



Registered Scottish Charity  
SC030685

# NEWSLETTER

Issue 19

September 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 hold regular social events.**

## COFFEE MORNING



Our second annual coffee morning on Saturday 2<sup>nd</sup> September in the Gerard Hall was very well supported by the local community and raised a fantastic £2762! Cllr. Ronnie Proctor, Provost of Angus opened the event and donated a bottle of whisky for the raffle. Many thanks to our social committee who worked so hard to organise this event and to our volunteers who helped in many ways. Our thanks also go to the members of U3A for entertaining us during the morning, the staff of Tesco who helped serve teas and coffees and to everyone, including local businesses, for their donations.



Our main raffle prize was a smart TV donated by Sainsbury's. Here's a photo of the winner - Dan Richterich receiving his prize from Greg Page, Café Manager at Sainsbury's.

## RECENT SOCIAL EVENTS

### APRIL - Bingo Afternoon



Deep in concentration!

### JUNE - Social Afternoon



It was a very rainy day but we still enjoyed afternoon tea at Monikie Memorial Hall with sandwiches and home baking donated by our volunteers.

## SEPTEMBER - Soup & sandwiches



Enjoying soup & sandwiches at Glendoick Garden Centre. Thank you to Skipton Building Society whose donation helped towards the cost.

## Kiltwalk

Thank you to Graeme Scott, one of our volunteers for taking part in the Kiltwalk from St. Andrew's to Monifieth in August. He raised £330 for our scheme.



## Sainsbury's

We have been voted Sainsbury's Charity of the Year. Thank you to everyone who voted for us and thank you to Sainsbury's, Dundee for their support. As well as donating the main prize for our raffle and providing us with sandwiches for our volunteer support lunches; there are collection cans at the checkouts and we have 'Charity of the Year weekends' in the store. Our next charity weekend is Friday 15<sup>th</sup> - Sunday 17<sup>th</sup> December and we are looking for people to help for an hour or two. If you can help, please let Lindsey know what day(s) and time(s) would suit you.

## CO-OP Local Community Fund

We are very grateful to have been part of the Co-op Community Fund for the last 18 months and really appreciate the support shown to us by the local stores. The photo below was taken at the Monifieth store in April with Co-op staff, Lindsey and Pauline and members of 2 other local charities who benefited from the Community Fund. In total the amount raised for our scheme is around £4000.



## Tesco

Tesco, Monifieth is also very helpful, whether it's providing helpers and refreshments for our events, raffle prizes etc. Claire at Tesco is always willing to oblige! Thank you.

## Rotary Club of Claverhouse

Pauline was invited to give a presentation to Rotary Club of Claverhouse last month. She spoke about the effect that loneliness can have on people's health and what our scheme does to try to alleviate loneliness. She received a thank you letter saying how much the members had enjoyed the talk.

## Publicity

We had an article in the Evening Telegraph and The Courier in July. A reporter met with Pauline, 2 clients and 3 volunteers and wrote about their befriending stories. It was a lovely article with photos and generated a lot of interest - we now have 3 new befrienders thanks to the article!

Bill Bowman MSP came to our office in July to find out more about our scheme.



## Clients & Volunteers

We have 36 clients successfully partnered with 31 adult volunteer befrienders. There is always demand for our service and we have 9 people waiting for a befriender.

We have 2 supply volunteer befrienders are unable to commit to weekly visits but cover volunteer absence due to holiday/sickness etc. if required.

We have trained 9 new volunteers in the last 6 months but we are always looking for more! If you would like to find out more about volunteering for a couple of hours each week, please contact Lindsey or Pauline.

Sadly, since our last newsletter 3 clients have passed away - Jack Scott, Elisabeth Archibald and Jay Duthie.

## Care Home Befriending

After another successful year we have recruited 18 6<sup>th</sup> year befrienders from Monifieth High School who are now partnered with residents in local care homes. Thank you to M.C McInally, Kathleen Ritchie and Claire Morrison at Monifieth High School and to the staff of the care homes, for their continued support, without which this project would not be possible.



## Work Experience

We had the a 3<sup>rd</sup> year pupil from Monifieth High School on work experience for a week in June. Emily thoroughly enjoyed her week with us; meeting clients and volunteers, visiting one of the care homes and attending Pauline's Bodies Alive class and SAM (Songs and Memories) singing group.

## Volunteer Award Ceremony

Each year we hold a Volunteer Award Ceremony and this year was no exception. In June our volunteers enjoyed a glass of wine and finger buffet before being presented with a certificate in recognition of the number of years they have been volunteering with Monifieth Befriending Scheme. Ailsa Milne came along to the ceremony and presented us with a cheque for £468.79. She raised the money in memory of her friend Richie Harper who was one of our befrienders.



## **Volunteer Meetings**

It's great to see so many volunteers attending our monthly support meetings. The meetings are informal. Lindsey and Pauline usually give an update on the scheme and some months there are talks from organisations. Bronagh Weir from NHS spoke to us recently about a new, free, easy to use, online service called 'Beating the Blues' for people suffering from depression and anxiety. She is keen to promote this service especially to older people within the community. Patients can be referred for this service by their GP.

## **Buddies**

We have system where newly trained befrienders are 'buddied' with an experienced befriender. They are introduced to their buddy and swap contact details. The role of the buddy is to help the new befriender settle in and feel a valued part of our scheme.

## **Social Committee**

We are so grateful to our social committee who work tirelessly organising fundraising events and they now organise social events for our clients and volunteers too! They also arrange regular lunches/suppers for our volunteers, encouraging them to meet together socially.

## **Book Group**

Our book group for volunteers continues to meet each month. If any volunteers who would like to find out more, please contact Pauline.

## **Bodies Alive**

Our weekly 'Bodies Alive' seated exercise and better balance class continues to run every Thursday at 2pm in the Health Education Room at the Health Centre. The class is open to clients, volunteers and members of the local community. There are spaces available. The class costs £2.50 per week. Please contact Pauline if you are interested in coming along.

## **Volunteer and Client Representative**

We would like to have a volunteer 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 Management Committee and staff meet monthly 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 was held on Monday 26<sup>th</sup> June in Monifieth Theatre. Graeme Dey, MSP was our guest speaker and talked about his admiration for our scheme and the volunteers who selflessly give up their time to help lonely and isolated older people. Two new members were welcomed onto the committee - Jane McArtney and Irene Coull. Please see our website for our Annual Report (paper copy available on request).

## Donations

Thank you everyone who has given us donations recently. These donations are really appreciated. Many thanks to McLaughlin & Harvey Building and Civil Engineers (the contractors who undertook the recent renovation work at Sainsbury's) for their donation of £1000.

## E-mail addresses

Lindsey and Pauline now have their own e-mail addresses. To contact Lindsey or Pauline please use the following e-mail addresses -

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

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

To contact Gail or for general enquiries please use our existing e-mail address -

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

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.

## Watch out for our next Newsletter March 2018!

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