

Rowland's will celebrate its 10th Birthday this year! We want to make 2017 a year of 10s! Perhaps you can help?

Here are some things which need to happen if Rowland's is to continue to work with Selkirk's young people for the next 10 years.

We need 10 trustees

Rowland's is managed by volunteer Trustees, who meet roughly once a month to oversee activities. Currently we have 5 Trustees, but would like to see that increased to 10. No qualification required, but we need all sorts of people – perhaps some with financial or personnel experience from business, some with practical skills to look after our buildings, and some with general life experience and a concern for our young people. Could you be one of the 5 new Trustees we need to bring the Board up to strength? If not, could you recommend someone to us?

We need 10 new volunteers

We need to add 10 new volunteers. Perhaps you, or someone you know, could offer to join the team a couple of evenings per month, to be a friendly face for the young people. You would be supported by the professional staff and offered training if required. Why not offer to do a trial couple of sessions to see how it goes? If you are possibly interested, contact Susan Law, Rowland's Project Manager:
susan@rowlands-selkirk.org.uk

We need 10 new financial supporters

You might not have the time or feel able to volunteer, but would be able to support Rowland's financially. Rowland's depends heavily on those who give regular monthly or annual donations. Perhaps you could give £5 or £10 or £25 per month through a bankers order. If so, complete and return the enclosed form, download one from www.dbethune.com/rowlands or contact David Bethune, Rowland's treasurer. If you are already a financial supporter, perhaps you might consider increasing your regular donations, or passing the form to a friend or colleague who might support us.

We want 10 fund-raising events

While we need steady on-going financial supporters to meet regular running costs, one-off fund-raising events can allow us to buy new equipment or upgrade our facilities. Could you or a group of friends or colleagues organise something? Perhaps you could arrange a ceilidh, a quiz night, a sponsored event, a bring-and-buy sale, a coffee morning in your home, a cookie sale at your place of work ... If you have an idea, let us know, and we can help you with publicity, logos etc..

Contrary to popular belief, Rowland's is not run or funded by the Council. It is an independent charity, run by local people, who give their time, energy, money and expertise voluntarily to keep it running.

Although Rowland's has become an established part of the Selkirk scene, its future is not guaranteed. The Board would welcome your offers to help in any of the ways described above.

If you can help in any way, please get in touch by phone, letter or e-mail info@rowlands-selkirk.org.uk



24-26 West Port, Selkirk, TD7 4DG
Telephone: 01750 21222

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 costings and availability.

NEWSLETTER

S P R I N G E D I T I O N 2 0 1 7

A bit about Rowlands...

Rowlands is open 6 days per week providing a drop in and group work sessions for young people aged 12-18 years old. It is free to join all we ask is that you sign a membership form so we have details for emergencies. Rowlands is not council funded and instead we rely on grants and donations to enable us to keep the doors open.. we have 3 part time members

of staff Susan Law, Project Manager, Julie Smith Specialist Development Worker, Charlie Dawson Development Worker (maternity) and Anja Raeburn (Maternity Cover) We work in partnership with a variety of organisations such as a Selkirk High School, Community Learning and Development, LGBT Youth, volunteer centre borders, police Scotland, penumbra, This year we are hoping to join Selkirk in Bloom and

the Christmas Lights committee to involve young people more in their community and to challenge many of the stereotypes where young people are perceived negatively. This newsletter will keep you up to date on what is happening in Rowlands, future editions will have regular contributions from our young people, their aspirations and achievements. With ways of how you can support or perhaps get involved.

Please feel free to get in contact if you can help in any way.



Weekly Drop-in Sessions

Rowlands has a drop in every Monday from 6.30 to 9pm and Friday evening from 7-10pm. The drop in is open to all young people S1 to S6 and offers a safe space to meet friends, play pool, take part in quizzes and activities and well as chill out and access free internet. We try to provide food for every drop in. We have approximately 50-60

young people coming through our doors each week and we are always looking for volunteers to help out at the drop ins or to come along and provide workshop activities for the young people to participate in. If you have skills or interests you would like to share with the young people or you can help please get in contact: info@rowlands-selkirk.org.uk

info@rowlands-selkirk.org.uk Full training and on going support is provided (all volunteers must complete a satisfactory PVG check).



Rowlands celebrates 10 years...

We are building towards our 10th Birthday celebrations, on the back



Valentine's Day

page, you can see the challenges we have set ourselves and how you can get involved.



Cooking Group

Although the Drybar, as Rowlands was previously known, was formed some 20 years ago, ROWLANDS has been in its current home for 10 years this April.

The generosity of members and sponsors allowed us to purchase the old Hardware store run by Rowland Tait in Westport. This move has allowed us to operate in



Fund Raising

our own home/building. Making Rowlands a safe environment for the young people of Selkirk.

Look after the pennies...

Shopping online? 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

Shopping in ASDA? - remember to pick up your green token at the cash desk when you pay and drop your Token in the Rowlands

tower from April to June. The more tokens we get the more money we can collect and it doesn't cost you a penny

Shopping locally? We have collection tins in various shops around Selkirk. Drop in your spare pennies change and make a huge difference to the opportunities we can provide here at Rowlands.



Making use of the kitchen.

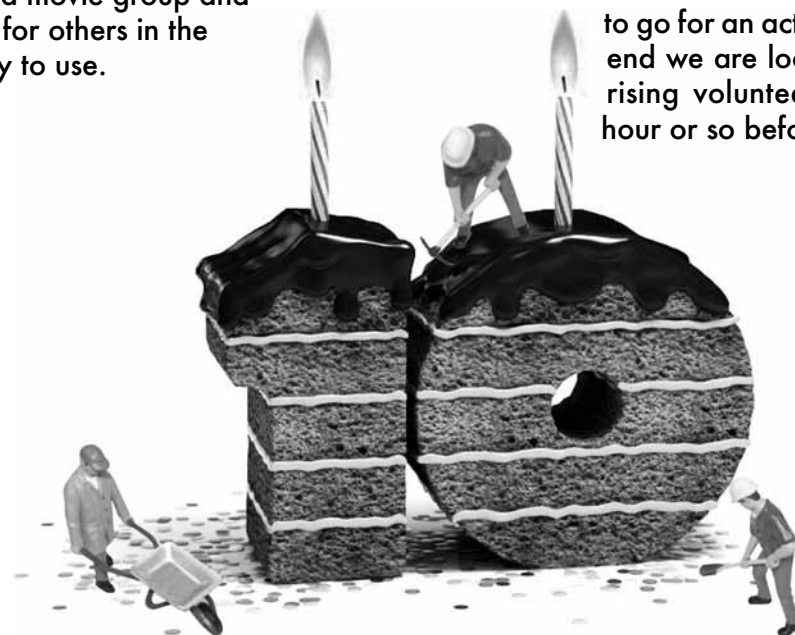
With a fully equipped kitchen, computer room and three communal areas that are used for our own events, drop in sessions, drama and movie group and available for others in the community to use.

One of our goals for our 10th year is to offer a breakfast club, to encourage youngsters to get to school on time ready



Raising funds and getting some fresh air at the 'The Three Brethren'

to go for an active day. To this end we are looking for early rising volunteers to give an hour or so before school.



10 years old Drama group

Rowland's Drama Group was planned, run and is kept going by the young people. They take leadership sessions, taking on extra responsibilities. The group are currently creating their own play using improvisation as their style. The play is called 'Off your Facebook' and looks into the addiction habits of phones and

drugs. We aim to perform this locally so watch this space. The Drama Group are currently fundraising to take part in the YTAS (Youth Theatre Arts Scotland) Residential. Here they have the opportunity to take part in master classes, learn new skills and network with other drama groups from across the country.



Even the staff get in on the fun... Here's Julie, Charlie and Sue.

Rowlands Movie Group

Rowlands Movie Group We have a movie group which takes place every Saturday upstairs in Rowlands. We are able to show recent movies through our subscription to Love Film and the equipment that was donated from Scottish Borders Housing association. All movies are age appropriate and we have themed months such as romance, comedy, action movies and obviously Christmas month in December. The group have also made their own short movie about keeping safe online with Fixers - find it on <https://youtu.be/iNa31FJ4OqU>



Primary 7 Transitions

The transitions program has been running successfully for many years in partnership with Community Learning and Development and Rowland's. It has evolved into a 6 weekly group work program covering friendships, community, stereotypes. We dedicate one day to answering questions and dispelling myths about the move to high school and this is led by two S1 pupils who answer questions from

the post-box. In addition to this we also run an enhanced program for those pupils who find the move a lot more stressful as they are overwhelmed by the move to a bigger school. Issues around their needing support in making friends and behaviour are covered. The program is well received by both the pupils and the classes and from their feedback we try and make suitable changes to ensure we meet the needs of very pupil as best as we can. After Easter Rowlands will re open for new P7 pupils so that they can come in and meet with friends, get to know the staff and volunteers and get used to the facilities. They can find out about other opportunities they can get involved in.



Anniversary Events

Come along and see us at Selkirk High School Careers Fair.

8th March International Womans Day

14th March No Smoking Day

1st April Meet the Drama Group at the Coffee Morning at Our Lady and St Josephs Church, where the group will be raising funds for their Residential Course.

7th April World Health Day

22nd April Earth Day

20th May Fund Raising events and our Birthday Party. Watch our windows and Facebook page for further details.