

Forget-Me-Note Pad

The monthly newsletter for Forget-Me-Not Club volunteers

No 9 April 2011



On their bikes for FMN

KEITH NETTLETON SETS THE SCENE ABOUT THE AMAZING C2C FUND-RAISING BIKE RIDE WHICH WILL BENEFIT THE FORGET-ME-NOT CLUB AND TWO OTHER CHARITIES.

Each year for the past three years, staff at BP's North Sea Office in Dyce have taken on a challenge to cycle coast to coast across Scotland to raise money for charity. More than 40 cyclists will take part, starting in Helensburgh on the 27th May, and stopping overnight in Killin and Blairgowrie on the way back to Aberdeen - 230 miles all told and about 14,000 ft of climbing over the three days.

They will be cycling to raise money for three charities: Motor Neurone Disease Scotland that has been supported from the beginning, together with Forget -Me- Not Club and Riding for the Disabled Gordon Group. Money raised from donations will be split equally among the charities, and the riders have an ambition to raise more than £100,000 altogether including matching funding from BP.

"This is my third year doing the ride," said Keith Nettleton "and we have been very lucky in the past to get really generous support. We wanted to continue supporting MND but also to add two different local charities each year and fortunately the Forget-Me-Not Club got the vote!

"I have seen in my own family how beneficial the work of Forget-Me-Not is, and it's really great to be supporting you."

So, it's May already and the ride is less than four weeks away! We have been doing training runs, building the mileage to 50-60 miles so that hopefully we can



C2C training in idyllic conditions above. But it doesn't always go smoothly, right. They aim to cover 230 miles in three days.



enjoy every minute (well most of it anyway).

Let's hope that the weather is kind, and if not, that at least the wind blows in the right direction!

And we would of course be very grateful of your sponsorship if you feel you can. We are collecting donations online through Virgin Money Giving - the link is http://uk.virginmoneygiving.com/BP_C2C3. UK taxpayers can, of course, benefit from Gift Aid.

And don't forget BP will double every pound that you give so your contributions really do make a big difference.

Thank-you.

Money matters

Almost £57 has been raised by the last batch of ink cartridges we sent off for recycling

The two textile recycling banks were emptied recently and FMN received a cheque for £166.

We would like to find site for more textile recycling banks, particularly to the west of Banchory. If you know of a suitable site in Kincardine o'Neil, Aboyne, Tarland or Ballater, please call Ruth on 0787 5737 064.

A car boot sale in the Woollen Mill car park raised £84 and every pitch was taken.

Susan, the Woollen Mill manager, hopes to make this a regular event at a bigger venue. More details when they are confirmed.

There will be an open meeting of the Forget-Me-Not Club followed by a barbecue on Saturday afternoon, 4 June, 2011 at Dalvenie. All volunteers, carers and clients are invited. More details will be provided later in May.

Heather's Blethers



As we continue to grow and develop a good number of new referrals means we have to increase the support we give. A new Singing for Pleasure starts in Bonty Court, Aboyne on Monday afternoons. This will be run by Susan Zappart and supported by June Watt. We are currently trying to set up another Tai Chi group in Banchory on Tuesday afternoon for the Inchmarlo community and would like a few volunteers to assist. We have identified the need for a Discussion Group and would welcome input from volunteers on this. We have several couples who require support at home and we require volunteer couples to help with this. Please contact me on 07702735122 if you can help or know someone who may wish to become a volunteer.

Birse and Feughside Church continue to support us very well. The Rev Jack Holt has moved to Polworth Church in Edinburgh and we gave him a clock with Forget Me Not flowers as a small thank you and he has written to thank us for the gift wishing us every success in the future.

May and June dates for your diary



**Scotland's Gardens - Finzean House - Sunday 26th June
2pm - 5pm**

The Farquharson Family are supporting Forget Me Not once again through the Scotland's Garden scheme - 40% will come directly to the charity so please pass the word as this is a lovely event and the afternoon tea is amazing!

Phil's Open Garden - Sat 14th May 10am - 4pm

Volunteer, Phil Bird has kindly arranged to have Open Garden at Allensheil, Watson Street, Banchory. Phil's garden is an excellent example of a cottage garden and is a delight to visit. There will be tea, coffee & cake available plus a plant stall.

Cheque presentation – 16th May – Scout HQ, Dee Street, Banchory

Staff from Millers of Midmar will visit the Forget-Me-Not Club to hand over a cheque to pay for a Jubilee House holiday. The club was chosen by Millers charity committee who asked local charities to contact them with worthwhile projects.



**Forget Me Not Art Exhibition - Sat
4th June 10am - 4pm. Banchory
Scout HQ, Dee Street, Banchory**

Following an excellent Art Project with Claudia van Zuiden, pictured above, we are holding an exhibition to display this work along with other project which clients and carers have done. Tea, coffee and cake will be available and there will also be a sales table.

Our right royal day out



65 clients, carers and volunteers supported by ladies of the Birse and Feughside Church enjoyed the Royal Wedding. Volunteer Judy said: "The folks who were invited on Friday had a wonderful, never -to-be-forgotten day! The hospitality included excellent food and drink and lively music."

John Hector of the church organised a system enabling us to watch the wedding on the church screen which ensured everyone had an excellent view. Musicians Susan and Louise provided a lovely programme including harp, keyboard and violin. Rena, a carer said "The big screen made the details so clear, especially the dresses in the bridal party. The sing song provided an excellent finished this well organised day."

Many people dressed up for the event giving a real wedding air to the proceeding – John was splendid in Highland outfit with Monica's hat making her look very regal! Our newest recruit Noel told staff that he really enjoyed it. He said: "It was worth attending. The meal was very good and I enjoyed looking at the paintings in the church."

A presentation and words of thanks was made to Rev Jack Holt who is leaving to take up a post at Polworth Church in Edinburgh. We will miss Jack's encouragement and support he has given the club and we wish in every success and happiness in the future.

Another happy and successful event supporting clients and carers made possible by the incredible work by our volunteers and the outstanding commitment of the Church ladies – thanks to you ALL.

Contributed by Heather Morrison



Tickets for Isla's show coming soon

Tickets for Isla St Clair's Eyes Front! at the Deeside Theatre in Aboyne will go on sale at the beginning of June, price £10 each.

Eyes Front! will be performed on Sunday, July 24 starting at 7.30pm and all the money raised will come to the Forget-Me-Not Club. Isla, who has a direct link to the club through her cousin Pearl, has wanted to help FMN for some time and offered her show free of charge since she is to be in the area.

"I'll be presenting and singing a selection of songs and telling the stories behind them. There's also a large screen on which we show pieces of archive footage whilst Patrick King gives the background from both a historical and film-making aspect. It's a very

interesting, entertaining and informative show."

Isla is also an active supporter on the Not Forgotten Association, a Forces charity for veterans and in 2000 she was invited to perform at the National Festival of Remembrance at the Royal Albert Hall.

"Music played an extremely important part in people's everyday lives during the wartime," she said. "Whether it was used for boosting morale, for propaganda or for just reminding them of better times."

Isla's mum, Zetta, played a pivotal role in her career.

"I began singing at my mum's Brownie concerts at the age of two. By the time I was 13, I had my own radio series. My mother was the main driving force in developing my

own interest in traditional Scottish folk music."

Isla is still remembered by many as Larry Grayson's co-host on The Generation Game from 1978 to 1982.

"I come from fisherfolk on my mother's side and so to have the roots clearly in place certainly helps tremendously to cope with life. At The Generation Game they felt I'd be a good foil for Larry who was so showbizzy and camp and over the top. I was the complete opposite. My feet were firmly planted on the ground.

"They decided I was refreshing – I didn't have model good looks or style," she said.

Tickets will be available from the Deeside Theatre from June 1.