Supporting Older People

Founded 1982

Befriending Scheme

Our mission:

"We aim to alleviate loneliness and isolation often experienced by older people living on their own"

www.supportingolderpeople.org.uk

Registered Charity Number 1155682

Home Visiting Scheme

When you become a member of Supporting Older People, Julia, our Activities & Befriending Manager will come to your home for an informal chat where she will find out more about your interests and expectations from the Home Visiting Scheme.

Julia will then carefully match you to a likeminded volunteer who has chosen to spend one or two hours on a regular basis visiting one or more of our members.

All of our volunteers have clearance from the Disclosure & Barring Service and we have obtained references from two people who know them well.

Once we have matched you with a suitable volunteer, Julia will give you a call and arrange to come along to see you and introduce your volunteer.

At Supporting Older People we pride ourselves on carefully matching members to volunteers, and have a proven track record of successful matches resulting in long term friendships.

Our Home Visiting Scheme is a free service but we welcome contributions to help cover the cost of the service.

Do's and Don'ts of Home Visiting

Here some ideas of what you may like to consider doing together:

- Getting to know each other over a cup of tea
- Playing a game
- Doing a crossword
- Reminiscing
- Looking at photographs
- Going for a walk
- Shopping

Once you get to know each other well you may want to consider going out and about.

Our volunteers are not permitted to do:

- DIY tasks
- Household chores
- Personal care
- Administer medication

Case Studies

Sophia* was referred into Supporting Older People in March 2018 and suggested she would like a Home Visitor. Sophia lives alone, has limited sight and poor mobility. Her son lives away from Harrogate. Sophia was born in southern Italy and was a lecturer in Italian.

Paul joined SOP as a Home Visitor he is studying Italian at Leeds University! I mentioned Sophia to Paul and he said he would love to visit her.

A date was set for Paul and Sophia to meet. We rang the bell and I introduced Paul to Sophia – Paul introduced himself in Italian and Sophia's face was priceless! I had not told her about Paul's studies.

They now meet on a regular basis to chat away in Italian – a perfect match as Paul has his spoken and written Italian corrected and Sophia gets to converse in her native tongue! Not only that but they are great friends and enjoy each other's company immensely!

When Mabel* was referred to Supporting Older she was feeling isolated due to living in a village and not being as active as she once was. Mabel was agoraphobic and often spent weeks in the house on her own.

Along came Mabel's knight in shining armour in the form of Jason. Jason and Mabel soon became great friends, with Jason inviting Mabel to join him and his family for Christmas lunch. Jason now visits Mabel on a weekly basis and often takes her out, he is also always on the end of the phone if Mabel ever needs him.

Jason has also given Mabel the confidence to become an active member of Supporting Older People, she often comes along to our events. Mabel is also involved in many of the village activities, which helps her get out of the house regularly.

Mabel says that Jason is now a true friend and that he saved her life.

*Names have been changed to protect the clients' privacy.

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Our wonderful volunteers are currently visiting 100 clients. We presently have 90+ volunteers with the Home Visiting Scheme.

Enquiries for volunteering come from the CVS website, word of mouth from other volunteers and interest from our leaflets.

Taking an average of one hour a week over a yearly period our Home Visiting Volunteers give 5200 hours of volunteering per year.

Telephone Befriending

Would a phone call from a dedicated, friendly volunteer make your day?
Have a talk about things that interest you or just have a catch up and a chat.

Contact and conversation is an important element of our wellbeing.

Sometimes it is hard to stay in contact with people - you may have lost touch with old friends or family or your health may stop you from seeing people.

A regular phone call from a friendly, trustworthy volunteer can make all the difference. All our volunteers enjoy listening, talking and getting to know you.

Calls can be weekly, fortnightly or monthly depending on what works best for you.

We can also organise ad hoc phone calls i.e. If you have recently come out of hospital or are incapacitated at home.

Any questions?

Please give us a call if you would like any further information about the activities.

Lorna, Julia and Kate
The Team at Supporting Older People

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Larger print available on request
Please note all dates and prices are subject to change.

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