

BAKER HUGHES 10k 2011!



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 Baker Hughes 10k takes place on Sunday 22nd May 2011 and we want to give our volunteers ample time to train, raise sponsorships and have fun preparing for this event in May 2011.

We already have a guaranteed 40 volunteer runners; do you think you have it in you to run, jog or walk the 10k?

Contact us at 01224 625732 to receive your registration pack and run in the Baker Hughes 10k on behalf of The Cyrenians.



URGENT FOOD APPEAL

The Cyrenians aims to make a positive difference in the lives of homeless people in Aberdeen.

We **need your help** by donating what you can. Our volunteer run Street Alternatives service can make a small bag of groceries go a long way! We use food donations to provide emergency food parcels and hot meals.

- Tuna, corned beef**
- Tinned meat**
- Tinned veg**
- Tinned tomatoes**
- Tin puddings**
- Instant noodles**
- Cupasoup, porridge**
- Sugar**
- Pasta sauces**
- Cooks ingredients**

All donations should be delivered to 62 Summer Street during office hours.

Please call us on (01224) 625732 for further info.

THE CYRENIANS PRE-10K MEET UP & WARM UP SESSION

The Cyrenians' are holding a 1 hour Pre-10k Meet Up & Warm Up session for all of our volunteers runners for the Baker Hughes 10k.

The session, which will be hosted by Aberdeen Sports Village (ASV) will allow for advice by a professional trainer on how to succeed in the Baker Hughes and an opportunity to utilise the ASV outside tracks.

The session will be held on Friday 6th May from 5-6pm and is available to all of The Cyrenians Baker Hughes participants.

For more info/or to receive a Pre-10k invite call Kimberley Wilson on 01224 625732.



The Cyrenian



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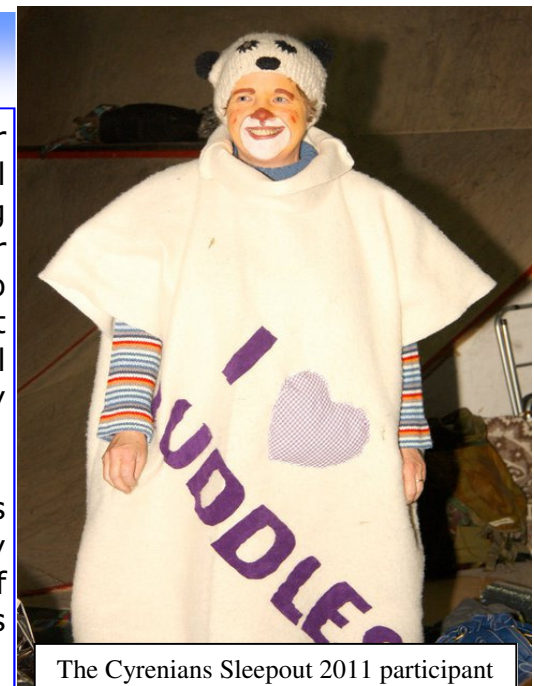
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Christmas Appeal

The Cyrenians Christmas Appeal 2010 was a major success; with the support of many local businesses, social groups, church congregations and an overwhelming number of individual/family donations we smashed our target of £20,000. As a community, you helped us to raise over £30,000 towards sustaining our Street Alternatives Project throughout the festive period, as well as, providing our residential projects with a celebratory Christmas meal.

In addition to this we received well over 120 Christmas Shoe Boxes which were distributed amongst our many projects. Feedback from this has been great; with all of our projects acknowledging how happy our service users were to receive a gift at Christmas.



The Cyrenians Sleepout 2011 participant

Sleepout 2011 Success!

The Cyrenians Sleepout for 2011 was a huge success. Over 500 participants took part in Sleepout 2011 at Transition Extreme this Saturday through to Sunday, with an estimated £25,000 raised through sponsorship.

The event; a challenge which encourages members of the community to sleep rough and raise sponsorship on behalf of homeless people in Aberdeen, saw many participants such as Aberdeen College and Kemnay Academy sleeping rough outside on a bitter night.

Sleepout is a serious challenge for our participants but we do try to make it fun. Thankfully we were supported by many businesses and organisations such as Simbiosis Catering, Phassy & Phluxxy of Shmu's Breakfast Show, Jillian Burns Zumba Instructor, Thains Bakery, Instant Neighbour, Nixon Hire, SpeedyHire and CHAP Construction; all helped to make this event possible and fun for our many participants.

Aberdeen Cyrenians
A Scottish Charity -
SC014849

Website
www.aberdeen-cyrenians.org

62 Summer Street
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Tel: 01224 625732

General News

Celebrate Aberdeen Parade

At 11 am, on June 11th 2011, the third sector will come together to parade down the city's Union Street, supported by an array of street performers and musical entertainment.

A volunteer committee has been brought together by event founders [Mackenzie PR](#), consisting of public and private sector professionals and members of [Aberdeen Council of Voluntary Organisations \(ACVO\)](#).

Celebrate Aberdeen Needs You!

Quite simply, to make sure Celebrate Aberdeen has the highest-impact possible, you need to

- Spread the word
- Come enjoy the fun
- Bring loose change – there will be collection buckets on the day.

Also, if you know of - or work for - a charity, volunteer organisation or social enterprise that would like to get involved then visit www.celebrateaberdeens.org for more information on this fantastic event.



Council of Management

The Cyrenians are happy to introduce Nick Williams as our new Chair Person of Council of Management; taking over from Jeremy Burchill.

Neil Maclean as our new Vice Chair Person.

We also have changes to our treasurer; this is now Lynsey Knight and our Vice Treasurer is Daniel Fraser.

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

The Bread Maker

The Bread Maker of Aberdeen kindly agreed to give a healthy supply of bread and mince pies throughout the month of December to our Street Alternatives Project, where clients attending these sessions and our drop-in service would benefit from delicious, festive treats.

In addition to this kind donation The Bread Maker have kindly offered to supply this project with bread and other treats weekly throughout 2011.

The Bread Maker provides training and employment opportunities to adults with learning disabilities and hopes to readily supply bread and cakes to The Cyrenians on a continuing basis.

We would like to thank Donald Anderson, Chief Executive of The Bread Maker and his team for their dedication to this task throughout 2011; our service users have thoroughly enjoyed their fresh produce so far!

Volunteering

The Cyrenians launched a volunteer campaign in November 2010 to encourage more volunteers for our Street Alternatives Project. Initiated by our volunteer co-ordinator, Jenna Ingram; the campaign has proven very successful.

While volunteer recruitment is still ongoing; since Christmas, we have recruited 22 new volunteers which covers cooking, reception, street alternatives assistants and have come from City Church Sunday team and the Chevron team at Street Alternatives.

Staff Recognition Awards

We are very happy to announce the results of our Staff Recognition Awards held on 22nd October 2010.

We are very proud of all our staff and volunteers who work so hard through the year; always going that extra mile for our many service users.

A few were particularly

Staff Team Achievement Award to Bob Anderson and Vikki Duncan

Staff Individual Achievement to Ruth Ogilvie

Long Service Awards to Steve Hughes and Claire Neaves

Volunteer Team Achievement to Saturday Street Alternatives Team

Volunteer Individual Achievement Scott Fraser

Supporter Achievement to the Chevron Team

And the many staff academic achievements. **Well Done!!**

RBS Community Fund

The Cyrenians are very proud to announce, to its many supporters and, most particularly our voters in the recent RBS Community Fund that we received £4,000 from local branches here, in Aberdeen.

The Cyrenians were short listed along with two other charities at two branches in Aberdeen, the St Nicholas Branch and the Queens Cross Branch. Coming TOP in the St Nicholas vote, The Cyrenians were given a fund of £3,000! And as a runner up at the Queens Cross Branch we received an additional £1,000 funding, totalling our £4,000 success.

Plans for this additional funding is being discussed amongst our many projects; staff and clients were very excited to hear of such a fantastic amount, all attributed to our many voters.

Thank you to you all for your continuous support of The Cyrenians and for helping us to achieve such a wonderful fund for our projects!

Aberdeen University Speed Matching

The Cyrenians were very happy to join charities from across the North East at Aberdeen University's very successful speed matching event. The event offered keen volunteers an opportunity to meet different causes/services and learn more about what they do; it also gave the many charities an opportunity to spread the word about their cause and find like minded individuals who were enthusiastic in supporting them.