



aberdeen

choices

Newsletter: Summer 2011

Life is full of Choices

Grief Counselling @ Choices

The grief we feel when we lose a close friend or relative is painful and numbing. For those who suffer the loss of a pregnancy the pain is immensely keen. The effects of their grief can be overwhelming, parents and their families are often left feeling dazed and disorientated. Whether the loss is due to miscarriage, still birth, infant death or termination of pregnancy the results can be devastating. Even after months or years the loss can feel acute, causing mental instability and impacting the daily lives of those involved.

Most of us find it difficult to know how to be of help to anyone suffering grief of this kind. We struggle to find words of comfort and as a result grieving parents can feel isolated. Choices Aberdeen is a place of solace and refuge in the midst of grief, offering a free ten session counselling programme which supports people in facing their grief and empowers them to find emotional healing.

'Thank you so much for all the help and support you've given to me over the past few months. It's really made a difference.' Client



Choices were delighted to be represented by a group of pupils from St Machar Academy as part of the Youth Philanthropy Initiative events this year. The Youth Philanthropy Initiative (YPI), supported by the Wood Family Trust, provides young people in secondary schools with the opportunity to research their chosen local charities and compete against their peers in presentations to win a £3,000 donation.

The St Machar girls worked hard and did an incredible job raising awareness of the sexual health issues facing young people and won £3,000 for the work of Choices. Thank you so much girls, the staff at St Machar and to YPI.



20th World Sexual Health Congress

Thanks to generous sponsors, Choices staff were delighted to attend the recent 20th World Congress for Sexual Health held in Glasgow. Since its inauguration in 1978 The World Sexual Health (WAS) has been the pre-eminent global organisation concerned with sexual health and rights. Being represented at this prestigious event and hearing first hand the most recent research from around the world was advantageous. The information gathered at the Congress will play a crucial role in the development of the resources and approach we take in promoting sexual health and positive relationships amongst young people in Aberdeen.

News Flash • Teenage pregnancy continues to dominate the cities poorest areas, read more in the City Council Neighbourhood Profiles • The commercialisation and sexualisation of children in the UK, read the Reg Bailey Independent Review commissioned by the Coalition Government and published this month • Research shows parents continue to be one of the most powerful forces in shaping children's attitudes • 81% of young people would like more sexual health counselling to be available (Caledonia Youth & NUS Scotland)

Ready for an Adventure??

Plan to join the Choices Machu Picchu trek in October 2012. Sign up for a fab holiday and raise funds for a great cause. Watch our website for more info! Check out www.charitychallenge.com 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

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SEXPLANATION

A FREE NHS Grampian Training Event
(delivered in partnership with Choices and THT)

**'Lets Get Better at Tackling
Sex & Relationships Issues
with Young People'**

21 October 2011
for more info contact the office

Training Opportunities

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



Education
Counselling
Befriending

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

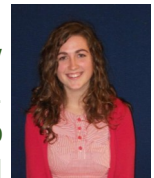
Charity Shop

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 funds for Choices. I know lots of people picked up some great bargains! Thanks for all your hard work and the £930.41 raised!!



Congratulations
to our trainees who recently
completed grief counselling
training.
Well Done Everyone!

When thinking about how to describe my last year working for Choices Aberdeen one word that definitely couldn't be used is boring, however, refreshing, challenging, exciting, joyous are some words that could. For the past year I have been involved in developing and delivering workshops on sex and relationships to teenagers and young adults in the city. From sessions discussing the influences of our media saturated society and celebrity culture on attitudes and behaviours through to sessions addressing the desire to experience deep, positive relationships with peers as well as partners. One thing this past year has taught me is that teenagers are not simply sex obsessed but rather they are hungry to engage with the deeper aspects of sex and relationship. From an increasingly young age we are bombarded with images and attitudes about sex without the tools and help to engage effectively with them. Through the Choices workshops I have had the pleasure of seeing young people really grapple with these issues, challenging not only themselves but also their peers on their beliefs and attitudes towards many aspects of sex and relationships. I am thoroughly excited for the year ahead and what it will hold in this area of sexual health education.



STAFF PROFILE:
Zara: Youth Worker

Choices Annual Report and is now
available at www.choicesaberdeen.org.uk

URGENTLY WANTED — Volunteers
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flexible hours available

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