



# ScotsCare Shout!

**The charity for Scots in London**

Newsletter September 2013 – Issue 31

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](http://www.scotscare.com)



## Activity Holidays for Kids

We recently took 16 boys and girls between the ages of 9 and 12 along with staff and volunteers to PGL in Windmill Hill, East Sussex, for 3 activity packed days. We stayed in traditional log cabins with breakfast at the crack of dawn before getting outside in the sun all day running around and challenging ourselves on the various activities.

These included zip wire, bmx trail, giant swing, tunnel trails, challenge course, canoeing, rock climbing and rifle shooting. The focus was on fun, confidence



and building self-esteem. The children especially loved the canoeing and all ended up in the lake fully clothed! The zip wire was pretty scary but everyone managed it after some persuasion and even came back for more.

There was fun and frolics on the first night and not a lot of sleep for the children or the staff but by the second night everyone was exhausted and asleep by 10.30pm.

All in all it was a great trip and next August we will be doing it all again but with more children and for longer – 5 days of fun and excitement.



## Case Studies

Would you be willing to tell your story to help raise our profile? One of the most powerful ways to get across the message about ScotsCare is through the stories of the people we have helped.

These can be used for a newspaper article or even for radio or TV. We would work with you to agree what you would be willing to do and can change specific details if you so required. We would love to hear from you if this is of interest. Contact Ross on **0800 652 2989** or [ross@scotscare.com](mailto:ross@scotscare.com).

## Contact

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## Scot of the Year

Who has shined for you this year? We are once more looking for your suggestions on who should be Scot of the year for 2013? Last year's winner was Martha Payne, the schoolgirl who is supporting Mary's Meals in building kitchens in schools in Malawi through her school dinner's blog.

Who deserves it this year? Will it be our Wimbledon champ, our record breaking musicians or recognition of a passing literary great? Email [ross@scotscare.com](mailto:ross@scotscare.com) with your nomination. The shortlist will be announced on St Andrew's Day.

## St Andrew's Festival Dinner

We are pleased to announce that the 348th St Andrew's Festival Dinner will be held in the prestigious Caledonian Club on Friday the 29th of November. Tickets include a 3 course meal with drinks, entertainment and a raffle.

For information on ticket costs and how to purchase tickets, email [ross@scotscare.com](mailto:ross@scotscare.com). Alternatively call from Tuesday to Thursday on **0207 240 3718**.

We look forward to welcoming you on the night.

**ScotsCare**   
The charity for Scots in London

# Staff Profile: Louise Davies

## 1. What do you do at ScotsCare and how long have you worked here?

I'm the latest member of staff to join ScotsCare and started at the end of June this year as the volunteer coordinator. My job will be to look after our team of committed volunteers who help on reception, with the helpline, administration and our Blether Buddies telephone and home visiting scheme.

## 2. What is your connection to Scotland and London?

I came to London on a short visit from Huddersfield, West Yorkshire, back in the early 80's and have lived here ever since. Admittedly it took a long time for me to settle in and feel as if London was my home; now I absolutely love living in such a vibrant and diverse city. I don't have any family connection to Scotland but have met quite a few Scots along the way, several of whom have become close friends.

## 3. What Scottish person do you admire most?

To be honest there isn't one person that stands out for me more than others; I tend to admire anyone who has successfully overcome challenges and barriers in life. I do however have a soft spot for Sean Connery and I think Billy Connolly is hilarious.

## 4. What surprising things are you good at?

Having not ridden a bike since I was 12, I recently started cycling again and surprised myself (and my family), at my ability to conquer the busy London roads.

## 5. What do you consider Scotland's greatest contribution to the world?

For me it would have to be Alexander Fleming's discovery of penicillin.

## 6. Where are your favourite places in Scotland and London?

I have always wanted to visit Scotland, especially the far northern coastline as I've heard it's absolutely stunning; unfortunately this hasn't happened... yet! My favourite place in London has to be anywhere near the river as I love to be close to the water.

## 7. What would your last meal be?

I'm a bit of a foodie so love all types of food, anything from Japanese to beans on toast but my very last meal? I think it would have to be roast beef, with all the trimmings, including of course homemade Yorkshire pudding.

## 8. What do you like most about Scottish culture or people?

I've always said, the further up north you travel the friendlier the people are. I also recently discovered a monthly Ceilidh Club based in Camden and although I was initially hesitant to go along, (thinking it just wasn't my 'thing,') I have to admit it was one of the most enjoyable nights out I'd had in ages; the music and dancing was great fun!

## 9. What do you enjoy most about working for ScotsCare?

Having only been here for a short time it's early for me to say at the moment. However everyone I've met so far has been lovely. The work we do here is very worthwhile and I'm sure this is going to be a really rewarding job. I'm looking forward to getting to know all the volunteers who give their free time to support the organisation and the clients who benefit from their support.

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

I used to be an antique dealer, buying and selling 1930's Art Deco. I wouldn't want to work in this field again but I do still have the bug. I love going to car boot sales or hunting around the charity shops for 'treasure' to sell on through other boot sales.



## Blether Buddies Volunteer Befriending Scheme

Do you feel isolated or alone? Need someone to chat to or go out with? Then why not request a Blether Buddie Befriender?

Depending on your needs and interests, Blether Buddie volunteers can provide you with a weekly phone call, a regular social visit in your home, a companion for walks and outings in the local community, help with correspondence or some simple friendly support during difficult times.

To find out if you are eligible for this free service or if you would like to become a Blether Buddie volunteer, please contact **0800 652 2989** and ask to speak to Louise Davies, alternatively email [volunteering@scotscare.com](mailto:volunteering@scotscare.com).

## A celebration of our volunteers

We would like to thank everyone who came along to our volunteers' boat trip on Friday 9th August, our annual celebratory event for volunteers. The event was attended by over 40 guests who enjoyed a lovely spread of food and drinks while taking in the wonderful scenic views of London by night from the River Thames.

Our Vice President, Wylie White, came along to pay a special tribute to our volunteers who give their free time to support the work we do by manning our reception and helpline, supporting our social events, assisting in the office and spending time

with our clients through the Blether Buddie Befriending service.

If you are interested in volunteering, please contact our volunteer coordinator Louise Davies on **0800 652 2989** or email [volunteering@scotscare.com](mailto:volunteering@scotscare.com) for further information.



## Posters

Are you willing to be an ambassador for ScotsCare? We are always looking for volunteers to place posters in their local area. If you have a local



library, community centre, doctors surgery or café where you can put up a poster or drop of some leaflets then please get in touch with us and we'll send you out a pack. Contact Ross on **0800 652 2989** or [ross@scotscare.com](mailto:ross@scotscare.com).