

KINCARDINE & DEESIDE BEFRIENDING



NEWSLETTER MARCH 2018

A great match ... and another recommended place to visit

Billy and I were introduced in April 2017. We have had some grand afternoons visiting local café's around Banchory, Ballater, Aboyne and Alford. We usually try to take the country lanes to and from Torphins, ably guided by Billy our competent 'Co-Pilot and Navigator'. We regularly stop to take in the wonderful countryside; whether to watch circling buzzards, fly fishing on the Dee, harvesting the crops or to 'moo' at fields of inquisitive heifers. We have enjoyed the nature and the weather through all the seasons.

I had initially enquired about becoming a 'befriender' late in 2016 and was pleased to take part in the K&D Befriending training with other volunteers in January 2017. Being matched together has given us something to plan and look forward to every couple of weeks, trying to think of new places to visit. Indeed, we only visited one café twice in 2017- the Potarch Café & Restaurant at the Ballogie Estate near Banchory and we would highly recommend this for a visit. It is in a beautiful spot with friendly and welcoming staff. It has excellent access with



plenty parking space close to the door and a lovely roomy area for teas/coffees and lunches with the added bonus of a lovely roaring fire on a cold winter day.

For more information visit

<http://www.ballogie-estate.co.uk/potarch-cafe-restaurant>
or call 013398 84469. *Tim Hopper*

Footnote: Sadly, Billy passed away in February after the writing of this piece, but he had clearly enjoyed his trips out and time spent with Tim.

Staff changes After 8 years as the Senior Coordinator, Brigitte Matthews is retiring and will be leaving K & D Befriending on 31 March 2018. Liz Treasure will be taking over this post on 2 April 2018 and will also cover the Deeside Coordinator post until a new person is appointed to that post.

Everyone who would like to say good-bye to Brigitte and hello to Liz is welcome to come along between 2pm-4pm on Wednesday, 28th March at the conservatory at the Kirkton Garden Centre Café.

Get-together for befrienders Due to the success of our volunteer Christmas lunches we have decided to arrange another informal social event for befrienders. Plans have been made to meet at Mains of Drum Garden Centre (Drumoak) for coffee, cake and a chat on Friday 20th April from 2pm-4pm. All befrienders are welcome. Please let Lisa (Deeside 01224 739627) or Trish (Kincardine 01569 765018) know if you can make it or need a car share.



We are again grateful to the volunteers who have stepped forward to arrange the event and should also point out that, as with previous similar events, travel expenses may not be claimed.

A BEFRIENDING STORY

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Many of you who attended our AGM and Social event in 2017 will remember the following poem which was read that afternoon by Liz Marchant. When composing the poem, Liz drew on her own experiences - firstly as a K&DB befriender, then from seeing the benefits of our befriending service for own mother. We are now delighted to share the poem with you here:

A husband, a father, soulmate, a best friend,
A unit so tight feels like it can never end,
A marriage lasting sixty years,
A passing – realising her worst fears,
The grip of grief that tears at her heart,
So unused to being apart,
The new routine of going to bed alone,
The knowledge that she is on her own,
The things that change that used to be fun,
The joylessness of cooking for one,
The kids are all grown and away,
Living in various parts of the UK,
So lonely that she's feeling sick
Of listening to the lounge clock's constant tick,
But then her daughter says she wants Mum near,
That it's impossible with her living down here,
It's time to leave the marital home,
And live a new life on her own,
So she arrives, she's hugged and kissed
But still the heartache does persist,
Because each time your daughter goes away,
It's just another long, long day
Of thinking thoughts of what has been
And staring idly at the TV screen,
But what if there were someone new
To dedicate some time to you?

To listen, to chat, to share a fly cup,
Things could finally be looking up,
If when you hear a knock at the door,
You know it's someone worth waiting for,
And for once or maybe twice a week
You look forward to the company you seek,
Making a friendship that will last,
Telling them of stories past,
And when you first meet your Befriender,
You definitely won't want to 'return to sender',
Because these special people really care,
They're warm, they're friendly but most of all, they're there,
Because they truly understand
The value of companionship, of offering a hand,
As the great wheel of life begins to turn,
There's a lesson that we would all do well to learn,
Because while we may not all have a Doctor's brain,
We should not take our own skills in vain,
Within us, we have the ability to cure
A condition that so many have to endure,
An epidemic that has gripped the nation,
The debilitating state of isolation,
No visitors to expect, no-one to phone,
A prisoner in one's own home,
If a little time we all can give,
We can enable someone to start to live,
If a little time we all can take,
Just look at the difference we can make.

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A very warm welcome to our newly trained volunteer befrienders and to Liz Treasure, new K&DB coordinator (1st on left in front row)



Details of 'Friends' fundraising events in aid of K&DB

- On Sunday 10th June 2pm - 4pm there will be an afternoon tea event at St Peter's Heritage Hall (Howie Lane, Peterculter AB14 OUP). Lisa Wass, who is starting a Friends fundraising group in our Deeside area, hopes to see you there.
- The Kincardine & Mearns Friends have arranged a tombola for 14th July at the Plainstones, Stonehaven.
- On Saturday 6th October 10am – 1pm the Friends on Deeside will be holding a Nearly New Sale at Banchory Town Hall (on the corner of High Street and Kinneskie Lane). If you have any items in good condition to donate please contact Lisa on tel 01224 739627 to make arrangements. Items can also be dropped off at the Banchory office but no furniture, duvets or electrical items please.

Other events for later in the year are in the early planning stages so please keep up a lookout for more information in due course.

The Friends have agreed it would be best if those of you who may wish to donate items for these events do so by supporting the activities in the area which is local to you either Kincardine & Mearns or Deeside. For more information, please contact:

Kincardine & Mearns: Trish (01569 765018) or Liz (01569 760402)

Deeside: Lisa (01224 739627)

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