

# ACTIVE SCHOOLS NEWSLETTER



December 2020



## Volunteering - We All Have Something To Give!

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As we gradually move out of lockdown, there has never been a more important time to re-engage with children and young people to get them active and enjoying a range of sports and physical activities once again. We are always looking to grow our extra-curricular programmes and to do this we need new volunteers to help us. Don't worry if you have never volunteered before – we would provide you with full training and support prior to, and throughout, your volunteering. Any contribution you could make, however big or small, would be greatly appreciated and you would only deliver what you felt confident in delivering.

### Why Volunteer?

Gain confidence! Make a difference! Meet new people! Be part of a Community! Take on a new challenge! Feel valued! Learn new skills! Have fun! There are so many reasons why you should volunteer and it could be one of the best investments you ever make!

Volunteering can be an exciting, rewarding and enjoyable experience, which can offer opportunities to improve a whole range of social and interpersonal skills.

If you are interested in helping inspire and develop the next generation, while building your own confidence, skills and knowledge, please get in touch!



One hour for six weeks or a one-off festival, we make sure it works for you!

## Volunteer Friendly Award

Did you know the Live Borders Active Schools team has the Volunteer Friendly Award? This award is a simple, user-friendly quality standard, which supports, recognises and rewards groups who are good at involving volunteers and providing them with the best possible experience. Our team takes pride in ensuring we develop, train and support the needs of our volunteers, we provide a fair and equal recruitment process and that we celebrate volunteer contributions accordingly.

Volunteers have never been so important to the role of Active Schools



## Volunteer Spotlight



Erin is going to pursue her coaching in sport in Fiji once the pandemic allows

Erin Rafferty, former pupil at Hawick High School, was named ClubSport Roxburgh Junior Coach of the Year in 2018. Erin took part in the Live Borders Young Leader Academy and was mentored by Active Schools Coordinator Ewan Lindores. She described her experience as “a brilliant time and I learnt a lot of skills as part of the programme. I was able to coach folk younger than me in a variety of sports and it taught me a lot about coaching, how to coach different people and how to get the best out of individuals”. Erin also went on to say “being involved in the programme also helped me become more self-assured and confident while I got to do it with some of my friends and we learnt together. It was a lot of hard work, but we had fun and I'm very glad I got involved”.

Volunteering is one of the most rewarding things you can do!



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Celebrating youth  
volunteering in  
Scotland

## Saltire Awards

The Saltire Awards are the Scottish Government's way of celebrating, recognising and rewarding the commitment, contribution and achievements of young volunteers in Scotland, aged between 12 and 25. For volunteering for as little as 10 hours, young people can gain nationally recognised certificates, signed by Scottish Government Ministers. With each Saltire Award achieved, Young Scot Rewards points can be earned. Get signed up now if you haven't already!

<https://saltireawards.scot/>

## Top Tips to Volunteering

There is a big difference between signing up to volunteering and actually getting out there and committing on a regular basis. To help you take those next steps, we have put together our top five tips to help make your volunteering experience worthwhile:

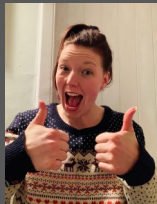
1. Be a good role model. Attitude is everything - arrive on site with a smile!
2. Be brave & have confidence - you never know, this might change your life!
3. The more you put in to volunteering, the more you will get out of it.
4. Think outside the box - what makes you, you? Have you a particular skill/knowledge set you can apply to your volunteering experience?
5. And most of all...have FUN! You are providing extra opportunities for young people & adults - well done & thank you!

## Christmas Jumper Day 2020!

Friday 11 December celebrates Christmas Jumper Day! Not ones to spoil the party, we will be joining in! Here is wishing everyone a very happy and safe Christmas! We look forward to seeing you all in the New Year!



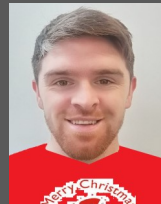
- Marianne -  
Duns



- Gemma -  
Earlston



- Kendal -  
Eyemouth



- Ewan -  
Gala



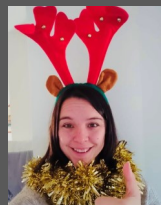
- Linda -  
Gala



- Lucy -  
Hawick/Jed



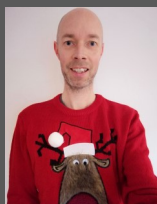
- Paul -  
Hawick



- Lorna -  
Kelso



- George -  
Peebles



- Paul -  
Peebles



- Karen -  
Selkirk



Merry  
Christmas!

If we have now convinced you that volunteering with Active Schools is one of the best things you could do, or if you would like more information about volunteering with us, please contact your local coordinator by clicking on your cluster above and we will be back in touch about what opportunities are available in your area!

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As a business we continue to make progress as we navigate ourselves through the current situation. Our services continue to make headway, with opening hours being extended, timetables being expanded and some of our much-loved and ever-missed programmes making a comeback. Macmillan Cancer support walks are restarting and health classes for people with long term health conditions resume - take a look at our updated timetable [here](#).

December also sees the Jim Clark Motorsport Museum doors shut for the final time this season. We would like to thank everyone who came and supported the museum by visiting after lockdown and taking the necessary steps to keep us Covid safe. We cannot wait to welcome you back again in 2021!

## Hello Winter!

### Mobile Library Back on the Road



The Live Borders Mobile Library Service will be back on the road from 7 December for the first time after being halted due to Covid-19 restrictions. Click [here](#) to find out where and when we will be in the coming weeks!

### Learn to Swim Returns



We are delighted to be taking our first steps towards the reintroduction of our Learn to Swim programme. This will be a phased approach to ensure we can welcome everybody back safely. Details of our phase 1 return can be found [here](#).

### Cash for Kids Mission Christmas



Live Borders is proudly supporting this year's Radio Borders Cash for Kids Mission Christmas campaign. Click [here](#) to find out how you can support our campaign to help make Christmas that little bit more special for young people in the Scottish Borders.

### Winter Wanders



Our paths are open all winter! Take a winter wander in the woods beside Folly Loch, visit Waterloo Tower on Peniel Heugh or take a short stroll round the Cricket Park - energetic hikes and leisurely jaunts - [Harestanes](#) has a walk suitable for everyone this winter.

For more information go to: [www.liveborders.org.uk](http://www.liveborders.org.uk)

