

## Aberdeenshire activities

### Congratulations and Good Luck to James

After over six years involvement with GKAC we say "goodbye" to James from Fraserburgh. James has achieved remarkable success with an attendance history of 100%. He has attended over 270 swimming sessions with the Broch Seals Swimming Club and has competed in disability competitions at local and national level. James has achieved his first cap for Scotland at the Junior British Championships in Sheffield, organised by Disability Sport England and was a member of the winning relay team receiving gold medals in the 4x50 metre event. James was also awarded the "Most

Improved and Best Trier" in his age group and shared the "Outstanding Achievement" trophy at the Broch Seals Swimming Club Annual Awards. These are remarkable achievements for James. We are all so proud of him and send him our good wishes for future success with his swimming now that he has his international licence to compete abroad as part of the United Kingdom Swim Team.



### Thanks to the Fairer Scotland Fund in Aberdeenshire

Last year GKAC were fortunate to receive funding from the Fairer Scotland Fund to help support

swimmer James and our horse-riding groups in Fraserburgh and Peterhead. A total of nine young people benefited from this funding and went on to gain confidence and skill in their chosen activity. The tutor at the stable felt that the horse riding groups had made progress with trotting, cantering and jumping and said that they were "making decisions about what to do and learning from the process" and "accepting and taking the lead, co-operating and collaborating".

**These are very valuable skills that will prove useful for the future. Thank you to the Fairer Scotland Board for their support.**

## Additional language versions

If you have difficulty understanding the English language, this newsletter can be made available to you in a language of your choice. This newsletter can also be made available, on request, in other formats, e.g. in large print or on a computer disk.

For all requests for copies of this newsletter in another language, or in an alternative format, please call the Give Kids a Chance team on the number below.

## Emergency contact details

As always, if any contact details or medical information we hold on file has changed let us know. Grace has circulated the information we have about you with the holiday dates. Please check, update if necessary and return to us. You can update by telephone, leaving a message or by text to the emergency mobile number, or by sending an email to Grace ([see contact box below](mailto:grace.hanvey2@nhs.net)). If you don't get in touch, we'll assume all your details are still correct.

# GKaC

GKaC is co-ordinated by Aberdeen City Public Health Team in partnership with local community networks.  
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# Give Kids a Chance

Summer 2011 newsletter no. 24

## Welcome to the summer newsletter

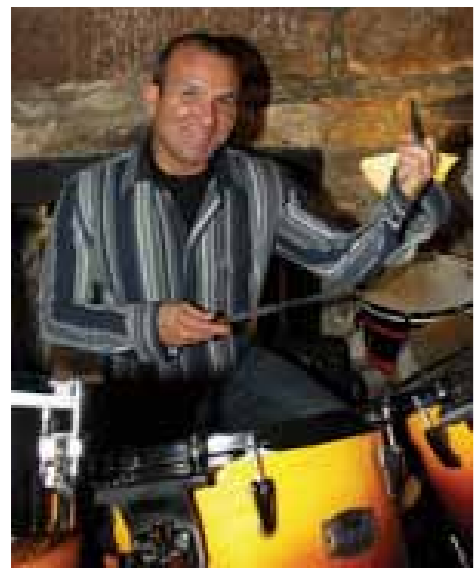
Letters with activity holiday dates have already been sent to each young person. Get in touch with Grace on telephone number 01224 555293, or by email at [grace.hanvey2@nhs.net](mailto:grace.hanvey2@nhs.net) if you are in any doubt about the stop and start dates for your activity this summer.

We are happy to print any stories or photographs from GKAC participants in our newsletter so why not try to capture a "What I did in the holidays" photo or story that you can send to us. Send any photographs or articles to Grace or Heather by post or email for inclusion in the next newsletter.

## Moray activities

### New Drum & Percussion Activity

A new activity for Speyside is drum and percussion tuition with local tutor Rossini Cavalcante. Lessons are available in the music studio in the village of Aberlour in Moray, where Rossini has lived since 2000.



Rossini in his music studio

Rossini also teaches at the prestigious Gordonstoun School near Elgin. Students attending follow the "Rock School" syllabus and can enter for Grade Exams

if they are keen to do so. In the customised Aberlour studio there are two very well equipped full size drum kits and also a complete child size drum kit to cater for the younger age groups. There is also a range of Congas and a variety of Latin Percussion. Rossini has had one GKAC pupil and looks forward to teaching drum and percussion to more young people in the future. Anyone interested in attending should contact Grace for more information.

### Ice skating

We now have two young people attending for tuition at Moray Leisure Centre Skating Rink. Both girls are aiming to be able to "confidently skate backwards across the width of the ice and to glide across the ice smoothly and under control using forward crossovers in both directions." Moray Leisure Centre offers a variety of group sessions that take young people through the range of basic skills and achievements to an advanced level of ability. We look forward to hearing of their progress.

**prizesprizesprizesprizesprizes**  
Congratulations to winners, Emily from Peterhead who won a £20 voucher for HMV and to Mr & Mrs Watson from Aberdeen who won a £20 Tesco voucher. Both winners returned completed feedback questionnaires.

All returned questionnaires were included in a draw and the lucky winners awarded prizes. The same prizes are available again so complete and return your feedback form to be included in the draw.

We have received donations of Play Station 2 games and other gifts which will mean that every returned feedback form from a young person will receive a gift. Don't delay, send your completed forms back to GKAC as soon as possible.

(Feedback forms and prizes are only available to GKAC participants and families - completed forms to be received by 30th September 2011.)

## Volunteering – Outstanding achievements for Liam

A team of 12 volunteers support GKAC to deliver activities across Grampian. The project also has one very special volunteer, Liam who is only 17 years old. Liam joined GKAC at the age of 12 and has attended a martial art class in Aberdeen since that time. When Liam reached the age of 16 in May 2010, Mr David Garden, Instructor at his Sooyang Do class invited him to accept the volunteer role of Junior Instructor. This is a great honour and not a task to be taken on board lightly. It requires commitment to attend the junior training sessions and his own training sessions which are held immediately afterwards. Liam was registered for the MV Award, which recognises volunteering for the 16–25 year old age group and has continued to volunteer twice each week since then. Liam has now achieved over 100



Liam and SYD Instructor David Garden.

hours of volunteering and was presented with MV Certificates of Achievement for 50 and 100 hours, and also received the Exxon Mobil Award for Service to the Community at his school's annual awards ceremony at The Music Hall on Tuesday 14th June. Another milestone achievement for Liam is the attainment of his Sooyang Do Black Belt which was awarded on 30th May 2011. Well done Liam.



Order your SPREE book from GKAC now. Books will be available between 1st August - 9th September 2011, they cost £23 each and are valid until 1st October 2012. SPREE books offer great 2 for 1 or 50% off savings on restaurants, family dining, informal dining, leisure, health, beauty and general shopping opportunities in a variety of outlets in Aberdeen and the surrounding area.

If you would like to purchase a SPREE book please contact [grace.hanvey2@nhs.net](mailto:grace.hanvey2@nhs.net)



GKAC Project Manager, Heather Wilson, Carronhill Pupil Ruairidh Younger and CNR International Managing Director James Edens.

## GKAC Funding Boost



CNR International has donated £3500 to Give Kids a Chance. The money was raised at a glamrock themed event staged at the Aberdeen Exhibition and Conference Centre in March. The company have donated a similar amount to Friends of Carronhill school who are fundraising for a new minibus and arranged a cheque handover at the school to present the donations. CNR International have previously supported GKAC with a donation at Christmas and sponsored the goals scored at

a fundraising football game last summer. We are very grateful to CNR International for choosing to support GKAC.

Give Kids a Chance has also received a generous donation of £4,700 from the members of the Petroleum Women's Club of Scotland, and been successful with grant applications to the Fairer Scotland Fund, Aberdeen City Health Improvement Fund and Wood Family Trust.

## Aberdeen activities

### "Snooker at Riley's Pool and Snooker Club" by Adrian Hidalgo, GKAC Snooker Coach

I have been running the GKAC snooker group for 13 years. Along with Steve, my assistant, we teach snooker, pool and billiards to the young people at Riley's snooker club in Bridge Place, Aberdeen.



Pictured are, back row, Steven, Steve, Adrian and George and Robbie, Ethan, Brian and Jason on the front row.

The group has in the past produced champions at national and local levels e.g. Scottish Masters Cup, Scottish Masters Plate and 5 seasons' winners of the local Aberdeen 9 ball league.

Snooker is a sport where boys and girls can compete as equals as it is a skills and not a physically based sport. Snooker is undergoing something of a revival due to changes made by the governing body to introduce faster, shorter and more dynamic versions of the game to young people.

Participants at the group normally hone their skills during the year,

culminating in an end of year Christmas competition. This year due to demand we also had a competition at the end of the term in March with new participant, George Clark awarded the winner's trophy.

Last year GKAC group members, Andrew reached the final and Rhys reached the semi finals of a competition sponsored by Ronnie O'Sullivan to find new talent.

Well done to both boys on such a great achievement. Rhys and Andrew were both involved for over 3 years with GKAC and enjoyed their time at the snooker, gaining confidence in many areas before leaving this year. Rhys is at college and works part time on a Sunday, Andrew is able to continue his involvement with snooker independently and no longer requires the support of GKAC.

We are sorry to see assistant coach Steve leave this year after 3 years service with Give Kids a Chance, but hope to welcome a new volunteer to the group after the summer break.



The GKAC team at the the parade with past participant and Cooking Group Youth Worker Chris Ritchie carrying our flag.



Thirty three GKAC participants, staff and volunteers were involved in the Celebrate Aberdeen Parade on 11th June thanks to the kind support of St James's Place Foundation. This is the first time this event has been held in Aberdeen and was organised to recognise the work of charitable and not for profit organisations in the city. This was a wonderful experience for GKAC and the 130 other organisations

represented on the day. Give Kids a Chance groups taking part in the parade included sooyang do, cooking, multi sport, music, ice skating, drama and snooker. The GKAC group were easily recognised thanks to our flag bearer, Chris who managed to twirl our flag the entire length of Union Street and to all the young people and volunteers who held our banners. For more information and photos please visit <http://www.celebrateaberdeen.org>

## Comedy4 Confidence workshops

The music workshops held for the GKAC groups in Aberdeen in April were a great success. Ten young people attended, with six being involved in a performance for friends and family on the final day. The whole process of working and performing together was hailed a great success and will be repeated at the end of each term.



Live performance at Rosemount Community Centre for family and friends.

### GKaC Vacancies:

- Volunteer drivers for groups in Aberdeen and Moray. Various times and dates available.
- Volunteer drivers for horse riding groups in Fraserburgh and Peterhead, Saturdays.

