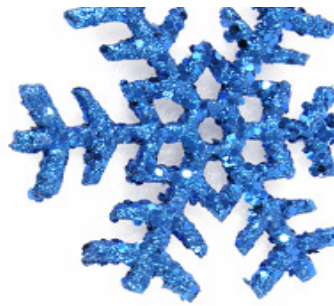


# CHRISTMAS APPEAL DONATIONS 2010

## Christmas Corporate Sponsorship

Is your company or a company you work for looking to support a local charity this festive season? The Cyrenians depends upon the generous donations of our local, business community and what a better way to give back this season than to ensure the comfort and safety of vulnerable homeless people throughout Aberdeen.



## The Christmas Card Campaign

Our Christmas Card Campaign is a quick and generous way for you to give a kind donation towards The Cyrenians. We all sit down, at some point, at home during the festive season to write our cards wishing happiness and health to the people we care for and love. You can write a card with a donation of your choice to The Cyrenians ensuring the same opportunities for health and happiness are an option for homeless people in Aberdeen.

## The Shoe Box Campaign

Our Shoe Box Campaign is back and packing as much buzz in the local community as ever. Pack your shoe box full of some of these items; gloves, a scarf, socks, toiletries, chocolate and other festive treats. Or recycle with your box full of; copper coins, mobile phones, print cartridges, CDs & DVDs or Ipods, MP3s or Digital Cameras

## CHRISTMAS SHOE BOX APPEAL 2010

Some of us hide our most prized possession or precious memories in a shoe box and yet there is so much more you can offer through the creative use of one. You can offer someone, someone with nothing; a prized possession and a positive memory all of their own.

Fill it with our traditional request; a pair of gloves, a scarf, socks, toiletries, chocolate and other festive treats, as a gift for one of our service users.

Address your church congregation and begin a mobile phone or print cartridge drive. All those mobile phones or cartridges can easily fit inside your shoe box(es) for recycling.

Encourage your class, school year or the whole of your school to donate their copper pennies; even that lucky one you found, why not pass the luck on.

Pull together as a family and gather your old CDs and DVDs for recycling; your old, family movies can make all the difference.

Are all of your friends asking for new ipods, mp3s or digital cameras this festive season? Ask them to donate their old ones for your shoe box(es) and recycling.



## BAKER HUGHES 10k 2011! THE BIG 100



The Cyrenians are looking to achieve a significant number of runners to run, jog or walk on our behalf as part of the Baker Hughes 2011; to be exact we need 100!

The date is still to be confirmed but we're giving our volunteers ample time to train, raise sponsorships and have fun preparing for this event in May 2011.

We already have a guaranteed 30 volunteer runners; do you think you have it in you to run, jog or walk the 10k?

Contact us at 01224 625732 to put your name down for an information pack\* (\*Available on confirmation of a date for the Baker Hughes 10k!)



# The Cyrenian



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## Successful Harvest for 2010!

The Cyrenians has had a fantastic Harvest, with amazingly generous donations throughout September and October. We have been completely overwhelmed by the generosity of our community and are filled to the brim with food donations of many types. We have had pasta, rice, cereal, tea, coffee, tins and sauces galore!, fruit juice, fresh fruit and vegetables and nice treats such as biscuits, cakes and chocolate. These donations will make such a difference throughout the winter as our services become busier; keeping our Street Alternatives project running.

We want to say Thank You to all of the individuals, groups and organisations to make donations; such as Robert Gordon College, Pitmedden Primary School, Kingswells Parish Church, St Kenticans Episcopal Church, Newburgh Mathers Primary School and St Devenicks Church Marykirk Primary School. In total, our Harvest donations have an estimated value of £3,300!!!

## Christmas Appeal



November and December are important months in The Cyrenians calendar; bringing around our Christmas Appeal. Our Christmas Appeal is a vital event; allowing us

to sustain our Street Alternatives Project and provide celebratory meals throughout the festive period.

**See Page 4 for the different ways you can help!**

## Volunteer Campaign

The Cyrenians has recently launched a volunteer campaign to encourage more volunteers for our Street Alternatives Project. Initiated by our new volunteer co-ordinator, Jenna Ingram; the campaign has proven very successful with many people from different walks of life looking to do something positive in the community and assist homeless people in need of a good meal, some rest and support.

If you are interested in supporting The Cyrenians, feel you have the same aims and values, looking for a rewarding environment and have the time to offer support to our other volunteers and the service users; then please contact Jenna Ingram for more information.

The Street Alternatives Project currently runs three times a week and alternate Sundays; providing our service users with an opportunity to rest, receive a hot meal, shower and do some laundry. With an Street Alternatives Project is supported by the Fairer Scotland Fund.



## LOOK OUT FOR SLEEPOUT 2011!

Aberdeen Cyrenians  
A Scottish Charity -  
SC014849

Website  
[www.aberdeen-cyrenians.org](http://www.aberdeen-cyrenians.org)

62 Summer Street  
Aberdeen AB10 1SD  
Tel: 01224 625732



## General News

### Case Study

Thomas is a very young and vulnerable 16 year old. When he was admitted to the Clifton Road Project around a year ago, he had a number of issues that were seriously having an adverse affect on his life.

He was working as a prostitute, 'dabbling with' heroin and using other drugs and alcohol on a regular basis and was involved in the criminal justice system. In addition, Thomas appeared to find it hard to remain in touch with reality and often came out with bizarre and unconnected statements.

Thomas initially found it really hard to accept support from staff and spent many nights away from the project. This caused a lot of concern for staff as they were aware of Thomas's risky lifestyle.

Staff made a concerted effort to ensure that all their communications with Thomas remained 'light', non-threatening and friendly so that he would feel more at ease when returning to the project.

Over a period of time Thomas

began to stay more and also started to engage with staff – he built up a positive relationship with his resettlement worker.

Gradually he was able to, with support, reduce the number of risky activities he was engaged in. He no longer works as a prostitute and has managed to stop using heroin before he became addicted.

He moved out of the main house into a flat at the back and, after initial problems dealing with guests and invasion, managed living in his flat very well.

He has now moved on into his own flat in the community and is being supported by a Cyrenians resettlement worker from CRSAS.

Those who knew Thomas at the start of his stay at Clifton Road



are amazed at the progress he has made. Thomas himself was able to identify his excellent progress and is looking forward to living independently, although he quite realistically realises that he will need support for a while to come.

### AGM Date Set

The Cyrenians Annual General Meeting (AGM) will be held this year on Wednesday, 24th November.

The meeting will include a review of the previous year and future plans will be discussed

The financial accounts from the last financial year will be put forward for approval.

As part of the agenda will be a brief overview of all the services part of The Cyrenians by Chief Executive Susan Montgomerie, Depute Chief Executive Scott Baxter and Service Managers. Cyrenians Chair Jeremy Burchill will also address attendees.

**Text HOME to 82540 to make a £3 donations to The Cyrenians**

### Local Business Support

The Cyrenians would like to thank Gulf Offshore, The Highlander, B & Q, Grampian Highland Resources Limited, Absoft Charities Committee & BP; Drillings and Completions Department for their support this quarter.

These donations have been specific to some of our projects including Street Alternatives and our Violence Against Women Project. Both extremely important to our service users and generously assisted by these donations.

However, our other projects have also benefited from these donations and are vital for the general

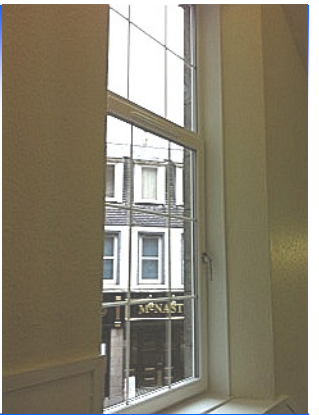
running of these services. In addition to these monetary donations were a donation of 8 brand new beds, mattresses and bedding by FG Burnett. All of our projects were in great need of this particular furniture and spread throughout our projects, has gone down a treat.



**THANK YOU**

## Summer Street Renovation

Our Head Office located on Summer Street is undergoing some radical changes which will make such a difference to general day to day functioning of The Cyrenians as well as improving the quality of service and atmosphere for our service users. All thanks to the fantastic motivation of our new Depute Chief Executive, Scott Baxter and the enthusiasm and professionalism of The Window Centre, The Cyrenians are welcoming the renewal of our windows. It has given a complete face lift to the building itself; and while the good work of our volunteers and staff continues inside, our warm welcome to our service users will be reflected outside.



### The Cyrenians Staff Changes

There have a series of staff changes within The Cyrenians in 2010 with a significant change in our management.

Our new Chief Executive Susan Montgomerie; has been with The Cyrenians for 18 years and joining her as the new Depute Chief Executive & Resilience & Development Director, Scott Baxter. Eileen Edwards, having worked within Wernham House for many years is now their new Depute Manager.

We have a new Volunteer Coordinator Jenna Ingram, working closely with our Street Alternatives project.

Our new Fundraising Officer, Kimberley Wilson joined us in September with great enthusiasm on working with The Cyrenians. Laura Wilson and Kim Paterson have also joined us as Resettlement Workers at our Wernham House and Margaret House Projects.

We also have a new addition to our Administration team Louise Nind, who has found her comfortable place within the Administration team and is already indispensable; we also have Kay McDonald on student placement supporting Fiona Whitehouse our Women's Issues Worker as part of our Violence against Women Project.

A very warm welcome to the lively Cyrenians team!

### GE Oil & Gas supports Street Alternatives



With a generous donation of £12,955.80 from GE Oil & Gas; The Cyrenians was able to organise a complete refurbishment of the Street Alternatives kitchen, dining room; and due to the great enthusiasm of the GE staff and other volunteers the refurbishment spread to our now, lovely stairwells.

GE Oil is an exemplary organisation; looking to support its local community; through, not only a monetary donation but through volunteer time. The GE staff were fantastic fun, with great enthusiasm and admiration for the work of The Cyrenians.

We are very pleased to say that the reactions for service users has been extremely positive; clearly emphasising how important this ambitious project is to those volunteering within Street Alternatives and the service users.

We would like to thank GE for all of their kind support and energy, all the various companies that supported us in this refurbishment, Grampian Catering Services, Mike Brown Joinery and Dee Carpets to name a few. Also, a big thank you to all of our volunteers that supported the refurbishment, gave up their time to paint, gloss and clean. Without your overwhelming support none of this would have been possible.

### Staff Recognition Awards

Our Staff Recognition Awards will continue this year with nominations completed by 22nd October 2010.

The categories for this years awards are Individual Awards, Team Achievement Award, Individual and Team Volunteer Awards & Individual and Team Supporter Awards. The Staff Recognition Awards will also include long service and academic achievement.

A date has not yet been set for the ceremony. However, we do congratulate, in advance, all those nominated for the awards.