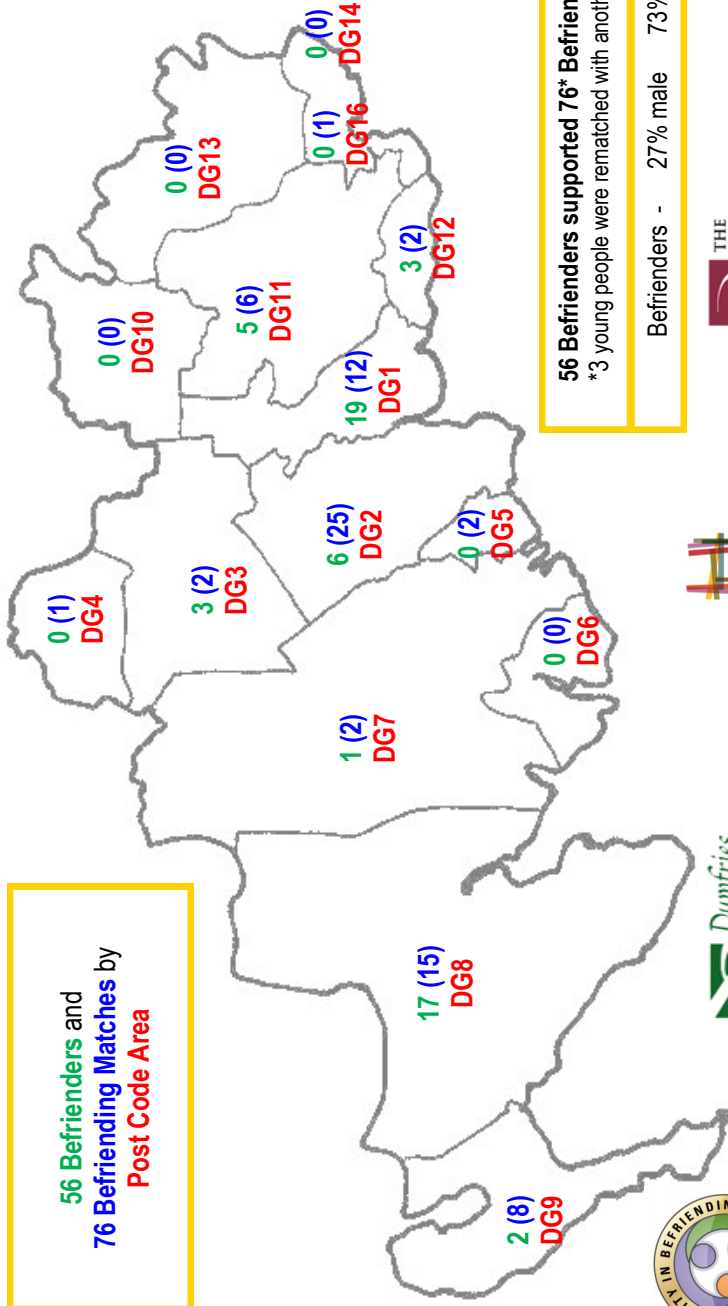


56 Befrienders and
76 Befriending Matches by
Post Code Area



56 Befrienders supported 76* Befriending matches
*3 young people were rematched with another befriender

Befrienders - 27% male 73% female



Dumfries and Galloway Befriending Project

19 Bank Street, Dumfries DG1 2NX. Tel: 01387 247812

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SCIO Charity No. 024562 E-mail: projectoffice@befriending.org www.befriending.org D&G Befriending Project



Dumfries & Galloway Befriending PROJECT

Annual Report 01/04/17 - 31/03/18

"Enriching the lives of vulnerable young people aged 8 - 18 across Dumfries & Galloway, through Befriending."



Frances Campbell - Chair

It gives me great pleasure to report on another year of the D&G Befriending Project. It has been another very good and, of course, busy year as the rest of this report shows. We know what an outstanding organisation the Project is and it is particularly heartening when others recognise this.



We have been delighted with that recognition this year – a

Third Sector VOSCAR for voluntary Group/Charity of the year and D&G Life Awards - both Charity Section winner and overall winner for Outstanding Contribution to Dumfries & Galloway.

A particular highlight of the year has been the celebration of our 20th Anniversary. We did this in two ways – a celebration of success at the Usual Place and our ‘Big Day Out’ at Laggan Outdoor for our young people. Both these events perfectly captured the strengths of the Project – dedicated volunteers, financial supporters, lots of good organisation and our amazing young people.

So a formal thank you to all those who have contributed over the year. To our volunteers who give their time and energy to help our young people both in the befriending matches and as Trustees. To our funders - charity funding does not get any easier and we are very grateful to all the organisations who have supported us. A particular thank you to all the individuals and organisations that contributed to our Anniversary Celebrations, our Burns Supper, the Fashion Show and all our other fundraising efforts. To our staff who organise and manage the Project so well, they set the tone of the organisation as an efficient team but with a friendly face.



Alex Dickson - Project Manager

I am delighted to report on the past year which seems to have just flown by. Time passes quickly of course if you are enjoying yourself – and who could help but relish working with such dedicated volunteers who make a real and positive impact on so many young lives. The staff are also great to manage. Their commitment, energy and drive ensure our high standards are maintained. My grateful thanks to Fiona, Gill, Shona and Linda – as well as to Elaine who went on maternity leave in August 2017 and Susan who has covered her Co-ordinator role so capably.

In addition to 73 young people benefiting from one-to-one befriending, 32 group activities were arranged with well over 200 enjoying the fun and adventure of these social events with their befriender. The achievement of awards, as described by our Chair, has significantly raised our profile and helped generate generous public donations and increased interest from potential volunteer befrienders. Two social work students on placement, Kim and Dayna, produced a short three minute video outlining the merit of our Project and this will prove most helpful locally - and to potential funders.

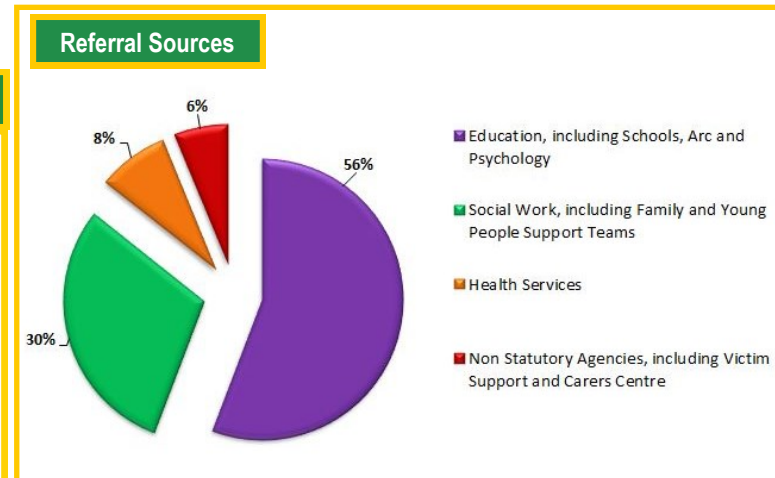
I mentioned in last year’s report that our challenge was to “*sustain the quality of our early intervention service and enhance it where we can*”. Our success, not only in achieving recognition through awards, but by evidence of true cases and reflections, as outlined throughout this report, convinces me that we have done so. The challenge to do even more and do it better in the incoming year, is not beyond the befrienders, trustees and staff of this charity which I am proud to serve.



VOLUNTEER BEFRIENDERS

- | | | | |
|-------------------|----------------------|-----------------------|-------------------------|
| Jack Addis | Lisa Farrish | Doug Kerr | Rose McLaughlin-Roberts |
| Karen Ashby | Charlotte Ferries | Donna Kilner | Gail Muir |
| Claire Beattie | Christopher Flanagan | David Kinninmonth | Ruth Nicol |
| Troy Beattie | Edwina Flanagan | Catriona Macdonald | Pam Richardson |
| Nicola Bell | Deborah Galbraith | Pamela MacKenzie | Jimmy Russell |
| Kelly Blair | Sheila Gibson | Bill Maloney | Ajanta Saha |
| Bethany Campbell | Aileen Graham | Jane Martin | Susan Stewart |
| Venus Carew | Frank Hayes | Joanna McArthur-Blair | Liz Walls |
| Helen Crawford | John Holroyd | Katie McClymont | Jo Ward |
| Kirsten Dickson | Anna Houston | Christine McClymont | Harry Waugh |
| Alexandra Dickson | James Hunter | Faye McCormick | Lynn Wheatley |
| Lynne Edwards | Michelle Jackson | Louise McDowall | Jackie Wilson |
| Arthur Eggleton | Claire Jarvie | Leona McLachlan | Agne Zdanaviciute |
| Forbes Emmerson | Shiela Kennedy | | |

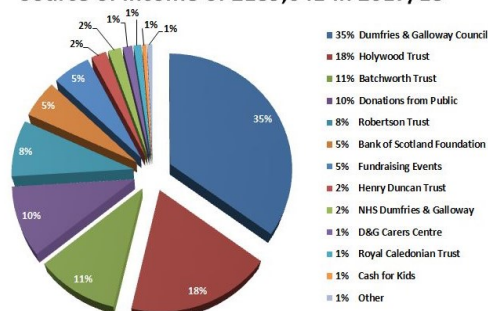
- ### STAFF
- Project Manager P/T
Alex Dickson
- Volunteer Coordinator P/T
Gill McMinn
Fiona Jessiman
Elaine Luxton
Susan Stewart (temporary)
- Admin Assistant P/T
Linda Mushet
Shona Biggs



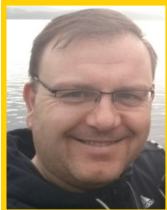
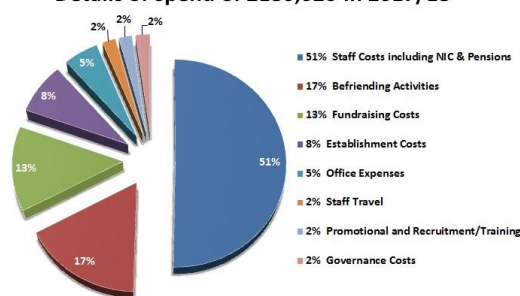
Befriended Young People - 49% male 51% female

A complete set of accounts for 01/04/17 - 31/03/18 is available from the Project Office.

Source of income of £189,641 in 2017/18



Details of spend of £180,026 in 2017/18



Derek Heron - Treasurer

During our financial year 2017/18, I am pleased to report that through lots of planning and hard work behind the scenes, our income exceeded our expenditure by £9,615. This was as a result of a slightly increased income and a lower spend than in the previous year, and I am absolutely delighted that we helped to support and enrich the lives of 73 young people.

The life blood of our Project, our dedicated volunteers, provide a wonderful and caring service ably supported by our exemplary team. Alex Dickson, Project Manager, has once again been instrumental in securing funding to continue our vital intervention service and I would like to publically thank him once again.

Our principal benefactor was Dumfries and Galloway Council in the form of a grant from Third Sector funding. Additional funding was gratefully received from The Holywood Trust, The Robertson Trust, The Batchworth Trust, Royal Caledonian Charities Trust, Henry Duncan Grants, NHS Dumfries and Galloway and the Bank of Scotland Foundation. The public have also been extremely generous with their financial support and my sincere thanks go to all who financially contribute to what we all agree is such a tremendous Project.

As is always the annual request from any Treasurer, can I take this opportunity to ask if anyone knows of any local, national, public, private or charitable bodies who would be keen to support such a fantastic and worthy Project as ours. Please let me or one of the Team know.

MANAGEMENT COMMITTEE

Trustees :

- Frances Campbell - Chair
- David Miller - Vice Chair
- Derek Heron - Treasurer

Attendees :

- Audrey Lowrie - Education Representative
- Dr William Forson - Health Representative
- Daniel McKeever - Social Work Representative
- Catriona Macdonald - Befriender Representative

Alice Campbell, Serena Campbell and Gary Small.



“Since having a befriender I have become more in control of my emotions and my impulsiveness. When I am out with my befriender, I behave a lot better - so I feel that if I can do it there, I can do it in school or anywhere else.

YOUNG PERSON

CASE STUDY 1

Olivia was referred to the Project by school staff who felt it was important for her to have a female in her life to talk to, especially as she was reaching the end of primary school. Olivia doesn't have a constant female presence in her life and has only recently started to have unsupervised outings with her mum. She lives alone with her dad and has a diagnosis on the autistic spectrum so can find it hard to deal with change and social situations. She also has a diagnosis of dyspraxia which can inhibit her in a physical sense, for example, crossing the road. Although Olivia has lots of interests and opportunities for leisure activities, such as dancing and playing the guitar, it was felt she needed someone to help with everyday social situations and issues which may arise from her diagnosed conditions and the fact she is maturing.

Olivia has been matched with Ruth for over a year. Together they have walked, chatted, gone for picnics and to the cinema. They use a community room to cook and bake together and Ruth is helping Olivia to shop, interact with people out and about and navigate the roads around home and school. This is great preparation for Olivia's transition to secondary.

Ruth's calmness and presence in Olivia's life has helped her mature in confidence and demeanour. School staff say she is "blossoming" and when asked in an evaluation how things were going, Olivia replied "amazing". She told Ruth that she feels as if she's "out of a box" when she's with her because she is getting to do things with Ruth.

“I have enjoyed the fact that I can speak to my Befriender about anything, at the same time as having fun! It has helped me to become more confident and express myself better.”

YOUNG PERSON



CASE STUDY 2

Louise is the eldest of five children, in a loving, but chaotic household. She was referred to the Project by a teacher, due to concerns over her moods, social skills and anxiety. She was prone to crying easily and could not explain why. She had been at secondary school for three months and was struggling to fit in when she was matched with Mary, an experienced befriender.

To encourage her independence, Mary set Louise the challenge of getting the bus from school into town on her own. They researched which bus to get and spoke about what to say to the bus driver. Mary took the first journey with her, but gradually Louise was able to travel by herself, which was a huge achievement.

Mary introduced Louise to young adult fiction and reading together became part of their weekly ritual. They discovered that a book they had enjoyed had been made into a film, so they held a movie night within the Project, inviting others to join them. They visited the library in town and Mary suggested that this might be a good place for Louise to do her homework, or just to get some peace and quiet from her busy household.

With Mary's support, Louise achieved a lot in the six months that they were matched. She is still very quiet, but is starting to express her opinions more in class, speaks more positively about school and is able to travel independently and access local facilities.



"I feel my son has matured and become more confident in interacting with others. This has been a fantastic experience for him."

PARENT

"Kayleigh has blossomed with her befriender's support. She has had experiences that she would not have had otherwise. I have no doubt that this has had a massively positive impact on Kayleigh - a wonderful time that she will not forget."

REFERRER

"I've learned to do so much. Befriending gave me something to look forward to and gave me confidence to stand out."

YOUNG PERSON

"Befriending has brought a whole new dimension into my life. It is great seeing the progress the young people make. I didn't realise how much I would get out of it because of the physical enjoyment of the activities plus the mental stimulation, it is much more rewarding than I had anticipated."

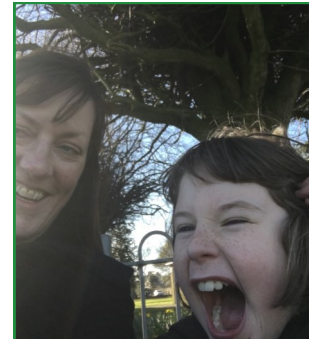
BEFRIENDER

**CASE STUDY 3**

Stewart was referred to the Project by social work who felt he needed an element of stability in his life. He has no contact with his birth father and his grandmother suffered from dementia and, because of her condition, rejected Stewart in a way that caused upset and confusion for him. His step-father became very ill and the family moved around a lot. Stewart also witnessed domestic abuse when his birth parents were together. He has also been diagnosed with ADHD and is being medicated.

Stewart struggled to maintain friendships and displayed inappropriate behaviour which was a way of getting some attention from peers, even if it was negative attention. Volunteer Alan was matched with Stewart over a year ago. They enjoy a wide and varied range of activities together, are building and flying model airplanes, reading books, playing board games and Stewart loves being outside so, with a supportive adult, is growing in confidence and is less socially isolated. He is also learning how to react and cope with situations that don't go to plan. He is learning how to say sorry and realise that it's okay to be wrong sometimes. Alan is helping Stewart to understand that as he gets older he has to take more responsibility for his actions. Alan is someone for Stewart to talk to and someone to offer advice.

Stewart is soon going to be in secondary school and there will be lots of new things for him to cope with. At progress meetings school staff say that he is showing more perseverance and resilience. Having Alan as a presence in his life, giving him one-to-one attention, is invaluable.



"I cannot thank you enough for the continued support that Rhona received. Both the befriender and the service have gone over and above in supporting her."

REFERRER