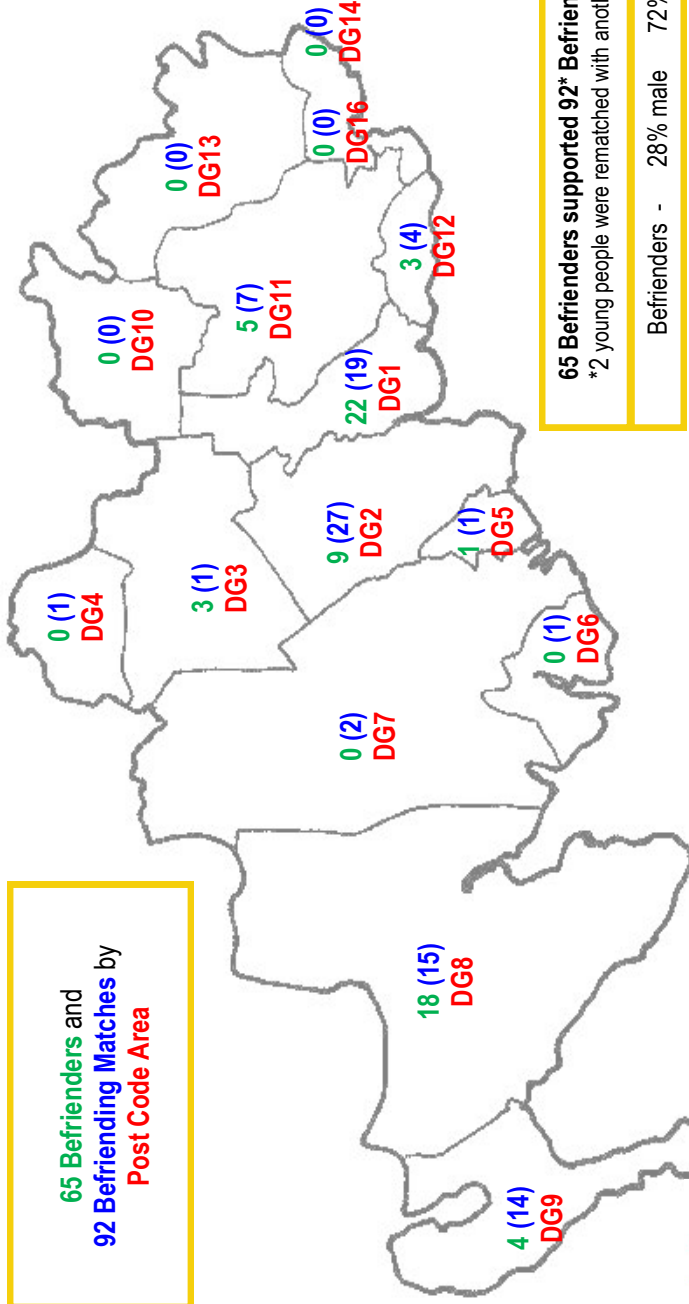




**65 Befrienders and
92 Befriending Matches by
Post Code Area**



65 Befrienders supported 92* Befriending matches
*2 young people were rematched with another befriender

Befrienders - 28% male 72% female



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



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

Dumfries & Galloway
Befriending
PROJECT

Annual Report 01/04/18 - 31/03/19

Frances Campbell - Chair



We have achieved a great deal in the past year and as ever it has come about through a lot of hard work and generosity. When you talk to others not involved with the Project about befriending, they can easily understand the benefit for the young people but what can be underestimated is the work that goes on behind the scenes. Because of the responsibility that goes with engaging with a young person, a lot of preparation and supervision is needed, so thank you to Alex, Gill, Fiona, Elaine, Susan, Shona and Linda for their hard work and support for our Befrienders and our young people.



As always, a huge thank you to our volunteers - our Befrienders and Trustees - who give so much to the Project and without whom we could not achieve what we have achieved this year in supporting 90 young people. As the Hollywood Trust Award and the Queen's Award for Voluntary Service show, our efforts are recognised elsewhere and that is very gratifying. We are very grateful to our funders, from the large grants from the Council, the Hollywood Trust, BBC Children in Need and others down to the supporters and friends who buy raffle tickets and attend our Fashion Show or Burns Supper. Thank you for all that you give and I am sure you agree it is money well spent. A special thank you to manager Alex Dickson, treasurer Derek Heron, and administrator Linda Mushet, for all their hard work finding and then looking after the money.

While we have had a busy year, it has been a settled year and I think the Project has grown in strength and depth. I look forward to that continuing in the year to come.

Alex Dickson - Project Manager



Another busy year for us and it is my pleasure to report upon it. The case studies shown give only a flavour of the real difference our wonderful volunteer befrienders make to their young people at a crucial time in their lives. My grateful thanks to them and to my hard-working staff who continue to be highly motivated and determined to improve the service provided. Susan has joined the team and we are working towards increasing 'matches' at any one time from 50 to 62. As well as 90 young people benefiting from one-to-one befriending, 38 fun and learning group events were organised that all assist with social and communication skills.

Two awards were particularly pleasing this year – the Queen's Award for Voluntary Service, regarded as the MBE for voluntary groups, and the inaugural Hollywood Trust Award, having been chosen by our Third Sector peers. In November 2018, our freshly designed website was launched and in February 2019 we applied for 'Investing in Volunteers' award with the process 'ongoing'. Our volunteers are our most precious asset, so I am keen to support them in the best possible manner. Fingers crossed for a positive update in next year's report! Social work students on placement, Kerry and Finley, produced a valuable report 'Making A Healthy Impact', examining the profile of our young people with health-related issues.

Our early intervention service is well established, highly respected and recognised – and this report should evidence that further enhancement is our aim.



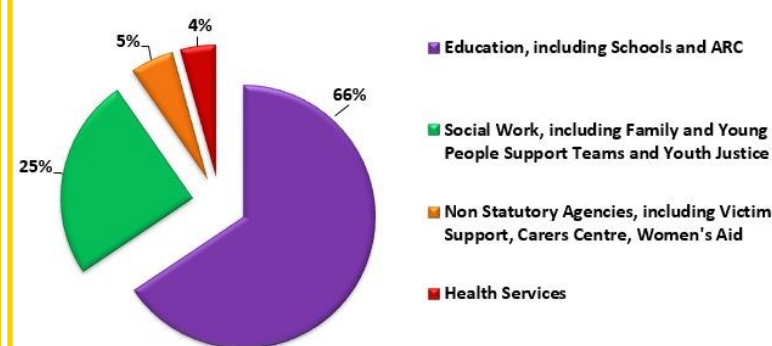
VOLUNTEER BEFRIENDERS

- | | | | |
|-------------------|----------------------|-------------------------|-----------------------|
| Jack Addis | Lisa Farrish | Doug Kerr | Caroline Murray-Pitre |
| Karen Ashby | Charlotte Ferries | Donna Kilner | Ruth Nicol |
| Claire Beattie | Christopher Flanagan | David Kinninmonth | Matthew O'Connor |
| Troy Beattie | Edwina Flanagan | Margaret Lock | Pam Richardson |
| Kelly Blair | Susan Gallagher | Catriona Macdonald | Jimmy Russell |
| Ruth Bradley | Sheila Gibson | Pamela MacKenzie | Phaedra Snailham |
| Callum Brown | Aileen Graham | Bill Maloney | Allan Spiers |
| Kirsten Brown | Elaine Grieve | Jane Martin | Susan Stewart |
| Rhianne Brown | Natalie Hamblin | Joanna McArthur-Blair | David Suttie |
| Bethany Campbell | Mary Hannay | Katie McClymont | Liz Walls |
| Venus Carew | Frank Hayes | Christine McClymont | Jo Ward |
| Claire Clarke | John Holroyd | Faye McCormick | Harry Waugh |
| Helen Crawford | Anna Houston | Louise McDowall | Lynn Wheatley |
| Alexandra Dickson | James Hunter | Rose McLaughlin-Roberts | Jackie Wilson |
| Lynne Edwards | Claire Jarvie | Emma Minaudo | Agne Zdanaviciute |
| Arthur Eggleton | Mary Johnson | Gail Muir | |
| Forbes Emmerson | | | |

STAFF

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

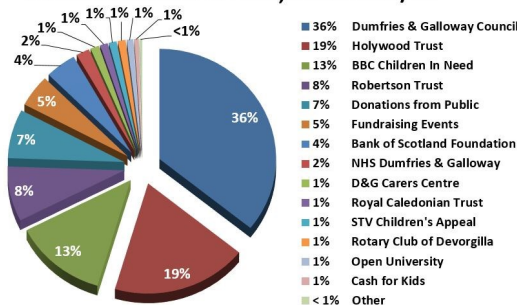
Referral Sources



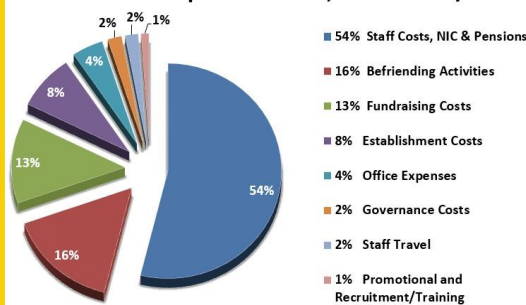
Befriended Young People - 51% male 49% female

A complete set of accounts for 01/04/18 - 31/03/19 is available from the Project Office.

Source of income of £185,990 in 2018/19



Details of spend of £185,544 in 2018/19



Derek Heron - Treasurer

This is my third year as treasurer of D&G Befriending Project and in my opinion it has been the most successful I have experienced. During our financial year 2018/19, I am pleased to report that through the collective efforts of many people behind the scenes, our income exceeded our expenditure by £446 which is actually a fantastic result.

The reason for this financial happiness is that we spent £5,518 more this year on supporting the young people of D&G than last year - 90 young people benefited from befriending in 2018/19 - which is the purpose for us all being here. I'd like to take this opportunity to publicly thank the lifeblood of our Project, our dedicated volunteers who provide such a wonderful and caring service, ably backed up by our exemplary support team, namely Alex, Gill, Fiona, Elaine, Susan, Linda and Shona.

Our principal benefactor was D&G Council in the form of a grant from the Children, Young People and Lifelong Learning (CYPLL) fund. Additional funding was once again gratefully received from The Holywood Trust, The Robertson Trust, Royal Caledonian Charities Trust, BBC Children in Need, Henry Duncan Grants, NHS Dumfries and Galloway, STV Children's Appeal, Cash for Kids, Rotary Club of Dumfries Devorgilla 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
- Alice Campbell, Serena Campbell and Gary Small

Attendees :

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



"Befriending has helped build up my confidence, helped me to leave the house more and lessen my anxiety. Befriending is a bit of time where you can de-stress. I very much enjoyed my time, the project is amazing!"

YOUNG PERSON

CASE STUDY 1

John was referred to the Project while still at primary school. Although a bright boy, with an inquisitive mind and ahead of most of his peers in his aptitude for learning, his traumatic early years cause him to struggle with relationships, resulting in volatile outbursts at school and at home. Both John's mum and staff at the primary school were very keen to have befriending support for John to help ease his transition to secondary school.

John was matched with Bob, an experienced befriender on the brink of retirement. They quickly built up a rapport and spend time together every week. They go for walks, play snooker, eat chips, watch wildlife, ice skate and chat about all kinds of things. Bob is a gentle man with a wealth of stories, which John loves to hear. Bob uses some of his stories to illustrate the outcomes of a variety of life choices, in an attempt to influence John's behaviour. Bob and John have great fun together and have formed a friendship based on mutual respect. Through the strength of their friendship, Bob is able to be very straight with John and tackle him on some of his less acceptable behaviour. John recently told a Coordinator "Bob is someone I trust. He's always calm and chilled" – which is just what John needs.

"Having a befriender is helpful and awesome. It's safe, supportive and fun. You meet new friends and lovely people and do new things. My befriender is the best person I have ever met."

YOUNG PERSON



CASE STUDY 2

At the time of making a referral to the Befriending Project, Hannah's pupil support teacher described her as "appearing genuinely crippled by anxiety in social situations". She worried about the 13-year-old's low confidence and self-esteem, her struggle to maintain friendships and her emotional vulnerability. Of equal concern was her poor school attendance - just 20 per cent during the S2 year.

Hannah was introduced to Jane, her befriender, towards the end of the summer term. She instantly responded to the older woman's kind, gentle nature and the pair spent the school holidays getting to know each other, visiting local attractions and developing Hannah's interest in both baking and photography. Jane was impressed that Hannah agreed to join in with a few of the summer befriending group outings and encouraged her to regularly meet with a school friend, something she had previously not had the confidence to do. As the new term approached, Jane wondered if it would help if she sent a daily text to Hannah, offering encouragement and support ahead of her school day. Hannah happily took up the offer. Jane's oft-repeated "a new term, a new start" began to rub off on Hannah and she returned to school with increased determination and resilience.

Over the winter the pair met regularly, giving Hannah the chance to share some of the ups and downs of her week. While Jane praised her improved school attendance, she also helped Hannah to problem-solve around issues with friendships. Eight months on, Hannah presents as a much happier and more self-assured young girl. Currently, her school attendance is sitting at just over 70 per cent and she is striving to improve on that as she prepares to take exams next year.



"My daughter is more confident and looks forward to things now. Because her confidence has improved she is able to do things she couldn't do before on her own, like get the bus or going to the shop etc."

PARENT

"My experience with the Project has been entirely positive and the young people I work with have all developed new skills and widened their social experiences."

REFERRER

"My befriender and I get on really well together. We are like bread and butter!"

YOUNG PERSON

"As someone who has completed a few hours a week for a few years, I can tell you volunteering makes a real difference to your life. Being a Befriender has enriched my world and certainly given me hours and hours of pleasant experiences; enabling me to interact with young people in a positive way for them and myself. You also have fun. A win win situation."

BEFRIENDER**CASE STUDY 3**

Jason was referred by his social worker due to his chaotic early years which included moving to many different primary schools around the country. This was partly due to his father's time in the services and latterly to escape domestic abuse by his father which Jason witnessed. At the time of referral Jason had settled at primary school. However, he was struggling to maintain friendships and found school very challenging.

Jason was matched with Peter for nearly 18 months. In that time Peter was a constant and stable support for Jason and offered him activities that he would not normally have experienced. They spent time flying kites, building models and being outside learning about nature. Jason flourished at school and successfully transitioned into secondary school with support and advice from Peter. Later in the match, Peter introduced Jason to fishing. They both enjoyed this activity immensely and Jason saved up his own pocket money to buy a fishing rod. Jason was keen to learn from Peter and Peter's enthusiasm allowed Jason the opportunity to mature and gain confidence in a supportive and safe environment.

When the match came to an end, Jason had developed some friendships through fishing with other young people his age. The project also put Jason and his family in contact with the local fisheries board who were willing to set up a buddy for Jason to expand his knowledge and continue to support his newfound passion.

"As I always say, your project has such a positive impact on the lives of young people. The Volunteer Coordinators go above and beyond with the young people and it is such a positive experience."

REFERRER