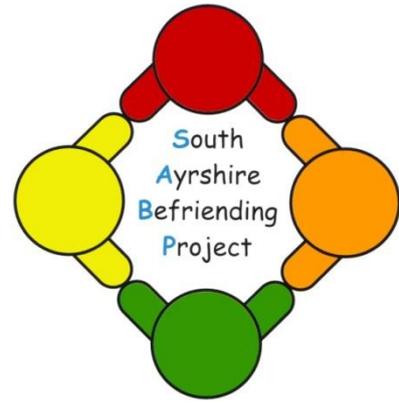


SOUTH AYRSHIRE BEFRIENDING PROJECT ANNUAL REPORT 2016/17





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Foreword by the Senior Project Co-ordinator

It gives me great pleasure to be part of the South Ayrshire Befriending Project (SABP) for 11 years now and present our Annual Report for the financial year 2016 – 2017 illustrating the details of our overall activities, achievements and developments.

This year SABP celebrated its 20th Anniversary of providing 1:1 befriending support as well as group activities for socially isolated young people aged 8-18 years from South Ayrshire.

Throughout the year 69 matches were supported including 12 by our 'Buddies' Project which continues to do well.

Activities this year have included 13 group activities including our 20th Birthday Party, fishing, a trip to the Fire Station, a Christmas party, internet safety and online awareness workshop, a games day, our Annual Conference which had a mini Olympics theme and 6 young people's committee meetings, mainly held at the Ark, a local youth club, allowing the young people to come together, meet new friends and hang out and relax in a safe environment.

7 volunteer sessions were facilitated, including child protection awareness training, summer and Christmas social gatherings, a Women's Aid session on the effects of domestic abuse, a mindfulness session and a first aid course. By offering these sessions we aim to ensure our volunteers feel competent, confident and supported in their roles.

The young people are keen to contribute to their local community and this year a few helped out for a day at our local foodbank's warehouse helping sort donations and make up food packs ready to be distributed.

SABP has always had close links with our local Third Sector Interface and continues to work closely with them. The number of volunteers being referred this year has increased and as part of our drive to recruit more volunteers we have adapted our initial training to meet the needs of volunteers, training in smaller groups or even individually instead of only 4 times each year.

To help us celebrate our 20th Anniversary a local film company helped produce a short film about SABP in which staff, volunteers and young people all took part in and was showcased at our Birthday Party and online.

Our Buddies Project secured 2 years funding in April 2016 from the Big Lottery's Young Start Fund which will allow it to continue supporting socially isolated young people aged 11 – 18 who have a medical diagnosis or additional support need.

We are delighted to have secured 3 years funding from the Big Lottery this year and we will be concentrating our efforts on securing further funding for the years ahead to enable us to continue the invaluable service SABP provides within South Ayrshire.

Thanks

As ever our success is dependent on the generosity and commitment of many people - our funders, volunteers, staff and board members who all share our vision and work tirelessly to ensure we deliver a professional service to all we support. Thanks also to the incredible young people we have the pleasure of supporting and developing relationships with throughout the year.

Elaine Walker, Senior Project Co-ordinator



SOUTH AYRSHIRE BEFRIENDING PROJECT

Vision

“All young people in South Ayrshire should be equal, happy, and able to access support, to be treated with respect and their opinions and ideas listened to and considered.”

Mission Statement

“The South Ayrshire Befriending Project will provide young people with opportunities to come together, make friends and be included. In the Project young people will be treated equally, increase in confidence and be happy.”

WHO ARE WE?.....

SABP is a small local charity based in Ayr and supports young people aged 8 - 18 throughout South Ayrshire who are socially isolated, rarely or never spending positive time with peers or in social groups. Many of them are also lacking a supportive adult role model for guidance.

WHAT DO WE DO?.....

SABP recruits, trains and supports adult volunteers to provide supportive 1:1 befriending relationships for socially isolated and excluded young people delivering a relevant, professional and needs led service. We aim to achieve individual outcomes for the young people we support (e.g. reduction in isolation, increased confidence and resilience, improved wellbeing).

PROJECT AIMS & OBJECTIVES

The primary aim of befriending is to enhance the quality of life for the young people we support by offering them the opportunity to form a trusting relationship with the adult befriender they are matched with.

SABP has 5 main aims:-

1. To reduce the social isolation in young people aged 8-18, within SABP by matching them with an adult befriender or buddy, offering them the opportunity to take part in a wide range of activities both on a 1:1 basis and through planned group activities.
2. To raise young people's self esteem and confidence.
3. To enable young people to make their own choices and decisions, leading to positive changes in their lives.
4. To recruit, train and support volunteers to develop long lasting and transferable skills of benefit to themselves, SABP and the wider community.
5. To take into consideration the views of all service users, particularly the young people, in our practice and future development.

STAFF TEAM

Elaine Walker
Senior Project Co-ordinator



Fiona Mackenzie
Project Co-ordinator /
Funding Officer



Lee Boyd
Project Co-ordinator



Faye McCluskie
Project Assistant/
Buddies Project Co-ordinator



Tracey Lyon
Project Assistant



1:1 BEFRIENDING

The role of a befriender is to provide informal and social support to young people who are socially isolated. Befrienders and young people meet on a fortnightly basis for a few hours – this can be to go for something to eat, play bowling or try lots of different activities. The primary aim of befriending is to enhance the quality of life for the young people we support by offering them the opportunity to develop a trusting relationship with the adult befriender they are matched with.

There may be some individual identified objectives at the start of the relationship e.g. building confidence and self-esteem or joining in with group activities. All young people are encouraged to set and work towards achieving personal goals and to explore how their befriender can help them accomplish these.

As well as 1:1 befriending SABP facilitates regular group activities which provide the young people with the opportunity to socialise in a safe environment, meeting other young people with similar interests and enabling them to make new friendships. Their confidence is increased and social skills gained which can then be transferred into their lives at home, school or within their communities.

SABP also facilitates a young people's group (#SABP Squad) which is consulted on project issues, giving feedback on a wide range of matters to both staff and our Management Committee.



“WE’RE ALL IN THIS TOGETHER”

Young People’s Group Outings

Since last April we provided 7 group outings. These group outings are chosen by the young people either through evaluations and reviews or at #SABP Squad meetings. The outings that were chosen were a mix of educational and recreational activities – a fishing lesson, 20th Birthday Party, fire station visit, indoor games day, an internet safety workshop and our annual conference which was a mini Olympics team day.



20th Birthday Party



Fire Station Visit



Indoor Games Day



Christmas Party

#SABP SQUAD

Our Young People's Committee

Over the last year SABP has facilitated 6 young people's committee groups. The format of the groups is more relaxed and less formal than in previous years, meeting in the evening every 2 months with a focus on project business for a short period followed by food, games and interactive activities which encourages young people's participation and helps develop social skills. These meetings are usually held in The Ark, a local youth club, but we have also used a local football facility – giving the young people the opportunity for a training session, once the work on project matters was complete. The young people have the opportunity to contribute to the delivery of the group in a role that is tailored to suit their individual needs e.g. peer supporter, spokesperson or administrative duties. Young people are given the opportunity to give their opinion on project delivery, vote on group outings and the theme of the annual young people's event. Young people can also volunteer their time within the local community, this year the young people chose a local food bank and helped with donations during the summer holidays.



Food Bank



Mascot Barney



Meeting at the Ark



“I CAN DO THIS.....I DID IT !!!!!”

Through befriending the young people we support will experience a reduction in their social isolation and an increase in their confidence and self-esteem. We recognise however that young people benefit in lots of different ways - each young person is unique and has a Record Of Achievement which is completed throughout their match and discussed throughout, allowing them to identify things they have achieved either through their match, at school or at home. This can help with building their confidence and self-esteem.

Young people are also supported and encouraged by SABP to set their own personal goals that they would like to achieve and to explore how they would be able to work towards and hopefully achieve these with help from their befrienders and being part of SABP.

Some examples include:

My goal is to improve my football skills.

I was awarded ‘senior of the year’ at school.

I can now calm myself down easier and think of others a bit more.

I will now ask for help and advice if I need it.

Going out the house after so long was a big thing for me.

I wanted to get fit and do something for charity – I just completed a 5k run for Cancer with my befriender and never thought I’d do anything like that.

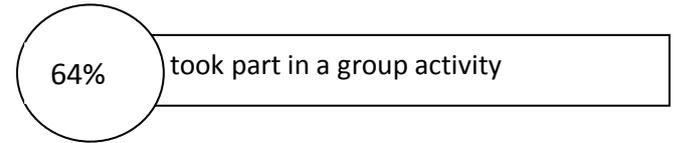
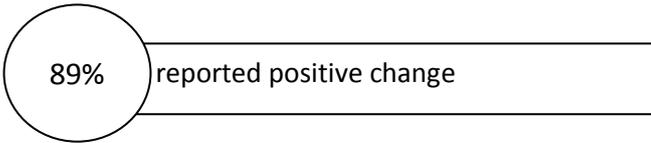
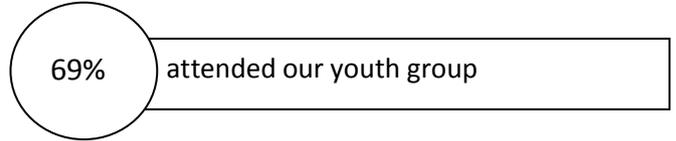
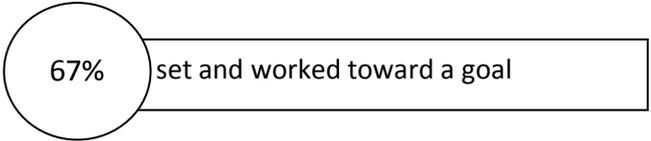
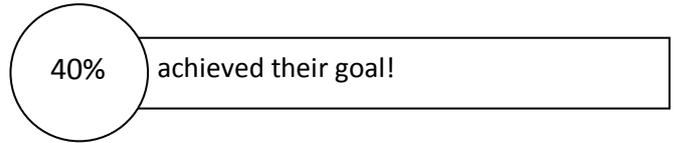
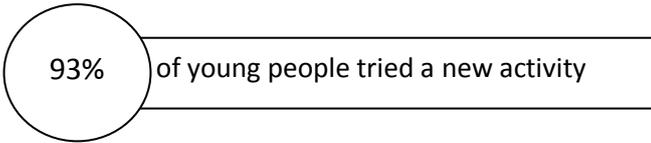
I’m going to try new things I have never done before..

I’ve not drank for a few months now and want to give up smoking too.

My befriender helped me do my CV and hand it out and I got myself a wee job!!



THE DIFFERENCE MADE



SOME COMMENTS:

B has "grown up" quite a bit since being part of the project, his circumstances have greatly improved too and he is now a happy boy.

Parent

"Having my befriender to talk to about my behaviour gives me different strategies and ways to deal with things"

Young person

P's engagement with the project has had an extremely positive impact in all areas of his life including engagement in education and the ability to consider his future.

Referrer

When I first met H he rarely left the house. Befriending gives him the opportunity to get out and have new experiences. He is now doing so much more now.

Volunteer

My befriender is awesome, just so awesome.

Young person

Now I feel more calm and patient in situations where before I would've been angry for ages.

Young person

Her confidence continues to improve with each and every outing. The project has been of great benefit to J's whole outlook on life.

Parent

M's confidence has grown completely since having her befriender. She is able to discuss with her peers the activities that she has taken part in and feel more included in her group.

Referrer

L reports that she loves having a befriender...I have noticed a vast improvement in her self esteem.

BUDDIES

Buddies has been an extension of SABP since June 2014 and was started in order to support more young people in South Ayrshire who suffer from social isolation, due to having a diagnosed medical condition or additional support need. The project was initially a two year pilot, which proved to be very successful and received further funding from Big Lottery Young Start Fund in April 2016, to continue Buddies for a further two years.

Buddies' aims and objectives are similar to those of SABP, with the primary aim being to reduce social isolation, increase confidence and self-esteem, and ensure young people are respected, valued and included through involvement with the service.

Buddies supports young people aged 11-18 from South Ayrshire, through 1:1 befriending, giving them the opportunity to take part in activities of their choosing which they otherwise would be unable to do without the support from their parent/carer. This enables the young people to develop new skills, including social skills and independence, at a crucial age and stage in their development.

Through their befriending match young people are encouraged to set and work towards a personal goal with the support of their Buddy. Recent examples of goals achieved by young people include trying trampolining at Airspace and winning a game of basketball against their Buddy.

Buddies, alongside SABP, facilitated group outings this year, which provided the opportunity for the young people to spend positive time with peers and develop friendships in a safe and supportive environment. The activities have also had the added benefit of contributing to young people's learning for example through providing educational activities such as visiting Ayr Fire Station and how to keep safe online through an Internet Safety session. Group outings also enabled young people in the year to meet, form friendships and then arrange joint outings.



Ayr Fire Station
Visit



Celebrating
SABP's 20th
Birthday



Cooking with
Barney



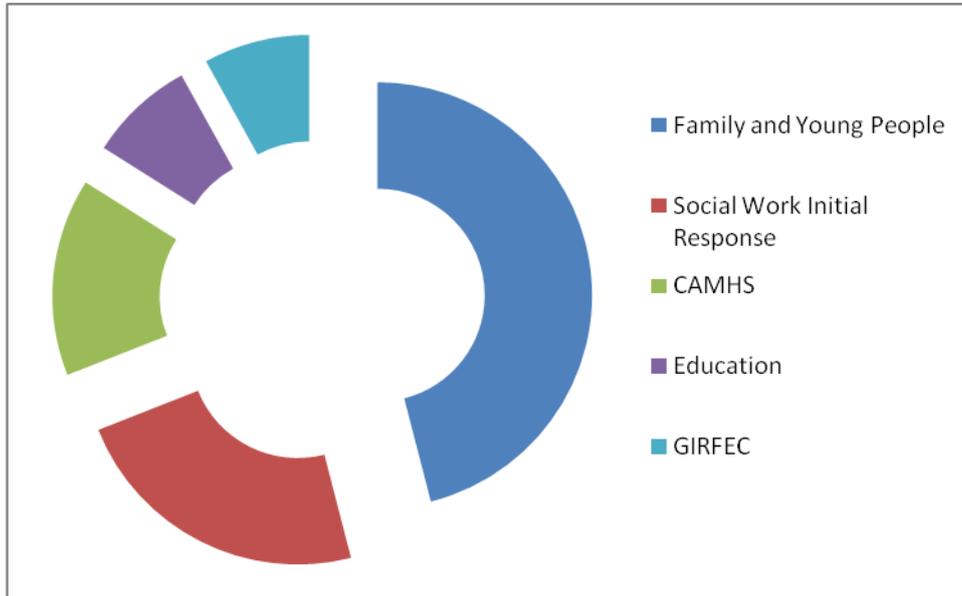
SABP's Mini
Olympics Day



BUDDIES REFERRALS

Buddies has supported a total of 12 young people in the reporting period, with two matches coming to a planned end in April 2016.

Buddies received a total of 13 referrals in the year:



VOLUNTEERS SUPPORTED

In addition to the 12 volunteers involved in befriending matches in the year, Buddies has supported a further 3 group volunteers.

I have someone I can talk to who is my Buddy' – Young Person
I feel safe with L and can try things I have never done' – Young Person

I have helped D develop interests and do things he enjoys' – Buddy
C loves her time with her Buddy and it really benefits the family too' – Referrer

'A is definitely growing in confidence' – Parent
'Ayr needs more services for kids like J' - Parent

HAPPY 20th BIRTHDAY!!

SABP was delighted to celebrate supporting young people in South Ayrshire for 20 years in October 2016. Young people, volunteers, staff and Management Committee members agreed that SABP should celebrate in style with a sit down meal and party at the Ally Macleod Suite, Ayr United Football Park.

Over 60 people, including staff, young people, volunteers and Management Committee members came along to celebrate. There certainly was a party atmosphere, with balloons, banners and a fantastic birthday cake to mark the occasion.

The party was also the perfect occasion to debut SABP's 20th Anniversary film, which was made to commemorate SABP's success over the past 20 years. The film starred some young people currently supported as well as young people, volunteers and Management Committee members who were involved with SABP previously.

The DJ kept the party going all evening, with a fantastic quiz and great music that had everyone up on the dance floor. The selfie board proved very popular and provided some brilliant pictures of our young people and volunteers.

The young people were very excited to meet our very special guest.....Pudsey Bear, with many insisting on getting their picture taken with him! The young people all went home with a brilliant party bag, full of goodies and of course some birthday cake.

SABP would like to give special thanks to all of the young people who came along to the event and to our volunteers as well as to Joe and Gareth at Video3 Internet Broadcasting, for creating our 20th Anniversary Film.

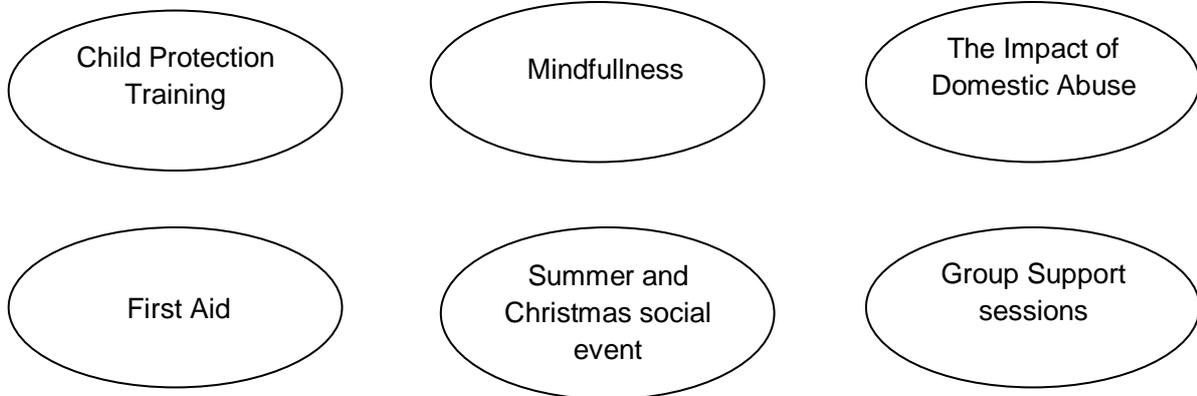




VALUING OUR VOLUNTEERS

Once again we are truly in awe of the support shown by our fantastic volunteers, without whom SABP quite simply wouldn't happen. This year we supported nearly 60 befrienders and group volunteers who collectively contributed over 2000 hours to supporting young people. We welcomed 20 new volunteers to our team all of whom successfully completed introductory training and went forward for one to one befriending. Our volunteers range from 18 to 70 and beyond with just over 20% being male and 80% female.

In addition to our introductory course we also provided the following training and support sessions for our volunteers:



Some Comments:

I have thoroughly enjoyed my time as a volunteer and have personally developed from being involved with the Project. It helps me get out the house too!
Volunteer

The training and group work as well as 1:1 befriending has given me more confidence in my ability to support young people.
Volunteer

I get a lot of personal satisfaction in seeing an improvement in my young person's confidence. I enjoy meeting other volunteers.
Volunteer

It gives me a sense of achievement to know I have helped my young person to get out more and become more confident.
Volunteer

It's has given me a better outlook on social issues and the difficulties our young people face today
Volunteer

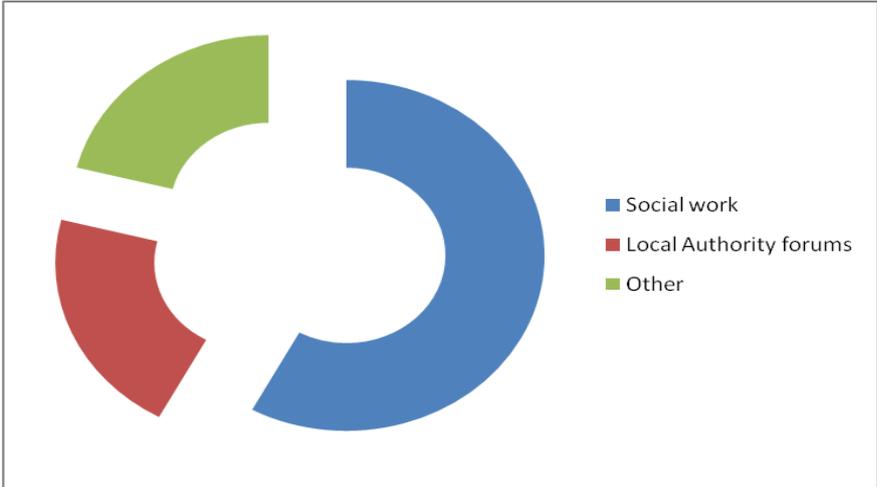
I am enjoying spending time with a young person as my children have grown up and it has helped me make up my mind to try and foster.
Volunteer



REFERRALS

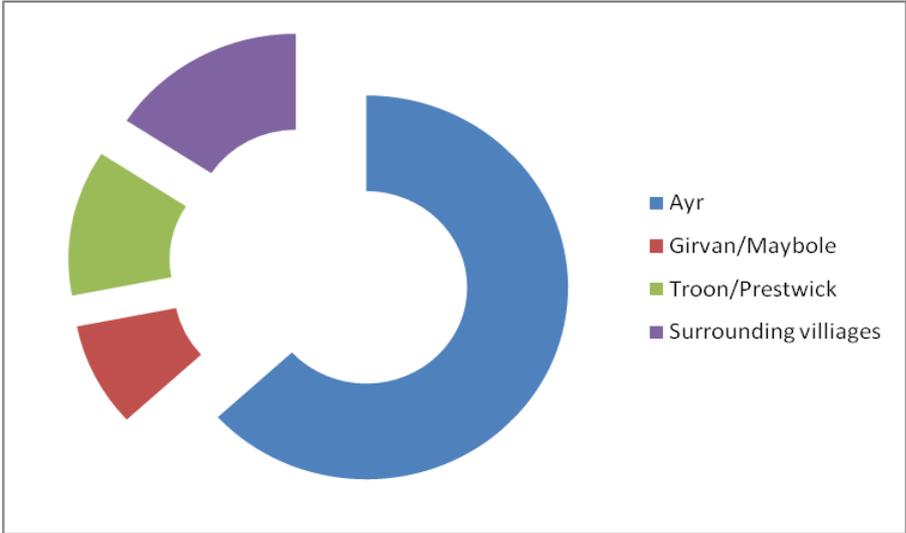
SABP supported 57 befriending matches in the reporting period, 31 of which were newly made in the year. The young people supported ranged in age from 8 to 18 years with the average age being 14 years. Young people supported came from the following localities:

Referral Source



SABP accepts referrals all year round; the young people supported this year were referred through the following sources:

Locality of Young People Supported

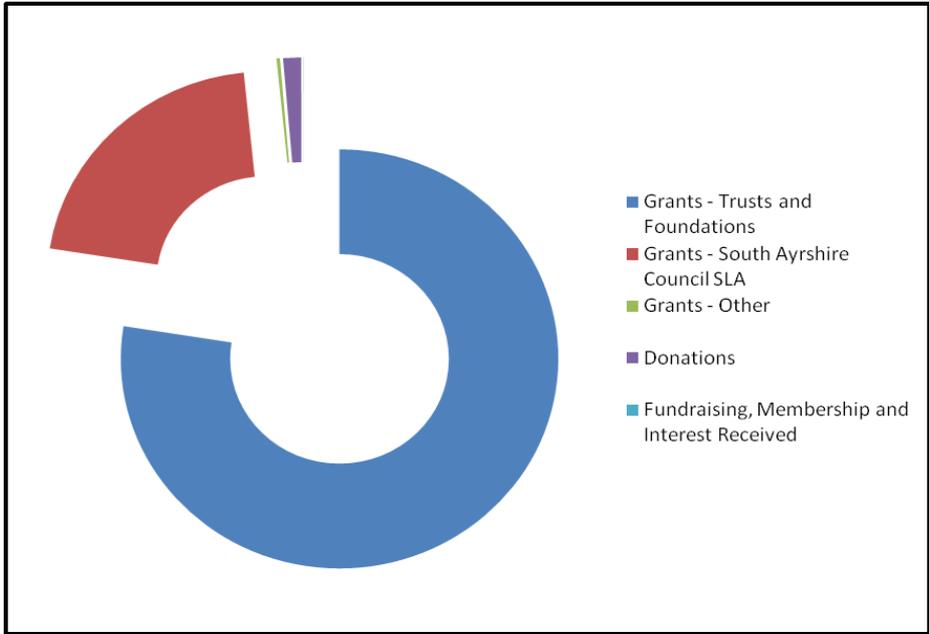


As has been the case in previous years SABP receives more referrals than we can support and therefore we must implement strict referral criteria and operate a carefully managed waiting list.

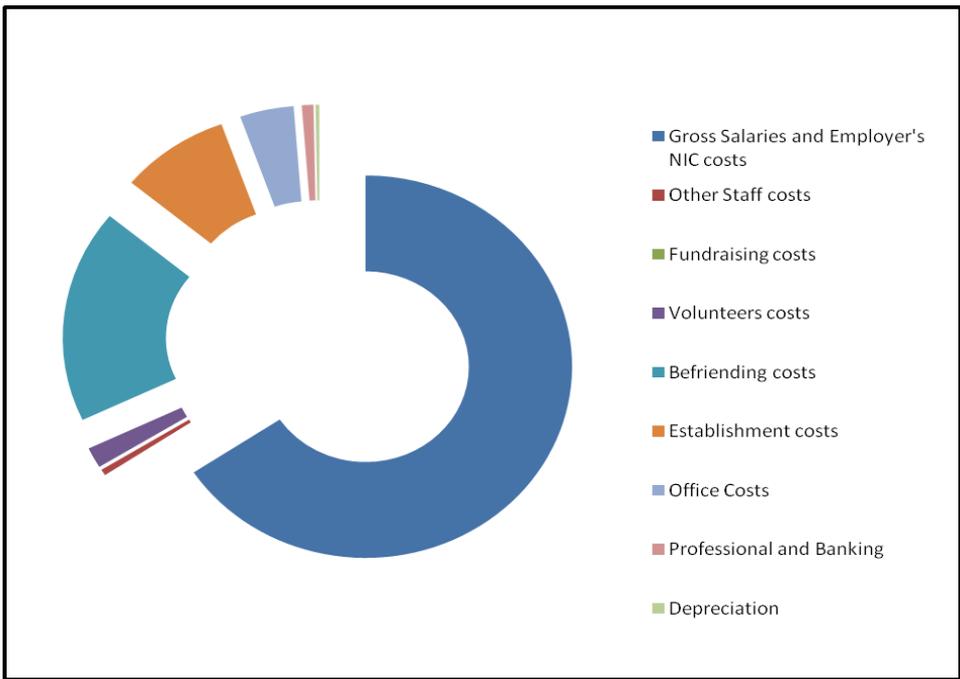


INCOME AND EXPENDITURE

Income: £138,756



Expenditure: £145,203





FUNDING

We would like to offer our sincere and grateful thanks to our funders and those who have kindly donated to SABP.

BBC Children in Need

South Ayrshire Council

The Robertson Trust

The RS Macdonald Charitable Trust

Lloyds TSB Foundation for Scotland

Young Start Fund

The Henry Smith Charity

Dr Guthrie's Association

West FM Cash for Kids

Saints and Sinners Club of Scotland

The Trusthouse Foundation

Munro Partnership Ltd

Ayr North Decides

Woodward Charitable Trust

Cantanti Singers

We also receive private donations throughout the year and would like to extend our warmest thanks to everyone who has supported SABP this year.



THANKS

SABP would like to take this opportunity to thank....

Our Volunteers:

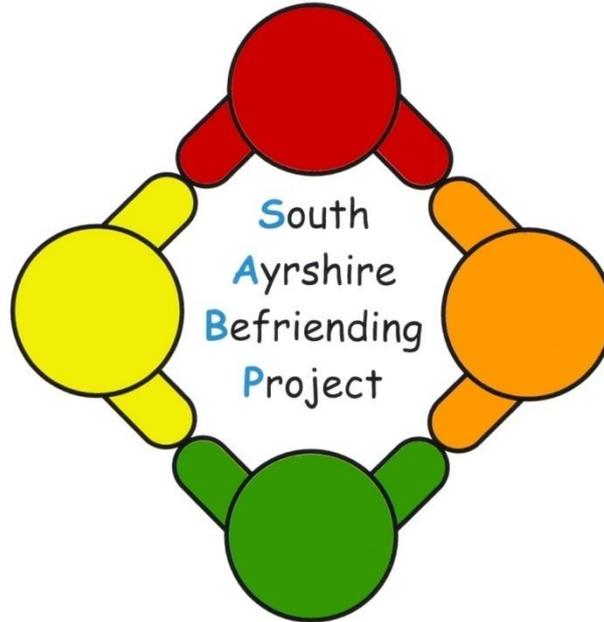
Marie M, Abigail Y, Sandra W, Rachel C, Dianne C, Shannon R, Sam T, Stephen A, Marie F, Charelen C, Claire M, Louise B, Diane R, Carol B, Emma H, Anne S, Leoni S, Kevan F, Karen M, Richard H, Janet M, Gilmour M, Rhona A, Sara D, Susie C, Bev M, Paul G, Angela S, Gary D, Jaimie W, Niamh B, Kevin C, Amy M, Nicole M, Riki P, Elaine H, Angela P, Mary G, Patricia M, May M, Angela S, Hannah B, Ali C, Lawrence C, Helen M, Karen H, Jean C, Amy H, Liz H, Shona H, John B, John H, Shona S, Jenna C, Andrew W, Ashley M, Sara N, Kirsten A, Ainslie P, Jacqueline K, Angela R, Emma P, Sandra W, Laura S, Jasmine B, Natalie A, Grace A, Louis S, Cameron W, Maragert A, Ross G, Helen M

Our Management Committee:

Chris, Helen, Pat, Alan, Judith, Maggie, Joanne

Thanks also to:

The Ark, South Ayrshire Council (SAC), Police Scotland, Children and Adolescent Mental Health Services (CAMHS), North Ayrshire School Clothes Bank, Women's Aid, SAC Care, Learning and Wellbeing Services, Voluntary Action South Ayrshire (VASA), South Ayrshire Child Protection Committee, Munro Partnership Ltd, DW Creative, Befriending Networks, Kyle Academy students, Ayr Fire Station, Joe and Gareth at Video3 Internet Broadcasting, Mindfulness Practitioner Kevan Fulton, Coyle Water Fishery.



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