

KINCARDINE & DEESIDE BEFRIENDING



NEWSLETTER MARCH 2019



New office

In January the lease on our Barclay Street office in Stonehaven came to an end after many years. We have now smoothly relocated the Stonehaven office to 8 Robert Street with all other contact details remaining the same. For any volunteers who would like to visit us in the new office we plan a coffee drop in on Tuesday 19th March between 10a.m. and 12 noon and would be happy to see you then.

Data Protection (GDPR)



As many of you will be aware, in 2018 there was an update to legislation around how organisations must collect, process and store people's personal information. At K&D Befriending we have always been very mindful of treating information from clients and volunteers with great care and do not share this information with others. To be in line with new regulations we have included with this newsletter a copy of our new 'Privacy Statement'. The link to this and to our 'Data Protection Policy' is available now on the website. If you want to clarify anything about this, please do speak to your coordinator.

Volunteers

Our volunteers are the foundation of the befriending service and we were delighted again this year to train 10 new volunteers.

We also had 2 successful training events looking at supporting older people living with dementia. Later in 2019 we will plan to have training based around promoting communication through reminiscence and the value of this. Details will be sent out to volunteers in due course.



FIRST AID TRAINING: It is always good to know how to help if someone requires assistance before medical help arrives so we will be running an 'Everyday First Aid Training Course', facilitated by The Red Cross, on Thursday 21st March at Invercarron Resource Centre, Stonehaven (further information included in the information previously issued to befrienders). These training sessions are always popular so please ensure you contact the Stonehaven office before Monday 11th March to book a place.

Places to visit

There is never a shortage of friendly local cafés and venues for clients and volunteers to visit and, in this newsletter, we are delighted to feature another personal recommendation.

Jessa who has been visiting Beatrice now for many years writes:



"I have been visiting Beatrice for 14 years this year - we meet once a week for approx 3 hours.

We get on very well together and have similar tastes. We like to visit Kirktown Garden Centre, in Stonehaven - it has a good shop which sells clothes & gifts and the food is varied soup, sandwiches, cakes ... it also serves hot meals.

As well as the main restaurant it has a conservatory or, in summer, tables outside. It has a large carpark (including disabled spaces) with overflow parking if needed.

We enjoy visiting it in December as we enjoy the Christmas displays".

..... and funding

This year Kirktown also chose K&D Befriending as the local charity for their Autumn Fashion Show and a total of £1,787 was raised. Such donations and fundraising are always welcome and help to let us continue to deliver valuable befriending visits to many older folk.



In addition to core funding and grant funding, K&D Befriending has been delighted to receive numerous donations during the year from individuals, groups and organisations who recognise the value of our befriending service.

Donors include: FABS ladies walking group, Asda Portlethen Green Token Giving, Banchory Co-op charity of the month, Scottish Caravan Club North Centre and many befriendeds who greatly appreciate visits from their volunteer befrienders.

Sincere thanks to all.

These donations really do make a difference.

Your
donation
is greatly
appreciated

AGM & Social September 2018

During another successful AGM and Social event it was a pleasure to award certificates to a number of volunteers in recognition of their many years as volunteer befrienders. Congratulations to the befrienders who have volunteered for 5, 10, 15 and 20 years!

Entertainment was again provided by Music in Hospitals with the support of Total E&P UK Ltd and, this year, we were thoroughly entertained by the talents of 'On the Wagon' who delighted the audience and even encouraged many to 'take to the floor'.

Thanks were also extended to many others who contributed to the event, including the staff at Fetteresso Church for their help in making arrangements at the venue, Macphie who again supported us by donating baked refreshments and the ever willing volunteers who helped on the day.



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

Nearly New Sale - Saturday 23rd March, 10am – 1pm at Banchory Town Hall, Kinneskie Lane, Banchory. £2 admission (includes refreshments)

Afternoon Tea - Sunday 9th June, 2pm - 4pm at the Heritage Centre, Howie Lane (off Station Road East), Peterculter AB14 OUP). £4 per person. No pre-booking required.

Ink cartridges - the Friends continue to raise funds by recycling printer ink cartridges and can accept the following brands: Cannon, HP, Dell, Lexmark, Neopost and Samsung. Cartridges can be handed in to the library in Stonehaven or Banchory and each cartridge raises £1 (if the cartridges are leaking, they cannot be recycled).

Do you have any unwanted Christmas or birthday presents? The Friends would be delighted to receive these as a donation as they can be put to good use at fundraising events.

If you have any queries, or would like to get involved with the Friends, please give their representatives a call:

Kincardine & Mearns: Trish (01569 765018) or Liz (01569 760402)
Deeside: Lisa (01224 739627)

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Tackling social isolation and loneliness

There is an increasing awareness of the negative impact social isolation and loneliness can have on people's lives, affecting their mental and physical health. Befriending is a way of tackling this and we are proud to see many hours each week across Kincardine and Deeside being spent in companionship between clients and volunteers. Sometimes a visit at home for chat, crosswords, cuppas, laughter and sharing stories or for others, outings to local community venues, connecting with the local community and countryside. It is always heartening to hear first hand the impact these relationships can have in brightening peoples' week, enjoyed by clients and befrienders alike.

It was good too to see Kincardine and Deeside Befriending highlighted as an example of good practice in the latest Health and Social Care Locality Plan for Kincardine and Mearns.

In December the Scottish Government published their strategy to tackle social isolation and loneliness 'A Connected Scotland' which can be accessed at <https://www.gov.scot/publications/connected-scotland-strategy-tackling-social-isolation-loneliness-building-stronger-social-connections/> and is an interesting read.



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