



# The Magazine of Grampian Opportunities

Grampian **Opportunities**  
Finding the way forward



**Issue NINE**

This month the media team has started to have editorial meetings. The Grampian Opportunities Newsletter / Magazine is slowly going to undergo a restructure, so hopefully everyone will like the new format when it comes out. The team has also grown with two new members Maurice Parkin and Allan Spence.

Edwina Smith [go.news@grampianopportunities.org.uk](mailto:go.news@grampianopportunities.org.uk)

Heath Morrell and Allan Spence have been doing a revamp on the website with the help of James from Computers and Integration. The old website had not been updated for a number of years and we plan to introduce new features such as an events page, graphics etc. We are open to ideas and would welcome feedback. The web address is

[www.grampianopportunities.org.uk](http://www.grampianopportunities.org.uk)

Web team [go.website@grampianopportunities.org.uk](mailto:go.website@grampianopportunities.org.uk)

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## ***VOLUNTEERING - Be amazed at what you can do!***

There has never been a better time to get involved in volunteering. There are a great range of volunteer opportunities for people to get involved in and volunteers make a huge difference across Aberdeen, with:

- + Over 740 volunteer opportunities available in Aberdeen alone!
- + Over 44,000 volunteers in Aberdeen City, contributing a total of over 3.7 million volunteer hours every year.
- + The economic impact of volunteering for Aberdeen equates to over £52 million pa.
- + Opportunities available to volunteer are diverse and can range from everything from:

*-Gardening/Conservation/Environment-Befriending-Sports-Mentoring- Food Co-ops  
-Credit Unions-Community Centre Assistants-Playgroups/Children's Clubs-  
Disability Organisations-Community Cafés-Practical/DIY-Advice-Counselling-  
Charity Shops/Retail-Computing-Older Peoples Groups-Driving  
-Community Development-Arts (Music, Drama, Crafts) and much more....!*

- + For more information about volunteering and how to get involved please search through the latest volunteering opportunities at: [www.volunteeraberdeens.org.uk](http://www.volunteeraberdeens.org.uk) or contact Aberdeen Volunteer Centre on: 01224 686078/e-mail [VolunteerCentre@acvo.org.uk](mailto:VolunteerCentre@acvo.org.uk)
- + Young people, aged 16-25 years, can also gain certificates (MV Awards) endorsed by the Scottish Government for undertaking 50 hours, 100 hours volunteering and an Award of Excellence MV Award certificate for achieving 200 hours. For more information regarding this please contact Sonya Walker, Youth Development Worker: 01224 686075 / e-mail: [Youth.Development@acvo.org.uk](mailto:Youth.Development@acvo.org.uk) / Web: <http://www.volunteeraberdeens.org.uk/mvawards.html>
- + If you are an organisation interested in involving volunteers in your work/activities please contact the Volunteer Centre regarding how we can help- tel.: 01224 686078 / e-mail [VolunteerCentre@acvo.org.uk](mailto:VolunteerCentre@acvo.org.uk)
- + Listen to the 'So Why Don't You...' Volunteer Show on SHMU-FM every Wednesday, 2-3.00pm for latest volunteering and third sector news.





## **New Explorations MENTORING SERVICE for disabled people**

### **Mentee Recruitment**

- Are you stuck in a rut?
- Lost your way?
- Don't know what the first step is or how to take it?

But know that you want to change!

- Scared to speak out or ask for support?
- Say what you really want and be heard and understood!

But know that you need support!

Contact us and discover what New Explorations can do for you by becoming a Mentee.

### **Support Network**

People need support networks. You may not use that phrase or even think of your family, friends and colleagues in those terms but that is what they are – your support network.

For those with disabilities and mental health issues the support network is even more important but often more difficult to establish. But with support much more can be achieved.

### **Small steps**

Being a Mentee can help you to develop skills, confidence and, through discussion, make life's stresses take on a different, less threatening shape. With good mentoring it is possible to explore new opportunities which may have seemed impossible in the past for those with a disability.

### **Opportunities for change**

New Explorations Mentoring Service assists Mentees to be ambitious, to see the opportunities for personal development and, for many, to achieve a job at the end of the journey.

New Explorations Mentoring Service is a one-to-one mentoring service for adults with disabilities in Aberdeenshire, Aberdeen and Moray.

### **Come and speak to us:**

Tricia McLean and Katrina Wilson , Mentoring Coordinators

New Explorations Mentoring Service, Grampian Opportunities

Tel: 01467 629675 or Email: [go.mentor@grampianopportunities.org.uk](mailto:go.mentor@grampianopportunities.org.uk)

## **Epilepsy Awareness Training**

On Monday the 14<sup>th</sup> of June, Katrina Wilson organized a day of epilepsy awareness training for Grampian Opportunities. With thanks to Quarries and with the help of Helen Simpson Epilepsy Field Worker. The day gave us an understanding of what epilepsy is, how it occurs, different types of seizures that people who suffer this condition can have, and how to help a person having an episode. The training was supported by a presentation and video, but what was most useful and insightful was that fellow people with epilepsy were there doing the training, and shared their own experiences of how they live with their condition.

Edwina Smith, GO volunteer

## **Momentum Open Day**

Momentum recently held their Annual Open Day in conjunction with Brain Injury Awareness Week, this event is to give Referrers, Funders Family and Friends of our clients a chance to come into the centre and find out what happens here. We had around 80 people come and go throughout the day and the feedback has been very positive. The clients had compiled a newsletter which was available for visitors to take and read at their leisure, it is filled with personal/creative short stories, poems, recipes and puzzles. It was a good day enjoyed by all who attended.

For more information on Community Outreach Services contact Rachel on 01224 622261 or email [rachel.mcpherson@momentumscotland.org](mailto:rachel.mcpherson@momentumscotland.org)

For more information on Momentum Pathways contact staff on 01224 625580 Email [info.pathwaysaberdeen@momentumscotland.org](mailto:info.pathwaysaberdeen@momentumscotland.org)

## **New Dementia Advisors in your area**

Alzheimer Scotland has recently appointed new Dementia Advisors across Scotland as part of a new initiative to ensure that no one goes through dementia on their own.

Dementia Advisors can provide information and light touch support to people with dementia, their families and friends at any stage of the illness. Information can be provided on issues such as living with dementia, planning for the future, keeping well, caring for someone with dementia, finding support and staying active in the community.

Dementia Advisors will also support local communities to help them become more dementia friendly and increase opportunities for people with dementia and their carers to participate in community life.

To speak to your local Dementia Advisor, contact Sarah Geoghegan (Aberdeen City) on 01224 644627 or Anne Naylor (Aberdeenshire) on 01467 629292.

You can also call the free phone 24hr Dementia Helpline on 0808 808 3000.

Sarah Geoghegan

## Voices for Change Making Connections for Independent Living



The Voices for Change team held an event at Curl Aberdeen where Heather Fiskin of the Independent Living in Scotland Project came from Glasgow to deliver a workshop about independent living. People were able to take part to learn more about the independent living movement and discuss what could be happening locally to improve the lives of disabled people.

While the workshop was going on there were various stalls to find out information about different organisations, and what they offer as a services

Pictured above is Helen Sutherland one of the team, showing the timeline she prepared to record the work of the group.

### National Volunteering Week

Grampian Opportunities and WRVS decorated the railings outside the Inverurie office to show that they were supporting Volunteers week. The work of both organisations depends on the contribution made by volunteers.



**Grampian Society For the Blind  
celebrated Volunteering week with  
a Volunteering Open Day**  
[www.grampianblind.org](http://www.grampianblind.org)

On Friday 4<sup>th</sup> June a Volunteering Open Day took place at the Grampian Society for the Blind (GSB) in Aberdeen. It was a day of celebrating Volunteering and demonstrating the diversity of GSB's charitable services, which would not be possible without the support of over 200 Volunteers.

Volunteers are involved in a variety of activities such as Befriending, Social Groups, Audio Library, Administrative Support, the Gym, the Youth Project, Readers, Fundraising and much more. The event was well attended, visitors had the opportunity to talk to current Volunteers, and the demonstrations inspired a number of people to sign up for volunteering with GSB.

For more information on Volunteering with GSB please contact Linda Fachie at GSB on 084527 12345.

Tanja Mehrer Senior Befriending Coordinator

## **SMILE Campaign**

Long-Term Conditions Alliance Scotland (LTCAS) have launched the 'SMILE for Self Management' campaign which aims to allow people from all walks of life to show their support for self management in a simple and fun way. The campaign is linked to a national awareness raising campaign and Self Management Week.

**S**mile  
**M**anagement  
**I**mprove  
**L**ives for  
**E**veryone

LTCAS are asking people to take a photo of themselves, their group or organisation holding an oversized SMILE over their own mouth. LTCAS have provided a selection of SMILEs and these are available to download on the LTCAS website. Then simply send your picture back to them.

The campaign has a Facebook page Facebook/LTCAS SMILE Campaign where SMILEs can be downloaded, and photos taken uploaded. Please join the facebook page to show support for the campaign!

For more information including other ways to get involved, download the leaflet here or e-mail [smile@lucas.org.uk](mailto:smile@lucas.org.uk). Website: <http://www.lucas.org.uk>.

## **Job Centre plus Benefits Talk**

Cheryl Green from Job Centre Plus came out to Inverurie talk to us about different types of support.

Volunteering was identified as a good way of preparing to get back to work. A small step forward may then involve a paid opportunity where someone can be paid up to £20 under earnings disregard.

Some of the other ways of getting back to work she discussed were Permitted work allows up to but not including 16 hours per week. She also discussed Supported Permitted Work – earning no more than £93 per week (current minimum wage is £5.80 per hour).

A support agency such as GO can supervise Supported Permitted work, supporting the individual into work and retaining this.

If you would like more information of these or any other information that the Job Centre Plus offer then get in touch with Cheryl Green on

Email - [Cheryl.green@jobcentreplus.gsi.gov.uk](mailto:Cheryl.green@jobcentreplus.gsi.gov.uk)

Phone Number - 01224 802566

## **C V Writing Workshop**

Phyllis Gordon one of GO's volunteers has played a key role in organising our recent events. At Grampian Opportunities some of the volunteers were wanting information on writing a CV so Phyllis went and organised for the Careers Service to come and meet with some of the volunteers to take them through step by step of a CV. The session also had a bit of fun with a few worksheets that helped you see what skill you have which shocked some of the group as I don't think they knew that they had the skill.

If you would like their help then get in touch with the Careers Scotland team you can visit one of their local centres in Inverurie, Peterhead or Aberdeen. They offer an all age service to help develop your job search skills. There is website access for jobsearch. You can drop in or visit the website for more information [www.careers-scotland.org.uk](http://www.careers-scotland.org.uk)

## **Feel Good day 2**

On Thursday 10<sup>th</sup> June 2010 we held another feel good day at the local sheltered housing complex Urybank Inverurie, where Grampian Opportunities volunteers and Urybank residents came together again to have tea, coffee, and cakes, and relax. With having the opportunity to have a hand or back massage. This saw us inviting Kevin and Amanda of Helping Hands back. People also had the chance to participate in a session on building self-respect and "I'm ok" techniques this session was led by John Picken, a good friend of GO.

John Picken is pictured handing over a cheque to Phyllis Gordon, GO volunteer and events organiser. John raised £191 for GO by getting his friends and family to sponsor him for shaving off his beard in support of Grampian Opportunities. A number of other donations on the day will help us organise more feel good events.



Thank you to Tesco Inverurie for donating the cakes and well done Phyllis Gordon, GO volunteer for organising another excellent event.

## **Cinema Card**

The Cinema Exhibitors' Association Card is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. Terms and Condition of use apply. To apply for the card, you will need to be in receipt of the disability living allowance or attendance allowance or be a registered blind person. More information on their website [www.ceacard.co.uk](http://www.ceacard.co.uk)



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