

We hope this information allows you to get to know us a little better and learn about the work we do for Scots in London.

We welcome any input or comments you may have. If you would like to receive this newsletter by email in future, visit our website and sign up, www.scotscare.com.



Issue 29 • Aug/Sept 2012 • www.scotscare.com



Newsletter schedule

You may have been wondering when ScotsCare Shout would be dropping through your letter box. Unfortunately, as a result of the recent rise in postage costs, we have had to review the frequency of ScotsCare Shout. We will now be sending 3 editions per year followed by our Annual Review in December.

This will therefore be the final issue of the year. We are sorry for the delay in letting you know but hope you continue to enjoy ScotsCare Shout. Remember you can also sign up for the e-newsletter online at www.scotscare.com and you can follow us on Facebook and Twitter for daily updates.



Festival Dinner

This year's Festival Dinner will be held on the 30th of November at the Caledonian Club on Halkin St. Tickets are priced at £75 including a 3 course meal, drinks and entertainment. To reserve tickets email ross@scotscare.com or book online at www.scotscare.com. Tickets are limited to 120 and are sold on a first come basis so book early.



Competition

Congratulations to Mr David Petrie who correctly guessed that the picture is indeed of Kelvingrove Art Gallery. We thought more of you would get that one.



We get the feeling you're not enjoying the old photos competition so we're changing it (it's our game so we can). So what well known Scottish film is this from? Bella Bella.....

Answers by email to ross@scotscare.com or send to 22 City Road, London, EC1Y 2AJ. Remember to include all of your details.

New Horizon Youth Centre



New Horizon Youth Centre is a day centre working with young people who are vulnerable, homeless or at risk. New Horizon Youth Centre aims to enable young people to gain skills and knowledge to improve their life chances and to help them move from adolescence into adulthood.

They work with some very disadvantaged young people, many of whom have poor self esteem, low confidence, a history of rejection, harm and abuse and often profoundly negative experiences of organisations, structures and the helping professions generally.

Based in the Kings Cross, Somers Town area of London, the centre sees up to 3,000 young people a year and is open seven days a week.

The range of services they offer include:

- Advice and support into accommodation
- Educational and training programmes
- Job search and placements
- Drugs advice and assessments
- Street outreach work
- Tenancy support services
- Practical services such as food, laundry, showers and a second-hand clothes store are all provided

For more information visit <http://www.nhyouthcentre.org.uk> or call 020 7388 5560.

Celebrating Blether Buddies

Blether Buddies is a scheme where clients aged 60+ receive regular phone calls or visits from ScotsCare volunteers. Whilst the telephone service has been running successfully for a number of years, the home visits have recently started in the boroughs of Camden and Islington (and we hope to extend to other boroughs soon). Depending on needs and interests, Blether Buddies can provide a weekly phone call, a regular social visit in the home, planned outings and activities in the local community, support with walking outdoors, help with correspondence, or support during a difficult time.

If you would like further information about the Blether Buddies scheme or about volunteering then please contact Sarah Norwood on 0800 652 2989 or sarah@scotscare.com.



Lynne & May

"Some afternoons Lynne & I go to a social club where there is a man who plays the keyboard and sings. He is a wonderful singer and everyone gets up to dance – including me! I am 93 and on those afternoons I feel 40 years younger!" - May

"May is a delight to be with. I couldn't have been placed with anyone better. She has such a young energy for living life to the full"- Lynne, volunteer



Shilpi & Ada

"I really enjoy volunteering as a Blether Buddie. Ada is great company and I am glad that I am matched with her. We have fun together. This has been an extremely enriching experience for me." – Shilpi, volunteer

"I look forward to Shilpi's visits. It's nice to have a friend to go out with and to talk to. We have gone to a Scottish play, we've been to St Paul's Cathedral and we have had some nice visits in the flat too."- Ada



George

"I enjoy our conversations. Willie and I talk about football and we put the world to rights."- George

"I like volunteering for ScotsCare as I enjoy the banter and helping my fellow Scots. George is a lovely man and a bit of a rascal, we have a good laugh together." - Willie, volunteer



Willie



Volunteer Interview

What is your name?
Adam Crawford.

What do you do at ScotsCare and how long have you worked here?
I volunteer as a Telephone Helpline Advisor and have been here for 1 year.

What is your connection to Scotland?
I was born in Glasgow and go "home" a couple of times a year to visit family and old friends.

What is your connection to London?
21 years living and working in London.

What Scottish person do you admire most?
Sir Alex Ferguson.

What age are you (you don't have to tell us!)?
41 years old.

What surprising things are you good at?
Riding my bike 'no hands'.

What do you consider Scotland's greatest contribution to the world?
The television invented by Scotland's John Logie Baird.

Where are your favourite places in Scotland and London?
In Scotland, it's the West Highland Way and the amazing remote places only accessible by foot.
In London – Soho and the West End.

Tell us about something you like to do other than your work for ScotsCare?

I'm a nightclub DJ and one of my most memorable gigs was Glasgow's Millennium Street Party.

What would your last meal be?

Fish supper or something very unhealthy, that won't make me feel bad as it's my last meal.

What do you like most about Scottish culture or people?

The Scottish sense of humour.

What do you enjoy most about working for ScotsCare?

It's great to work at ScotsCare. I enjoy meeting with the other volunteers here and I receive good training in my role and support from dedicated and knowledgeable staff.

Finally, tell us anything else you would like to, about yourself?

I'm studying a counselling skills course.