

## Seasons Aberdeenshire Update- Graham Wilson & Colette Fraser

- **Fundraising**

**The Fraser Family “ Team Lorna “** year of fundraising ended on July 31<sup>st</sup>- Lorna's 10<sup>th</sup> anniversary. It was marked by an afternoon tea at the Hilton in Glasgow with Lorna's children, family & friends.

The final total raised was: **£10,131.44** – AMAZING !

They are so grateful to everyone who supported in any way.

Half the money is going to Notre Dame Centre for Seasons and half coming back to Aberdeenshire.

- We have supplied Peterhead Cluster with Pop up Banners, Mats and are beginning to present Winstons Wish publications to each cluster, from funds raised by Team Lorna.
- **Cruden Bay Golf Club** have adopted Seasons as their charity this year thanks to the Roberts family who are fundraising for Seasons in memory of their daughter Lauren. Heartfelt thanks to them.
- **Local Vocal Community Choir** had a singalong night and donations at the door raised £574.25 for Seasons for Growth. Thank you.

### **COMPANIONS**

- 3 new companions were accredited in Peterhead in May 2018 – they are keen to run groups there and hope to identify others trained but not accredited yet and encourage them to join them in running groups next session.
- A new group of companions were trained in Aberdeen recently and hopefully they will be running groups in their areas soon.

### **OTHER NEWS**

- Graham has designed an updated leaflet for Aberdeenshire Seasons and has had 500 printed. We hope to get them distributed to all schools in Ellon and Peterhead and hopefully other community places.
- Graham & Colette ran first ever parents group in Aberdeenshire for separation. Helping parents support their children through a separation. 6 participants- ran over 2 nights. Very successful and well received. Hope to build on that and run more in future for bereavement and also an adults group for Seasons.
- Graham & Colette trained as trainers in August. Hope this will make training companions easier and more frequent if trainers are in based the north east. They are in discussion with Aberdeenshire council regarding how this can be facilitated.
- Graham and Mel Wilson hope to run adult sessions in Ellon Academy in session 2018/2019 building on CPD sessions ran last year.

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