

Spring/Summer 2024

GREC Bulletin

Celebrating GREC Volunteers | Grampian Pride Day | UoA Students and Me-Time Fundraising | Refugee Festival and Active Citizens Project Updates | In-Trans Recruitment | GREC's 40th Anniversary

Editor's Note

Welcome to the spring/summer edition of the GREC Community Bulletin!

This edition covers celebrating Volunteers and New Scots in Grampian, the expansion of our Active Citizens Project in Aberdeenshire, Grampian Pride Day, University of Aberdeen students fundraising for our Me-Time service, and opportunities to join In-trans as a local interpreter.

If you have any questions about our projects and services, please contact us via the details opposite or follow the link to [our website](#). The GREC team looks forward to seeing you this year. Thanks for reading!

Contacts

General Enquiries/Training:

info@grec.co.uk 01224 595505

In-Trans:

Interpreting & translation services with special rates for the third sector.

in-trans@grec.co.uk 01224 576795

Casework:

Confidential advice, support and financial inclusion service. casework@grec.co.uk
07857 180175

Counselling:

Confidential counselling for adults, children and young people. counselling@grec.co.uk

Language & Integration:

Free weekly Language Café sessions to practise English.

language-cafe@grec.co.uk

01224 576797

Celebrating GREC Volunteers

On 5th June GREC held a celebration event to say thank you to our many volunteers and their families and friends as part of Volunteer Week (1st-7th June). At the event we had a speed-friending game where everyone circled around to make one to one conversation with others. People also took part in a quiz which was fun, and we enjoyed refreshments and just having time to chat.

This was the second event in the year to celebrate volunteers as on 27th March we also had a gardening event to celebrate the start of spring. We wanted to show our hope for the future by sowing some seeds and sharing some of our roof garden plants with our friends and their families. Everyone was happy to get their hands dirty and we sowed sweet pea seeds and transplanted strawberry runners and primroses into individual pots for people to take home.



Grampian Pride Day



Grampian Pride[®] Day was celebrated in Aberdeen City on 25th May. GREC proudly participated with a stall, as we do every year, sharing with the attendees the latest updates about our services and partnership work with Four Pillars.

Grampian Pride[®] creates a safe space for LGBT+ individuals and their allies. The event featured a march, various stalls, information about LGBT+ organisations and services, entertainment, key speakers, safe spaces, and a family area.

Fundraising for Me-Time Services

On Sunday 2nd June, five dedicated walkers from University of Aberdeen's Raising & Giving (RAG) Committee took part in the Kiltwalk (an 18-mile walk from Aberdeen's Duthie Park to Banchory) to show their support for GREC.

This was specifically aimed to help and support the Me-Time Child & Young Person Counselling Service, which provides crucial mental health support to young individuals facing challenges related to prejudice, discrimination, harassment, and bullying.



Health MOT Event



GREC's Drop-in and Language Cafe and Health & Diversity Network projects hosted a free health MOT Day for ethnic minority communities in partnership with Waverley Care and NHS Grampian on 23rd May. The event offered free drop-in health and wellbeing information and advice and welcomed 14 organisations from local and national charities to meet with volunteers and participants. Every organisation introduced interesting topics to participants who then had the opportunity to approach them individually and learn more about the support they offer.

In addition to printed information and representatives of these organisations, there were facilities for participants to register and take health tests for blood pressure, and blood borne viruses. The event was well attended, with more than 80 people visiting us during the day, and we are looking forward to organising a similar event in the second half of the year.

In-Trans Recruitment

Our In-trans service is looking for **local freelance interpreters** for in-person appointments in Aberdeen, Aberdeenshire and Moray.

Are based in Aberdeen/shire area?



IN-TRANS IS HIRING

Looking for freelance interpreters fluent in:

- Latvian
- Lithuanian
- Turkish
- Dari (Female)
- Kurdish Sorani
- Tigrinya
- Greek
- Nepalese
- Tamil
- Romanian
- Mandarin
- Bulgarian
- Amharic

INTERESTED?

email us on:
in-trans@grec.co.uk

Refugee Festival and Active Citizens Project Updates

In June, we recognise refugees and people seeking asylum and protection during Scottish Refugee Festival (14th-23rd June). Events during this week bring together New Scots and the wider community to share the importance of creating welcoming and inclusive communities in which everyone has the opportunity to participate from the day of arrival in Scotland. This year, the theme of the festival is RISE. Everyone is invited to take part in events and celebrate refugees and people seeking asylum. To learn more about some of the series of events organised throughout the week, you can check SRC's website [here](#).

In addition, GREC is also expanding its projects for New Scots communities in Aberdeenshire, as our New Scots Active Citizens project is now implemented there. The project features interactive classes co-designed with participants to enhance knowledge of Scottish culture, rights, responsibilities, and community involvement. We also partner with local organisations to tailor these classes to participant needs, promoting inclusion and building supportive networks.

By involving people directly, we address integration and inclusion barriers, opening opportunities and establishing connections in their new communities. This approach ensures meaningful participation which is key to enable effective inclusion.

GREC's 40th Anniversary on 5th October

Save the date! We are preparing to celebrate GREC's 40th year of working to tackle discrimination and advance equality in the North East. We are planning a big celebration together with communities, partners, volunteers, members and staff on Saturday 5th October. More details to come!