

Psychic night

The fundraising team have been asked to put on a psychic night. We're working on this and hope to have a date and venue confirmed in the next edition.

Smoothie Bike

Aberdeen Cyrenians have arranged to borrow a smoothie-making bike from Edinburgh Cycles over the first weekend in August. It will be at Asda Bridge of Dee and Asda Beach Boulevard. It looks just like a conventional bike but has a food blender attached to the back wheel so as you pedal, you mix up fruit, fruit juice and ice cubes to make a smoothie. More details about this in next month's edition but do put a note in your diary now.

Spree books

Aberdeen Cyrenians will have Spree Books available from 1st July so do come along to Summer Street to buy yours

If you would like to support Aberdeen Cyrenians by having a collecting can in your workplace, please contact the fundraising team on 01224 625732 or at info@aberdeen-cyrenians.org

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Chevron employees Paul Grant and Alastair Bisset get ready to serve meals from the Street Alternatives kitchen in Summer Street

£10,000 from Chevron for Street Alternatives

A donation of £10,000 from Chevron Upstream Europe has ensured that Aberdeen Cyrenian's Street Alternative's project has funding to see it through till next year.

The money is from Chevron's social investment programme which has donated £5,000 to the Cyrenians annually for several years. This year, it was decided to double that amount as part of the company's continual investment in supporting the Cyrenians. Jenna Ingram, the Cyrenians volunteer co-ordinator said: "Street Alternatives relies on fundraising to buy fresh meat and vegetables to provide hot, nutritious two course meals on Tuesday and Thursday evenings to people in Aberdeen who are sleeping rough or who have no access to cooking facilities.

"Chevron also provide a group of volunteers who work on a rota to offer practical support by helping in the kitchen on Street Alternative nights.

"We'll also be using the money to pay for volunteer training courses, volunteer expenses, housekeeping costs, staff costs and gifts in kind throughout the year including non-perishable food, toiletries, clothing and sleeping bags.

"We are ecstatic at Chevron's generosity," Laura Easton, community engagement advisor at Chevron Upstream Europe, said: "We focus on investing in projects that support education, enterprise development and basic human needs. We have supported the Aberdeen Cyrenians for many years as their projects provide much needed services to our local communities. Our recent donation simply reinforces our continued support for such a worthwhile cause."

Aberdeen Cyrenians is a homeless charity which aims to meet the needs of people who are homeless, at risk of homelessness or affected by homelessness in any way. Its Street Alternatives project has been supported by Chevron in many ways over the years from staff fundraising for a new kitchen to boosting food stocks after a busy Christmas period and applying for charity grants on its behalf.



Nearly Naked Mile

As part of their annual RAG (Raising and Giving) week, Aberdeen University students once again organised a Nearly Naked Mile in aid of Aberdeen Cyrenians.

The novel fundraiser gives students the chance to donate unwanted clothes to the charity in a very unusual way. They pay a £2 registration fee to take part in a race around part of the Kings campus, shedding clothes as they go. The clothes are then donated to Aberdeen Cyrenians.

This is the second year the Nearly Naked Mile has been part of RAG week and veterans of the 2012 event knew from experience to layer up before the start so they had plenty of garments to shed

at each of the three drop off points.

By the time they completed the circuit a healthy collection of good quality T-shirts, hoodies, trousers and jumpers had discarded.

The 15-strong organising committee are due to visit Aberdeen Cyrenians headquarters once they have recovered from their week of fundraising to see how their donation will help the charity. Already there's word of Nearly Naked Mile being included in next year's calendar of events.



before



after

We welcome your comments about the Aberdeen Cyrenians newsletter. Please send them to ruth.morrison@aberdenn.cyrenians.org or hand them in to 62 Summer Street, Aberdeen. If you are supporting Aberdeen Cyrenians in any way, please let us know so we can highlight your contribution.

We would also like to know what you would like in future editions.

One volunteer's view

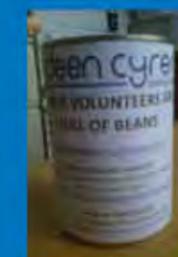


My name is Kenny Gillanders and I volunteer as part of the Street Alternatives team at Aberdeen Cyrenians on Summer Street. I have been doing this for about two years, since July 2011. The reason for me volunteering for this team is that when I was homeless about five years ago I really appreciated the work done by the volunteers at the time and I said I would come back and help out in the future if the opportunity arrived - which thankfully it did. I volunteer mostly on Saturday lunchtimes, though I have been doing at least one night during the week, either Tuesday or Thursday. The times for these sessions are 5.30 till 8pm, and 10.30am till 2pm on Saturday. My main duties are to be at the door to let people in, take note whether they

want to have a shower or would like their laundry done. I have also recently got involved in cooking meals on a Saturday, which I really enjoy. There are a number of reasons I love being involved with this team. Mostly it's because we are helping the people in society who need it the most. Being part of a wonderful team makes each session a joy and it's also a great way to make lasting friendships. Another thing I like is the themed sessions when we get clients involved in quizzes or balloon art. But the best of these are when we, the volunteers, dress up for example for the Western night when we dressed as cowboys.

Main picture Kenny Gillanders. Other pictures are of the Western night which was such a success with volunteers and service users

Volunteer thank you
Recent volunteers have been rewarded for their efforts by being given a can of beans with a special wrapper.



Printing with a social conscience

Iceberg Print & Design

Iceberg Design & Print is a fully equipped modern print-shop providing design, commercial print, full colour digital output, large format printing and much more, all at very competitive prices.

We also provide work experience for people affected by homelessness.

Iceberg is run as a community interest company with all profits going to help the work of the Aberdeen Cyrenians. We commenced trading in 2008 and since then have built up an extensive customer base in both the private and commercial sector.

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Flyers/Posters A6 to A0

For a quote call: 01224 622027 / email: info@icebergprint.co.uk



Baker Hughes 10k

A total of 45 runners took part in the Baker Hughes 10k on behalf of Aberdeen Cyrenians. On May 19 That included a group of eight friends from Newburgh. They raised around £1,500 before even setting off. All sponsorship money should be handed in by the end of June. Thanks to everybody who made the effort.



Volunteers from the Bank of Scotland came along to Summer Street for a couple of days in May and helped sort out food donations, make up food parcels, sort donations of clothes and even peel potatoes. We are always delighted to hear about companies who will allow their employees time off to volunteer with us. The 13 volunteers from BOS all said they enjoyed the experience.

✳️ BANK OF SCOTLAND

Food for thought

A recent report stating that there has been a fivefold increase in the number of people using foodbanks is borne out by the experience of Aberdeen Cyrenians where demand for food parcels has never been higher. Even with donations being handed in daily and food appeals at Christmas and harvest time, the cupboards at Summer Street are looking worryingly empty.

Aberdeen Cyrenians provides food parcels for people in need, who are on benefits, dealing with emotional, mental health or budgeting issues. It does not provide food parcels for children – those requests have to be referred to social work department. It's thought that the recent high demand for food parcels has come about because so many people are faced with increased energy bills and

We try to keep stocks of

- Tins of soup
- Tins of beans
- Tins of custard
- Tins of fruit
- Packets of rice or pasta
- Instant noodles
- Jars of pasta sauce
- Tins of vegetables, including potatoes and kidney beans
- Packets of instant soup
- Teabags
- Cereal
- Tins of fish
- Tins of meat
- Tinned meals such as Irish stew

what money they have has gone to pay them, leaving little or nothing for food.

As part of the 2013 Curves Food Drive, an impressive 171 lbs of food was donated by Curves members at their Aberdeen Studio to Aberdeen Cyrenians. Asda at the Beach Boulevard brought in more than £100 worth of tins and packets as part of an on-going commitment to Aberdeen Cyrenians.

We welcome all food donations, from individuals or organisations. Various branches of Sainsbury have trolleys available so that shoppers can buy extra provisions and donate them in the store. Staff at several of the city's corporates as well as church congregations and schools have food drives in aid of Aberdeen Cyrenians from time to time and every single donation is welcome.

In addition to non-perishable foodstuffs, Aberdeen Cyrenians always needs toiletries to give to service users. Toothbrushes, toothpaste, shower gel, soap, disposable razors, shampoo, and deodorants are constantly in demand. Can you help, either as an individual or as part of a group? We rely on your donations and appreciate everything we are given.

ASDA



Asda community champion David Wright, Aberdeen Cyrenians depute chief executive Scott Baxter and volunteer Brogan Robson with the Asda donation.

Aberdeen Cyrenians has been chosen as the charity of the year by six Sainsbury Local stores in central Aberdeen.



This follows on from the link formed between Aberdeen Cyrenians and the Alford Place store when it opened last year and nominated the charity for a £500 community grant.

Store manager Scott Cran was instrumental in arranging this, and for enthusing his fellow store managers to adopt Aberdeen Cyrenians as their charity of the year.

"I've banked with the Nat West for almost 20 years so I was used to seeing the HQ when I parked in bank car park," he explained. "My sister is a social worker who speaks very highly of the work Aberdeen Cyrenians do, so it wasn't a difficult decision to pick the charity for my store to support."

Since the partnership between store and charity was forged, Scott has been increasingly impressed by what Aberdeen Cyrenians do and how his offers to help have been followed up. "We have a trolley out all the time for customers to put donations in, there are notices on shelves flagging up our support and we have collecting cans at all the check-outs," he said. "Sometimes I'll ask if the charity is short of anything specific and I always get a good answer, like when there was a shortage of underwear for service users around

Christmas time. That was something Sainsbury could help with and were happy to do so. We're keen to give Aberdeen Cyrenians what they need rather than what we have got. "We also donate the plastic bags for the food parcels."

Some members of Sainsbury's staff ran in the Baker Hughes 10K in aid of Aberdeen Cyrenians.

"I feel I've been able to do so much for Aberdeen Cyrenians through Sainsbury's and I've really enjoyed it," Scott added. "You can see the difference you make and because it is a small, local charity you have the personal contact which makes all the difference."

The Sainsbury pledge is: "For us, retailing is about more than quality products and great service. It's also about supporting and helping the communities where we work, and being a good neighbour. We aim for our stores to be at the heart of the communities they serve."

And that's exactly what is happening here in Aberdeen.

Sainsbury's

Pic shows the managers of the six participating Sainsbury stores, plus on the far right, Aberdeen Cyrenians depute chief executive Scott Baxter.

Clifton Road
2013 marks the 21st birthday of Aberdeen Cyrenian's Clifton Road project which offers residential care and support to young people who have been looked after and who are making the transition from a care setting to independent living.

Alison Sim has secured £400 from her employers, Subsea 7, for Aberdeen Cyrenians. She said: "I recently made an application to the Subsea 7 Charity Committee under their Volunteer Award Scheme which is open to employees who have a sustained involvement with a charity and who volunteer for 20 or more hours in any year and who have been involved with the charity for at least six months. This can be applied for on an annual basis and the maximum donation the company gives under this Scheme is £400. "I'm pleased to report that the Charity Committee has decided to donate the maximum of £400 to Aberdeen Cyrenians in recognition of my involvement." Alison works as a Senior Legal Counsel at Subsea 7 and is one of our volunteer cooks for Street Alternatives.

subsea 7

aberdeen cyrenians

62 Summer Street



Clockwise from the left: 62 Summer Street, the reception area, service users waiting area, the laundry, the donation sorting area

The narrow granite frontage of 62 Summer Street is deceptive, like Dr Who's Tardis. Step inside either and they are much, much bigger than they appear. Which is just as well because Aberdeen Cyrenians' HQ is home to a surprising number of activities.

Since Aberdeen Cyrenians was established in 1968, the range of services offered by the charity has grown. Originally it provided food and shelter but now it aims to meet all the varying needs of people affected by homelessness in Aberdeen and the surrounding area.

So down in the basement at Summer Street there's the advice, information and resettlement service. It operates four drop-in sessions on Monday, Tuesday, Thursday and Friday afternoons when anybody can turn up for help with just about anything. The

rest of the time, the team of six work with clients on issues as diverse as budgeting, arrears, housing, assessment for referral to housing benefit and lots more beside, either face to face by appointment, or by phone.

The basement is also the sorting area for all donations of food, clothing, toiletries and bedding. Everything is stored by date and parcels are made up ready to be handed out when needed. When the doorbell rings in the basement it could be someone handing in bags and bags of tinned goods or it could be someone in need. It's as diverse as that.

One floor up is home to the Women Against Violence project which, through Big Lottery and Scottish Government funding, now has a staff of six. The service offers emotional support, safety planning, practical support, advice and information, crisis intervention,

advocacy, assessment of needs and referral to other agencies. There's also a women's group and a befriending service.

Just along the corridor is the Street Alternatives kitchen and dining room, refurbished by GE Oil and Gas in 2010. On Tuesday and Thursday evenings and on Saturday and Sundays, up to two dozen people will be fed here, free of charge. Summer Street staff never need to check which day it is on Tuesdays and Thursdays - there's always a wonderful savoury smell wafting upstairs as volunteers prepare soups, pies, curries. There's also a laundry at this level where service users can wash their clothes while they have their meal, and showers for their use.

Everywhere you turn in Summer Street you'll find cupboards full of clothes or tinned goods, all donated and all with

distant sell by dates. There are cupboards labelled 2013, 2014, 2015, 2016 and yes, even one with a few items which won't go out of date till 2017.

Then up in the loft there are bags and bags of clothes, toiletries and bedding. 71 bags full at the last count. With such meticulous recording, it is possible to find a thermal vest, a hoodie, pair of jeans, a couple of towels and a pillow very quickly, should the need arise.

Next level up, and 54 steps away from the basement, is where most of the admin goes on, where Street Alternative menus are planned, an army of volunteers are assigned jobs, donations are acknowledged, grants are applied for and all the minutiae of running the charity is taken care of.

And all behind that narrow grey frontage.

StrEAT Alternatives cookbook
Aberdeen Asset is to give £2500 to sponsor the printing costs of a cookbook for Street Alternatives. More details about the cookbook next month but it will be available later this year and will make an ideal Christmas present.



Aberdeen Asset Management is a global asset management group investing across the main investment strategies of equities, fixed income and property, complemented by our solutions business, which provides multi asset and fund of alternatives services.

Aberdeen's head office remains in Aberdeen and we are keen to support such a valuable local charity.