



aberdeen

choices

Newsletter: Summer 2010

'Life is full of Choices'

Choices have been delighted to continue their partnership with Aberdeen Foyer. Aberdeen Foyer is a successful local charitable organisation working to prevent and alleviate youth homelessness and unemployment.

Choices education team have been able to provide sexual health workshops for a number of their Princes Trust Teams. This 12 week development programme supports young people to enhance their confidence, motivation and team building skills. The Choices, three hour workshops allow the young people to discuss amongst their peers the value of positive relationships and the positive and negative outcomes of being sexually active. The Choices team have also worked with the Foyer Lifeshaper Group which is a community rehabilitation initiative for those who have had alcohol/drug problems and are ready to take the next steps towards education, training and employment. Scottish sexual health statistics show teenage unplanned

pregnancy to be the highest in Western Europe and sexually transmitted infections reaching epidemic proportions. The Choices team are promoting healthy life choices in the areas of relationships and sex. We are looking forward to working with Aberdeen Foyer throughout the year.



Linsey with the Princes Trust Team at the Foyer

"It has made me think about my past relationships and possible future relationships." "Very interesting, good for getting individual thoughts and also group learning. Gets you thinking!" participants comments

Choices @ The Foyer

For the price of a weekly magazine or visit to a cafe, you could give women and families across Aberdeen the chance to find a place of refuge and solace in the midst of crisis and grief!

This summer, Choices are asking 150 people to give just £2 a week to support those who are struggling facing crisis pregnancy or pregnancy loss.

Please help us by being 1 of the 150 and pledge £2 a week. To donate go to our website and donate on line or contact the office for more info. Thank you!!

'Speaking to my Choices counsellor gave me a precious opportunity to talk about my fears and insecurities and gather my thoughts.' client

Take The £2 Challenge

Baker Hughes 10k

A huge thank you to all those who ran the 10k for Choices. They have raised over £1,000!! Fantastic effort. Anyone else feeling energetic??

to raise money for Choices contact the office or visit the website for more information



for more information or to make a donation contact: 01224 624900

Email: mail@choicesaberdeen.org.uk or donate online at www.choicesaberdeen.org.uk

LUSH

FRESH HANDMADE COSMETICS



Loving Lush products mmm!
COMING SOON!!

The chance to learn more about their great products, how to use them and hand massaging techniques. Interested??

Training Opportunities

Interested in joining the team, opportunities are now available to train in:



**Counselling
Educating
Befriending**

**DON'T MISS OUT—BE PART OF THE ACTION
Get in touch to find out more!**

Charity Shop

Encouraging friends to donate their unwanted household items, bric a brac and other odds and ends is what Jacqui did a few months back. Thanks to her and her helpers who rented the Charity Shop in George Street to raise awareness and funds for Choices and Integrate Scotland. I know lots of people picked up some great bargains! Thanks for all your hard work!!



Relationships & Sex Toolkit

sexual health training and resources for parents, teachers, youth workers... now available from Choices

Youth Philanthropy @ Robert Gordon's

Choices were delighted to be represented during the Youth Philanthropy Initiative event again this

year by a group of pupils from Robert Gordon School. The Youth and Philanthropy Initiative (YPI) provides young people with the skills and awareness to make a difference to their communities and gives them a hands-on experience of philanthropy. Supporting YPI gives donors the opportunity to simultaneously support grassroots charities and the citizenship and enterprise education of secondary school pupils. The group worked hard and did an incredible job raising awareness of the sexual health issues facing their peers. Choices, who were winners of the award last year came second to another very worthy cause. Thank you to all those who made the event such a success especially to the Choices team!!

 Institute for Philanthropy
Helping donors achieve impact

One fully funded place for a volunteer to attend the National CareConfidential Conference 19-21 November 2010 for more info on how to apply contact the office asap

URGENTLY WANTED — Volunteers for fundraising, advertising and administration - flexible hours!!!

for more information or to make a donation contact: 01224 624900, email: mail@choicesaberdeen.org.uk or donate online at www.choicesaberdeen.org.uk Scottish Registered Charity SC037472 Limited Company 307363

