

### AIM

The aim of this project is the development of a befriending service, utilising local volunteers to provide support and companionship to elderly residents.

### OUTPUTS

By the end of this project the outputs that could be achieved are the development of:

- The number of contact hours recorded
- The number of elderly residents receiving support through the befriending service
- The number of local residents engaged in volunteering

### OUTCOMES

The associated outcomes would be:

- Reduction in isolation and social exclusion among elderly people in the Peninsula West area
- Increased employability of local volunteers

### NEED FOR PROJECT

#### STATISTICAL EVIDENCE OF NEED

Across the Peninsula West area, residents of pensionable age account for over 25% of the total population, higher than the 24% and 19% in Argyll and Bute and Scotland respectively. The proportion of pensioners in the entire Peninsula West area increased by almost 25% between 2001 and 2009 and in the Kilcreggan data zone increased by 45% in the same period.

#### CURRENT PROVISION IN AREA

Despite the high numbers of elderly residents in the Peninsula West area, there is little current provision of befriending services. The nearest identified service is the Cowal Elderly Befriending Scheme which offers a range of befriending services to elderly people in rural areas. This includes one-to-one visiting, trips out and about on a wheelchair accessible minibus and telephone and peer-befriending. Within the immediate area the only befriending services are aimed at carers and children with disabilities rather than elderly residents:

- The Princess Royal Trust Helensburgh & Lomond Carers provides support to carers throughout the area including a drop-in service, information and advocacy services, befriending service, social programme and newsletters and publications.
- The befriending service offers support to vulnerable children experiencing a range of difficulties, which may include autistic spectrum disorders, in Argyll & Bute by recruiting adult volunteers who are matched up with children on a one-to-one basis. The service also offers befriending to siblings of children with disabilities or difficulties.

## COMMUNITY DEMAND FOR PROJECT

### COMMUNITY SURVEY

53% of respondents selected befriending for the elderly as one of their top three health and welfare priorities for the Peninsula West area. Nine respondents also commented on the importance of the local provision of services to ensure elderly residents are able to remain in the area.

### COMMUNITY PRIORITISATION EVENT

46% of participants that completed this board selected the elderly as the group that any new befriending service should focus on, with some support for befriending services for people who are disabled as well. 41% of participants thought that befriending should take the form of assisting with shopping, while 37% thought befriending services should help people attend social events.

## RELEVANT POLICIES

The Scottish Government's Strategy All Our Futures: Planning for a Scotland with an Ageing Population emphasises that services should be in place to ensure that people can live life to the full as they grow older.

In addition, Argyll and Bute's Older Persons Charter 2008-10, aims to 'ensure equity of access to care services throughout the area' and to 'make Argyll and Bute a place where older people can live positive, contributing lives as valued citizens'. A befriending service for the Peninsula West area would contribute to each of these by providing support and companionship to combat the negative effects of social isolation and ensure elderly residents are able to remain in their own home as long as possible.

## POTENTIAL PROJECT

A number of residents indicated their interest in volunteering for a befriending project. The Trust will facilitate a meeting of any number of volunteers and give assistance through existing befrienders in Argyll and Bute to establish a group for the Rosneath Peninsula.

## POTENTIAL FUNDERS

**Big Lottery Fund Investing in Communities: Life Transitions** ([www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk)) strand would be the most relevant to assist older people adapt to changes affecting their life including isolation and vulnerability.

**The Robertson Trust** ([www.therobertsontrust.org.uk](http://www.therobertsontrust.org.uk)) support Scottish charities to develop community based projects with one of the major priorities covering care initiatives

**Tudor Trust** ([www.tudortrust.org.uk](http://www.tudortrust.org.uk)) support charities to alleviate poverty with potential for this befriending project to secure funding under the health theme 'support for older people'

**Lloyds TSB Foundation for Scotland Henry Duncan Awards** ([www.ltsbfoundationforscotland.org.uk](http://www.ltsbfoundationforscotland.org.uk)) can provide revenue funding support for the befriending service to ensure marginalised people can 'play a fuller role in the community'.

## POTENTIAL FUNDERS

**Argyll Voluntary Action (AVA)** – AVA currently co-ordinates volunteering across the area and the Trust could work in partnership with them to develop a Time Bank scheme specifically for the Peninsula West area.

## PREVIOUS PROJECT EXAMPLES

### **VOLUNTEER CENTRE EAST DUNBARTONSHIRE (VECD)**

The Befriending Service was first introduced by VCED over 11 years ago and there have since been approximately 300 successful matches. Befriending is a supported relationship between two people who have regular contact for an agreed time and engage in social activities. The befriending relationship is initiated, supported and monitored by Volunteer Centre Befriending Service staff. Befriending aims to make a difference to the quality of life of people experiencing social isolation due to ageing, disability or other changes in their circumstances.

### **OXGANGS CARERS BEFRIENDING SERVICE**

The Befriending Service offers clients/carers friendship through one to one contact. This can either be in the persons own home or alternatively if the carer/client wishes, the volunteer befriender can take the person they are matched with out for social activities. The service is available to a range of age groups with a variety of care needs.

## CONTACTS

### **Cowal Elderly Befriending Scheme**

25 Argyll St  
Dunoon  
PA23 7HH  
01369 704 985

### **The Princess Royal Trust Helensburgh & Lomond Carers**

17E East King Street  
Helensburgh  
G84 7QQ  
01436 673 444

### **Befrienders (Argyll and Bute)**

18 Argyll Street  
Lochgilphead  
PA31 8NE  
01546 603144

### **Volunteer Centre East Dunbartonshire (VECD)**

5 Dalrymple Court  
Townhead  
Kirkintilloch  
G66 3AA  
0141 578 6680

### **Oxgangs Carers Befriending Service**

12 Firrhill Neuk  
EH13 9FF  
0131 441 5099