

# *Boomerang* NEWSLETTER

April - June '24



Welcome to our quarterly newsletter! This is everything we have been up to from April to June.

# VOLUNTEERING

In the period of April to June we had 12 new volunteers helping in different areas of Boomerang! We are very happy to welcome them to our centre.

On the 25th of April, Amy and I attended Gardyne Campus to give a talk to students on the history of Boomerang and what we do on a day to day basis, we also talked about the opportunities we have to volunteer or become a befriender, and why volunteering is great for personal development.

June 3rd was volunteer's week! This is a week where we celebrate the volunteers and all their hard work. The Lord Provost came along to award all the volunteers with their certificates of recognition and chocolates. He also engaged with everyone and enjoyed some of the delicious buffet we got from Morrisons. Paul Sullivan came along to DJ, everyone got up to dance and some even sang a song. The highlight of the event was when everyone did the love train conga all around the building - what a great day we all had! We are so lucky to be able to celebrate our amazing volunteers.





On June 8th we did a food drive at Asda Myrekirk to help generate more food for our Larder. Myself, the larder ladies (Linda and Iolanda), Kelly and Alison attended this event with the help of the Asda champion Karen Cunningham. We spent a few hours engaging with locals and promoting Boomerang. The day was very successful, we ended up with roughly 10 crates full of food.



On the 20th of June, myself and Sophie were lucky enough to go on the Taymarra Boat tour, invited by Fatima from Changemakers. We got to see some seals and steer the boat!



Our volunteer of the month of April was Tricia Hill! Tricia volunteers every Friday with the Walk and Talk group. Unfortunately, due to a technology fault, we have lost our record of May and June's volunteer of the month!

# FOOD PROJECTS

Starting in April, Maggie Powell from the Nilupul Foundation came in to run a 6 week mindfulness and budget cooking course where Sam from the kitchen helped with the cooking part of this. The feedback from all attendees was amazing.

We held a Royal ascot afternoon tea in April for our service users. There were racing decorations and napkins, horse balloons and lots of lovely sandwiches and sweet treats on offer. We had Andy come along and put on a fabulous performance! Our service users love a themed afternoon tea!





Sam ran a Cake decorating class for 6 weeks where the attendees learned recipes of simple cakes and lots of techniques for decorating cupcakes and larger cakes. The first week saw the attendees designing their big cakes and thinking about ideas. The second week they made roses and little toppers for cupcakes. The 3rd week they had fun decorating their cupcakes. The 4th week was making models and making what they wanted to make to decorate their big cakes. On the final week they decorated their big cakes by filling and covering with butter cream and then fondant icing learning many techniques and finally adding their toppers onto the cake at the end. All attendees left amazing feedback and all said they have gained so much confidence during this course.



# YOUTH AND FAMILIES

On the 9th of May, our Stay and Play toddlers group had a visit from DCA who did some messy play with some of our families! These events are always so busy and the kids (and even some of the adults!) get super messy with paint and glue! We are hoping to do another one of these sessions really soon as it encourages family bonding and creative play! We always end these sessions with an amazing and colourful display of artwork that the families get to take home and treasure!

Toddlers has been busy with 232 visits in June alone! We are so happy that we have so many families engaging with our centre and we are so grateful to have an amazing team of volunteers who keep it running smoothly! The group would not be the same without their contributions!



We ended our Bookbug group with 6 weeks worth of visits from Wallacetown Nursery where kids came together with their teachers and some of their parents to sing, dance and read. At every session we had 10 spaces that were filled by different children throughout the weeks accompanied by their teachers and it was nice to see them all laughing and playing together in a new environment. They used puppets to make up their own songs and stories.

Games group has been super busy! We now have 12 children attending weekly and they have been fortunate enough to have received donations of gaming systems and games from members of the community, and this has enabled them to develop their team work and communication skills! The young people would like to say a big thank you to all of the members of our community for providing them with these resources as they can be costly.

Art group has also been busy, we have 16 regular young people attending. They are supported by Anya who is a graduate of Duncan of Jordanstone College of Art and Design who comes up with different art projects every week. We were fortunate to receive funding from the Community Regeneration Forum (CRF) to keep Anya on which is amazing as the young people have been able to give her suggestions of things they'd like to do and she has been able to make them happen. Her contributions to the young people's creative development has been incredible and we are always looking forward to what they will create!



# DEVELOPMENT

## Reminiscence Group

John Fyffe treated the group to the tour of The Dundee Tapestry at the V&A and everyone had a great time.

We were kindly given a box from the Central Library and the topic was “Bad habits of the past”. They thoroughly enjoyed remembering things from the past!

We had Professor Rob Duck from Dundee University for coming along to the group to give a talk on Dundee’s lost coastline and Andy Moody to give a talk on the “Great War on the Screen... The Silent Decade”.

Peter from the RNLI came along to give a talk about the Lifeboats which was very interesting.

St Andrews Preservation Trust came along to give a talk about the Fisherfolk in St Andrews. Everyone really enjoyed the history surrounding this.



## Maintenance

Many thanks to Bill Beckers and George Laeburn from the Carse of Gowrie Menshed for refurbishing 18 chairs at the Centre. They made a fantastic job!



## Events/fundraising

The Dundee Daffodil Group held their annual Spring Flower Show and coffee afternoon on the weekend of 13th and 14 April. This was a great success for them.

We held a Night of Mediumship on the 26th of April. We had three mediums attend and the Event was sponsored by Michael A. Brown, Solicitor, and over £1000 was raised on the evening.

On the 31st of May we held a Quiz night in the Centre and the fantastic sum of £705 was raised.

We held a Dad's, Lads and Little Ladies Event on Saturday the 22nd of June. We held a raffle, tombola, refreshments, bouncy castle, free haircuts and beat the goalie. Everyone had a great time.

We also hosted "Your Keys to Life in your Community" information event on the 17th of June where various organisations came along speaking about the work they do in the community.

## Groups

We held a very successful "Nature of Wellness Course" with Scrapantics where 10 ladies attended. There were creative sessions, using a variety of ways to express and explore your inner world, connect with the natural world and create a visual voice and window of your world.



### Wellbeing workshops

We were lucky enough to have Penumbra come along and give several workshops on different areas of wellbeing. The themes were: anxiety, sleep matters, good food = good mood, and menopause.

### Book Club

Our first ever book club started up on the 10th of June. This is in partnership with Arthurstone Library and The National Literacy Trust.

### Adult Art Class

Mark who attends our Art class took the class in May and had the class doing perspective finding the vanishing point. The class had a great time. Chris also led a class focusing on frontal portrait drawing and painting.

### Engagement

At the beginning of April, we had various organisations attend our Cosy Café. Chris Adams – Financial Inclusion Officer (Advice and Benefits); Steven McKay – Crime Prevention Officer (Scams) , Pain Association Scotland (living with chronic pain), Scottish Fire & Rescue (safety in your home) and Tayside Cancer Support.



### Training

Our service users and volunteers enjoyed First Aid Training from David Craigie from the British Red Cross. Everyone found it very informative

### Fitness and Wellbeing

Ali Henderson from Yoga stuff secured funding to put on free yoga and pilates which proved very popular. She hopes to get more funding in the future.



On the 25th of April Alison our Development Worker was invited to the 200th Birthday celebrations of HMS Unicorn and had a lovely evening meeting up with the Lord Provost etc.



Alison attended an engagement day at The Dundonald Centre on the 11th of June promoting all the wonderful work we do here at Boomerang.

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At the end of May, our beloved manager, Gill Bain, left the team to start a new venture. Gill was instrumental in whipping Boomerang into shape, growing the team, increasing funding, introducing new policies, new partnerships, and new groups and activities. Although we were sad to see Gill leave, we admire the growth Gill was able to achieve in her time here, we wish her the very best in her new role and hope to see her again soon!!!

We welcomed a new manager, Carrie Reid, in June.

# MESSAGE FROM THE CENTRE MANAGER

I joined Boomerang in June this year and it has been a fascinating journey so far! It's been great getting to know all of the staff, volunteers and attendees- there are so many warm and welcoming people that the first few weeks felt like I'd been here a lifetime already.

My first week was rounded off with the first of many events- I was so impressed at everything the team had arranged for 'Dads, Lads and Little Ladies' – it was such a unique idea and executed perfectly - the team worked so well together and I got the opportunity to meet lots of people who came to my bracelet-making station.

I'm very much looking forward to having more to tell you in our next newsletter when I'm a little more settled in - until then, take care!

- Carrie Reid