

Thanks to those who managed along to yesterday's Zoom call (next meeting dates are below). Updates during the meeting included:

**1. Wendy, Community Activity Coordinator:**

Wendy Leary Community Activity Coordinator for seescape is busy working with Community Engagement clients (those who are a member of social groups or are getting befriending support). Here's a photograph of her at the Cupar Group last month delivering some seated exercises, including joint mobility. The Dunfermline seescape group will welcome her on the 9<sup>th</sup> of November for an activity session. If you or someone you know is interested in accessing support through this unique service please get in touch using details at the end of this newsletter.



**2. Befriending – managing endings:**

There was a discussion around managing befriending partnerships, specifically endings during yesterday's meeting. seescape have recently updated their guidance on Managing Ending, which is available as an attachment to this email newsletter. If you have any questions or need to speak to me if you are a befriender, please get in touch.

3. **Date for your Diaries:** Next seescape Volunteer Zoom call (Wednesday 1<sup>st</sup> of December at 2.00pm on Zoom: Kirstie Henderson is inviting you to a scheduled Zoom meeting. <https://us02web.zoom.us/j/9312465400>

Meeting ID: 931 246 5400

One tap mobile

+441314601196,,9312465400# United Kingdom

**4. Sighted Assistance Training**

Is not taking place in person this year but seescape have updated their guide on Assisting People with Visual Impairments which is sent along with this newsletter. Please get in touch if you require it in an alternative format. Guide Dogs also have some good [training videos as an introduction \(opens new website from Guide Dogs\)](#). If anyone needs any refresher training from seescape about any aspect of your volunteering, please get in touch.

5. **Befriending training has also been refreshed** (available as virtual download pack), get in touch for more information.

**6. Group volunteer/s needed for Glenrothes.**

Glenrothes meets weekly on a Tuesday 2-4pm at Collydean Community Centre, in Glenrothes. Some of their longstanding and committed volunteers have now retired, so we are now looking for new volunteers, who can assist at their meetings. The role involves guiding clients, serving tea and coffee and general welcoming/chat. Full support given. Please share the PDF flyer attached with this newsletter to anyone you think could be interested.

**7. Grand Prize Draw 2021:**

If any individual volunteers want to be sent some tickets to sell to friends or family tickets £1, for the chance to win £500 (£50 2<sup>nd</sup> prize, £25 1<sup>st</sup> prize), please let me know how many tickets you want, and I will arrange for these to be posted out to you. All proceeds help fund seescape's work so is all for a good cause!

**8. Other news worth a mention:**

- Did you check out the social media posts during Befriending Week this year? Have a look on [seescape's Facebook page](#) with direct quotes and stories on how befrienders make a huge difference week in week out. Thank you to all our Volunteers. We couldn't do without you!
- If you're a visually impaired person, or you support or care for a visually impaired person, [seescape would love to hear your views via our survey](#). The survey is open to any visually impaired person, even if you've not used our services before. You can complete the survey here, and please share with others too: <https://www.surveymonkey.co.uk/r/6K93H8L>
- Sign up to receive regular email newsletters, direct to your inbox here (this is in addition to quarterly newsletter 'seenews') Please [sign up to our electronic newsletter](#) (link)

Please contact any queries/questions or for a chat about any aspect of your volunteering role with seescpae.

Also, if you prefer information for volunteers in this style as a newsletter, or not (i.e., before as content in email body), please let me know

Best wishes

Kirstie 😊

**Kirstie Henderson** Community Engagement Co-ordinator, **seescape** Wilson Avenue, Kirkcaldy, Fife, KY2 5EF

Mainline: 01592 644979 / Ext: 2033

M: 07946 288712

DD: 01592 649 883

Email: [kirstie.henderson@seescape.org.uk](mailto:kirstie.henderson@seescape.org.uk)