

BG Group's day out

Quiz answers

The answers to last month's Aberdeen Cyrenians quiz are:

- 1 b
- 2 a
- 3 b
- 4 c
- 5 a and d
- 6 c
- 7 a and d
- 8 b
- 9 a
- 10 c

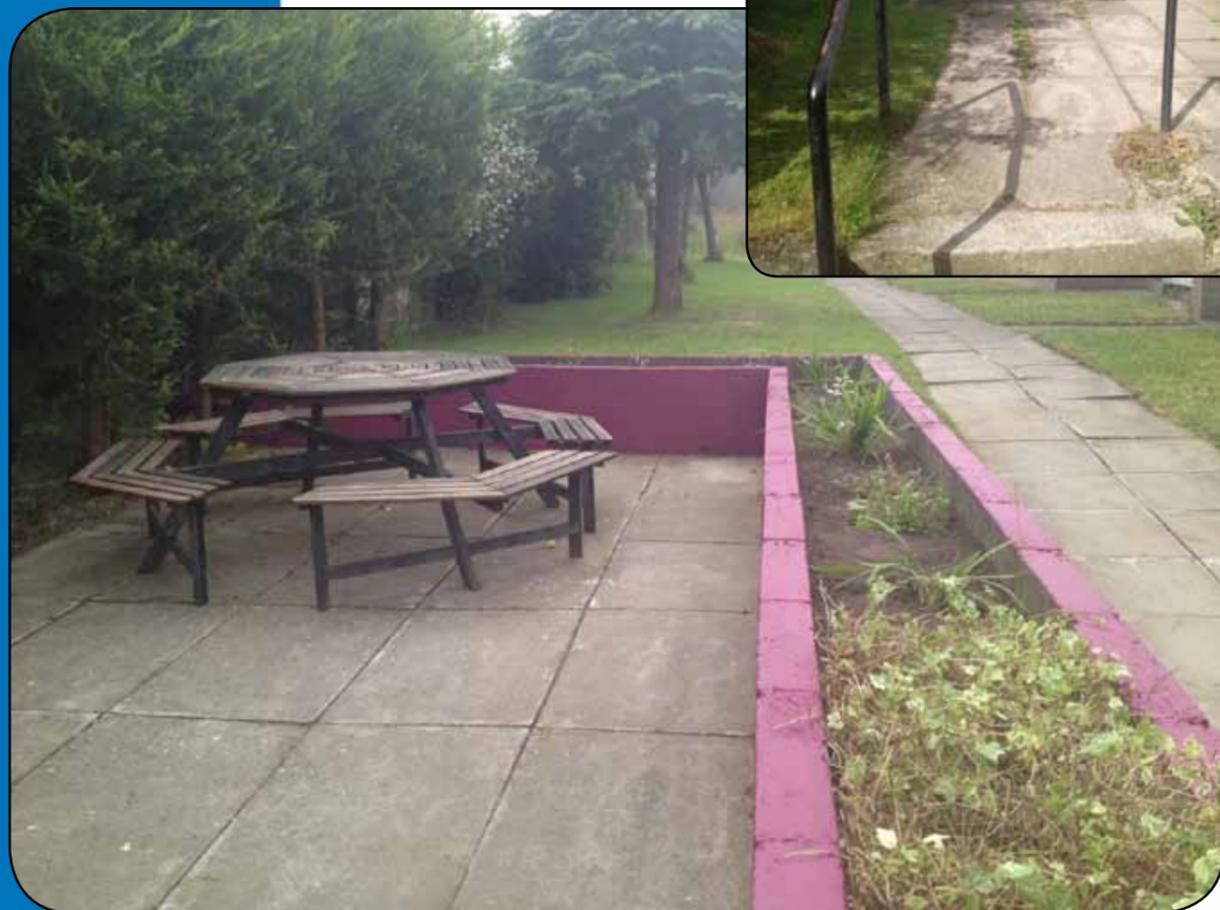
We are a group of 15 contracts, procurement and legal professionals working with BG Group.

Since we are normally office-based, we were looking for a project that we could do as a team outside of the office, that would also be of some help to the community. Helping with the Clifton Road garden seemed to present the perfect opportunity. Obviously in Aberdeen you take a risk with the weather but luckily we got a lovely day. The more green-fingered amongst us took on the front garden and tidied up the borders, rockery and did some edging work. The rest of the group worked on the rear of the property and set to work weeding, painting walls,

trimming back trees and shrubs, and painting benches. We managed to fill a flatbed truck with the garden waste, so there was something to show for our efforts! It looks like the good weather will continue for some time - we hope our contribution allows the gardens to be enjoyed by the residents and staff. We really enjoyed working on the project, even if we had a few sore muscles the next day.

*Contributed by Emma Smith,
Personal Assistant
Europe E&P
BG Group*

Clifton Road back garden before and after



issue 74 July 2013

in this issue

- 1 Lottery boost
- 2 Change for the Better / sox&pants appeal
- 3 Payroll Giving
- 4-5 Violence Against Women Project
- 6 Volunteer view, Jonny Potten
- 7 Wedding gifts
- 8 Helping hands

£182,000 lottery win

ABERDEEN CYRENIANS is to receive more than £180,000 from the Big Lottery Support and Connect fund over two years. The money will be used to employ two additional advice and information workers and so increase the number of drop in sessions at Summer Street. It will also be used to create the posts of one full-time and one part-time receptionist posts. At present all reception duties are carried out by volunteers or members of staff.

In the past year, Aberdeen Cyrenians advice and information staff team has grown from one to six and has worked with 800 individuals whose needs were not being met through other services.

In the Support and Connect application, Aberdeen Cyrenians pointed out: "At present many of the city's most vulnerable and disadvantaged people can access welfare advice and information on a one-to-one basis at any of the four weekly drop-in sessions through self-referrals or by being introduced to Aberdeen Cyrenians by other agencies. Aberdeen Cyrenians is profoundly aware of the numbers of individuals and families whose lives have been impacted by welfare reform, the recession, poverty, homelessness, drug and substance abuse and other factors

"Drop-in service users can present simply asking for a food parcel or with complex queries which result in them being added to a worker's caseload. Some drop-in visitors only ever appear once, some become regulars. We would like to

be able to help all those who want support with budgeting, accessing welfare benefit or transition into or from employment and with assistance in the management of arrears, debt or household budgets. It isn't unknown for 30 drop-in cases to be dealt with by one worker in a single three-hour session. There has never been a session where nobody turned up so clearly there is a demand for the service. It is anticipated that demand for the service will increase as changes to welfare reform are introduced and claimants need advice about how to cope."

Scott Baxter, Aberdeen Cyrenians depute chief executive, said: "We are delighted to have received this funding at a time when, unfortunately, the numbers of people accessing our service have been steadily increasing. Over the last year we have seen many people struggling within our communities with recession-linked issues such as unemployment, financial difficulties and the accompanying impact on health particularly mental health.

"This, combined with the start of rolling out the most radical Welfare Reform, since the First World War, is hitting many people hard across the city. This grant will immediately allow us to increase the number of sessions where people can 'drop in' for advice and information and provide a more qualitative and effective response."



What is Lord Provost George Adam up to? Turn to P2 to find out



LOTTERY FUNDED

We've changed for the better

ABERDEEN CYRENIANS won the Change for the Better category at this year's ACVO Aberdeen Impact Awards. The award recognises our increased public profile in the North-east.

We also nominated the winner in the Friend of the Third Sector Category by proposing Morven McKenzie of Citrus Mix should receive the award, and the judges agreed. Morven is the brains behind the annual Celebrate Aberdeen parade.

Aberdeen Cyrenians reached the finals in two other categories, Fundraising Impact and Active Citizen.

The Aberdeen Impact Awards, now in their second year, are run by Aberdeen's third sector interface, ACVO (Aberdeen Council of Voluntary Organisations) and were created to recognise volunteers, encourage good practice and aspiration in local third sector teams and to recognise support and partnership from friends in other sectors.

ACVO's Chief Executive Joyce Duncan presents the awards to Morven McKenzie of Citrus Mix and Aberdeen Cyrenians Chief Executive, Susan Montgomerie



Sock it to us and send us your soxiest picture

That's what we're asking people to do right now as we try to build up stocks of socks for service users. And the first to respond to our plea was Aberdeen Lord Provost George Adam, pictured with Advice and Information Service workers Laura Keith, left and Vikki Duncan and socks they had decorated.

Our supplies of new socks and underwear are woefully low and we need to replenish them - hence our sox appeal. Of course there

might be some people who think the whole idea is pants and we welcome pictures to illustrate that, too.

As pictures come in we'll be posting them on our Facebook page. We are delighted that Aberdeen's Lord Provost George Adam agreed to start the campaign by visiting our HQ to donate a very distinctive pair of stripey socks and have his picture taken with them.

Behind the fun element there is a more serious message about Aberdeen Cyrenians commitment to its service users. Our aim is to meet the needs of people who are homeless, at risk of homelessness or affected by homelessness in any way. We listen to their difficulties, understand needs, share burdens, provide professional care and strive to identify permanent solutions. Part of that pledge is to try to meet basic needs and provide services such as food, shelter, personal hygiene and laundry services and clothing.



Please send your soxy pictures to soxandpants@aberdeen-cyrenians.org. Donations of socks and underwear can be handed in at 62 Summer Street during office hours.

Wedding list with a difference

ONE of the more unusual and humbling offers to help Aberdeen Cyrenians came from Dave and Donna who got married earlier this year. Like most couples they decided to compile a list of possible gifts but not for themselves.

They asked Aberdeen Cyrenians what was needed at the residential projects then asked their guests to consider buying anything from a DVD player, ironing board, kettle, pots and pans or toaster to duvets, pillows or Primark vouchers, as requested by the projects. The result was hundreds of pounds worth of much-needed items which are already in daily use at Summer Street, Margaret House, Wernham House or Clifton Road. The Primark vouchers have been used for Violence Against Women or Street Alternatives service users.

"When David and Donna first approached us we were overwhelmed at the gesture and keen to help," said Scott Baxter, Aberdeen Cyrenians Depute Chief Executive. "Over the months in the run up to the wedding both were keen to ensure that their wedding gifts would be of most use to those that seek our services.

"I was even more delighted to accept an invitation to their wedding and join them on their special day. Such offerings only go to show what a wonderful couple they are and we all wish them the most health and happiness for their future together as Mr & Mrs."

Day to remember for Dave and Donna and Aberdeen Cyrenians.



The Association of American Women of Aberdeen recently presented a cheque for £6,000 to Scott Baxter, Depute Chief Executive of Aberdeen Cyrenians. The money will be used for the Violence Against Women project.

Sainsbury's

City centre Sainsbury stores have raised almost £1140 through collecting cans beside tills in the past couple of months.

Spree books

This year's Spree books are now on sale at 62 Summer Street. They cost £23 each with Aberdeen Cyrenians receiving £5 for each one sold. Once again the book will be full of money-off vouchers for dining, leisure and recreation, health beauty and wellbeing, shopping and services.



Many thanks to Arco for their donation of £400



Volunteer's view: Jonny Potton on his various roles

LIFE at Aberdeen Cyrenians is never dull, and I have managed to experience many different sides of the work done out of the Summer Street head office.

When I showed up in November 2011 for my first day at Aberdeen Cyrenians (complete with ridiculous moustache – it was in fact Movember), I was keen to give every aspect of volunteering a go. I should have realised when Jenna's eyes lit up that this was a dangerous thing to say, with the organisation having an insatiable appetite for volunteers in all areas of their work.

Starting in the kitchen cooking food for the Street Alternatives meal service, I quickly became accustomed to the tastes of the service users and "not too spicy" was soon my new mantra. As my commitments at university changed, so did my role at Aberdeen Cyrenians. Before long, I was volunteering at Street Alternatives itself, serving the food and meeting all of the service users who I had previously been cooking for but never met! The interaction between the service users and volunteers was great, with a friendly and lively atmosphere making the two and a half hours fly by. However, it is at reception that I have been spending most of my time since January. Being at the centre of the action is definitely something which I enjoy. Whether it is sorting the food or clothing donations that come in, getting tea or coffee for waiting service users, or helping the Advice and Information

Service by undertaking any number of small jobs, volunteering on reception always has something to keep you busy.

These practical jobs, although important to the smooth running of many of the services, are secondary to representative role that is carried out. As the reception volunteer, I am often the first point of contact for many people to this great organisation. So no matter how many tins need to be sorted, or food parcels to be moved, I try to make sure everyone is greeted with a friendly smile and cheery "hello".



Jonny Potton sorting donations

Sign up to support us

Q What is Payroll Giving?

A It's a simple and tax-effective way to support Aberdeen Cyrenians. You decide how much you want to give each week or month by completing the form on this page. Then you ask your payroll department to deduct your donation from your pay at source.

Q How does my donation reach Aberdeen Cyrenians?

A Your payroll department sends your total donation to an HMRC approved Payroll Giving Agency which forwards your gift on to us every month. The data supplied on the form will be used to enable your donations to reach Aberdeen Cyrenians. In order that your instructions can be acted on, your details will be passed to Her Majesty's Revenue & Customs registered Agency, with whom your employer has contracted, who will forward your donations to Aberdeen Cyrenians. Your name and address will not be passed to any other organisation by Aberdeen Cyrenians.

Or you might prefer to set up a regular donation to Aberdeen Cyrenians through your bank. More and more people have decided to do this.

Regular giving is a way of making a continuous donation direct from your bank account to ours. All donations make a huge difference and with regular giving, in most cases, gift aid can be claimed on top of the donation making the annual value even higher. No matter how large or small your monthly donation every penny goes towards helping the homeless in Aberdeen.

Self set up

Use the following details to set up a regular gift direct through your bank.

Account Details: Aberdeen Cyrenians Ltd

Bank: Royal Bank of Scotland, St Nicholas Branch, Aberdeen

Acc No: 0010 3040

Sort: 83-49-40.



PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS AND PASS TO YOUR PAYROLL/HR DEPARTMENT

SURNAME: TITLE: MRS/MR/MISS/MS (Delete as appropriate)

FORENAMES:

HOME ADDRESS:

..... POST CODE:

TELEPHONE NO: HOME WORK:

N.I. NUMBER (if known): EMPLOYEE/STAFF NO:

EMPLOYER'S NAME: LOCATION (Town)

JOB TITLE: DEPARTMENT:

AGE (please tick box): 16-25 26-35 36-45 46-55 56 +

WE NEED TO KNOW THE FOLLOWING:

Name & address (if known) of the Charity(ies) you wish to support.	How much do you wish to give?
Aberdeen Cyrenians, 62 Summer Street, Aberdeen, AB101SD	£ : p
	£ : p
TOTAL	£ : p

PER MONTH/WEEK OR OTHER (specify): Are you an existing payroll giver YES/NO

SIGNED: DATE:

REGULAR donations are very important to Aberdeen Cyrenians and form a significant part of our annual income. One of the easiest ways of giving regularly to Aberdeen Cyrenians is to sign up for Payroll Giving.

Violence Against Women Project

In 2006 Aberdeen Cyrenians' Violence Against Women Project (VAW) was established with the introduction of a Women's Support Worker funded by the Scottish Government's VAW Fund.

This move was designed to provide support to women experiencing gender-based violence and abuse. In response to the volume of women being referred to the project for support, increased funding was secured in 2008 to employ an additional part-time worker, and in 2011/12 the VAW Project was successful in securing significant funding from The Big Lottery Fund. That funding grant ensured that the VAW project would continue its work in Aberdeen, and has enable the project to expand, with additional workers providing much needed support to an increasing number of women in the local area.

The VAW project offers support to vulnerable women of all ages who have experienced or are currently experiencing violence and abuse. That abuse may be in the form of physical, emotional, financial, sexual abuse and/or sexual exploitation. A unique feature of the VAW project is that it supports women who

have experienced all forms of abuse. While other local agencies offer elements of this service, none of them work with the cross-over of all aspects of gender-based abuse.

Women accessing the project may also have issues relating to housing, substance misuse, mental health, health, offending and family relationships, including child care and protection.

At the heart of the project, one-to-one support offers emotional and practical help to women, with the key focus on their safety and well-being. This one-to-one support is needs-led, with the frequency and focus of appointments varying depending on the woman's individual needs. The project's involvement often comes at a crucial period in women's lives, when support tends to be in the form of crisis

intervention, when women may require intensive support over short periods of time. As many of the women referred for one-to-one support find it difficult to access services, the project works to reduce barriers to accessing this and other services, so that women can engage in support and address issues of violence and abuse.

In addition to one-to-one support, the VAW project also offers a 12-week Women's Group programme to women who have been able to work through issues in their lives and are ready to explore future opportunities. The main objectives of the group are to reduce isolation, increase social skills and increase confidence. The programme is led by the women as a group, making joint decisions

on activities, appreciating the varied needs of each member and enabling her to set personal goals for herself. Sessions have included inviting speakers to give updated information on debt advice, further education, community based education, general interest groups, volunteering opportunities, health and fitness. Social sessions have included arts and crafts, outings, and involvement in events such as Race for Life. Women who have benefited from the group have built the confidence to go on to attend college, be involved in volunteering and most importantly, are now less isolated.

A joint venture between the VAW project and the organisation's Volunteering Service offers a Befriending Service as a follow-on to women who have accessed support from the project. Befriending Volunteers meet with women regularly on a one-to-one basis helping to build confidence and reduce social isolation by visiting women at home, going out & about, taking part in interests and hobbies, finding out what's on in the local area or attending classes and courses.

In short, the project strives to empower women to move past challenging times and make positive changes in their lives.

"I feel that the VAW service provides the emergency help needed by people at critical times."

"I've been a service user for 3 years and if it wasn't for the VAW project and Aberdeen Cyrenians I probably wouldn't be here."

"The support has enabled me keep going when things have been really difficult. I can now see light at the end of the tunnel and am starting to look to the future with positivity."



The VAW team, From l to r: Fiona Whitehouse, Diane Anderson, Jane Sewell, Linda Mearns



Can you help?

Is anyone or business out there able to help with an unusual request for a reception desk? If you're replacing any office equipment and are able to help with this please get in touch with Kimberley on 01224 625732.



Violence Against Women Project

Aberdeen Cyrenians' Violence Against Women Project offers support to vulnerable women of all ages who have experienced or are currently experiencing violence and abuse.

This abuse may be in the form of physical, emotional, financial, sexual abuse and/or sexual exploitation.

The women we work with may also have issues relating to housing, substance misuse, mental health, health, offending and family relationships, including child care and protection.

For information please contact:

Violence Against Women Project
Aberdeen Cyrenians
62 Summer Street
Aberdeen
AB10 1SD

t: 01224 625732
e: info@aberdeen-cyrenians.org

"This has been a great service, helping me to rebuild my life"

aberdeen cyrenians tackling homelessness