

Investing in Volunteers News Sheet

October 2015



Introducing our new Project!



A fresh new service to tackle loneliness and isolation among the over-60s across Edinburgh is up and running – and on the hunt for friendly volunteers.

Vintage Vibes has been set up in partnership between and LifeCare Edinburgh, based in Stockbridge, and The Broomhouse Centre. It will use friendly volunteers – Vibes Volunteers – to reach out to people across the city – Vibes VIPs – offering companionship, reliable support and the opportunity to be more socially connected.

The impacts that loneliness and isolation can have on people's health are startling: chronic loneliness can be as harmful to your health as smoking 15 cigarettes a day, for instance. A report released by the Scottish Government at the end of October called on social isolation to be treated as seriously as poverty and housing.

Vintage Vibes is now looking for volunteers 17 and over, from all walks of life to get involved e.g. mature and retired people, students, pet owners and families. The service is keen to support people with dementia living at home, and from minority backgrounds.

If you're interested in either becoming a volunteer, or how to refer someone as a VIP, you can call Heather on 0131 343 0955 or Emily on 0131 455 7043, or email: hello@vintagevibes.org.uk.

Go to www.vintagevibes.org.uk and sign up to receive a newsletter. The full website will be up and running very soon.

coming soon

The Singing Group

Exciting news! The Beacon Club is starting a singing group for people with dementia and their carers. The aim of the group will be to provide a safe, friendly, relaxed and stimulating environment for people to spend time in, to socialise and to sing with the emphasis on enjoyment and fun. Although staff and volunteers will be on hand the person with dementia must be accompanied.

The afternoon sessions will be held twice a month and will be open to people with dementia and their carers.

A venue to host the group sessions and a start date in January 2016 are yet to be confirmed – **SO WATCH THIS SPACE.**

Joan Hogg, Beacon Club Project Manager has been tasked with setting up this group, so if you are interested in **volunteering**, or want to find out more please contact her at the Broomhouse Centre on 0131 455 7731.