

Breakfast Club / Ready Break

Having done our own research by sending out a questionnaire both at Rowland's and Selkirk High School, we set up a trial Breakfast Club two mornings a week at Rowland's between 7.30 and 8.30.

We know a lot of youngsters start the day without breakfast, or at best grab a Sticky bun or a bag of Crisps but it has been proven that a good start to the day encourages both engagement and achievement in school.

Although we were disappointed with the numbers in our trial we are in no way disheartened or put off, and will be pursuing this goal in the new School year. We have learnt a lot from the trial and are looking at ways of improving and promoting this as a beneficial and rewarding activity for all involved.

With staff, volunteers and our own young people delivering the scheme in a popular format and location, promoting new skills and experiences for everyone and a good start to the day.

We know we can't drive a car with an empty petrol tank and children should be encouraged to 'fuel up' at the start of the day to provide energy for the mornings activities especially concentration and



memory. Breakfast helps to 'kick-start' the day. Missing breakfast can lead to hunger before lunch and snacking on high fat, sugary foods. Hungry children are easily distracted and sleepy in class, it has been proven children who regularly eat breakfast have better concentration, score higher in tests and have better attendance and punctuality.

We have secured funding to help us develop this activity and are also very grateful to Marks and Spencer's and Greggs for supplying us with surplus food to enable us to offer a Free Breakfast Club. We hope parents and pupils alike will support this scheme and benefit from the positive outcomes we hope to achieve.

Keep a look out in our windows or on our facebook to see when the breakfast Club restarts. If you have any comments or suggestions let us know.



We are living in a disposable world but before you throw anything out – just think "Could Rowland's make use of it?" Not your food waste or the like, but anything that a spot of imagination could give a new lease of life.

Small pieces of furniture, leather belts, clean cans, teacup and saucer, old paperback books, jam jars or any other challenging small items. (pic) We are always looking for interesting items for our window displays and craft cupboard.

At a loose end on Saturdays ?

The Film Club will be restarting in September on Saturday afternoons along with Group Work, keep an eye out for further announcements on our Facebook page

The Tuesday evening **P7/S1 Drop In** will continue until the October Half Term.



24-26 West Port, Selkirk, TD7 4DG

Telephone: 01750 21222

E-mail: info@rowlands-selkirk.org.uk

Rowlands is a Limited Company registered in Scotland No. SC379827 and a Registered Charity No. SC025811

Look out for our window displays. We encourage the young people to take responsibility for decoration (display material always appreciated).



Did you know you can rent a window space to advertise your own event in the community? Contact to find out costs and availability.

NEWSLETTER

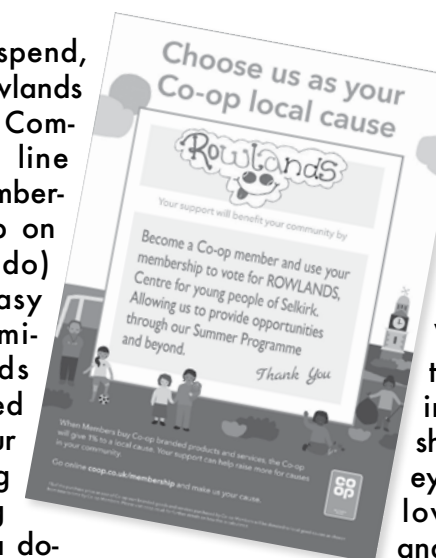
S U M M E R E D I T I O N 2 0 1 7

Funding...

We can not over emphasise that Rowlands is a charity and we have to raise our own funds to pay for qualified staff and keep the lights on.

We are very grateful to the organisations that have granted funding or help in kind. Food donations from Marks and Spencer's, Greggs and Food Share. Sponsorship by Co-op *, Asda, You can support Rowland's free of charge...If you shop at Co-op and are a Co-op member, the Co-op will donate 1% of your spend whilst earning 5% for yourself on

everything you spend, just nominate Rowlands as your chosen Community Fund on line through your membership. If you shop on line (as we all do) Register with Easy Fundraising nominating Rowlands as your preferred charity and all your online shopping with participating sites, will make a donation to Rowlands that doesn't cost you a penny eg Amazon 1.5% Ebay 3.75% Tesco 2.5% Etsy 4% and many more check



out participating retailers on www.EasyFundraising.org.uk. (Particularly travel and furniture etc).

We have Collection Tins circulating around local shops – keep your eyes open for Yellow and Red tins and drop your loose change in – every

Penny helps. We have been hard at work applying for funding to keep things going, and would like to thank the following for their support.

Scottish Borders Council,
Scot Rail,
Cash Back for Communities,
Comic Relief,
Woodward Foundation,
Co-op Supermarket,
Asda Supermarket,
Marks and Spencer,
Greggs Foods.

Borders Cafe presenting a cheque for their contribution towards the use of Rowlands..



Use our Central Location

to advertise you Activities or hire for events.

The building can be rented at very reasonable rates for one off or regular activities, we have three interconnecting meeting rooms of different sizes and a fully equipped

kitchen. Our prominent main street Shop Windows can be rented to advertise your event, activity or business.

Contact Susan for further information and details on 01750 21222 or email info@rowlands-selkirk.org.uk

Registered Charity No. SC025811
TD7 4DG.
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47 – 26 WEST PORT

Summer...

The weather may not be sure whether it is summer or not, but the young people at Rowland's are in no doubt. We are well into an ambitious programme of Summer Activities and Outings to get the adrenaline going but it doesn't seem to be draining our members of any energy. They've been Skateboarding, Clip and Climbing, Tubing, Laser Questing not to mention A LOT of trampolining and bouncing before coming back down to earth for the New School Year.

We would like to thank the staff and Volunteers for making this possible and Scottish Borders Council and Scot Rail for their support.



Julie and her group of merry minstrels...



Here are some of the recent activities like learning to climb at the 'Click & Climb' and the P7's had great fun trampolining at 'Rize'. Anja took a trip to 'Transgression' for skateboarding and scooters.

Part of the Summer Activities was the Drama Residential at National Festival of Youth Theatre, for this the Rowland's Drama group produced an improvised play about

the dangers of Social Media and Drug Addiction. This they performed at Connections and hope to be able to present to schools in the Borders and beyond.



A word from our Drama Correspondent Elisha Little:

'Aff yer Facebook'

Monday the 26th of June, the audience were taking their seats.... This could only mean one thing our moment to spread our important message "social media can be as addictive as drugs" through our own written / improvised play "aff yer Facebook" after many months of dedication and planning it came down to this moment. Nervous and giggling back stage Rowland's drama group preparing to walk to stage. Before all this we had been setting up and laughing and deciding on how to address the audience, we had a rehearsal beforehand were we forgot props and struggled to remember our entrances and exists. We were worried. Would we be able to pull it together for the performance or would we go down hill. I walked on to the stage and set the house rules 1, 2, 3 we were off... The performance started. Giggles and tears the audience shared. It was a success! We knew we could do it, we just needed to believe in ourselves. Many of our audience members think we should present our show at Schools which is a great opportunity. Music off. Lights turned down. Door locked. Drama club was finished for the summer. Off to NFYT we GO!!!!!!!!!!!!!!

Elisha



The Power of 10

It is still our 10th Birthday year and we haven't yet met all our 10 Challenges so here is a quick update with what we are trying to do and some dates for your diary.... we are trying to strengthen our very capable team of volunteers to enable us to widen the activities we can offer

Hoping this does not sound too "politically incorrect", we are particularly interested in finding some energetic men that can bring some new and different experiences to our treasure chest of skills and experiences (as we have a number of members with no male role model in their lives.)

We are particularly interested in hands on skills for young people - painting and decorating, simple repairs, electronics and as ever IT, although most young people could teach us a thing or two We really need to get a website up and running to tell the world what we get up to and if anyone can offer some expertise in MACs, we PC users would really appreciate it as we don't fully speak the lingo and are struggling with

some basics.

Do you know anyone that may be interested in volunteering on a regular basis or just for a project, a workshop, a demonstration or the like. (We'd love to run a FIX IT DON'T DITCH IT workshop to encourage young people not to be so ready to throw things away. We would also really like to get the young people more



interested and engaged in the community. Are there schemes or ideas you think the young people would or should be interested in or could contribute towards locally? We couldn't run Rowlands without the invaluable contribution of our volunteers, can you help us find some more.

Alter- natively do you know someone that might prefer to help take Rowland's forward by joining the Board, not as daunting as it may sound but we need some bubbly ideas and enthusiasm to keep everyone going not least with wacky fund raising ideas, commitment and lots of contacts, we meet just once a month.

We are delighted to have been awarded the Volunteer Friendly Award for the second time.

JOIN US ON 31st AUGUST 7.00 at ROWLANDS
ADULTS DROP IN, A SOCIAL EVENT FOR ALL VOLUNTEERS,
and an intro for those who would like to join us.



REFRESHMENTS, A QUIZ, TOMBOLA COME AND SEE WHAT WE ARE ALL ABOUT

Plenty to think about but drop us a line or pop in with your thoughts and ideas...

Those dates for your diary

As always we have to raise the money to pay our staff and keep the lights on.

Thursday 31st August - Rowland's is having a Adults only Drop In, as a Social Event for all our volunteers, and an intro to Rowland's for possible new volunteers and anyone interested, with Refreshments,

Saturday 2nd September - Rowland's will be taking 1 Tower Street POP UP Shop to promote our activities and Raise Funds, can you help, with Home Baking, or items for the Tombola or any other suggestions.(pop up pic)



Pop up shop at 1 Tower Street

Saturday 7th October - Rowland's will be taking a stall at Scott's Selkirk, again put the date in your diary and if you can help in any way, let us know.

Thursday 16th November - Rowland's AGM at Rowlands. A round up of the year gone, achievements and plans for the year to come Meet and appoint the Board for 2017/18.