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What does 2015 mean for you?...

FOR US HERE AT ABERDEEN CYRENIANS we see 2015 being even busier than ever. The last 12 months have been incredibly busy for us, with staff seeing a steady and concerning number of people seeking help.

With house prices rising out of the reach of many, and the impact of previous welfare reforms being felt across the country, 2014 was a difficult year for many people. Our Drop In figures have increased from an average of 100 appointments per month in 2013 to over 300 appointments in 2014, and distributing on average 90 food parcels per month.

Unfortunately, with more reforms to come and continuing austerity measures, 2015 looks just as bleak for those struggling financially. We appealed to those across the North East to help us raise £60,000 of finance and goods for our Christmas and Beyond Appeal. And you did! With this support we were able to make the most of the festive season and prepare for the year ahead.

Donations came in the form of cash, food, clothes, toiletries, rucksacks and shoe box gifts to help us make the festive season that little bit easier for our service users, with many items still coming through the door. Your donations have gone towards supporting our service users with food, warm clothing, toiletries and gifts this festive season and will continue into the New Year.

The support of those across the North East has enabled us to:

- Offer hot meals, shower and laundry facilities at our Street Alternatives project from 22nd December to 5th January, instead of the usual four days a week
- Allow our service users to attend a festive screening of Nativity 3 with thanks to Cineworld Beach Links
- Allow our service users to attend

a fun filled afternoon of science at Satrosphere Science Centre

- Distribute more than 260 Shoe Boxes full of gifts to service users
 - Provide toys as Christmas presents for the children of our service users thanks to support from Northsound One and Original FM
 - Treat our volunteers to a Christmas Thank You meal, completely turning the tables – we even had to have two as we have so many volunteers
 - Replenish our stocks of hats, scarves, gloves and toiletries, which are once again healthy and will see us into the new year
 - Serve 50 traditional Christmas lunches, which were once again provided by Mercure Ardoe House Hotel and were accompanied by trifle deserts by Queens Cross Church – as they have for many years
 - Receive more than 300 rucksacks to help those who are rough sleeping
- We cannot thank you enough for your fantastic support and donations. This has truly enabled us to provide our service users with a warm and welcoming Christmas celebration. As we go into 2015 we are grateful for all your support, and it's not too late to donate at <https://mydonate.bt.com/charities/aberdeencyrenians>



Santa for the day



If your company would like to sponsor our next newsletter, or even a page of it, please contact scott.baxter@aberdeen-cyrenians.org for more information

#CyreniansChristmas

ABERDEEN CYRENIANS WAS INUNDATED with all kinds of supports this Christmas helping us to make it as enjoyable as possible for our service users.

The festive season can be a sad, distressing and lonely time for someone who is homeless or experiencing difficult times, and once again this year, in similar fashion to the past 45 years, your support has helped a great deal!

Below are just some of the things made possible this festive season by you:

- Chefs, David from Sodexo and Anthony from Aramark prepared our volunteer dinners
- Lynsey from our AIS team and Rachel from our fundraising team collecting fantastic toys for our service users and their children this Christmas
- North East of Scotland College students with their donation of food, toys, clothes and sleeping bags collected from fellow students and staff
- Our volunteers sorting through shoe box donations ahead of distribution
- Scotstown primary school's collection towards our shoe box appeal



From top: Chef Anthony (far right), Chef David, Christmas Toys, NESCOL Donation, Shoebox Volunteers, Scotstown Primary School.



Festive Fun

WITH ALL THE FESTIVE CELEBRATIONS GOING ON, we wanted to provide our service users with some fun activities this Christmas season too.

With the support from ASDA Portlethen and Cineworld Queens Links, we were able to provide a private screening of the Nativity 3 to our service users, along with a goody bag of treats to enjoy during the film. A visit to the cinema may be a monthly occurrence or even weekly for some, however this is something many of our service users often do not have the chance to do – and we were pleased that

after many a service user request we could treat them to a cinema visit this Christmas.

The activities didn't stop there ... we were approached once again by Satrosphere Science Centre to offer a science filled day to our service users. We received

support by ASDA Beach and Hudsons

catering to provide a three course lunch and afternoon to exhibits including the Bubble Shoe, Ice-Periment Show and the "Back to the Moon for Good" movie.

We are also thankful to Clariant Oil Services UK Ltd for their fantastic donation of a Wii and multiple games for our Street Alternatives project to use. Some great competitive fun was had by both Service users and Volunteers.



Science Fun thanks to Satrosphere, Adsa and Hudsons

If you would like an Aberdeen Cyrenians collecting can for your workplace or local shop, please contact our fundraising team at fundraising@aberdeen-cyrenians.org

Santa's Helper

I HAVE BEEN VOLUNTEERING AT CYRENIANS for almost a year now, my first "shift" was this time last year when I helped deliver shoeboxes and donations to all the various projects that Cyrenians run in the city.

At that time I saw firsthand the pleasure and joy that these donations brought so it was easy to say I would help again in Christmas 2014.

We filled the Cyrenians car to near bursting point and Rachel and I set off in suitable festive attire to do the rounds and drop off bulging shoeboxes packed with goodies as well as delivering other donated items such as toiletries and clothing . We also picked up a couple of hampers from an oil company down by the beach which was fantastic and was well received when we

came back to Summer Street. At Christmas it is so easy to get caught up in the hustle and bustle and forget that there are so many needing help who have relatively little at not just this time but throughout the whole year. I look forward to helping more with Cyrenians in 2015 helping in a small way to do my bit for those less fortunate than myself.

Gregor Howitt



Goodbye C

OPENED IN 1991 AND ORIGINALLY CALLED THE LEAVING CARE PROJECT
FOLLOWING 23 YEARS OF PROVIDING HIGH QUALITY ACCOMMODATION
PREVIOUSLY BEEN LOOKED AFTER BY THE LOCAL AUTHORITY, WE HA

A night of musical entertainment

We have to thank Frank Robb and the fantastic performers of Aberdeen Folk Club for hosting a musical night on our behalf. The musical entertainment was enjoyed by many including a number of our volunteers who headed along, raising over £900 towards our services – Thank You.

The focus of the work of Clifton Road is to support the learning and development of skills necessary for living independently in the community. Support is given to the young person in the main house assessment unit before they take the next step to moving into one of the five training flats, taking on more responsibility and progressing towards their own tenancy.

Supporting hundreds of young people over the past 23 years, and many staff members coming and going, Project Manager, Jane Fullerton remembers her years at Clifton Road. “I have had the amazing opportunity to be Project Manager for Clifton Road for the past 12 years, having picked up the mantle from Yvonne Whatmore in January 2003.

Being able to ‘steer’ the project through the many storms and difficulties that have arisen over these years has been challenging, but very rewarding.

Words that come to mind when thinking about the young people I have worked with during this time are: resilient, creative, smart, funny, resourceful – all the

manner has constantly amazed me!

At times I have thought I must be mad, choosing to work with teenagers full time.

However, the most lasting impression I feel is what a privilege it is to be able to provide these young people with a safe, warm, caring environment in which they can ‘grow up’ in



more remarkable when you consider the difficult start in life these young people have experienced. Their constant ability to cope and move forward in a positive



Clifton Road

ACT, THE TIME HAS COME TO SAY A SAD GOODBYE TO CLIFTON ROAD. ACTION AND SUPPORT FOR TEN YOUNG PEOPLE AGED 16-21 WHO HAVE AND THE KEYS OVER TO ACTION FOR CHILDREN ON 30TH JANUARY.

safety, try things out (and often getting things wrong - all part of the process!), and start their young adult lives on a more secure footing. We often get people returning, sometimes many years later, and saying things like "what a great time I had at Clifton Road", or "what a terrible teenager I was, I don't know how you put up with me!". Perhaps it can be easier to remember the 'failures' and sad losses we have had over these years, but the young people who have managed to make a



positive move on from Clifton Road, and just get on with their lives without having to constantly return is just as much what this project is about. It is just great when these guys do choose to drop past, and is a real tonic for staff.

I have also worked with many staff members since I started, many of whom have moved on to pastures new, using their experience of working at Clifton Road as part of their own journeys through life. These staff members are the people who have made the project what it is - the work could not be done without them and their kindness, compassion, tenacity, hard work and belief in the young people has been what has made it a special place to live and work.

Now the time of Clifton Road being part of Aberdeen Cyrenians is coming to an end, and a new chapter is about to start, with Action For Children taking over. Ever the optimist, I realise that, in life, everything changes and I hope that the coming change will be invigorating and energising for all, and will see Clifton Road continuing to provide a quality service to young people for many years to come.

For all those I have worked with, trained with, socialised with and known (some for many years), and indeed all of the staff throughout the organisation, it has been a pleasure knowing and working with you all - keep the Aberdeen Cyrenians Flag flying high, you are doing tremendous work!"

Looking for an easy way to support Aberdeen Cyrenians? Raise money for us every time you shop online with Amazon, M&S, Tesco or 2,700 other retailers. www.easyfundraising.org.uk/causes/aberdeencyrenians

Arts and Crafts for VAW

We have to say a big Thank You to Connections Women's Group who spent time making various crafts during their weekly café to sell at their Art and Craft Fair at Aberdeen Health Village in support of our Violence Against Women Service. They raised a fantastic £252 from the sale of their crafts towards our service - Thank you.

YPI Success

THIS SUMMER HAS BEEN BUSY with a number of YPI groups visiting us from a range of schools across the city and shire.

We have met some great students with fantastic ideas from information stalls in school, collections boxes to making badges and leaflets to share our work with other students. We have to say a well done to Mackie Academy for reaching the final of their group, as well as congratulations to Banchory Academy and Torry Academy for reaching the final and winning! Banchory Academy has chosen to support the work of our new Domestic Abuse and Supported Accommodation project and Torry Academy has chosen to support our Summer Street Projects. It was great to have met and worked with so many great young people, and we look forward to meeting new students in the coming year.

Are you a X Factor, Strictly or Got Talent kind of fan?

THE THIRD XMAS FACTORS'S Strictly Got Talent at Queens Cross Church was a hit once again this year.

We were delighted to have the support from organist Mr Mitchell and Queens Cross Church again with their night of fantastic performances and entertainment. The success of the evening saw £2000 raised, with this being shared between ourselves and Cairns Counselling. A huge well done to all who took part and Thank You once again for your support, we look forward to the next show!

Social Media Boost

WE WOULD LIKE TO SAY A HUGE THANK YOU to everyone who helped us in our push to 1,500 Facebook likes for 2015.

Thanks to a staggering number of likes and shares, we managed to reach more than 1,600 before Hogmanay. We appreciate everyone taking the time to follow us, and will use Facebook to keep you up to date with our news and events.

We have also updated our Twitter account, and our username is now @Abdn_Cyrenians. If you followed us at our previous @Cyrenians2013 name, you will automatically continue to do so.

Finally, we have joined Instagram with the username AberdeenCyrenians. Feel free to follow us to keep up to date with news and see our behind-the-scenes pictures.

Cheer up Santa Scott.



Feeling fit this year?

“THIS YEAR I’M GOING TO BE HEALTHIER, I’LL GET FIT, AND I’LL LOSE WEIGHT” – if this sounds like your New Year’s Resolution then we need your help.

Aberdeen Cyrenians is proud to once again be an associated charity for the City of Aberdeen Baker Hughes 10K, which takes place on Sunday May 17th. We had a record number of participants last year, with 120 runners raising a fantastic £15,000 to support our services.

Following on from this success, we hope to beat these numbers in the 2015 event. Registration is still open online at www.sportaberdeen.co.uk/events/10kaberdeen, or alternatively Aberdeen Cyrenians can register you for participation. We will provide fundraising information and support leading up to the run, and run pack will also be issued by Sport Aberdeen closer to the event.

Registration costs £23 plus a £1 administration fee. Runners are encouraged to raise a minimum of £100 and if this target is achieved and the run is completed, your registration fee can be reimbursed if you wish.

If you would prefer not to run but are still interested in being involved in the event, we are also looking for volunteers to help assist during the course of the event.

For more information about supporting Aberdeen Cyrenians at the 2015 Baker Hughes 10K, please contact fundraising@aberdeen-cyrenians.org

What will your time be?



Rucksack Project Success

THE RUCKSACK PROJECT HAS ONCE AGAIN proved to be a huge success, with more than 300 rucksacks collected to benefit those sleeping rough in Aberdeen.

The project is an international initiative, which encourages participants to provide a rucksack containing useful items like sleeping bags and warm clothes to benefit those sleeping on the streets.

Staff and volunteers held an open day at our Summer Street office on Saturday December 6, collecting rucksacks and giving tours of the building to show the services we offer. We also received invaluable support from Sodexo and Nando’s Belmont Street who provided us with teams of volunteers to go through the donations

and sort the excess items into storage for future use.

Depute Chief Executive Scott Baxter said: “We have been overwhelmed with the support

the project has received from the people of the north-east and are grateful to Amber Sebold for organising the event for a second year.

“This is a fantastic project and the rucksacks provide a practical way to help those sleeping outside on these cold, winter nights.”



Hearts for the Homeless

THIS YEAR'S TEAM of RGU Events Management students are hard at work organising our 2015 spring fundraiser.



Beth, Michele and Emma will host the Hearts for the Homeless dinner at The Copthorne

Hotel on 20th March to raise money for our services.

The girls are working hard organising meals and entertainment, for what is set to be a fantastic night.

Sponsorship packages are on offer, and tickets will soon be available from sales. heartsforhomeless@gmail.com. Follow the team's progress on Twitter at @CyreniansHearts.

StrEAT Alternatives Cookbook

COPIES OF OUR HUGEY POPULAR STREET ALTERNATIVES COOKBOOKS ARE STILL AVAILABLE TO BUY FOR JUST £10.

Created by our Street Alternatives volunteers Mary Holland and Alison Sim, it includes all sorts of recipes, from tarts to tagines and coleslaw to cupcakes.

We've included a sample recipe below to give you a taste of what's inside.

To purchase a copy visit our head office at 62 Summer Street or contact the fundraising team on 01224 625732 or fundraising@aberdeen-cyrenians.org

All-Day Brunch Slice (Serves 4)

INGREDIENTS

15ml spoon of olive oil
1 medium red onion, peeled and diced
125g unsmoked back bacon, roughly chopped
150g button mushrooms, wiped and halved
500g new potatoes, scrubbed, cooked and sliced
5 medium eggs
Salt and freshly ground black pepper

METHOD

Pour the olive oil into a large frying pan, add the onion and bacon and fry over a moderate heat for 6-8 minutes, stirring occasionally. Add the mushrooms and cooked new potatoes and fry for a further 5 minutes or until they are golden. Transfer the mixture to a 2cm deep 18cm x 23cm Swiss roll tin. Beat the eggs well, season, then pour over the cooked ingredients in the tin. Bake in a pre-heated oven for 15 minutes at 190C (170C fan)/375F/Gas Mark 5.



All Day Brunch

Turn out onto a wire rack and leave to cool slightly. Slice and serve warm for breakfast or brunch, or with a mixed salad for lunch or dinner.

If you prefer replace the bacon in this recipe with sliced frankfurters or cooked and sliced sausages.

Keep up to date with what is happening at Aberdeen Cyrenians by following us at Facebook at www.facebook.com/aberdeen.cyrenians or on Twitter at @Abdn_Cyrenians

If you would like to receive your copy of the newsletter via email please contact, fundraising@aberdeen-cyrenians.org to be added to our mailing list

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