

# TEEN HOP!

SUMMER 2017



## STUFF TO GET YOUR TEETH INTO FROM CLANCY + CREW

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# The importance of friends

**Friends help us celebrate good times and provide support during difficult times. Having friends around us helps us feel that we belong and have a purpose, improves our self-confidence, and helps us feel happier and healthier.**

When we are going through a difficult time, such as illness in our family, friends help us by being there, listening to our worries, helping us to have fun and make us feel safe and comfortable. These types of support help people feel better able to manage difficult feelings. It can be easier to share our worries with friends than with family, especially if someone in the family is unwell.

It's important to be a good friend yourself, and remember everybody can have more than one friend. You can share friends with others! Developing friendships and making new friendships takes time and effort, but it feels good to help others, and that adds to your own happiness.

### What makes a good friend?

Helping each other, caring for each other, taking turns, being kind and sharing. Someone to have fun with, play with, laugh with, sing with and share with. CLAN's children's group is a great way of making new friends and meeting people who share similar experiences. You can read more about the group on page 6.

Text messages, apps on your phone and online sites like Facebook mean people can stay in touch more, but they also mean we spend less time

meeting people face to face. It's important to have a balance of online and face to face contact with people.

### Build trust

Good communication skills, which we learn through listening and talking to people, help us to say how we feel and understand how others might be feeling. Spending time with a friend shows them that they are important to you, helps to build trust, and gives you the chance to share experiences.

**Challenge!**

Why not try a 'technology detox' this weekend and arrange to do something fun with a friend!

- Take a break from your iPad or tablet and play a game or read a book instead
- Switch off your computer or games console for a whole weekend and meet your friends in the park
- Instead of watching TV, go for a walk or bike ride with your family or dance yourself silly with your friends



# Clancy's CHAT...

## Hello Chums!

Welcome to The HOP! our newsletter for young people, **NO ADULTS ALLOWED!**

I have been up to loads lately. I love getting out and about in the great outdoors getting lots of fresh air. As well as it being really good for me, keeping me fit and healthy, I also get to meet so many nice people.

I have been on my travels to Balmoral estate for CLAN's family tartan trek. I didn't get to meet the Queen but I did meet lots of families having fun and enjoying a day out together.

I also took part in the Baker Hughes 10K run around Aberdeen again, this was my third time...If you came along, thank you for all the waves and cuddles and shouts of encouragement, it really helped.

I have also been taking part in some fun indoor activities too, including a Star Wars family fun day at Transition Extreme and visited CLAN's very own cafe, called Tempo in the Bon Accord Centre in Aberdeen, where you don't pay for the food, you pay for the time you spend there, weird huh? Go check it out, it's a cool place to go.

Hop over to the next page to see more of my adventures in Clancy's Oot 'n' About.

Also check out my first ever competition, design your own Worry Muncher, I look forward to seeing all your amazing designs. And if you win, you get your very own Worry Muncher just as you designed it and you and your Worry Muncher might even appear



in a future issue of The Hop, how exciting! If you haven't heard about Worry Munchers before, our Children and Families team explains all about them on the back page.

We have had lots of you doing so many awesome things for CLAN. Find out more on page 4 where you will find our Random Acts of Kindness and you can also find out about our very own fundraising team and the fantastic job they do.

Thank you so much for everything you have done to raise money for CLAN, we truly appreciate it and make sure each penny is very well spent.

If you think you would like to do something fun to raise money for CLAN, maybe with your school or club or maybe just you and some friends, please get in touch. We would love to hear all your ideas and suggestions.

I am always on the lookout for new members to join my crew. If you would like to join me, just send your pictures, news stories, acts of kindness or any stories you would like to share. Please email to the hop@clanhouse.org or post to The Hop! CLAN Cancer Support, 120 Westburn Road, Aberdeen AB25 2QA.

If they are published you will become a member of Clancy's Club, how cool is that!

Until next time, With Love

clancy



**SEND YOUR STORIES TO THEHOP@CLANHOUSE.ORG**

## Fundraising Team Focus

The CLAN Fundraising team is very busy and works hard organising CLAN's annual Ball, golf day, lunch and sponsored walk.

As well as these big fundraising events, the team also organises events in CLAN House like fayres, bingo, beetle drives and music nights. We like to organise a wide range of events so hopefully there is something that everyone would like to come along to and enjoy.

The team also helps people who have chosen to raise funds for CLAN at events which includes everything from 10km runs, marathons, skydives and cycling challenges to climbing mountains.

When someone hands a donation in to CLAN, all the details are recorded before passing it on to the Finance team. They check and count the money before sending it off to the bank.

We also make sure that everyone receives a big thank you for any fundraising they do for CLAN and make certificates that people can show to their friends and family.

We have CLAN collection boxes in shops, restaurants, cafes and pubs as well as in people's homes. We have a lot of boxes and we are about to start collecting them all to find all the £1 coins in them as the new £1 coin is now in circulation.

We are always here and ready to help people with their fundraising ideas and like to make sure that you always have FUN in fundraising!

Whether you are holding a bake sale, a sponsored walk or a haircut, we

can help you with everything from tickets to posters, sponsorship forms to supplying t-shirts, merchandise and collecting buckets. Have a look at our pages on the website for some inspirational ideas and feel free to get in touch with any member of the team. We are always happy to hear any exciting new fundraisers!

The team consists of: **Zoe Barbour**, Funding Development Officer; **Steph Dowling**, Senior Fundraising Coordinator; **Ruth McIntosh**, Fundraising Coordinator; **Moureen Wilson**, 3rd Party & Fundraising Volunteer Development Coordinator; **Jackie Craig**, Fundraising Administrator



**Right:** Some of the team go bananas!

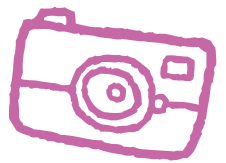


# CLANCY OUT 'N' ABOUT...

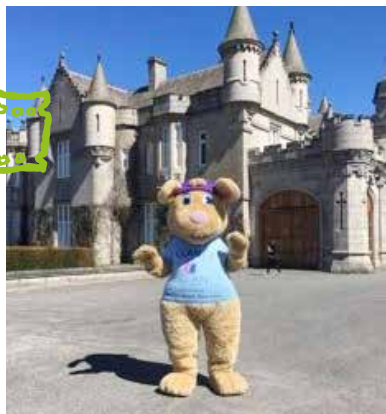


**See how busy I've been with all my adventures!**

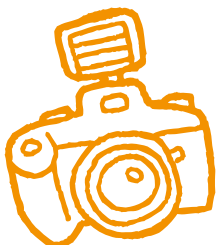
**Pictured above:** Clancy at the Star Wars Fun Day at Transition Extreme



**Above:** Clancy at the Sooyang Do martial arts event in Porthlethen where a fantastic £2,000 was raised for CLAN.



**Right:** Clancy at CLAN's Tartan Trek in Balmoral.







### Eggstastic Easter

A huge thank you to Trinity Centre, Aberdeen and Appetite for Business, for donating Easter Eggs for our Children & Teens groups and visitors to CLAN House.



### Run Garioch

Ellie Rankin ran in the junior 1km to raise money for CLAN in memory of her Granda who sadly passed from cancer in May 2014. Ellie, who practiced each weekend and successfully finished the race, is looking forward to visiting CLAN House and hearing how her money will help people affected by cancer in Aberdeenshire. Well done Ellie from everyone at CLAN.



### Shetland birthday donations

CLAN's team in Shetland was delighted to receive a cheque from some of CLAN's youngest fundraisers! With a little help from family and friends, Emma MacDougal, aged 1, and Winter Sandison, aged 2, raised £185.00 at their joint birthday party recently and visited CLAN to meet the team. Thank you to you all for your support!



### Claire cuts for charity

CLAN supporter Claire, recently decided to cut her lovely hair, and raise some money for CLAN at the same time. We all think Claire looks great with her new hair, and she raised over £110 in the process. Well done Claire.



### The 4 Amigas!

The 4 Amigas recently held a hugely successful bake sale at Hazelhead Primary School where they raised over £200 for CLAN. They are also writing to Blue Peter to let them know about their fundraising for CLAN!

## Random Acts of Kindness



### Birthday money donation

Moureen from CLAN's fundraising team was delighted to receive a cheque from young fundraiser Matthew who donated his birthday money!



### Lauryn's fancy dress success!

Lauryn Middler organised a fancy dress disco in memory of her mum and raised a fantastic £949.73. Lauryn said: "I wanted to raise money for CLAN as they have done a lot for me and my family over the years. The night was so much better than I had imagined and I'm so glad it went to a worthy cause."



### Lachlan (9) bakes for CLAN

After visiting CLAN in Elgin, Lachlan, aged 9, decided he wanted to raise funds to help CLAN. He made cupcakes and sold them to his friends, neighbours and his parents work colleagues and raised over £162! Well done Lachlan!

## Dates for your diary...

### July

**SuperCLAN, The Marcliffe Hotel, near Aberdeen - Saturday, 8th July**

A very special collection of super cars will be on show during the afternoon in aid of CLAN.

### September

**CLAN at the Castle, Crathes Castle - Sunday, 10th September**

Join us for a sponsored walk in the lovely grounds of Crathes Castle, near Banchory. You can also enjoy our fun day, with food and entertainment for all the family.

## Have your say...

### Have you got any feedback about The Hop!?

Whether it's something you've enjoyed reading about or something you think should be included in future issues, please let us know.

We would really like to hear from you. Please email us at [thehop@clanhouse.org](mailto:thehop@clanhouse.org) or write to:

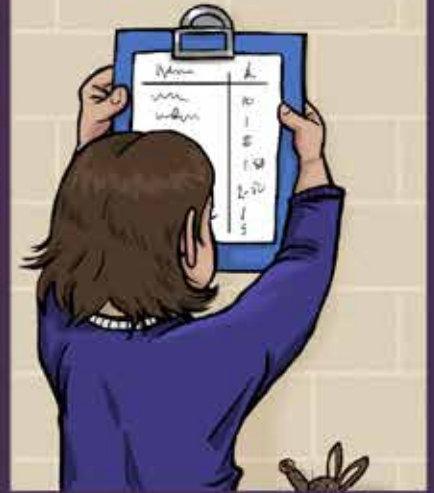
**THE HOP! CLAN Cancer Support, CLAN House, 120 Westburn Road, Aberdeen, AB25 2QA**

**It's easy to get involved in any of our upcoming events, visit [www.clanhouse.org](http://www.clanhouse.org) or call 01224 647000 to find out more**



# THE CLAN HUG

Can you spot the hidden bunny?





# Worry Munchers

A team of unusual helpers recently joined CLAN's Children and Families team and have already been hard at work, helping children and young people who might be worried or anxious about something that is happening in their life or in their family.

Meet the Worry Munchers! These friendly, colourful, cuddly creatures have been helping our team by gobbling up some thoughts and worries of our young clients.

If you are feeling worried or scared about something that is happening in your life, sometimes it can be difficult to talk about these feelings.

If this is the case, you could write your feelings or thoughts down on paper to help to explain how you are feeling, then pop the piece of paper into the Worry Munchers mouth and zip it up for the Worry Muncher to gobble up!

And if you are visiting CLAN in Aberdeen, Elgin, Inverurie or Shetland soon you might just see one.

But what would be better than seeing one? What about if you had the chance to design one and have it to keep!



## COMPETITION TIME!

### Design your very own Worry Muncher!

Now that you have read all about our Worry Munchers, it's your chance to design and win one of your own.

The winner will get their very own, one of a kind, Worry Muncher to keep. It will be the only one in the world like it, how cool is that? In addition to this, you and your new Worry Muncher could appear in a future edition of The Hop. To enter, simply send us your design - you can make it as bright, funky and unusual as you wish.

You can email it to [thehop@clanhouse.org](mailto:thehop@clanhouse.org) or send to **c/o The Hop, CLAN Cancer support, 120 Westburn Road, Aberdeen AB25 2QA.**

Please remember to include your full name, age, address and phone number. Our panel of judges will select a winner which will be turned into a real-life Worry Muncher.

The closing date for entries is 20th August 2017. Good luck!



CLAN Cancer Support

CLAN House

120 Westburn Road, Aberdeen, AB25 2QA

CLAN (Cancer Link Aberdeen & North). Registered Scottish Charity No. SC022606.

Email: [thehop@clanhouse.org](mailto:thehop@clanhouse.org)

Telephone: 01224 647000

[www.clanhouse.org](http://www.clanhouse.org)



LOTTERY FUNDED