



Care & Share Companionship

Scottish Registered Charity No : SCo48873

CARE AND SHARE COMPANIONSHIP

ANNUAL REPORT

2019-2020

**Fife Health
& Social Care
Partnership**
Supporting the people of Fife together

The logo for Fife Health & Social Care Partnership consists of a stylized teal figure with arms raised, resembling a person or a heart shape.

I have become a Dementia Friend
Find out more at www.dementiafriendsscotland.org

CARE AND SHARE COMPANIONSHIP

Our Vision

To provide personalised, flexible companionship and support to older people experiencing isolation and / or loneliness within their communities.

To increase the engagement of volunteers within communities to maximise community spirit regardless of age, culture and background.

To connect with people of all ages to provide flexible and diverse support.

To make people feel valued and part of their community.

What is loneliness?

Loneliness is a subjective feeling about the gap between a person's desired levels of social contact and their actual level of social contact. It refers to the perceived quality of the person's relationships. Loneliness is never desired and lessening these feelings can take a long time. *Age UK Love Later Life*

What is isolation?

Social isolation is an objective measure of the number of contacts that people have. It is about the quantity and not quality of relationships. People may choose to have a small number of contacts.

When they feel socially isolated, this can be overcome by increasing the number of people they are in contact with.

Loneliness and social isolation are different but related concepts. Social isolation can lead to loneliness and loneliness can lead to social isolation. Both may also occur at the same time.

Loneliness and social isolation also share many factors that are associated with increasing the likelihood of people experiencing each, such as deteriorating health, and sensory and mobility impairments. *Age UK Love Later Life*

Aims and Purpose of Care and Share Companionship

Definition of companionship: Having someone you know and like with you, rather than being on your own. *Collins English Dictionary*

Care and Share is a charity focused on giving companionship to people over the age of 60 living in isolation or/and loneliness. The aim of companionship is to form a rapport that in time, will build trust, respect, friendship and bring enjoyment. Which in effect will enhance both the volunteer and friend's life helping to promote and sustain health and emotional wellbeing.

Companionship helps to

- build confidence and self esteem
- develop friendship with peers
- stimulate and maintain conversational interaction
- give a sense of value and belonging
- promote health and well being

INTRODUCTION

Care and Share Companionship (CSC) became a Scottish registered charity in November 2018. We have been an active charity since April 2019, after our launch which was held at St Bryce, Kirkcaldy. Our office is based in Bennoch Parish Church, Kirkcaldy.

We provide a free voluntary support service to people over the age of 60 who are living in isolation and loneliness. We also provide respite for people caring for partners, spouses or family members living with a medical diagnosis which requires 24-hour care such as dementia or cancer.

We can offer paid support outwith our grant funded free service to those receiving Self Directed Support Option 1 payments from Fife Council. The aim of Self-directed support is to give people control, choice and flexibility over their own lives and tailor support to their needs.

We are funded by Health and Social Care Partnership (H&SCP) and have received donations from several businesses, friends and family members of the people we support.

At present Care and Share Companionship employs and is funded for a Service Manager for 35 hours per week by the H&SCP.

The Service Manager is responsible for recruiting, induction, ongoing training and supporting of the volunteers who visit our friends. They are also responsible for raising awareness of Care and Share Companionship within the local area in and around Kirkcaldy and administration duties which include:

- Putting in place policies, procedures, including adapting and adhering to new Data Protection guidelines
- Appropriate systems to record volunteer's information and their journey with CSC
- Appropriate recording system of people referred to the service with regular updates of visits, time spent with volunteer and any concerns raised
- Produce evaluation forms for both volunteers and friends to help us review and improve our support
- Marketing and raising awareness – record date and place of displaying posters and giving presentations.
- Connecting with organisations to assist in the recruitment of volunteers such as Fife Voluntary Action, Social Good Connect, the charity's Facebook page and website
- Update website through administrator or regular basis discussing alternative ways to encourage awareness of charity and volunteering such as blogs, podcast etc
- Keeping up to date with our social media platform Facebook, posting regular information, comments from our volunteers, friends with photographs of both. Discussing and looking at including different ideas such as podcasts, interviews with volunteers, our friends and organisations who refer to CSC

- The continuation of programme funding and social events with the support of Trustees.

We know people are living longer, family dynamics have changed – more people are living away from home, people who have shared a lifetime together now find themselves as one. Confidence, self-esteem health and wellbeing can all be affected. We would like to be recognised as the charity who imitates the extended family member. Spending time with them in a relaxed comfortable, friendly manner.

We use the term ‘friend’ when speaking about the person we support rather than ‘client’ because companionship leads to friendship on many different levels.

We recruit, train and support volunteers throughout their time with Care and Share Companionship. We provide an induction, Volunteer’s Handbook, ongoing training sessions and organise peer support meetings.

We match volunteers with our friends who are referred to our service from health professionals, other third sector organisations, family and self-referrals.

Volunteers are committed to visiting on a regular basis. This helps towards building a rapport, tapping into the essence of our friends which opens communication and a whole new world not only for our friends but also our volunteers. The positive results of our companionship are that it enables people to maintain good health and wellbeing, gives them something to look forward to, makes them feel valued, gives them time and space to talk, easing any worries they may have. We also encourage their participation in any local groups or of interest to them.

We have faced new challenges this year due to the ongoing Covid-19 pandemic, which are detailed later in the report.

NETWORKING AND PEER SUPPORT

We have connected with statutory services such as Social Services, Fife Council and Health Centres asking for advice and direction, helping us to respond and find solutions to queries on behalf of our friends.

We welcome the opportunity and connect with the third sector family across Fife by linking up with Lead Scotland, British Red Cross, Bennochry Parish Community Church, Fife Equalities Centre, Fife Forum, Fife Voluntary Action, to share ideas, referrals, problem solve and discuss future joint projects.

We attend regular Fife Forum, H&SCP meetings hosted by Fife Voluntary Action. We tap into any relevant training programmes by Fife Voluntary Action, Befriending Network Scotland and Volunteer Scotland.

The charity is a member of Befriending Network Scotland working within their and Fife Voluntary Action’s good practice guidelines. Advice has also been sourced from Fife Social Enterprise Network.

GOVERNANCE

Trustee Board meetings are held every 6-8 weeks. Our link worker from H&SCP is invited to guide and advise. Occasionally people with expertise in a particular field gives a short presentation which strengthens which supports the members to govern effectively.

Board of Trustees

- Chair -
- Vice Chair - Janet Milligan
- Treasurer - Eileen Spence
- Minute Secretary - Mairi McKay
- Trustees - Laura Lamb
Fraser Calderwood

RECRUITMENT OF VOLUNTEERS

At present we have 20 volunteers matched with 18 friends. The charity has developed gradually since our launch in April 2019, slowly building and consolidating our profile within the community and other third sector and statutory organisations.

We recruit volunteers by displaying our posters in and around the area, advertising through local voluntary organisation, press and radio. We also use our social media and website pages to raise awareness to encourage volunteering. We give presentations to various groups, attend recruitment fairs and word of mouth has also increased interest in our volunteer roles.

Recently, we linked up with Social Good Connect, a platform which encourages local business employees to consider volunteering in their area. We have several volunteer opportunities on their website including Board member opportunities.

Volunteers range in age from 18 years upwards each bring a wealth of knowledge and experience to enhance the support we offer and share with each other. We have a cache of volunteers some who work, are retired, seeking employment or are students.

After an initial enquiry is received from a prospective volunteer the recruitment process is as follows:

- Contact is made by Service Manager either by phone or email outlining the charity's purpose and aims also an overview of the support we offer.
- Volunteer application and Equalities forms are sent with a role description of the volunteering opportunity.
- Once returned an interview is arranged with information given as to what documents for PVG application are required. If the person is a driver, relevant car documents are checked ie insurance, MOT, licence
- The interview is informal however, is an ideal opportunity for both parties to find out more about each other. Documents are checked, appropriate PVG application is completed and a date for induction is arranged.
- The volunteer is given CSC Volunteer's Handbook after induction and asked to read and sign a Volunteer's agreement.

The benefits of volunteering are becoming more widely recognised. Many people want 'to give back' and help those in need of support. Volunteering is very much a two-way street, volunteers give their time freely, however they do gain so much in return, enjoyment, satisfaction and the knowledge that they make a difference to someone's day and overall health and wellbeing.

People volunteer for many different reasons; to build skills, gain experience or support training to help them find employment or they have time and wish to give something back.

2020 has been a challenge in recruiting volunteers not only because there are so many worthy charities within the local area but also because of Covid-19 and the restrictions we have all faced. However, we had 10 applications from people who were furloughed, 5 who gave support with shopping delivery or telephone support. As employees began returning to work 1 volunteer has remained and is continuing to deliver shopping on a weekly basis. Furlough volunteers found it difficult to continue because of their work commitments or only wanted to support during the lockdown period.

Between April 2019 and October 2020 we had 60 enquiries from people interested in our volunteering companion role. People's circumstances can change rapidly therefore not all applications are successful. They may find employment; personal circumstances may change, it is not the right time or it can simply be after receiving the role description they decide this is not the volunteering opportunity for them.

Volunteers receive reimbursement of travel expenses monthly.

INDUCTION AND TRAINING

In the first instance all volunteers are given information about the volunteer opportunity and background of the charity as well as an application and equalities form. They are invited to an interview. If successful references are checked before completing induction by the Service Manager where they complete a PVG application, receive a Volunteer's Handbook and if they drive, car documents are checked. They are asked to read and sign a Volunteer Agreement.

This ensures that volunteers have a wider understanding of the charity, its purpose, policies and clarity of guidelines which set the standards of Care and Share Companionship.

The Handbook includes:

- **Care and Share Companionship Mission Statement**
- **Aims and Outcomes**
- **Information about Volunteer Companionship**
- **Recruitment of Volunteers**
- **Top Tips for Volunteer Companions**
- **Volunteer Companion Boundaries**

Policies / Guidelines :-

- **Volunteering**
- **Equal Opportunity and Diversity**
 - **Confidentiality**
 - **Data Protection**
 - **Lone Working**
 - **Telephone Support Guidelines**
 - **Shopping Delivery Guidelines**
 - **Protection of Vulnerable Adults (POVA)**
 - **Gifts**
 - **Complaints Procedure**
 - **Health & Safety - *Health & Safety wellbeing relies on co-operation between members of staff, volunteers and management.***

All of the above are discussed and include problem-solving scenarios that may occur and how best to respond or solve a situation. We ensure volunteers feel comfortable within their role. There is an opportunity to ask questions.

As Care and Share Companionship develops and the number of volunteers increase there will be an opportunity to invite existing volunteers to attend group induction to give an overall picture of their role.

Volunteers are given ongoing training in areas relating to the support of older people and the difficulties they may face. To name a few, areas such as mobility, health diagnosis, challenges of the modern world and how best we can support and gain information and help to assist them to remain as independent as possible.

The Service Manager supports volunteers with monthly contact by email or telephone. This is an opportunity to discuss training needs, give guidance and discuss any other issues that arise during their volunteering role.

Peer support meetings are invaluable giving volunteers a platform to discuss and share their experiences with CSC, to tap into the life and work experience of other volunteers to find solutions, share stories, build confidence in their volunteering role and have an enjoyable evening. Guest speakers are invited along to give an insight into any health or wellbeing issues volunteers suggest or we feel are prevalent in their supporting role. It is important to tailor our support and training to the needs of the volunteers and our friends. We believe it is better to have a little information, understanding and insight into health diagnosis and difficulties that older people may face than none. The volunteers can then give support feeling confident knowing their needs and the needs of their friend will be met.

At our first peer support meeting in September 2019 we invited Ruth McCabe from Dementia Friends to come and give a presentation. There were questions and answers throughout. This was interactive, insightful and very informative. Everyone gave positive feedback, were pleased they attended and said it was very beneficial. Before Covid-19 the Service Manager had arranged a counsellor to attend the next meeting to speak about Mental Health and discuss any concerns that volunteers may have regarding their volunteer role and the people they supported.

Ideally, we would like to see all volunteers attend peer support meetings however, we are aware that volunteers have personal or work commitments therefore we try to be flexible when we approach organising peer support meetings. We will be looking at alternative methods such as Zoom or online training from support agencies such as Volunteering Scotland and Befriending Networks.

We recognise the importance of acknowledging the time, loyalty and support our volunteers give to enable Care and Share Companionship to operate as free support service to older people living in our community.

During Volunteer's week thank you cards were posted to all volunteers with a personal message.

Volunteers received personal emails from the Trustees thanking them for their support to their friends during the difficult and challenging times living throughout Covid-19.

We organised a lunch at Dean Park Hotel in February 2020 for friends and volunteers which the charity paid for from a fundraising event.

Since Covid-19 began it has become extremely difficult to organise a group celebration to say thank you to all of our volunteers however this will be organised when restrictions are lifted to allow this.

REFERRALS

Taking into consideration that we are a relatively new charity since becoming active after our launch in April 2019, we have received 51 referrals of which 37 people were supported. People resist or do not wish support for reasons such as

- They do not think they need support
- CSC cannot address the needs – we do not provide personal care
- Families have found services that can provide several visits per day
- Before CSC support begins the person health deteriorates

Over 80% of our friends are over the age of 80 with the other 20% between 65-78 years of age. All have had support in some form either by telephone, shopping delivery or 1-1 visits apart from two people who did not wish to proceed. We have had many more enquires outwith our funded geographical area. The overview from referrers is our valuable service is much needed and they would welcome a wider boundary area to refer to our service.

“Care & Share is a valued community resource, offering a much needed service to many vulnerable people in the Kirkcaldy area, however it is desperately sad that this necessary service is not available within the wider areas of Fife.”

Referrer

Some matches have been easier to arrange than others due to the volunteer’s availability. We have found it challenging to match volunteers who work full time and can only offer support at particular times. Many of our friends would like support during daytime hours, very few in the evening.

However, when the right match is made, they tend to be highly successful offering consistency which builds a happy, positive friendship which is a completely different relationship from their connection with statutory organisations.

After some research, speaking with support organisations, older people and families they all agreed it is important that support is not restricted by a time frame and that it is open ended. A large number of older people would like consistent and ongoing support. A few people do like to have time-limited support as they may have a goal in mind such as building their confidence and stamina to get out and about independently.

However, the needs of both volunteer and friends are taken into consideration. After 6-8 visits we contact both volunteer and friend to evaluate the match. We are flexible in our approach to support people over 60 and our volunteers as we are aware personal circumstances and health can change.

Our aim is to deliver a personalised, quality service to address the needs of the person being supported. It is vital that older people living in our community feel valued and part of their community.

Referrals for the period 2019-2020 came from Fife Forum, Social Services, Whytemans Brae Day Care Ward, Lead Scotland, British Red Cross, elf and family referrals.

SOCIAL AND FUNDRAISING EVENTS

April 2019

Our first social event was our launch on 4 April 2019 at St Bryce Kirk, Kirkcaldy. The Provost of Fife, Jim Leishman attended and gave an eloquent insight into his own personal understanding of the challenges many elderly people face who live in isolation and loneliness especially when their life long partner dies. Where once they were confident outgoing people this can change drastically when loneliness and isolation invades and settles into their lives. They lose their confidence, self-esteem and have no zest for life. He wished the charity success in their venture to provide support to those most in need as he recognised the value and need of such support.

Evergold Property representative, Tahir Ali the new owners of The Postings Kirkcaldy came along to find out more about the charity.

Also, in attendance were family members, friends and third sector representatives. The local newspaper and radio station attended. Refreshments were provided and there was much chat and laughter.



September 2019

We held a joint fundraising and social event at the Reya Indian Restaurant, Leslie. We had over 40 people join us. It was a night to meet new people, eat delicious food, have a blether and raise money for the charity.



December 2019

We invited some of our friends and volunteer companions to Bennoch Parish Church's annual Christmas Lunch. It was a delicious three-course lunch. Entertainment was provided by the local primary school children singing Christmas carols.



February 2020

It was decided as a pick-me-up after the winter months we would treat and invite our friends and volunteers to lunch at The Dean Park Hotel, Kirkcaldy. We were not disappointed, the chat flowed as did the laughter and the food was delicious.



These social events are key in bringing our volunteers, friends and board members together to get to know one another, share experiences and ultimately better the service.

2020 - COVID-19

As Care and Share Companionship's first active and encouraging year was closing the impact of Covid-19 was being felt on our lives and bringing with it the challenges we faced to continue supporting our friends.

The pandemic engulfed the world and all aspects of our everyday lives. Businesses, statutory and non-statutory organisations had to adapt and change when lockdown was enforced.

Communities came together to help those in need across all ages and demographics. Charities and organisations supporting charities came together to guide, encourage and remain positive throughout. All working together to provide support for those who needed some help.

We as a charity adapted by offering:-

- weekly telephone support in place of face-to-face visits
- weekly shopping delivery
- sent out regular notices, letters with contact numbers of other support agencies:
 - social services
 - NHS
 - Silverline telephone support
 - Fife Voluntary Action Helping Hands

Our Service Manager gave reassurance that they could call with any concerns or worries to get assistance. If we were unable to help, we would signpost and find the organisation who could.

We had several enquiries from people on furlough wishing to help as they had time on their hands. This was a great help as we saw an increase in referrals mostly for shopping deliveries.

Volunteers were asked if they had or knew of any young people who could assist us in elevating the loneliness felt by our friends by writing letters and drawing pictures. These were duly posted at intervals and were warmly welcomed and received.

Our Service Manager downloaded and printed personalised word searches relating to the interests of the person: Elvis Presley, knitting, musicals and countries of the world for our adventurers.

Activity packs were offered and accepted from British Red Cross, Elaine Meakin Community Connector to distribute to our friends.

Regular telephone calls were made by the Service Manager to friends, especially those who had no family or friends, also to our volunteers to ask how they were facing the challenges and if they needed help.

Zoom meetings became the new way to hold meetings with Fife Voluntary Action and the Board of Trustees.

There were online training sessions and support from Fife Voluntary Action, Volunteering Scotland and Befriending Networks.

Statistics show that older people and people with disabilities are a target of conmen and fraudulent scammers.

'Almost 5 million older people (65+) believe they have been targeted by scammers. While only 12% of those targeted responded to a scam, this means around half a million older people could have fallen victim.' *Age UK*

We received free-of-charge door safety stickers and information to share with our friends from Able Community Care Norwich.

These were posted out to all our friends who found them useful.

We were approached by Befriending Arts Project, Befriending Lewis & Harris, Stornoway asking if we would like to join their UK-wide Creative Postcard Exchange Project to help reduce feelings of loneliness and isolation through creativity during these challenging times. The premise is to share self-decorated postcards with a message from people living in isolation and loneliness throughout the UK. We have signed up and await our batch of postcards to share with our friends.

All the artwork will be recorded digitally for reprinting as part of a colourful exhibition as well as being recorded on social media throughout.

As we continue to move forward adapting to our ever-changing world, we have connected with a local high school asking if senior pupils would like to become penfriends to our friends. The response has been overwhelming with 13 letters which were posted with a covering letter. Our friends have expressed their surprise, joy and gratitude at receiving such lovely well-written letters.

About the pen pal scheme. I would definitely give M an 'A'. The letter was beautifully written and presented.'

Friend 70+

'Beautiful letter for a girl of that age. Impressed very clear and precise about what she wants to do when she leaves school.'

Friend 90+

OUTCOMES

In our first year, our successes have been:

- Developing and establishing the charity
- Securing funding for first two years, and face the challenge to secure future funding
- Locating to a local registered office
- Building relationships with organisations who support and can help in many aspects of continuing charity work
- Connecting with 20 volunteers and addressing their needs on a continuous basis
- Improving the health and wellbeing of older people of 48 since April 2019
- Reducing loneliness and isolation
- Engaging with other third sector organisations to work together to address the needs of the people living in the local community
- Raising our profile, our professionalism and linking with statutory organisations
- Adapting our support when faced with the challenges of Covid-19

The feedback we have received from friends, volunteers and families has been overwhelming and shows that Care and Share Companionship support is a much needed service in Fife.

TESTIMONIALS

'First night out with Care and Share Kirkcaldy and met a lovely lady. Can already see this is going to be very rewarding for me.'

Volunteers comments on her first match

'I joined Care and Share to help me fill my days a little. Did not expect it to give me as much pleasure as it does.'

Volunteer's comments

'He was in such a cheery mood and so thankful for my visit today, I think I enjoy the visits as much as he does.'

Volunteer Companion's comments after her weekly visit to a gentleman 90+

Friend commented that even 2 to 3 minutes on the phone made all the difference to him and thanked the service manager for calling him weekly.

The gentleman lived on his own had difficulty breathing at times and was very anxious. 60+

'He ended the conversation by saying 'I better stop talking now and give you a rest. He certainly makes me smile every time I talk to him.'

Volunteer comments after weekly telephone call

A friend thanked the service manager for arranging a volunteer to take her to the bank. Her experience on this visit was like night and day unlike her previous visit. When she felt patronised and embarrassed by the way she was approached by a member of staff. She thanked service manager for calling the bank and said it had made a difference. Also said the volunteer companion was wonderful and very down to earth.

'A fabulous programme' - A friend 90+

'Thanks for today B is a lovely lady and you (Service Manager) really helped to me make me feel at ease.'

Comment from volunteer companion after visiting lady with dementia.

'Thanks for keeping me up to date. I have put this in mum's calendar but usually only my sister and I look at it.

Many thanks for your hard work and support at this time.'

Keeping family informed. Service Manager arranging introduction visit with volunteer companion to lady with dementia.

He said that my visits are making a great difference to him and he so looks forward to seeing me'

Friends comment to his volunteer

What a welcome I received after being on holiday. C was happy to see me and said she had missed and felt so lonely. It just shows how one weekly visit can mean so much to someone. We had lunch and washed up. Had a good chat and some laughs and she played some of her music.

LOVELY VISIT FOR BOTH MYSELF AND C!"

Volunteer Companion's report after her visit

'I have arranged to call my friend next week. He says my calls brighten his day which is great.'

Volunteer comment

S has been calling me on the dot at 2pm every week. I couldn't have asked for a nicer person. She is lovely, down to earth and easy to talk to.'

A friend receiving support 80+

'These visits are helping. I had a meeting with social work yesterday and it has been over a month since mum has been wandering confused. Many thanks to the volunteer companion.'

From daughter after a few weeks of volunteer companion visiting.

'Thank you for the update. I am pleased that you continue to support Mrs D.'

SN Westfield Day Hospital

'Good luck with your application which I think you will smash it as you have got such a fantastic service.'

A referrer when asked if they would give a reference for funding.

'As a Local Area Coordinator working under the Fife Forum, our role entails supporting older people In Fife, I specifically work in the West of Fife incorporating Kirkcaldy local area.

I have referred 15 older people to Care & Share Companionship from 2019 - present, I find this service to have many skills, local knowledge, understanding, training for volunteers, thinking out the box for individuals regarding their wants and needs, good communication either through email, telephone calls and leaflets. The response from when referring is excellent and quick as many family members, individuals have expressed this to me either verbally, text or email.

Prior to Covid, this service reduces the isolation, that older people experience as families don't live nearby, or are working themselves, the volunteers increase the individuals social outlook, and gives them further social stimulation. As like many organisations during this pandemic they have been keeping in contact with the individuals through telephone befriending, this has been an excellent asset as people's mental health has deteriorated. The volunteers themselves need to be equipped in staying positive and trying to keep the individuals upbeat, it is not an easy task. That is why this service works down to the support the individuals receive, the volunteers, management and the committee members. I can't thank Care & Share Companionship enough for being the forefront of befriending in the Kirkcaldy area. A huge thank you.'

FUTURE PLANS AND CHALLENGES

We realise the world is evolving, technology, family life and communities are constantly changing. We as a charity would like to consolidate, improve and expand our support by;

- developing interaction with young people to bridge the gap between generations
- securing ongoing funding to enable us to continue to grow and improve our service throughout a wider area of Fife
- enhancing the Service Manager role by recruiting an Administrator
- extending our impact through social media including podcasts and short videos
- recruiting more volunteers, increasing the number of male volunteers and - having a flexible approach to encourage people who are students, work or are unemployed
- having a variety of individual volunteer roles ie fundraising, events for friends and social media
- developing plans to include small group gatherings to reflect the interests and needs of those we support such as walking, gardening, crafts or simply by enjoying a cup of tea with some home baking for a blether to make new friends
- developing and strengthen relationships with other third sector charities to hold joint events
- continuing to grow friendships with local community groups and connect with local people
- including fixed term volunteer opportunities ie 3-4 months link up with students

All third sector organisations face similar challenges such as;

- functioning throughout the everchanging challenges of Covid-19
- securing funding
- recruitment, retaining and supporting volunteers
- addressing and offering training so that volunteer needs are met giving them reassurance to continue supporting

Throughout 2020 and in the foreseeable future there have been and will continue to be many challenges and difficulties, some unknown and unexpected, however we will grow, improve and develop our service finding a clear strong path to follow. We will tap into the reserves of the people we know to contact to ask for advice, guidance and continue to source support in areas new and unknown to us to learn and improve our skills and support.

GRATITUDE AND THANKS

Care and Share Companionship could not grow, improve, develop or function efficiently and effectively without the commitment and support provided from a wide range of organisations, friends and the local community.

We would like to thank those who have contributed and supported us in our first year as a charity. We would not have grown or still be here without your help from setting up a charity to managing and maintaining all aspects connected to being a third sector organisation. We are incredibly grateful.

- H&SCP including our link worker Susan McLean
- CSC Board of Trustees past and present who have contributed their time, expertise, support and loyalty
- Andy Wilson, Graphic Designer for our Logo
- Michael Macari for producing leaflets and posters
- Michael McLaren website designer
- Methilhill Printing, Alex Rollo
- Fife Voluntary Action for their outstanding guidance, training courses, events and prospective volunteers
- Volunteering Scotland for guidance on all aspects of volunteering and PVG Disclosure training
- Fife Centre of Equalities for guidance on policies and training events
- Disclosure Scotland PVG guidance and clarity
- Befriending Networks excellent advice and support in all aspects relating to volunteering
- Guest Speaker at our Peer Support meeting Ruth McCabe, Dementia Friends and also for advising and supporting us when we asked for help.
- Social Services for advising and working with us to support some of our friends
- Fife Forum especially Fiona Crowe and Alison Wilson for your continuing support

- British Red Cross, Elaine Meakin, Lead Scotland, Louise Andree, Bennochry Parish Church Louisa Turner for peer support, guidance and friendship
- Louise Ciaraldi, Mercat Shopping Centre, for advice relating to setting up a marketing table
- Yvonne Whitelaw for her expertise, organising and planning of fundraising events calendar

Donations gratefully received: -

- Wood Group
- Shell UK
- Bitwise Ltd Dunfermline Liz McIver
- McGregor McMahon Consulting Engineers Dunfermline Kenneth McCulloch
- Rotary Club of Cowdenbeath
- Mary Stewart Friend of CSC

And finally, a huge and very special 'thank you' to our wonderful and most valued Volunteer Companions. We do keep saying this however it is true, without our Volunteer Companions Care and Share Companionship could not function as a support service to people over 60 who live in isolation and loneliness. We are grateful for their time, commitment and loyalty given freely.

“No act of kindness no matter how small is ever wasted.”
Aesop