

In this issue:

Youth Conference Highlights

Aberlour's biggest ever conference

Bright futures for our young people

Stories from Aberlour Futures Aberdeen and the Scottish Guardianship Service

Photo Competition

Amazing images from talented young photographers

Volunteering with Aberlour

Jordan's story



Welcome to Aberlour News



Dear friends,

Welcome to Aberlour's Autumn Newsletter. We're delighted to introduce this newsletter to you, which is a special Year of Young People 2018 edition. That means that everything you're about to read is written by us, young people supported by Aberlour.

We're all currently recovering from Aberlour's biggest ever youth conference in Largs. Spanning three days, the conference was organised and delivered by young people, for young people. Eighty seven young people attended workshops on gaming safely online and health and wellbeing. We were also treated to the inspiring story of folk musician, Ross Wilson, of Blue Rose Code, and a few tunes.

Young people chose the topics of the workshops and the guest speakers and were helped to deliver these by staff at Aberlour. That's one of the good things about Aberlour – they really listen to what young people want.

You can see photos on page three and find out how you supported this event to happen.

We enjoyed meeting other young people from all over Scotland, who are all supported by different services.

We also got to meet young people who live in Aberlour's residential houses, like Rory, who you can read more about on page eight.

Finally, we want to thank you for supporting Aberlour, and through this, allowing young people, like us, to have a brighter future. So without further ado, please enjoy this special edition of Aberlour news.

Thanks for reading,

Cameron Main

Year of Young People Planning Group

76% of supporters enjoy reading stories about the children and families we support.

100% of survey respondents feel that receiving two newsletters and two appeals per year was the right amount.

82% of respondents rate the ease of making a postal donation to Aberlour as 'Excellent'.



This newsletter costs 52p to print. To help us reduce our costs, you can sign up to receive it by email: fundraising@aberlour.org.uk



Youth conference highlights

Here are a few photos of Aberlour's biggest ever Youth Conference

Eighty seven young people from The Borders to the Highlands took part in an amazing weekend of workshops and activities, designed and delivered by young people.

The theme of this year's conference, chosen by young people, was Healthy Young Lives. Workshops included gaming safely online, emotional well-being, healthy cooking, drug and alcohol awareness and a range of activities such as rugby, football, archery and many more. Young people had a ball, as evidenced by the pictures!

We can't wait for next year's conference!



We're always looking for organisations or companies to support our youth events. If your company could help, we'd love to hear from you. Get in touch with Lesley-Ann on 0141 260 9180 or email: LesleyAnn.Muirhead@aberlour.org.uk

Bright futures for our young people



Declan's Story

"I found out about Aberlour Futures Aberdeen through school.

My friend was doing a Skills for Work Early Education and Childcare National 5 qualification and she suggested I do it too.

I wasn't particularly interested, but I needed to fill my timetable. What a surprise I got! The course wasn't at all what I expected – it was brilliant. There was so much practical work and it wasn't really classroom based. I spent ten weeks in a school. The feeling of bonding with the kids was amazing, just knowing the impact that you are making on their lives. When I finished school and got my exam results, I decided not to do what I had originally planned, which was business studies. I called Susan from Aberlour and she gave me some advice and arranged an interview for a local nursery, Bright Horizon. She coached me for the interview, with advice on child development – it was a real boost for my confidence.

I was lucky to get the job, and then once I'd started I began a Modern Apprenticeship. I plan to continue in this career, getting my level 3 and 4 qualifications then studying at university. I see this as a job for life. My favourite thing is bonding with the children, and having a positive impact on their day, and beyond that, changing their lives."

Futures Key Stats



Aberlour Futures Aberdeen started delivering **skills for work**



young people successfully completed Futures courses since then



- 3 continued with school
- 3 went to college to study subject further
- 4 got jobs in sector (inc 3 who are doing modern apprenticeship social services children and young people level 7)

100% success rate in 2017



37 pupils achieved national 5 level this year alone



Ruwayda's Story

“When I was 17 years old, I fled Somalia to seek refuge in Scotland.

I arrived alone, didn't speak English and had no money. I was fearful for my life. I didn't know what to expect or who to trust. All I could do was keep my faith and pray I would be safe.

I met with social work services, got homeless accommodation and secured a place at college to learn English while I began the process of seeking legal citizenship. Throughout this process I was supported by Aberlour's Scottish Guardianship Service. I don't know how I would have coped without it. They helped me every step of the way, with asylum, supporting me at visits to my lawyers and helping with translators. I could speak to them about anything at any time.

Things have changed a lot in the last year. I'm now fluent in English, and I'll be going on to study Business and Accountancy at Anniesland College. I want to become an Accountant.

I got involved in the Year of Young People Create 18 fund, a grant for young people to run community events. I worked with five other young people from the Guardianship Service to host an event with traditional food, a fashion show looking at our traditional and modern dress such as the hijab, and a mash up of different dances with a multi-cultural ceilidh! It was a big success!

Being part of the Year of Young People is something which is really important to me. Often people think that because you are younger you can't do certain things. I don't think anyone can judge anyone unless you have lived their experience. I had never been to school and I came from a poor country. I sometimes judged myself and didn't know if I could do it. But here I am. My advice would be if you don't try then you will never know.”

Photo Competition

Aberlour Youthpoint Glasgow held a photography competition for young people aged 8-25.

The Youthpoint service helps children and young people living in areas where there can be high levels of deprivation, crime and drug use.

Our youth workers reach out to young people who are being missed by other services, through street-work, youth clubs and residential trips.

There were **four** categories:

- 1 My community**
- 2 My hobbies**
- 3 My friendships**
- 4 Overall winner**

Interview with Clare Young,

Youth Worker, Aberlour Youthpoint - Glasgow



“I’ve been working with Aberlour for seven years. I started out as a volunteer when at I was at Uni. I was a befriender for kids affected by substance misuse. I did that for two years and was matched with two

young people. The experience was brilliant as it helped me with my course, but it was more than that. It instilled in me the desire to work with young people.

I’m now a Youth Worker with the Youthpoint Service in Glasgow. The best part of the job is that every day is different. You’re giving young people the opportunity to have fun, which many of them don’t get, due to their backgrounds. Seeing them grow in confidence and make friends when they’ve been quite isolated is brilliant!

The biggest challenge is trying to engage young people through street work. They are full of bravado in front of their friends, and even though you can tell they are interested in what you’re

There were hundreds of entries from young people, who took photos on camera phones and disposable cameras. The competition was judged by film director **Garry Fraser**, who worked on *Trainspotting 2*, **Martin Canavan**, Policy and Participation Officer at Aberlour and **Damian Shields**, photographer and picture editor for the Glasgow Herald newspaper.

Prizes were handed out at an event in Aberlour’s office in Glasgow. Young people attended along with proud parents and friends.

offering, they won’t get involved as they don’t want to lose face.

The most rewarding thing is seeing young people achieve things they thought they couldn’t. For example if they get a job after tonnes of applications and interviews they will phone me and be so happy, telling me how proud their mum is of them. Young people share their achievements with you and it’s so nice to feel trusted.

I think I get on well with the children I work with as I don’t tell them what to do. If I see they have a problem with one another I’ll talk to them both about how they feel and try and to get them to solve the problem together. I’m not authoritative with them, I simply help them see the other’s point of view and try and get them to have a bit of empathy for one another.

I’d recommend that people think about becoming a Youth Worker. No two days are the same. You get to be part of a young person’s story, and shape their journey and that is so rewarding.”



Overall Winner

My Friends

George Wilson, aged 8, from Govan

Overall winner George said...

“I thought I wasn’t a winner, I was so shocked I was jumping around the house and I thought my mum was lying when she told me. I’m very happy!”



My hobbies

Erin Egan, aged 10, from Kennishead



My community

Abby Buchanan, aged 11, from Kennishead

Youthpoint is currently working with **270** young people in Glasgow.

It costs around **£512** per young person per year to run the service.

That’s **£42.66** per month.

Could you consider giving a regular gift to Aberlour?

Visit www.aberlour.org.uk/ donate

Fundraising

Rory's Abseil

Rory, 17, lives in one of Aberlour's residential homes in the Highlands. At the end of 2017, he decided to take on a personal fundraising challenge.

I wanted to do something fun and memorable for my 17th birthday. Rhonda, who manages the house, suggested that I take part in a fundraising abseil of the Forth Rail Bridge because I love a challenge. Even better, she offered to do it with me! Rhonda has been like a mother to me over the years so that made me really happy.

When it came down to the day of the abseil, I was nervous! When you are up on the Forth Rail Bridge, looking down it seems so high. And you have to walk over bits of metal like ladders and you can see all the way down to the ground below.

I wanted to raise money for Aberlour because I think it's important to give back to the service that is my home. I encouraged more members of Aberlour staff to take part in the next abseil event, four of them to be exact. I think me and Rhonda set a trend. Doing the abseil was exhilarating, and I'd love to do more in the future – or maybe a sky dive next time!



Rebekah Wishart

21st birthday fundraiser

Rebekah Wishart, from Stirling, recently celebrated her 21st birthday with a Disney-themed party. In a wonderful gesture, Rebekah decided to raise money for Aberlour in lieu of presents. She said:

"I'm lucky to be in a part-time job, and can buy things for myself, so I decided I would ask friends and family to donate to charity instead. They were very supportive of the idea – we raised £445! I chose Aberlour for a number of reasons. Firstly, I think they share my passion for supporting children, and that's really important to me. They also provide services close to where I live and supporting a local charity was a priority.

Finally, I'm studying to be a teacher, and part of that will be working with disabled children and young people, and children from deprived areas, which I know Aberlour does. I would recommend people think about donating in lieu of presents as it's an amazing feeling to know you are helping people."

Football Match with a Difference

Nathan Malley, age 17, who is supported by Aberlour Options Dundee, organised a visually impaired football match.

Children with eye disorders were joined by others on the autism spectrum, with learning difficulties and global developmental delay on the turf at SoccerWorld on Old Glamis Road.

Nathan said: "I have a condition called retinitis pigmentosa (RP) – a genetic disorder which causes the breakdown and loss of cells in the retina.

"I was inspired to show people what those with eye conditions can achieve after meeting two-time gold medal-winning Paralympic cyclist Stephen Bate, who also lives with RP at Aberlour's Youth Conference in 2017.

I put this all together so people who have eye problems, can play football together.

It's just a sport I love doing and I was hearing people saying behind my back that I can't play football so I want to show them that I can."



Take on your own challenge just as Rory and Rebekah did.

We'd love you to **#SpendAnHour** on Aberlour.

You can find out more on our website: www.aberlour.org.uk

Volunteer with Aberlour



Jordan aged 18

“My home life was bad but I don’t want to go into the detail.

When I came to Aberlour Youthpoint, Moray in 2014, I got involved in the group. I got to socialise with other young people which started to build my confidence. I had a worker I could confide in and for the first time, I felt really supported.

The group went on trips and did outdoors stuff and I got to have so many new experiences. I was feeling much happier, and I lost 6 stone as a result. As I grew in confidence, I felt I could help other kids from the service. The team suggested I become a peer mentor, and I thought it was a good idea.

I’ve already had some training and I’ve learned a lot. It’s given me the confidence to get a summer job before I go to college to study IT.

So far, I’ve helped plan and deliver a workshop at Aberlour’s annual Youth Conference and I’m waiting to be paired with a young person so I can do some one-to-one work.

Being a volunteer mentor has actually improved my mental health as I feel like I’m doing something worthwhile.”

Could you give a few hours to help Aberlour?

You will learn new skills, or put your skills to use to help others, make new friends and improve your CV.

See all of our opportunities online at www.aberlour.org.uk/volunteer

Could you donate the cost of a volunteer training session?

£240.80 could pay for a young volunteer mentor’s training, to change both their life, and the life of a their young mentee.

Visit www.aberlour.org.uk/donate

Thank you!

Here's how your gifts can help children and young people in Scotland.

Your support is helping us stop the clock on children's suffering



Helps a traumatised child work through their feelings using art therapy to improve their sense of well-being



Enables a child with a difficult home life to do better at school by providing after school support



Gives a baby the best start in life by training a volunteer befriender to help mums with depression and anxiety



Donation form

Please complete and return the form on reverse or donate online at www.aberlour.org.uk/donate

Call us 0800 085 6150

Donate as a group

Host an event such as a coffee morning, quiz night or fun day and raise money for **#SpendAnHour** on Aberlour. Visit www.aberlour.org.uk/the-clock-is-ticking/

Donate as a company

Nominate us for support from your workplace as your official Charity of Year partner

Take part in an event

Feeling adventurous? Have a look at Aberlour's events at www.aberlour.org.uk/events

I'd like to make a gift to Aberlour

Please complete this form in black ink, and post it to Aberlour Child Care Trust, 36 Park Terrace, Stirling FK8 2JR.

YOU MUST FILL IN YOUR CONTACT DETAILS.

* Delete as applicable

your contact details

First Name _____ Last Name _____ Tel _____

Address _____

Postcode _____

Please provide your email address below if you wish to receive updates about our work via email.

Email _____

Please send my Aberlour newsletter by email (and not by post).

We'd love to keep in touch. Please tick the box below to indicate how you prefer to receive further communication from Aberlour.:

by post by telephone by email

giftaid it

If you are a UK taxpayer, please tick this box so we can claim 25p for every £1 you donate (at no cost to you).

I request the charity treat all my donations from the date of this declaration (and the four years prior), until I notify you otherwise, as Gift Aid donations. Note: you must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax we reclaim on your donations.

Aberlour takes your privacy very seriously and is committed to protecting personal data. Your details will always be kept securely and we will never share or sell any of your information.

Please read our full privacy statement online: www.aberlour.org.uk/privacy-policy/

If you would like to change your communication preferences at any time, please call **0141 260 9180** or email hello@aberlour.org.uk

I would like to make a one-off gift

I enclose a cheque for: £25 £55 or my choice £ _____ made payable to Aberlour

Please debit my **Mastercard / Visa / Maestro / CAFcard *** £25 £55 or my choice £ _____

Name on card _____

Card number _____ Start date _____ Expiry date _____ Security code _____

Issue no _____
(Maestro cards only)

Signature(s) of account holder(s) _____ Date _____

I would like to make a regular gift



I would like to give: £10 £15 or my choice £ _____ each month

Starting on 1st / 15th * of _____ (month) _____ (year)

Name(s) of account holder(s) _____

Bank/Building Society account number _____ Sort code _____

To the Manager at _____ (Name of Bank/Building Society)

Branch address _____

Postcode _____

Signature(s) of account holder(s) _____ Date _____

Instruction to your Bank/Building Society

Please pay Aberlour Child Care Trust Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Aberlour Child Care Trust and, if so, details will be passed electronically to my Bank or Building Society.



Aberlour Child Care Trust | Scottish Charity no: SC007991 | Company reg no: SC312912

Registered Head Office: 36 Park Terrace | Stirling FK8 2JR | T: 01786 450 335 | E: enquiries@aberlour.org.uk | www.aberlour.org.uk

thank you

AN2018

CUT HERE