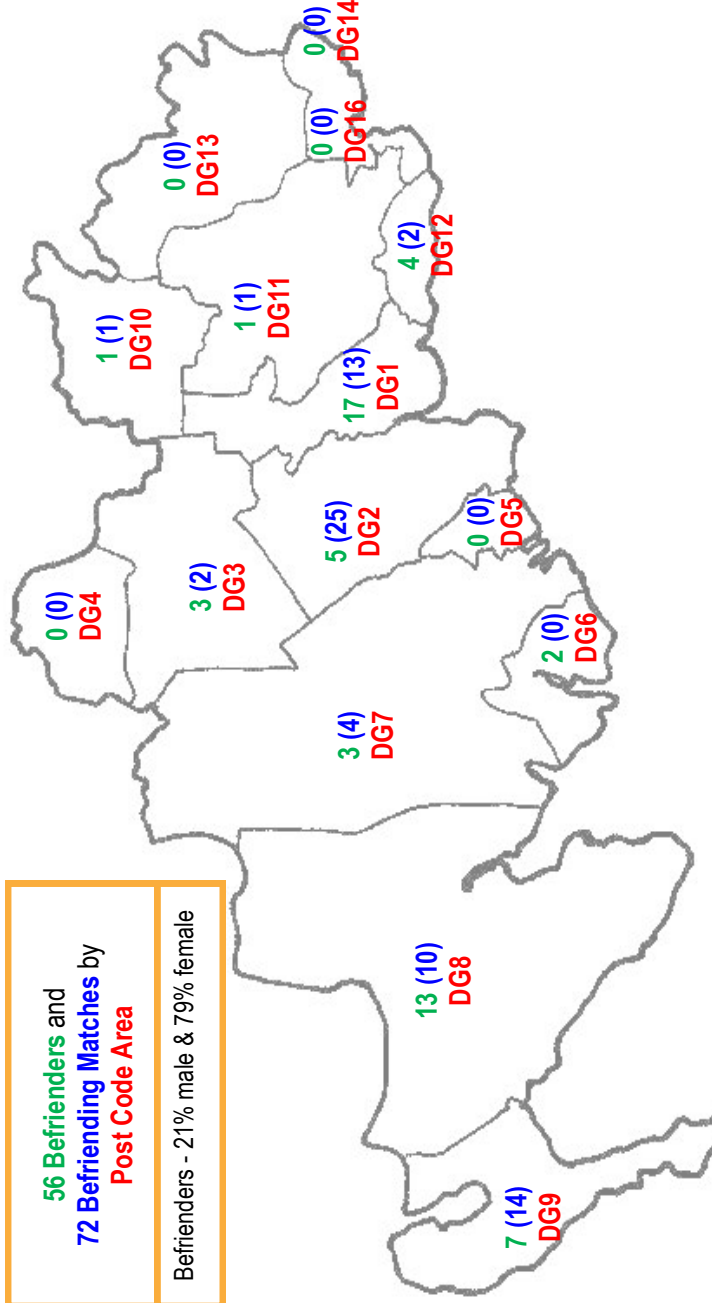


56 Befrienders and
72 Befriending Matches by
Post Code Area

Befrienders - 21% male & 79% 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 01/04/2021 - 31/03/2022

'Supporting young people to reach their potential, through a trusting relationship, for 25 years.'



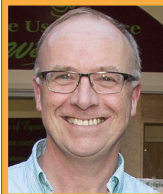
David Miller - Chair

It has been pleasing in our 25th year, the charity being established in 1997, to find things getting back to some form of normality with meetings being held once again in person. The restrictions of the pandemic did, however, allow us all to learn how to “zoom”, meaning members of the Management Committee can remotely dial into meetings and this definitely helps with the large geographical area that we cover.

I would like to thank our trustees and representatives, volunteer befrienders, staff, supporters and funders, as none of our vital charitable work is possible without them. Through the commitment of the staff the Project is again able to increase the capacity of the organisation and we are heading back to the targeted number of befrienders and ‘matches’ - all of which got put on hold during the lockdowns.

It is with sadness that I note that Serena Campbell is stepping down as a trustee having been a dedicated supporter since 2011 and we thank her for all she has done. A big thanks also to Douglas Kerr, trustee, who completed his ‘93 Islands’ Challenge’ greatly benefitting three charities including our own.

Finally, I would like to thank Alex and Linda for their support in my role as Chairman. I wish Alex all the very best for the future as, at time of writing this report, he is about to retire. I am delighted that Helen McAnespie is joining us as our new Project Manager and I am sure will have us continue in the same positive and successful manner.



Alex Dickson - Project Manager

I am delighted to report upon last year which, again, threw up a number of Covid-19 related challenges that, thankfully, eased off as the year progressed. Our befrienders were as imaginative as possible and kept in touch with their young people remotely before ‘car sharing’ was introduced again in May 2021. Contact via Zoom, phone or social media is better than no contact at all, but not the

same as being physically together and able to listen to and share experiences in a fulfilling and rewarding manner. Group activities were reintroduced and walks in Mabie and Kirroughtree forests and picnics at Castledykes Park and at Aldouran Wetland Garden, Leswalt were a joy once more. Other gatherings such as a visit to Kitchen, Coos and Ewes at New Luce and a Lantern Walk through Dumfries were major hits.



My grateful thanks to Fiona, Gill, Elaine, Shona and Linda for their continued excellent service and support and to Beth who seamlessly joined the team in November. They have all done a tremendous job in increasing the number of matches during the year to a total of 72 from last year’s low of 39 and the focus on supporting more young people will remain. Our Board members continue to provide their valuable time and experience in governing our charity and is very much appreciated.

The benefits and outcomes achieved in the lives of the young people referred to in the case studies and quotations are down to the efforts of our wonderful volunteer befrienders - without whom we would not exist. With training able to recommence, 23 new befrienders in the east of the region and eight in the west completed their courses. More volunteers are always sought, so please spread the word!

This will be my last report as Project Manager as I look to retire soon after seven years. It has been a great honour and privilege to manage such a well-established and respected charity knowing the positive impact that befriending makes to so many young lives. I will remain a keen supporter and wish all involved, particularly those children referred to the Project, the very best for the future.

MANAGEMENT COMMITTEE

Trustees :

- David Miller - Chair
- Gary Small - Vice Chair
- Derek Heron - Treasurer
- Frances Campbell
- Serena Campbell
- Douglas Kerr
- Jason Railton

Attenders & Representatives:

- Hew Smith, Education (from 15/12/2021)
- Joanne Service, Health (from 27/10/2021)
- Kath Priest, Social Work
- Susan Stewart, Befrienders (from 27/10/2021)

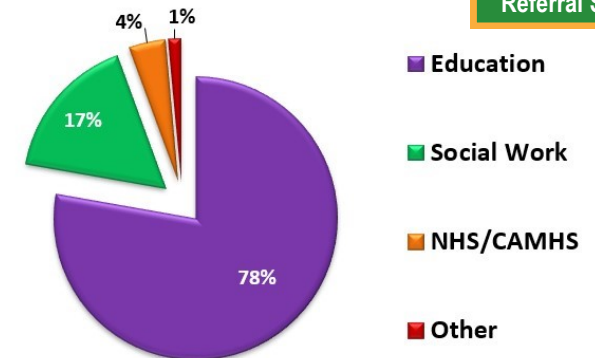
VOLUNTEERS MATCHED BETWEEN 01.04.2021 AND 31.03.2022

Kelly Blair	Judy Fairburn	Mhairi Kyle	Ana Price
Rhianne Brown	Sarah Faulkner	Catriona Macdonald	Julie Rae
Bethany Campbell	Chris Flanagan	Bill Maloney	Janet Rendall
Venus Carew	Edwina Flanagan	Nicola Marchbank	Alan Smith
Claire Clarke	Elaine Graham	Phoebe Marshall	Allan Spiers
Carolyn Cluness	Elaine Grieve	Maureen Maxwell	Sarah Stevenson
Eileen Cockburn	Mary Hannay	Christine McClymont	Susan Stewart
Donna Davidson	Ian Harra	Sally McLaren	David Suttie
Alexandra Dickson	Natasha Inman	Alison Moir	Skye Warwick
Lauren Dickson	Donna Jackson	Gail Muir	Sarah Watkins
Angela Dobson	Kerry Jardine	Caroline Murray-Pitre	Amanda Weston
Gerry Donnelly	Andrew Johnstone	Laura Mushet	Mark Weston
Wendy Edwards	David Kinninmonth	Julie Parkinson	Natasha Williamson
Arthur Eggleton	Laura Kirkpatrick	Angela Price	

STAFF

- Project Manager
Alex Dickson
- Befriending Coordinators
Gill McMinn
Fiona Jessiman
Elaine Luxton
Beth McWilliam
- Admin Assistants
Linda Mushet
Shona Biggs

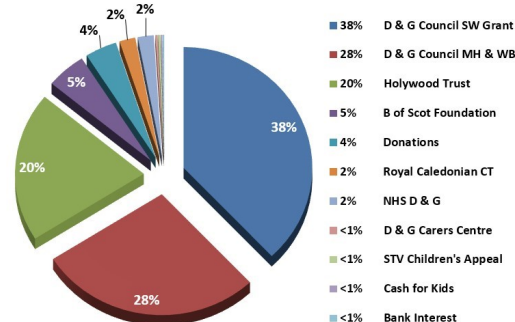
Referral Sources



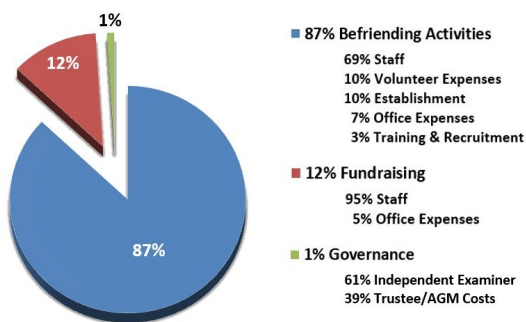
Befriended Young People - 53% male 47% female

A complete set of accounts for 01/04/21 - 31/03/22 is available from the Project Office.

Source of income of £175,505 in 2021/2022



Details of spend of £182,657 in 2021/2022



Derek Heron - Treasurer

First of all, it is with a tinge of sadness that I have to tell you that this will be my last Treasurer's report. However, a more than capable replacement has been found - watch this space - and I'm delighted to be able to remain on the Board of Trustees going forward.

During this financial year, our expenditure exceeded our income by £7,152. This to me is a great result - as we had excess funds in reserve due to last year's Covid situation - and have actively spent all of this money supporting vulnerable young people in SW Scotland.

I would like to thank one more time the organisations/individuals who continue to contribute to our revenue streams. This support is very much appreciated but also demonstrates to me how important the work that DGBP does in our region and also the high esteem in which it is held.

Our principal benefactors this year were: D&G Council in the form of Social Work grant and Mental Health and Wellbeing fund; The Hollywood Trust; NHS D&G; Bank of Scotland Foundation; Royal Caledonian Charities Trust; STV Children's Appeal; Cash for Kids and the general public.

The new Treasurer will soon be having a budget meeting and planning our expenditure for the next financial year, once again focusing on our primary purpose of supporting the mental health & wellbeing of young people across Dumfries and Galloway.

It is DGBP's 25th anniversary this year and I'm delighted to be a small part of what is truly a local success story. I sincerely hope that you will all continue this journey with us - and support our work with those that need a little kindness. Please stay safe and well.

Thank you.



"My befriender helped me be more confident about things in life and he has made me more joyful. I can now explain to people how I feel. He has made me a better person; without him I don't think I'd be the person I am today."

YOUNG PERSON

CASE STUDY 1

Lauren is a young woman who was referred to the Befriending Project by Psychological Services because of her poor mental health, low self-esteem and extreme social anxiety. Prior to lockdown, she struggled to make and keep friends and her school attendance was low.

Her introduction to befriender Julie got off to a wobbly start. Julie and the Project coordinator waited half an hour in a local café before Lauren and her mum showed up. Mum whispered that Lauren had had a panic attack at the prospect of meeting someone new. From there though, things quickly looked up. With some encouragement from Julie, Lauren shared that she was quite arty and would like to "pimp up a car". Julie immediately connected to this and within minutes, the pair were deep in conversation. Over the next few months, they met weekly, mostly to "hang out", "go cruising", and have long chats while eating chips and watching the waves. There were also visits to garden centres and local attractions.

At the six-month review, Lauren is so much more articulate, her body language is relaxed, her sense of humour is shining through and she is applying for jobs. Her mum says she is now happier to leave the house, has started driving lessons and "is a different person since she met Julie". Lauren's mum admits: "I don't know how it works but she looks forward to seeing Julie. She comes back buzzing and full of beans." Asked what she liked about her weekly meet-ups with Julie, Lauren said: "I feel free, I can talk openly and be myself."

Being a Befriender is good fun. The experience has been life changing, I really feel I have made a difference in a young person's life. It gives my young person a different perspective on the world - some hope for the future.

BEFRIENDER



CASE STUDY 2

Jason was referred to the Project when he was in P7, with the main purpose of supporting him in his transition to secondary school. He and his befriender Keith got on well from the start, sharing similar interests and enjoying conversations about local history, politics, moral dilemmas, etc... They also enjoyed visiting local cafes, museums and walks in the area. Three months into their match the pandemic hit and the country went into lockdown. However, Keith maintained contact with Jason, through phone calls, Face Time and by dropping off games and sweets, as well as seeds, plants, pots and soil, to encourage Jason to grow things. When it became possible to meet outside, they would go for walks or meet for picnics in the park.

Several months into the pandemic Jason's home situation became untenable and he was placed with a foster carer. By this time he had started at secondary school, which was a big adjustment during a very turbulent period. Keith continued to keep in contact and support Jason throughout. The befriending match became a constant for Jason over what turned out to be a very difficult two years. Jason and Keith had their final outing at a fancy restaurant and were able to share the high points of their time together. Jason is now more settled within school, has made friends and is more engaged in his learning. He will never forget Keith.



"Having a Befriender has helped me to understand that other people have problems too - not just me. Its someone to talk to, to listen to you and to give advice or time out to discuss things."

YOUNG PERSON



"I actually found it very moving that people give up their free time to do something so valuable and worthy. Margaret is amazing and giving Anne hugely enriching experiences that she just wouldn't have had."

REFERRER

"The Project provides a valuable and much needed service for vulnerable young people, and I feel privileged to be part of it. Long may it continue!"

BEFRIENDER

**CASE STUDY 3**

Ethan was first referred to the Project when he was in primary school, as he had a very strained relationship with his family at home and he also struggled with friendships in school. Ethan's primary school felt having someone outside of the family to talk to about things that worry him may help Ethan with his transition to secondary school. Unfortunately, just as Ethan was due to be matched the Befriending Project, like the rest of the world, went into lockdown and matches were unable to meet. Ethan eventually met his befriender Tom, at the end of his first year in secondary school.

Ethan's first year had been difficult; he had struggled to make friends and like many other young people he had barely left his house in the previous year. Ethan and Tom got on straight away. They have enjoyed going for walks, talking, going to the cinema, drawing and sharing their favourite books. Since the befriending match started, Ethan has become more confident and happier in himself. Things have also started to improve for Ethan at school. Ethan now has got a great group of friends who he sees outside of school as well as in school. Ethan is also a library assistant at the school and is looking forward to starting a boxing class in the evenings. Ethan said he enjoys Tom's company and looks forward to their meetings every week.

"I believe that the Befriending Project has been great for my daughter. It has brought out her personality, boosted her confidence and really helped her to see the lovely grown up, independent young woman she is."

PARENT