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The Sleepout returns for 2015

ABERDEEN CYRENIANS is pleased to announce our Sleepout event is coming back for 2015.

The event will return on Monday 26th October and is open to individuals, businesses and community groups.

Teams of two to four people are invited to register for the event, which will see them spend the night sleeping rough in the car park of Union Square shopping centre to experience just some of the realities faced by homeless people every day.

Registration costs £3 per person, and participants are encouraged to raise a minimum of £50 sponsorship each.

Fundraising Officer Nicky MacBeath said: "On the back of last year's Sleepout success as part of the RGU Events

Management course, we've decided to

bring the event back again this year and are opening it up to the public to try and get as many people as possible involved.

"This year the event will take place in Union Square's car park and we're looking for teams of two to four people to take part.

Obviously, with the recent cutbacks to our Drop In service, the fundraising element of the Sleepout has taken on even more importance than in previous years so we're really looking for support from across the city.

"The Sleepout is both thought-provoking and heart-warming in that people can really begin to empathise with just what a

homeless person goes through on a day-to-day basis. We're really encouraging individuals, groups of friends, workplaces and other organisations who are interested in supporting Aberdeen Cyrenians to get a team together and join us for what is an incredibly important event for us."

Ryan Manson, General Manager of Union Square commented: "We have always admired the work carried out by Aberdeen Cyrenians so are delighted to be able to support the 2015 Sleepout by hosting the event on Level 2 of our car park. Homelessness is a very real issue, not just across the UK but right here in Aberdeen, so we hope lots of people come to support this fantastic event."



The Sleepout will return on Monday 26th October



The 2015 Sleepout will take place in the car park of Union Square shopping centre

Volunteer View

MORE THAN 150 FOOD PARCELS are handed out by Aberdeen Cyrenians every month to help those struggling in the north-east.

These food parcels are made up by a team of volunteers each week and distributed by staff at the Drop In and Advice, Information and Support services.

Volunteers Dave, Iseball, Clare and Jill choose a range of tinned and dried items to go into the food parcels, which will allow the recipient to make tasty, nutritious meals for several days.

The number of food parcels being handed out has increased more than 50% since 2014, and volunteers are facing more of a struggle to put the parcels together.

"We have a list of items we normally put into food parcels, but depending on what has been donated we sometimes run low on stock and have to use our initiative to choose different items to give out," said Dave.

"It's something I enjoy doing though, not just putting the food parcels together but also the social side of spending time with the volunteers and meeting some really interesting people."

The volunteers play a vital role in replenishing the food parcel stocks each week, and even make special parcels containing items like vegetarian or gluten free foods to cater to a

range of dietary requirements.

"I like that Aberdeen Cyrenians is not a faceless charity," said Iseball.

"For the past year I've volunteered here making up food parcels, and I like that you can see the end result and you know exactly where your time and effort is going.

"Like many people I think it's unbelievable that in oil rich Aberdeen people need food parcels. Let me assure you that many people do, and the distribution of these parcels is increasing each month.

"Next time you do your shopping add a few items and make a donation, which the team will gladly pack and distribute."



Volunteers Dave and Iseball prepare food parcels each week

Busy Harvest season ahead

HARVEST IS ALMOST UPON US once again and Aberdeen Cyrenians is appealing for donations of food to stock the cupboards for the winter months.

Each year we help feed hundreds of homeless people through our Street Alternatives meal

service and through the provision of food parcels at our Drop In service. On average we feed around 100 people per week at Street Alternatives sessions and distribute

around 150 food parcels per month.

These numbers tend to increase throughout the colder autumn and winter months and we rely on Harvest donations from individuals, businesses, churches and schools to help extend these services.

Donations can be made at our head office on 62 Summer Street between 9am and 5pm Monday to Thursday and between 9am and 4pm on a Friday.

If you would like to learn more about Aberdeen Cyrenians and how your donations are used please contact our fundraising team on fundraising@aberdeen-cyrenians.org or 01224 625732 to arrange a visit or an information session.

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 at www.easyfundraising.org.uk/causes/aberdeencyrenians

Harvest donations such as this one are important for stocking our cupboards before winter



Charity Partnership with ProfileSIS

WE ARE DELIGHTED to have been chosen as this year's charity partner by ProfileSIS.

The Aberdeen-based company, which provides sales intelligence systems to the oil and gas industry, has already started their fundraising efforts with Managing Director Russell and Marketing Manager Paul completing the Baker Hughes 10K.

The pair raised almost £400 and both successfully completed the run in under an hour.

We look forward to working with ProfileSIS in the future and wish them the best of luck with their fundraising efforts.



Russell and Paul completed the Baker Hughes 10K and raised more than £400

Film Festival returns to Aberdeen

ABERDEEN CYRENIANS IS VERY PROUD to be the partner charity for this year's Aberdeen Film Festival.

The event, which is in its second year, will return to the north-east from Friday October 23rd until Wednesday October 28th.

It will include a range of short films and features from around the world, and will also see the return of The 48 Hour Film Project. This popular project involves teams making a short film in a randomly selected genre in just 48 hours, before the films are screened to the festival audience.

Festival organisers are also launching the Aberdeen Film Festival MMBF Rising Star Award at this year's event. Organised in association with the Matthew Martino Benevolent Fund (MMBF), the award will be presented to the winner of a new short film competition. Filmmakers aged

25 and under can enter by creating an original piece of work under three minutes

in length on the topic of homelessness. Entry is free and the winner will receive a prize of £150 donated by the MMBF. All entries will also be shown in a screening at the film festival.

The festival will run at venues across Aberdeen including Bos'n, Six Degrees North, Cellar 35 and The Tunnels. There will also be special screenings held at Woodend Barn in Banchory for secondary school modern languages pupils.

Tickets for Aberdeen Film Festival will go on sale soon, and a new festival pass has already been launched for this year's event. Costing just £30, the pass will grant access to all of the festival's screenings.

For more information visit www.aberdeenfilm.com

aberdeen
film festival
2015

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

Party In The Park raises more than £1000

ABERDEEN CYRENIANS IS DELIGHTED TO HAVE BEEN CHOSEN TO BENEFIT FROM THIS YEARS PARTY IN THE PARK IN STONEHAVEN.

The family music festival took place in the towns Mineralwell Park on Sunday July 26th, and raised more than £1000 to support the work of Aberdeen Cyrenians. Party In The Park is organised by Ma Simpsons in Stonehaven every year, and features a range of musical talent, entertainment, food and stalls. This years event included performances from Totico, Emerald Sunday, and the fantastic Sharky Sharky. Aberdeen Cyrenians Depute Chief

Executive Scott Baxter said: "We were thrilled to take part in Party In The Park in Stonehaven. Chris from Ma Simpsons did a wonderful job putting together what was an enjoyable and entertaining day for the whole family. "We're incredibly grateful not only to her for organising it, but also to all the bands who gave up their time to help support our cause. We would also like to thank the event sponsors, including one of our partner businesses for this year ProfileSIS,

for their support in the event." A team of Aberdeen Cyrenians staff and volunteers attended Party In The Park to run an information stand, a bottle stall, and several competitions. Members of the public were invited to spend £1 on a square for their chance to win a bottle of champagne, a bottle of whisky, and a StrEAT Alternatives cookbook signed by Great British Bake Off star Paul Hollywood. Visitors on the day were also invited to take

part in our funny photobooth competition for their chance to win a one hour studio photoshoot generously donated by Great Day Photo in Aberdeen. Participants were encouraged to dress in some of our fun photobooth props and fancy dress outfits, and pose with the Aberdeen Cyrenians photoframe. The photo with the most likes on Facebook won the competition and you can see some of the entries, and other images from the day, below.

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.



Football tickets are on the ball

ABERDEEN CYRENIANS ARE DELIGHTED to have once again received a very generous donation of season tickets from Aberdeen Football Club and the Aberdeen Football Club Community Trust.

AFC and AFCCT also donated season tickets last year, and we were also fortunate to receive additional tickets following the sponsorship of ACVO's Impact Awards. These tickets were used by residents within our Margaret House and Wemham House projects in Aberdeen.

"One of our service users who is a massive AFC fan has managed to go and see his team play for the first time in his life thanks to the season tickets. I cannot express how much this meant to him." Eileen Edwards, Aberdeen Cyrenians Wemham House Project.

"I accompanied a service user to the home game at Pittodrie Stadium, Aberdeen versus St Mirren,

with tickets kindly donated by Aberdeen Football Club. This was a very positive event, it allowed access to the football to a person with great admiration for the club who would have otherwise been unable to afford a ticket. This person is making strenuous efforts to turn his life around, and this outing provided a positive opportunity for him to engage with his Cyrenians Worker and reduce his feelings of social isolation and alienation from wider society." Scott Sutherland, Aberdeen Cyrenians Margaret House Project. Support from Aberdeen Football Club and Aberdeen Football Club Community Trust has given our service users the opportunity to take part in a much loved social event which they otherwise would not have been able to, and ultimately goes towards supporting them to change their lives for the better.



Money well spent on Street Alternatives fun

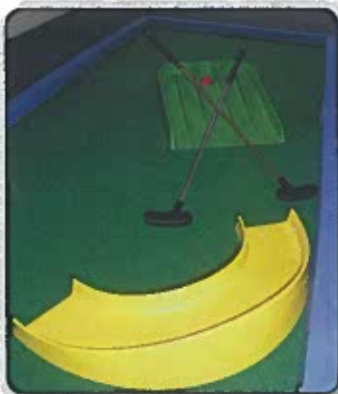
AT THIS YEAR'S Aberdeen University Students Association Raising and Giving disbursement ceremony Aberdeen Cyrenians was awarded money towards social activities for each of our residential and community based projects.

Service users of our Street Alternatives project have already enjoyed a number of activities funded by this award, including a Mexican themed night and a Eurovision night.

Most recently service users were able to enjoy a round of mini-golf during Street Alternatives. Staff and volunteers also tried out the course, which was set up at our Summer Street head office, and all

who participated agreed the event was up to par, and the volunteer coordinators who organised the event had definitely scored a hole in one.

The money was used to hold several fun nights at Street Alternatives



Drop In service facing brighter future

FOLLOWING AN APPEAL IN APRIL for funds for our Drop In service we are pleased to announce some success in keeping the service open.

Drop In had faced an uncertain future following funding cuts earlier this year, and we were forced to cut back on opening hours for the service.

Depute Chief Executive Scott Baxter said: "We would like to thank the individuals, groups, businesses and charitable trusts who have helped support this incredible important service.

"With the money fundraised so far we've created a bit of breathing space to look

for more sustainable long-term funding while we build the service back up to previous levels."

The Drop In service provided one-to-one advice and support to around 35 people per day, and is open to anyone who is homeless, at risk of homelessness, or affected by homelessness in any way. We anticipate demand for this service will increase over the winter months as more individuals and families face hardship.

Support Aberdeen Cyrenians while you shop

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WOULD YOU LIKE TO RAISE MONEY FOR ABERDEEN CYRENIANS WHEN YOU SHOP ONLINE?

We are a registered cause with EasyFundraising, and by just signing up online and shopping at one of more than 2,700 retailers you can raise extra money to support our work.

EasyFundraising is quick and simple to use, and you can register for free in just a couple of minutes.

If, for example, you wanted to buy a pair of shoes from John Lewis you would visit EasyFundraising then click the link to the John Lewis website rather than going there directly. You would then complete the purchase as normal and Aberdeen Cyrenians would receive a percentage of the cost of your shoes as a cash reward. As the retailer pays this cash reward, the cost of the item you are purchasing remains the same.

With hundreds of retailers including Amazon, Tesco, Debenhams and Next all signed up to EasyFundraising, there are plenty of options available for every type of shopper.

Rewards are not limited to every day

purchases though, and money can be claimed back on everything from utility bills, to mobile phone contracts, to international holidays.

EasyFundraising have also made it even easier to donate by creating their donation reminder toolbar and their fundraising app. You can download the toolbar to your internet for free, and each time you visit an eligible website you will be reminded you can donate.

If you do most of your online shopping on your mobile you can download the EasyFundraising app for free from the App Store and from Google Play. You just open the app to shop and, just like the website, Aberdeen Cyrenians will receive a cash reward.

For more details on how EasyFundraising works, or to register to shop, visit www.easyfundraising.org.uk



You can raise money by shopping online with more than 2,700 retailers

Upcoming Events

Scottish Home Show

Friday September 25th – Sunday September 27th

Aberdeen Cyrenians will be attending this years Scottish Home Show to provide information about homelessness in the north-east, as well as selling our merchandise. If you plan on attending this years three-day event at the AECC remember to stop by our stall to say hello.

The Rucksack Project

Saturday October 17th

The Rucksack Project will return to Aberdeen Cyrenians this year with donations accepted at 62 Summer Street between 12pm and 4pm on Saturday October 17th. This international project allows donors to fill a rucksack with essential items like a sleeping bag, gloves, and waterproof clothing, which can be given to someone in need.

Sleepout

Monday October 26th

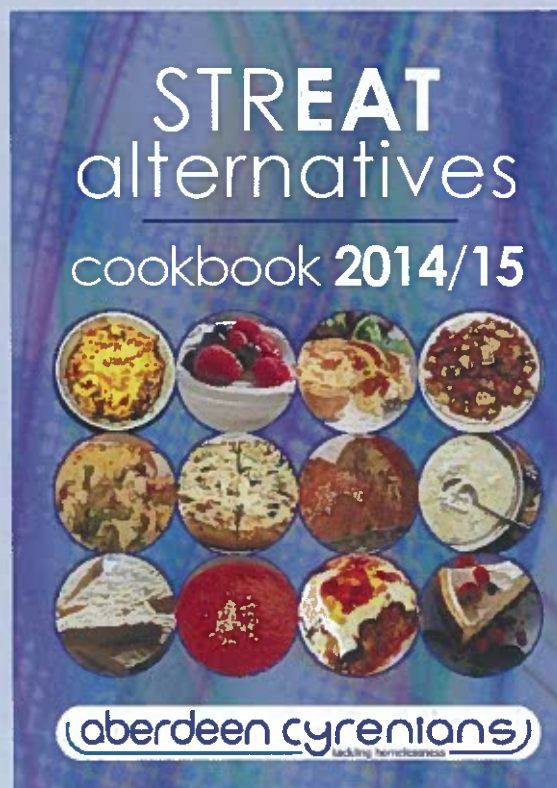
Visit our website or the front page of this newsletter to learn more about our Aberdeen Cyrenians Sleepout, which returns on October 26th in the car park of Union Square shopping centre. Registration for this event is open now.

If you would like more information about any of our upcoming events please contact the fundraising team on 01224 625732 or fundraising@aberdeen-cyrenians.org

Keep up to date with what is happening at Aberdeen Cyrenians by following us on 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.

Scan here for more information about Aberdeen Cyrenians



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