



Registered Scottish Charity  
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# NEWSLETTER

Issue 18

March 2017

Our 6-monthly newsletter is produced to keep everyone up-to-date with what's happening within Monifieth Befriending Scheme. We send it to our volunteers, clients and their families/referrers, organisations and other interested parties. Please let us know if you would like something included in the next newsletter.

**We provide a one-to-one befriending service and regular social events.**

**New e-mail address** - we have had to change our e-mail address as our current provider is closing its service.

Please note that with immediate effect our new e-mail address is:

**[monifiethbefriending@gmail.com](mailto:monifiethbefriending@gmail.com)**

## FUNDING

We are delighted to report that we have been awarded 5 year's part funding from the Big Lottery Fund, 3 year's part funding from Robertson Trust and £5000 from Henry Duncan Awards for 1 year all commencing on 1<sup>st</sup> April.



## VOLUNTARY ACTION ANGUS VOLUNTEER AWARDS

Pauline and 4 of our Befrienders attended an awards evening in December at the Carnoustie Golf Hotel. Over 200 people attended from voluntary organisations from all over Angus and every volunteer received a certificate and badge in recognition for their volunteering. Monifieth Befriending Scheme nominated Brenda Wilson (one of our befrienders and committee members) for the Health & Social Care Award for Outstanding Commitment and we were delighted when she won the award! Congratulations and well done Brenda and thank you so much for all your hard work.



## LONELINESS AND SOCIAL ISOLATION

Most of you will be aware of the publicity surrounding the issue of loneliness and social isolation at the moment and we are pleased that this is being highlighted especially by politicians and the media. Lindsey has taken part in 2 telephone interviews with Radio Scotland and had an article in the Courier's Community Kindness Campaign on what Monifieth Befriending Scheme is doing to help alleviate this problem.

## NAN SHEPHERD

Sadly, Nan Shepherd passed away peacefully earlier this year. Nan was a befriender for many years but resigned a few years ago, because of ill health. She was a committed befriender, a great character and always made us laugh with her funny stories! She will be missed.



## RECENT SOCIAL EVENTS

### NOVEMBER 2016 - NATIONAL BEFRIENDING WEEK AFTERNOON TEA

Our annual afternoon tea to celebrate National Befriending Week is held in conjunction with Monifieth High School. Pupils welcome our guests, serve their delicious sweet and savoury home-baking and provide the entertainment. Grateful thanks to the teachers and pupils who put in so much effort to make these events such a success.



### DECEMBER 2016 - CHRISTMAS MEAL

Our Christmas lunch was held in Monifieth Golf Club and Santa made an appearance as usual! Thank you to Donna, Ray and the staff at the golf club for their continued hospitality. Thank you also to Monifieth and District Rotary Club for their donation for gifts and help with transport.



## FEBRUARY 2017 - FISH & CHIPS AFTERNOON

We had a lovely afternoon in the Community Cabin and enjoyed fish suppers from Seaway Chip Shop. Thank you to Joe and Bob for preparing and delivering the fish suppers and to Donald Fraser for the entertainment.



## FORTHCOMING EVENTS

Our forthcoming events include a bingo afternoon next month and a social afternoon in at Monikie Village Hall in June. Invitations will be sent out nearer the time.

## CLIENTS & VOLUNTEERS

We currently have 45 clients successfully partnered with 42 volunteer befrienders but there is always a demand for our service and we currently have 9 people waiting for a befriender. Since our last newsletter, we have trained/are currently training 6 new befrienders. One has already been partnered with a client and the others will be partnered soon. We are always looking for new volunteers - male, female, young and not so young to visit clients on a weekly basis for up to 2 hours, so please contact us if you are interested. We'd love to hear from you! We have a supply volunteer befriender who is unable to commit to weekly visits but who covers volunteer absence due to holiday/sickness etc.

### Care Home Befriending

We continue to support 6th year pupils from Monifieth High School who befriend in care homes. The pupils are contributing to reducing the loneliness and isolation felt by some care home residents, who feel cut off from the outside world. We are grateful for the support we receive from Mrs McInally and Miss Smith at Monifieth High School, and St Mary's Care Home and Tigh-na-Muirn Residential Home. Shonagh Arbuckle, Activities Co-ordinator at Tigh-na-Muirn has been singing the praises of the 6th year pupils saying they get better each year!

### **Volunteer Meetings**

Our volunteers are invited to come along to our monthly meetings held in the Health Centre. We have an informal chat over a cuppa, offer support, give updates of what's happening within our scheme and regularly have talks/training on matters relevant to the befrienders' role followed by lunch. Recently we have had talks from Angus Care and Repair on their Dementia Enablement Service which helps people with dementia to stay at home safely and Action on Elder abuse, a telephone helpline that offers advice to people who have been affected by abuse. Our next meeting is on Friday 21<sup>st</sup> April.

### **Social Committee**

Our monthly social committee meetings look at ways for our volunteers to meet regularly together socially and to help with fundraising. The social committee is run by Pauline and befrienders. They are organising a bag pack in Tesco, Monifieth on Saturday 8<sup>th</sup> April. Volunteers are needed to help, especially in the afternoon! Plans are already underway for our Coffee Morning on Saturday 2<sup>nd</sup> September at 10am in Gerard Hall. Some 1<sup>st</sup> year pupils from Monifieth High School took part in a poster competition to advertise this event. The standard of the posters was excellent and it was a difficult to choose a winner. However, Chloe Morgan was presented with a gift-card from the social committee at the school and her poster will be displayed locally nearer the time of the Coffee Morning.

Here is a photo of our recent volunteer supper.



### **Book Group**

Our book group for volunteers meets once a month on a Thursday evening at 7pm. Please contact Pauline for more details.

### **Bodies Alive**

Pauline runs her 'Bodies Alive' class every Thursday at 2pm in the Health Education Room in the Health Centre. As well as seated physical activity, the class aims to improve strength and balance and is open to clients, volunteers and older members of the local community who would benefit from a little gentle exercise. Refreshments are provided after the class. Participants are asked to donate £2.50 per week. Please contact Pauline for more details.

### **Befriender and Client Representative**

We would like to have a befriender and a client to serve for one year on our Management Committee. If you are a befriender or client and would like to find out more, please contact Lindsey or Pauline for more details.

### **Management Committee Meeting**

Our next meeting will be held on 14<sup>th</sup> April in The Health Centre. Please contact Lindsey or Pauline if you would like to attend. The minutes of our most recent Management Committee meeting are available on our website (paper copy available on request).

### **AGM/Public Meeting**

Our AGM/Public Meeting will be held on Monday 26<sup>th</sup> June at 2pm in Monifieth Theatre. Invitations will be sent out nearer the time. Please see our website for our last Annual Report (paper copy available on request).

### **Donations**

Thank you to everyone who has given us donations and fundraised on our behalf over the last few months.

As a way of saving paper and helping the environment we would like to send as many Newsletters as possible by e-mail. If you have an e-mail address and wouldn't mind receiving your Newsletter this way, please e-mail your address to us.

## **Look out for our next Newsletter September 2017!**

**Project Co-ordinator: Lindsey le Grice - Development Co-ordinator: Pauline Cameron**

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