, and what kinds of activities you do with your match. Be mindful not to share any personal details.

If you would like a poster for your workplace, please just ask us!

We had a great recruitment drive at the start of the year.



4 new volunteers have been trained for the 7-18 sections.

4 new volunteers have been trained for the 16+ section.

These volunteers will now be looking at files, choosing who they would like to be matched with and then starting their match.

Thank you!

Seabirds and Seals Group Activity

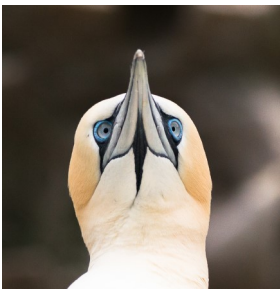
Thanks to Marie and Brian from Seabirds and Seals for hosting our groups!

They were great hosts - very knowledgeable and even treated us to a cuppa and a biscuit!

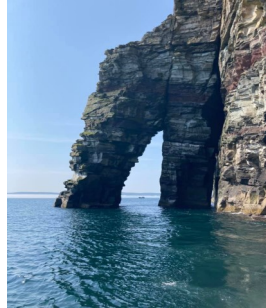


Amanda and Ian took these amazing photos on the trips!

Thank you for letting us use them for the newsletters.



In July, we held our first group activities of 2021. This was a trip on the Seabirds and Seals boat to the cliffs of Noss and round Bressay. It was so popular that we booked two trips!



"I have never been on a trip like this before. My favourite bit was seeing the gannets on the cliffs."

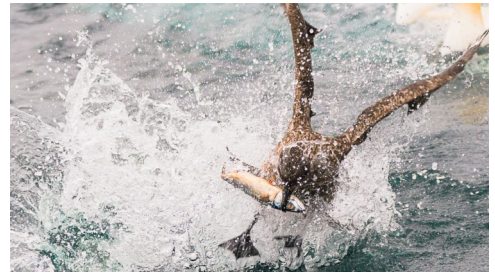


"I can't wait to tell my family what I have seen."



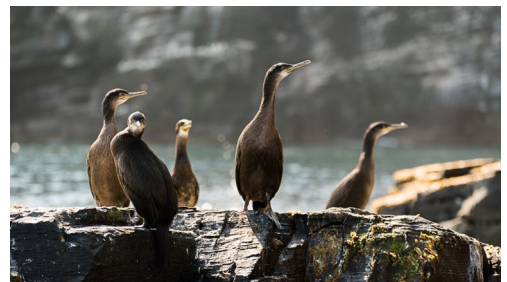
"I have always wanted to see the birds on the cliffs at Noss. I can't believe I've actually done it. It will stay with me forever."

"Throwing the fish to the gannets was good. I am glad I had a plastic glove on though...the fish were slimy!"



"I haven't been on a boat as little as this before. I like watching the white water at the back of the boat when we go fast!"

"Just wow! What an opportunity to explore parts of Shetland that aren't easy to get to."



Upcoming Group Activities

Now that most government restrictions have been lifted, we are looking forward to arranging more group activities throughout the rest of the year.

We will email out details when we have them, so keep an eye out for them.

The team have some fab ideas already but if you know of anything that you think would be really good, let us know!

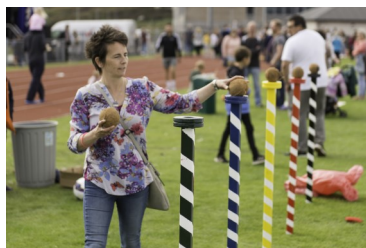
SRT Summer Spree Funday!



Staff from Voluntary Action Shetland (Shetland Befriending Scheme's umbrella organisation) were tasked with running the Games Tent at the Summer Spree.

This was a brilliant event where there were lots of free games, activities and live music to enjoy. It was made all the better by being a lovely warm sunshiney day!

Here are some photos taken on the day.



Laura wasn't helping out with the toilet facilities! She was in charge of a stall where you had to throw toilet rolls into a toilet! (Honest!)



Scheme staff are immensely grateful for all the financial support from our funders, without it the service would not be able to be delivered at the current levels.

Donation Tins

We will soon be putting our donation tins at various shops and businesses throughout Shetland.

If you see one of our donation 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 one of our donation tins, please get in touch with scheme staff via the contact details on the back page.



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Staff Training

Through these challenging times staff have continued to access a range of training to develop their skills!



Mairi has been working hard in her new role as Project Co-ordinator for the scheme.

She has been learning exactly what the job of Project Co-ordinator entails. This includes looking for funding, supporting the development workers and ensuring the scheme is being the best it can be!

We think she is doing a brilliant job!

Well done Mairi!

Two yellow clapping hands emojis with motion lines, indicating applause or celebration.

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Ian has completed his induction training for his role with the scheme. This has included how to use our IT equipment and how to find his way around Market House (not an easy task!).

Ian has completed additional reading about dementia and has learned how to best support someone with dementia.



Well done Ian!



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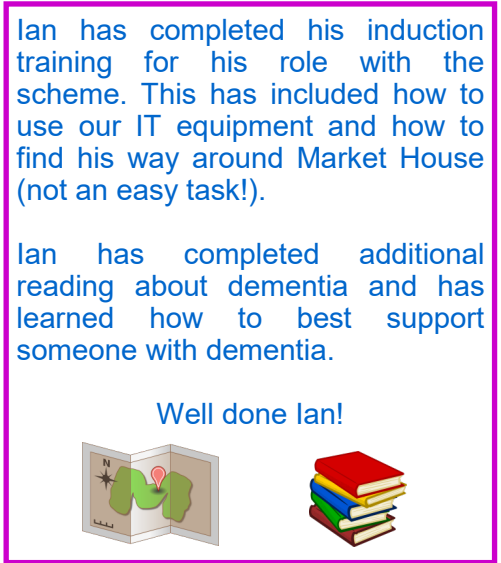


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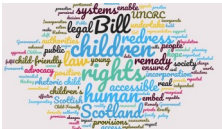
Well done Ian!



Laura has completed training on Lone Working to ensure that we deliver the most up to date guidance in our training.

She has also completed training about the United Nations Convention on the Rights of the Child (UNCRC) and how this can be incorporated into all the work we do.

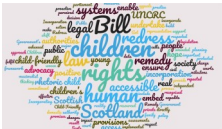
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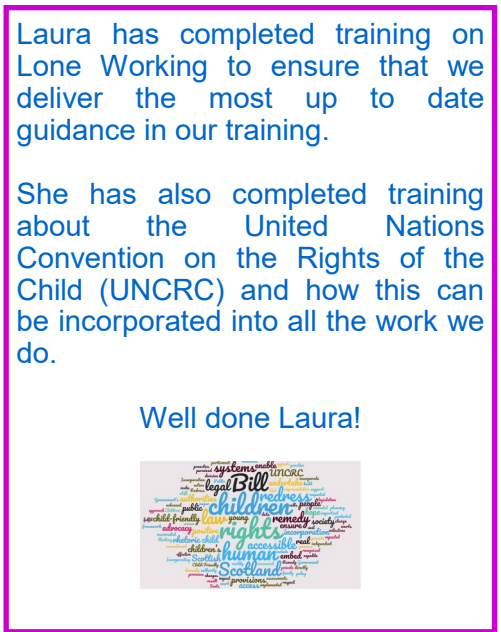
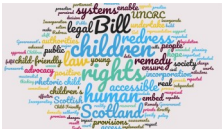
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Well done Laura!

[illegible][illegible][illegible]

Volunteers - you are amazing!

A word cloud containing multiple phrases for "Thank You" in various languages, arranged around the central English phrase "THANK YOU". The words include:

- danke
- 謝謝
- nngiyabonga
- teşekkür ederim
- tapadh leat
- mochhakkeram
- mo raibh maith agat
- dakujem
- merci
- euxoriatto
- sukriya
- kop khun krap
- arigato
- fakk
- gracias
- danke je
- спасибо
- bedankt
- dziękuje
- obrigado
- terima kasih
- 감사합니다

We couldn't do all of this without
you - our fabulous volunteers!

It has been a really tough 18 months for everyone, and we have all had to rethink how we work and what is important to us.

You continue to amaze us with your commitment, positive attitude and drive to make your befriending meetings the best they can be.

Keep up the awesome work!

[illegible]

AMAZING

- ASTONISHING •INCREDIBLE
- ASTOUNDING •MARVELOUS
- AWESOME •STUPENDOUS
- FABULOUS •UNBELIEVABLE
- FANTASTIC •WONDERFUL



AMAZING

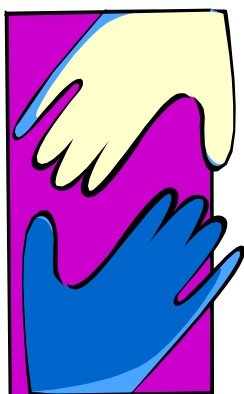
- ASTONISHING •INCREDIBLE
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Get to know....

Continuing our spotlight feature from the last newsletter...

This time, it is the turn of Ian Edwards who started his role as 16+ Development Worker with the scheme on 14th June 2021.



You can see some of Ian's amazing photos on page 3 of this newsletter, in the piece about the Seabirds and Seals Group Activity.



Hello!

My name is Ian and I was thrilled to take up the role of 16+ Development Worker with the Shetland Befriending Scheme in the middle of June.

The commute for my first day was pretty long – some 650 miles – as I have moved from Birmingham to take up the post.

Since taking up the post, I have been working hard to learn the ropes and contribute to the running of such a fantastic and long standing scheme.

So far, without doubt, the best part of the job has been having the opportunity to meet and talk with some of our amazing volunteers and service users. They have helped me quickly develop my understanding of the value of the Befriending Scheme to the individuals who are matched and to the wider community.

Having visited Shetland many times since 2003, I have long wanted an excuse to move here. The combination of a global pandemic and an attractive job advertisement was too much to resist!

I have brought with me a back pack full of community development experience, having volunteered and worked within the Voluntary Sector in Balsall Heath, an inner-city suburb of Birmingham for the last 30 plus years.

In my spare time, I am enjoying getting out and about to explore Shetland, taking photos and trying not to get too lost (and that's just in Market House)!

Activity Ideas!

Some activities aren't allowed due to government restrictions or scheme insurance. If you are in any doubt about an activity, contact scheme staff to talk it over before you finalise your plans.

Remember to
Find Us and
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Facebook



Sometimes it is hard to think of good activity ideas - especially when we are so unused to planning things. We have put our heads together (in a covid-safe manner!) and come up with this list.

- ⇒ **Go to a beach – remember there are beaches in Lerwick too! Beaches are great for building sandcastles, searching for shells, stones and seaglass, identifying animal footprints and keeping an eye out for pirates!**
- ⇒ Visit a café or restaurant (remember that some do takeaway for outdoor picnics).
- ⇒ Visit the Clickimin Broch, Jarlshof, Sumburgh Head or another monument/place of interest.
- ⇒ Visit one of the leisure centres (make sure to check if equipment can be hired before you go!).
 - ⇒ Watch a film at Mareel.
- ⇒ Visit a playpark - there are 71 play areas in Shetland!
- ⇒ Have a go at Geocaching (high-tech treasure hunt). You can borrow the equipment from us.
- ⇒ Have you ever been metal detecting? Borrow a detector from us!
 - ⇒ Visit the Museum in Lerwick.
 - ⇒ Visit Bonhoga Art Gallery and café.
 - ⇒ Visit one of the outer islands.
- ⇒ Take part in Parkrun in Bressay (you can walk instead of run!).
 - ⇒ Go to Aa Fired Up to do some pottery painting.
- ⇒ Visit the library and see if there are any books you fancy reading.
- ⇒ Keep an eye out for any craft classes, Sunday Teas or exhibitions that might be happening.
- ⇒ Borrow binoculars and a bird book from the scheme - how many different kinds of birds and wildlife can you spot together?
- ⇒ Go for a run in the car to Sumburgh and spend some time watching the planes and helicopters. Check flight times before you go!

Things to remember -

- ◆ Check the opening times of places before you go.
- ◆ Have a back up plan in case you can't go where you plan.
- ◆ Check covid measures before you go.
- ◆ Be prepared to give a contact number if going in somewhere.
 - ◆ Have fun!



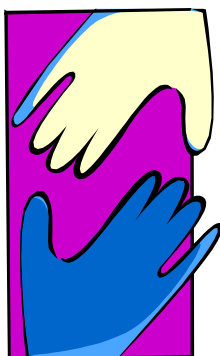


Contact Details



CONTACT US

Our door is always open to volunteers for support or suggestions



Market House is now open to the public. Scheme staff continue to work within government guidelines. We can all still be contacted on the details below.

Please don't hesitate to get in touch.

SCHEME STAFF CAN BE CONTACTED AT:

Shetland Befriending Scheme
Market House, 14 Market Street, Lerwick, Shetland, ZE1 0JP

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Tel: 01595 743907

mairi.jamieson@shetland.org

Amanda Brown - Children and Young Persons Development Worker

Tel: 01595 743908

amanda.brown@shetland.org

Ian Edwards - 16+ Development Worker

Tel: 01595 743964

ian.edwards@shetland.org

Laura Russell - ASN Children and Young Persons Development Worker

Tel: 01595 743946

laura.russell@shetland.org

www.shetland-communities.org.uk/shetland-befriending

Find us and LIKE us on Facebook!

You can Facebook Message us Too!



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