

February 2008

Issue 15

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Orbiston Neighbourhood Centre

Newsletter



Headline News...

Orbiston Neighbourhood Centre made the headlines in the 21/2/08 edition of the Bellshill Speaker. This article reported that the 1st Bellshill & Mossend Scouts who had lost their base when the ARCh building closed had found a new home here at the centre.

Scout Leader Neil Kelly said 'As a result of vandalism and the immediate closure of ARCh we found ourselves homeless with nowhere to go until April. However, once again, Orbiston Neighbourhood Centre came to our rescue welcoming us a few months earlier than planned, and since moving in have been delighted with the facilities and the helpfulness of the staff'.

On Friday nights the scouts, cubs & beavers and leaders are looking forward and planning for the future in our new home. (Fridays 7.00pm to 9.00pm).

Orbiston Neighbourhood Centre is delighted to have been able to welcome the Scouts group to the centre and look forward to working with them. We have also welcomed the Princess Royal Trust Bellshill Carers Support Group to the centre, this group meets on a Thursday 1.00 - 3.00pm.

We are delighted to be able to share our buildings with so many groups and organisations and thank them for their support.

If your group or organisation needs somewhere to meet then perhaps we can help. We have a few spaces in our timetable which are available. If you would like more information please speak to Irene at the Centre, on 01698 573256 or irene@oncbellshill.org

Foneaid is a simple fundraising initiative which ONC is participating in and we would like to ask for your support -



Foneaid will give us £3.00 for every mobile phone collected and this money will be put towards the work of the Centre. They guarantee that every phone is either reused in developing countries or recycled.

With an estimated 4 million phones being purchased in the run up to Christmas, now is a fantastic time to remind everyone of the campaign. So please dig out your old phones and pop them into the collection box on your next visit and let your family and friends know about this initiative. Thank you

Parents & Toddlers Group

The Parents & Toddlers group which meets at the centre on a Thursday from 1.00 - 3.00pm currently has a few places available.

If you would like to find out more please come along at the above time or contact Irene Gibson on 01698 573256 for more details.



ONC Bucks The Trend?

A new report released in January has found that the number of people volunteering in their community has not increased since 2003. The research looked at volunteering trends throughout the United Kingdom from 2001 to 2007 and was compiled by research consultant nfpSynergy. The study featured in a number of publications, including the Third Force News, prompting comments about whether volunteer numbers really have changed and the success of government initiatives to help more people volunteer.

So what's our opinion here in the Orbiston Neighbourhood Centre?

We have been providing volunteering opportunities here at the centre since 1995. Our volunteer project which initially supported a handful of people now supports over 50 people per week. In addition to this our befriending project (BeFriend in Bellshill) which has just completed a 1 year pilot had a target of recruiting 15 volunteer befrienders and matches. However, we have successfully recruited 24 volunteers and supported 24 befriending matches!

Putting the statistics aside though, a person only needs to glance around our Centre and read through this newsletter to see that volunteering is thriving. Volunteers enable our Centre to respond to local needs and in turn contribute to government initiatives which we hope is an enjoyable and worthwhile experience for all involved!

To read the report yourself look on-line at www.nfpsynergy.net. To find out more about volunteering within our organisation contact George Murray or Brian Smith.

Volunteering

The following have joined our team of volunteers:

Michael Chambers - Administration
 Clare McCluskey - Older People's Services
 Janet Brownell - Catering

We are currently looking at several areas of our services particularly Catering and the Food Co-op to develop new opportunities for volunteers.

In addition, we are reviewing our approach to the personal development and training of volunteers. Offering training plays a vital in attracting volunteers who are motivated by the desire to improve or learn new skills, particularly young people and those wanting to increase their employability.

Effective training and personal development not only equips volunteers with confidence and skills, it contributes to high retention by encouraging a sense of commitment and reinforcing the perception that volunteers are valued.

Volunteering makes all of our lives better.

George Murray, Coordinator



We have been working on various themes in out of school already this year such as a Burns supper event, where the children enjoyed haggis, neeps & tatties and some Scottish music and dancing.

We are already looking forward to our Spring Holidays. The holiday forms will be available in March for anyone wishing a place.

As parents will be aware we had a few problems gaining sustainability funding for this financial year. However, we were able to secure funding and have received other grants from Early Years & Childcare for fresh fruit for the children, storage for our equipment, baking equipment and most recently we have received a laptop, printer, digital camera, digital movie maker and a beebot kit.

We are still working with Early Years & Childcare and will continue to access all areas of funding available to us and thank them for their continued support.

Staffs are continuing with ongoing training as well as shorter training courses and have enjoyed training days such as *playground games, arts & crafts* and are looking forward to *managing challenging behaviour*. We are also looking forward to *team building training* which all staff will be participating in during March.

Out of School Care will be closed on Friday 21st and Monday 24th of March for public holidays. Anyone interested in more information about our Out of School Care service please contact me at the centre.

Jayne Laird, Coordinator

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Goodbye and Good Luck!

In March one of our longest serving members of staff Mary Thomson will be leaving us. Mary has decided that she will take early retirement and we would like to send her off with our good wishes, congratulations and thanks.

Mary has been with the organisation since 1997, and in her role as Older People's Day Care Coordinator she has contributed greatly to the success of the organisation and in particular the development of our older peoples day care service in line with the organisations vision and ethos.

Mary's kind nature and her person centred care for members and their carers has ensured that all those who have used this service have received the care, support and respect they have deserved.

We will miss you Mary and thank you for your loyal service and wish you good health and happiness in the future.

Older People's Services

Our day care members enjoyed their Christmas outing to the Bellshill Bowling Club in December where they found good company, good food and fun.

The new flooring has now been laid in the corridor and activity/dining room, members and staff are finding it much more comfortable and warmer.

Day Care has continued to be very busy since the New Year and we have welcomed a number of new people to our service.

Day Care and our Creative Arts project are looking at ways in which they might work together on an arts project. One suggestion is that day care members may design stained glass images for our café. We look forward to seeing the outcome of this work.

Mary Thomson, Coordinator



Learn I. T. @ the Hoose



ECDL Success

With the help of an external agency, we now provide ECDL training in the centre. This has further expanded our training options and widened our scope for clients. We have already had two students pass their initial exams and they're surprised that it went so smoothly. So it's looking good for more successes.

Other Successes

We've proudly reached and surpassed our projected numbers attending the courses and have had many trainees enhance their CV and learning with certificates in various office packages, such as Word, Excel and Access. We have also been successful in our partnership work with other agencies in the local area, providing job workshops, covering CV preparation and letter writing and more recently worked with Sacred Heart School to introduce the kids to the world of digital music, using GarageBand.

Evening Classes

Currently, for those working or unable to attend the centre during the day, we run 2 evenings per week. These sessions are on a Tuesday and Thursday evening, between 7pm and 9pm. At the moment the classes cover the basics, with some students able to progress into a further certification route. Please note that places on the evening sessions are limited, so contact us for more information

For more information about learning with us for free or for info on current and future courses that will be available, please contact us via telephone (01698 573 258) or email (learnit@oncbellshill.org) and ask for Neil or Louise, who will be pleased to help.

Fairtrade Fortnight - 25th February to 9th March 2008

Orbiston Neighbourhood Centre supports Fairtrade farmers and producers by promoting and selling Fairtrade tea, coffee, juice and confectionery in Theo's café. To find out more about how you can support this work log onto the Fairtrade website www.fairtrade.org.uk.



The art departments new initiatives are in working with young people from Fallside in conjunction with the councils 'Community Education' department based in Viewpark. The Drama group now up and running for this year are looking forward to performing 'Beauty and the Beast' for this terms project. The school project at Sacred Heart comes to completion in early March and is proving very popular with the young people, an invitation for parents and family will be held on 5th March to view the children's work.

Several tactile/visual participation projects are underway within the local North Lanarkshire area working with older people inclusive of those who may show signs of or diagnosed onset of Dementia/Alzheimer as part of arts participation and social integration within the community environment.

Streetdance and Hip Hop for young people run on Mondays and Thursdays and are open still to new members who would wish to participate. As part of a partnership project the arts department is working with St Gerard's primary in delivering the annual 'Dance Conference' at Cardinal Newman High to be held on May 12th.

Kenny Johnstone, Coordinator



Sometimes volunteers are so busy getting on with what they do so well that they don't step back to see what they are achieving.



Recently, as part of an exercise in reporting to our funders, we asked various individuals and agencies for their views on your befriending project.

Back came some really gratifying comments.

"Yes, it's brilliant - my visitor doesn't rush" (befriendeed)

Another said, *"It gives me something to look forward to - I'm happier now"*.

A lady who had referred a 90+ year old woman to us wrote, *"she has taken to this like a duck to water, and her befriender enjoys the visits as much as she does"*

Perhaps there is a need for volunteers just to pause for a moment, and realise what they contribute. This isn't inviting them to be smug (they're not like that), but when you are as fortunate as I am to hear the appreciation of others, you realise how right it was to start BeFriend in Bellshill.

I'm happy to talk to anyone about the project if they want to call me.

Call me on 01698 573251 or email on befriend@oncbellshill.org

Brian Smith, Coordinator



ONC website...

Have you visited our website recently? It is currently being updated ... have a look and learn more about your Centre.

Now that Christmas and the New Year are over its back to normal business at Theo's.

We have been extremely busy, and most days the café is full of customers. In addition to this we have been providing outside catering and in house functions to many local groups and organisations and we would like to thank all those who support our catering services.

You may have noticed a small increase in our cafe menu prices; this is a cost of living increase to cover the rising costs of supplies, heating & lighting and other general running costs. We are sorry for this inconvenience and hope you will understand the need for this increase.

You may have noticed a few new volunteers who have come and gone over the past couple months, we thank them for their hard work and effort while they were with us and wish them good luck.

If anyone would like to find out more about volunteering in the cafe please speak to Michael, George or myself. Volunteers are valued members of the team and are essential to the smooth running our service, so a big thanks to all volunteers past and present who have helped make THEO'S what it is today.

Vincent Doherty, Manager



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We're on the web...please visit as
 there is now much more information
 on our site...www.oncbellshill.org

What's on at the Centre...

Activity	When	Time
Cafe	Mon - Fri	9.00am - 3.00pm
Worship	Mon - Fri	1.30pm
Credit Union	Wednesday Thursday	10.00am - 12.00noon 7.00 - 8.30pm
Line Dancing	Monday	7.30 - 9.30pm
50+ Exercise Class	Wednesday	1.00 - 2.00pm
Older People's Services	Mon - Fri	10.00am - 3.30pm
Out of School Care	Mon - Fri	7.30-9.00am & 3.00-6.00pm
Jack & Jill Group	Thursday	10.00am - 12.00noon
Parents & Toddlers	Thursday	1.00 - 3.00pm
Yoga Class	Wednesday	7.00 - 8.30pm
Food Co-operative	Tues, Wed & Thurs	11.00am - 1.00pm
Youth Arts (8 - 18 yrs)	Programme	Various times
Computer Learning Centre	Mon - Fri	Various times
Befriending Opportunities	Monday—Friday	Various times
Volunteering Opportunities	Monday - Friday	Various times
1st Bellshill & Mossend Scout Group	Friday	7.00 - 9.00pm
Carers Support Group	Thursday	1.00 - 3.00pm

Smoking Cessation Classes - NHS Lanarkshire are running these classes from the Centre, please ask for more information if you are interested.

Braveheart Health Initiative - The nurses from the 'Braveheart' will be coming to the centre once a month (started on the 23rd January 2008) from 11.30 am - 1.30pm (please see their posters for more details). They are available to carry out health checks which identify an individuals blood pressure, cholesterol levels, height, weight and give one to one health advice and information covering anything from healthy eating to stress management. Open to all, no appointment necessary.

The New Year is bringing a fresh start and fresh challenges for the Development department. Work in 2007 with Scottish Business Gateway and Early Years and Childcare to improve the sustainability of Out Of School Care is taking effect. Priorities in 2008 lie with building the capacity of our ongoing work. We aim to secure new funding for Befriending and match funding for the development position while developing the Youth and Arts projects. We will be compiling grant reports for Computer Learning classes and will complete the contract for developing the outdoor area in the spring. As the current financial year draws to a close attention is being given to budgets and projections to sustain all our activities through 2008/09.

Robert Piper, Development Officer

Developments

A WEE BIT OF HISTORY.

Willie Foy is a well known Bellshill gentleman and has been involved in the life of Orbiston Neighbourhood Centre since its beginning. Willie's commitment to his faith and to community action however predates the existence of our Centre and includes many years of involvement with the YMCA in Bellshill. Chatting with me he reminisced about "the good old days" when the "Y" was the hub of local youth culture and had many clubs, all largely run by volunteers. It was at a dance there that Willie met his future wife, Cathie.

Martin Johnston, previous minister of Orbiston Parish Church, was the one who got Willie involved with the Centre. Although the Centre grew out of the life of Orbiston Parish Church Martin was very keen to see people from all sorts of church background and none getting involved in our "Place for People: A Centre for All". Willie, a member of the West Church and Senior Elder, was one of those attracted. Before Martin left Bellshill to take up a new post with the Church of Scotland he assembled a group of people and helped them develop a simple, sustainable pattern for Daily Worship in the Centre. This was to include a thought for the day or a wee story- sandwiched between a couple of hymns, a prayer and a Bible Reading. Willie took to this pattern and became a member of the rota of worship leaders, drawn from eight local churches. This short act of Daily Worship continues to be held in the Centre at 1.30pm, Monday to Friday. All are welcome to attend. Willie made his mark with stories of the adventures of a wee dog called Bobby. These stories are to be found in a series of books by Rev James Martin but Willie brought his own unique personality to their retelling. Sadly Bobby appears to have wagged his tale for the last time. Though, who knows, he may make a comeback! However Willie feels he must now spend more time in the quiet of his home and with his wife of almost sixty years.

God bless you, Willie, for your years of committed Christian service and your contribution to the life of Orbiston Neighbourhood Centre.

Alan McKenzie, Chair of Utheo