



# The Mount Befriending Service

## SUMMER 2013 NEWLETTER

SCIO: Scottish Charity No: SCO42651

### Current funders:



### Robina Goodlad

### Greggs



### Hugh Fraser Foundation



### Supported by: Donations from Befrienders & Befriendeds

### Clinarthill Church

### News from The Mount Befriending Service

Since Easter, Cristine, Liz and myself have been working to match our volunteers with befriendeds and supporting the befriending relationships that are already well established. I have been out visiting people to see how things are going and its wonderful to hear what a difference our volunteers make! At the moment we have 21 older people matched with 20 volunteer befrienders who call out to visit usually once a week for a chat and a cup of tea. There are also a few people who have a telephone befriending service – which works well for some. We do have a few people on a waiting list waiting for a volunteer visitor– so if anyone wants to see what’s involved in volunteering or knows someone who would be interested, please tell them to get in touch with the office for a chat.

Other things that have been happening.....

We held a successful information evening at the beginning of May when a solicitor from WW&J McLure Solicitors came to tell us about legal issues that become more relevant to us as we get older -power of attorney, guardianship, wills, family trust funds. It was a question and answer session that was very relaxed but also very informative. I think we all learned quite a bit!

Liz and I have also been finding out more about what goes on in the south east community of Glasgow, Liz has developed a resource file which has lots of information about activities going on locally. If you want any advise about this, please call in and see her. I have been meeting people and visiting projects. For example The Food Train in Govanhill has recently been set up here with plans to expand into other areas soon. The Food Train, which uses volunteers, will do your shopping, deliver and unpack it all for £3! If you want more information contact Joyce on 0141 423 1722.

Lastly, I had a visit from representatives of the Mount Florida Community Council last month who are interested in your views and in any thoughts you might have about improving the Mt Florida area. I have forms here in the office so if anybody would like to voice their opinions, please pop in and fill one out..



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## A BIG THANK YOU!!

Recently we were awarded a grant of £7000 over two years from Glasgow City Council (IGF) as well as £1000 from Community Foundation Scotland—Red Nose Day/Comic Relief. So a big thank you for this support from these organisations! This will all help towards maintaining the project offering companionship and connection to the older people we visit.

### EVALUATION

We are sending out evaluation forms to volunteers and befriendees to get some feedback about the service. We would be very grateful if you could give us your feedback and thoughts—the good and bad!!

### DATES FOR THE DIARY

Clincarthill Church Fayre 21st September 10am-2pm

Lots of stalls, a cafe and fun!



### Frock Swap Fundraising Event 5th October— details to follow

Ladies, do you have no longer wanted items of clothing lurking in your wardrobe which might be just what someone else is looking for? Combined with good company and a glass of wine a frock swap is a chance to swap your wardrobe ! Who knows what you might find!



# SUMMER HOLIDAY

I am on holiday at the beginning of July, but Liz and Cristine are about, so even when I'm away the office will be open

Monday– Friday 11-1.

Other than that the opening times are (usually) :

Mon– Thursday 10 - 2

Friday 11-1

And remember if the office is shut you can always leave a message on the answering machine and someone will get back to you.

