



SOUTH AYRSHIRE BEFRIENDING PROJECT NEWSLETTER

SEPT-OCT 2011 ISSUE NUMBER 48

DATES FOR YOUR DIARY

Cookery Session at Room 60 – Friday 21st October (1-3pm)

We will be making pizzas and smoothies in the kitchen at Room 60. THIS ACTIVITY IS NOW FULLY BOOKED!

YOBs Meeting – Wednesday 2nd November (6.30-8pm)

The young people's committee meetings (YOBs – Youngsters of Befriending) are now open to all of the Project's young people and volunteers to attend. Please RSVP by Monday 31st October if you would like to attend the next meeting which will take place at Room 60 (6.30-8pm)

Challenging Behaviour – Wednesday 9th November (6.30-8.30pm)

Lee will be leading this information session for volunteers on challenging behaviour. Please RSVP by Friday 4th November if you would like to attend.

Wii Games Night at Room 60 – Friday 11th November (time to be confirmed)

This is a group outing for young people and volunteers to attend at Room 60 where we will be having a games session using the Wii equipment that Room 60 are kindly allowing us to borrow for the evening. Please RSVP by Monday 7th November if you and your young person wish to attend.

SUMMER TRIP TO XSCAPE

The Project summer outing to Xscape took place on Sunday 7th August and was a great success. Xscape was a new experience for all the young people who came along and we all tried indoor sledging and mini golf. Everyone said that they would like to go back again, despite getting a bit wet in the snow!

This outing took place due to the Project being awarded money from the Cash for Kids Summer Grants Scheme 2011.

TRIBUTE NIGHT CANCELLED

Please note that the Tribute Night on Saturday 22nd October at The Carlton Hotel, which was to be in aid of the Project, has been cancelled due to low ticket sales.

DRUGS AND ALCOHOL VOLUNTEER SESSION

This session was held on Monday 5th September and was kindly presented by members of the NHS Addictions Team. The session included an explanation of the different types of drugs and the effects of these on our health, young people's attitudes towards drugs and alcohol and some interesting statistical information about the useage of drugs and alcohol by young people in our society.

MENTAL HEALTH AWARENESS VOLUNTEER SESSION

Staff members from the Child and Adolescent Mental Health Service (CAMHS) kindly presented a volunteer session at the office on 4th October. This session was well attended and was very informative. All of those present found it really interesting and useful and there was plenty of opportunity to ask questions. The staff from CAMHS left us some good resources and we really appreciate them sparing the time to come and speak to us.

SABP's 15TH BIRTHDAY!

South Ayrshire Befriending Project has now been running for 15 years! Unfortunately our numbers were too low for the proposed Birthday Party but instead we had a small lunch at Pizza Hut for those who had wished to attend the party and this took place on Tuesday 18th October. We had a lovely SABP cake with candles and sang 'happy birthday' to ourselves!



VOLUNTEERS' NEWS

GAEL'S MARATHON & SHONA'S SWIM!



Gael Riddle, one of the Project's volunteers, recently took part in the Loch Ness marathon, achieving a very impressive time of 3 hours 50 minutes. Gael reports that she couldn't walk for 2 days afterwards!

Another of our volunteers – Shona MacMillan - recently completed the British Gas Great Scottish Swim at Strathclyde Loch which was a 1 mile open water swim. She did it to raise funds along with two friends for the MS Society Scotland.

NEW VOLUNTEERS TRAINING COURSES VOLUNTEERS NEEDED!

Six new volunteers successfully completed our befrienders initial training course during August and are now in the process of being matched with young people.

Welcome to –

- Sian
- Stephanie
- Samantha
- Jimmy
- Amanda

Another training course is underway with a view to 6 more new volunteers being matched with a young person before Christmas.

If you, or anyone you know, are interested in becoming a volunteer befriender with the Project please contact the office for an application pack. We will be running the next training course in January/February 2012.

POETRY CORNER

Five Little Pumpkins Sitting on a Gate

Anonymous

Five little pumpkins sitting on a gate,
The first one said,
"Oh my, it's getting late."
The second one said,
"But we don't care."
The third one said,
"I see witches in the air."
The fourth one said,
"Let's run, and run, and run."
The fifth one said,
"Get ready for some fun."
Then whoosh went the wind,
And out went the lights,
And five little pumpkins rolled out of sight!

