

## TGP Spring Forum & AGM

It was a snowy Spring Day so time for a Partnership Members meeting and our first AGM.

Thanks to all who turned out and those who gave apologies, even so over 20 members and partners turned out to hear talks from Philippa Nicholson of Nicholson Solutions on Twitter and our own Anne Simpson on her experiences of Facebook.

The “boring part” was hosted by John Chapman Chairperson of the steering group, who official presented the new SCIO constitution to the members for adoption, after this Reid Hutchison took the chair for the election of the new trustees, elected were:-

Kay Diack, Graham Geddes, John Sinclair and John Chapman.

There is still a place or two on the board so if you are interested in being co-opted let us know.

Minutes of the AGM can be found here at:-

[www.gariochpartnership.org.uk/docs/agm/2012\\_13/TGP AGM March 2013 Minutes.pdf](http://www.gariochpartnership.org.uk/docs/agm/2012_13/TGP AGM March 2013 Minutes.pdf)

## For Your Diary

### Future Ward Forum Dates

Date	Venue	Ward No
30th April	Kintore	12
2nd May	Kemnay	10
15th May	Inverurie	11
29th May	To be confirmed	13

### TGP Summer Forum

Monday the 20th of May at 7.00pm, one of the topics will be:-

‘Self-Directed Support’ .... what it means for your group !



More details later...

See the [Events](#) page for more information.

## Community Grants Scheme Recipients



**Grants  
Still  
Available**



TGP membership sits at 39,  
Have you/your group joined yet ?



## Garioch Family Support Group

The Garioch Family Support Group meets fortnightly on a Wednesday evening in Inverurie and offers a safe and welcoming environment for people living with a family member's drug use. It is a small, informal group and is supported by two workers who provide information, organise speakers and facilitate the group. Much of the learning and support also comes from group members sharing their experiences and their ways of coping.

The group sticks to a few simple rules to make it easier for families to attend

Only first names are used

You don't have to speak - you can just listen

What is discussed in the group is confidential to those who attend

Everyone is equal and is supported to give their point of view

Group members have commented that

***"To share these mixed emotions with what was strangers at first seemed so daunting. Now after going for a while, I wish I had gone sooner."***

***"I felt more relaxed and able to cope."***

***"I knew that I could say anything, sometimes I say things I don't even say to my partner."***

We do not publicise the venue for the meetings so you will need to make contact for this information but the meeting dates are shown below. If you don't feel ready to join the group, you can always come along to have a chat with the workers before the meeting starts. They are there from 6.30 to speak to you on a one-to-one basis.

We hope you will join us.

**The group meets from**

**7.30 – 9.30pm on**

**9<sup>th</sup> and 23<sup>rd</sup> January**

**6<sup>th</sup> and 20<sup>th</sup> February**

**6<sup>th</sup> and 20<sup>th</sup> March**

**3<sup>rd</sup> and 17<sup>th</sup> April**

**1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> May**

**12<sup>th</sup> and 26<sup>th</sup> June**

**10<sup>th</sup> and 24<sup>th</sup> July**


**7<sup>th</sup> and 21<sup>st</sup> August**

**4<sup>th</sup> and 18<sup>th</sup> September**

**2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> October**

**13<sup>th</sup> and 27<sup>th</sup> November**

**11<sup>th</sup> December 2013**



*For more information please contact the Community Office on 01467 641444,*

# This month's featured members group:

## WESTHILL MEN'S Shed



### Background

Men's Sheds grew from the idea that men like spending time tinkering, repairing, and making things while socialising with others who have similar interests. Many are interested in working on projects that will aid the community and be of use to other people. Often the experience to solve a problem is within a group of men but even just the help to get started can be valuable. The Men's Shed idea started in Australia and has flourished there and we are starting the first Men's Shed in Scotland. A saying that conveys the message of the Shed is "Men don't talk face to face, they talk shoulder to shoulder"

### Why have a Men's Shed just here?

Aberdeenshire Council recognised that there are many men in Westhill who are looking for a new interest in life and a chance to contribute to their community. A common factor with many of them is that they have retired from work but are still active and want a new challenge to keep their brains ticking over. Although happy to have their freedom they miss the challenges of work and the companionship it provided.

The Shed is for working men too. Some have taken up a work/rest shift pattern that gives them regular weeks of free time at home. Some may have worked away from Westhill for many years and would like to become more involved in the community and to help others at the same time.

Men tend to have practical skills they like to use. Some want to learn new ones and others are happy to teach them. It could involve hobbies that benefit from being in a group of like minded people, or just looking to get out of the house, give the TV a rest and contribute to the community. Men making and running Sheds in other parts of the world has been very successful in giving each other new lease of life – we think it can be the same in Scotland.

### Who is helping us?

There are a number of organisations helping us to start and we hope for a long term involvement; the Aberdeenshire Council through the Change Fund and also Age Scotland and the Robertson Trust. Our local Lions and Round Table clubs are helping us to create our Shed and our neighbours have supported our raffles.

### What will you find in a Men's Shed?

The shed has work benches and tools and we will try to provide whatever is needed for other creative and leisure activities. The members can work on or discuss whatever interests them but we also do some projects for Westhill itself. We think that the men will share their expertise with each other and of course this is not limited to being in the shed.

It is also a place where the members can discuss problems or issues over a coffee, or just chew the fat. We hope that friendships will be formed, the men will find interesting things to do and that Westhill and District will benefit too.

### Who is it for?

Anyone can come along to the Men's Shed and find something to interest them and get involved. Membership is open to all adults- although the emphasis will be on activities for men.

There are no fees to use the Shed and you don't have to attend meetings; although we hope some men will help us to run it. We are supported through our own fund raising, grants, donations, and sponsorship.

Opening times starting the 4<sup>th</sup> Feb will be:

Mondays, 10-4

Wednesdays 3-8

Fridays 10-4

Westhill Men's Shed is located in the old library in Westhill (off Hays Way in Westhill, enter the Academy drive and continue round the back of the school and the building is in front of you).



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We welcome feedback on this newsletter. Next edition will be end of June any content please submit to Anne by Thursday 20th of June, thanks.

“The Garioch Partnership”



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and



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Questions or comments? Email us at [Info@gariochpartnership.org.uk](mailto:Info@gariochpartnership.org.uk)

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