

Give kids a chance

NEWSLETTER

Give Kids a Chance has been really busy over the past few months. For the first time ever we have not been able to issue our usual Summer Newsletter in advance of the summer holidays but this shortened version should help keep you up to date.

INFORMATION FOR PARENTS

We apologise for the short notice in sending this information but would recommend that all parents visit the website below before the end of this campaign on 14th September.



A new campaign, '**not to be sniffed at**', has been launched by the Grampian Alcohol & Drug Partnerships. The campaign aims to encourage parents to be more aware of **Volatile Substance Abuse (VSA)** by getting the facts and encouraging them to talk to their children about the risks and dangers associated with VSA.

Radio stations Northsound and MFR are supporting the campaign by hosting a virtual 'home' on its website. Parents are encouraged to spend five minutes looking around this 'home' for 12 everyday household products which could be abused, learning about the risks and potential dangers as well as gathering other helpful information before filling in a short online questionnaire at:

<http://www.northsound1.com//Sectional.asp?id=34127>

Everyone who takes part will be entered into a prize draw for a Wii.

CONGRATULATIONS TO THE CHARITY COMMITTEE FROM ST MACHAR ACADEMY

The Charity Committee raised the amazing amount of £3,300 for Give Kids a Chance by organising a range of fundraising events throughout the year. This photograph shows some of the committee members, and their teacher, Mr Bill Robertson, receiving a Good Citizenship Award in recognition of their efforts from Gordon Townson on behalf of The Diced Cap Charitable Trust.



SEE ME PHOTOGRAPHY COMPETITION

This is a national photography competition that challenges the stigma and discrimination of mental ill-health by highlighting what makes us happy, what keeps us mentally healthy and what, or who helps us stay positive.

Photos could be of places, people, flowers, animals, views - in fact anything that makes you feel good. It might be a place that inspires you or a person or pet who you like to spend time with. The competition is open to everyone and has an Under 18 category. All you need to do is send in a photograph along with a signed entry form and story card.

You can e-mail any photographs to heather.wilson2@nhs.net and I will arrange to get them printed for the competition but you will need to complete and return the attached entry form by 18th September if you wish to enter. All entries will be featured in an exhibition with local winners receiving a £50 voucher.

Give Kids a Chance are saying goodbye to Aberdeen Music Tutor and Volunteer Football Coach, **Michael Molden** who has taken up a new post with Aberdeen Foyer. Michael has reluctantly had to resign from his Give Kids a chance posts due to lack of time. The music and football groups he was involved with are on hold at the moment until new staff are in place.

ABERDEEN NEWS

Goodbye and Good Luck to Jamie and Michaela

We said goodbye to Jamie and Michaela in the summer time, both were long standing members of the Aberdeen Sooyang Do martial art class at Kaimhill Community Centre. During his 4 years with the school Jamie reached black belt status and was helping with the delivery of the classes as a Junior Instructor. Jamie had attended 308 classes and Michaela had attended 219, both had attendance rates of over 80%. This is a wonderful achievement and we send our best wishes to them both for their future involvement with Sooyang Do.



Jamie, Michaela and Mr Garry Milne, Lead Instructor at the Kaimhill Class.

ABERDEEN ACTIVITIES

We are trying to keep as many activities as possible running during this year despite some slight concerns around funding. We have had a few difficulties with staff changes but we are working to overcome this and maintain our current programmes. The range available at the moment in Aberdeen includes, drama, dance, snooker, trampoline, swimming, music, martial arts, choir, tennis, cooking and our recently introduced Multi Sport Club at Woodside Community Centre. There are places available at the Multi Sport Club, snooker, drama, and martial art classes. Although Riley's snooker club in Chapel Street closed this year we have relocated to the Riley's snooker club in Bridge Place.



We also welcome Sarah Crombie back to lead the Give Kids a Chance Cooking group at Sunnybank Community Education Centre after a short period of absence due to work and family commitments. Thank you to Fiona Robertson for covering the class in Sarah's absence.

ACTIVITIES

The range of activities on offer continues to grow in Moray. Young people are attending a martial arts club, gymnastics, horse-riding, archery, theatre group and receiving music tuition. The martial art students have already started to grade and progress through their belts and one of the girls attending Stagestars amateur theatrical group in Keith was involved in their end of term summer show.

ABERDEENSHIRE ACTIVITIES

The Hot Spot Saturday morning club in Peterhead is continuing to prove successful. The young people attending have been involved in a range of activities that includes, computing, crafts and cooking and have been planning their own programme for the next term. Horse-riding is popular in both Fraserburgh and Peterhead with a total of 7 young people attending Annandale Equestrian Centre. During the Easter Holidays each of the GKAC participants attending the horse riding successfully completed a Stable Management Course and were awarded certificates from the stable.



We also wish to highlight one of our swimming participants James Wood from Fraserburgh. James is currently "Scottish Boys Junior Champion" a title he won in November 2008. In July James travelled to Leicester to take part in the Special Olympics Summer Games as part of the Grampian Swim team. James won 2 gold and 1 bronze medal at the Olympic Games.

James continues to train with the Broch Seals Swimming Club. We are very proud of the progress James has made and send our very best wishes for continued improvement and success in his swimming.

If you are not currently attending an activity and would like more information about what is available in your area please contact us.

Give Kids a Chance

Is co-ordinated by NHS Grampian,
In partnership with local community
networks

www.nhsgrampian.org/gkac

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