



AVA & Volunteers at Agricultural Show



Groups coming together to help out

AVA & its Volunteers & Timebank volunteers have been working with Kintyre Youth Enquiry Service, Campbeltown Organic Garden & Dalintober Residents Association to tidy up & plant herbs/flowers in the Dalintober Millknowe Residents Association garden at Broom Cottage. A mix of young & old Volunteers & Timebank volunteers came together to prove just what you can do when working as a team.

“The garden looks lovely now & the members of the Monday Club can now enjoy the garden.” said Cathy Duncan, of the Association.

AVA has had stalls at the Agricultural Show, MOKfest & Farmers Market.

A BIG thank you to all the Volunteers & Timebank volunteers who have helped set up & run the stalls.

CAN YOU HELP BEFRIENDERS! Befriending is a simple concept and it is a positive way for caring adults to become involved in supporting vulnerable children and young people in their own communities. It is important to recognise that in befriending the child's needs are paramount.

Children are referred to us by a variety of agencies including social work, schools, youth workers, and health. The individual child is then "matched" with a befriender and they then meet regularly and get to know each other.

Getting to know each other can involve many different activities; for instance, walking, cooking, cycling, swimming, talking, board games, bowling, watching TV, walking the dog, fishing, pictures, eating out, eating in, gardening. However, it is not the activity that is important but the quality time spent with the child and the individual attention which they receive. Befriending is not about "treats", it's about developing a good, trusting relationship between the befriender and child.

Other Opportunities

British Red Cross - Drivers & Escort Volunteers, First Aiders

Citizens Advice Bureau – Volunteer Advisers

Youth Enquiry Service – D I Y skilled Volunteers

Canine Concern – Therapets

Girlguiding UK – Leaders wanted

Youth Cafe - Volunteers

Pop into the office for more information on those featured or for more volunteering opportunities available locally. There is something to suit everyone so pop in for a chat.

New opening times

Monday – Wednesday – Friday

10am to 2pm

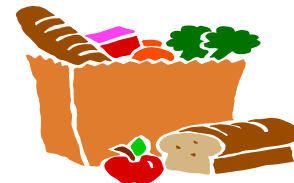
Pop in for a chat & see the changes for yourself.



Community Garden Cafe and Sales

**10-1pm, Thursday
16th Sept
in the Guide Hall
(every 3rd Thursday
of the month)**

**Tea/coffee soup
Local Produce For
Sale**



Reduce Campbeltown's
CARBON FOOTPRINT

*As the nights will start drawing in soon our next **Get Together** will be highlighting Personal Safety. It's on 22th September in the office, 11:30am to 1pm.*

Come & find out how you can help yourself to be safer.

It's also a chance to update us with any help you may need or what volunteering you would like to do. Refreshments will be available.