



ANNUAL REPORT

April 2022 -
March 2023

Make a difference to a young person's life



Introduction

We are very pleased to share that we have had another fantastic year delivering befriending support to children and young people in South Ayrshire. From exploring activities in the local neighbourhoods, to day trips to the Isle of Cumbrae, our befrienders and young people have been making the most of their time together. We feel incredibly honoured to be part of their journey as our young people grow in confidence and become more actively involved in their schools and communities.

Our Vision and Mission

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

Mission: 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.

Our Staff Team



Fiona Mackenzie
Manager



Karen Kidd
Administrator



Louis Simpson
Coordinator
(until February 2023)



Tracey Lyon
Coordinator



Gary Dempster
Coordinator
(from May 2023)



Lorna Mitchell
Coordinator

Our Volunteer Team

This year we were supported by 50 incredible volunteers. Each has shown real commitment and compassion in their role and have made a positive difference to the lives of young people in South Ayrshire.

During the year we welcomed 21 new recruits to the team. All undertook our induction training programme including Child Protection Awareness.

We also provided a range of additional training workshops for all our volunteers including Internet Safety delivered by South Ayrshire school campus police officers, Mental Health Awareness from the Scottish Association for Mental Health, an in-house screening of the 'Resilience' documentary with a focus on the impact of adverse childhood experiences and a talk from panel members from the Scottish Children's Reporters Administration.



WOW!

Our befrienders delivered over
350
one to one outings and
volunteered
1640 hours
of their time

"A very enjoyable experience, being part of this Project. The smiles on young people when they have enjoyed an outing makes it all worthwhile."

Befriender

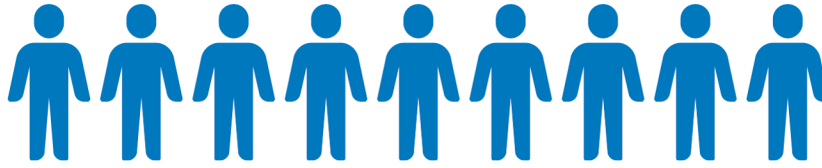
"An amazing, rewarding and eye-opening experience. There are no words to describe the feeling of making a difference to a young persons life."

Befriender

Befriending activities

45

Befriending matches supported



November saw the return of our Young People's Committee, Beyou. The team got together and have been hard at work

creating improved resources and materials for our young people, developing project values, and designing a befriending webpage with young people in mind. They also came up with ideas for group outings. Great job Beyou, well done!

10

Group Outings Delivered

A fishing lesson	Auchincruive river walk
Cycle round Millport	Animal petting zoo
Culzean Country Park	Bounce Station
Pantomime	RNLI
5k sponsored walk	Heads of Ayr Farm Park

89% of young people attended regular outings and experienced a reduction in social isolation.

50% of young people set and worked towards a goal. Examples include climbing a hill, opening a bank account and returning to school.

92% experienced increased confidence through trying new activities.

55% of young people spent positive time with peers through attendance at one or more of our group outings.

87% of young people were empowered to make decisions and chose what activities they would like to do with their befriender.

Befriending in focus



Jamie

Young Person

"At the start I was really nervous, I didn't know what to expect...but in the end befriending really made a difference. If you have anything you want to talk about, they are there."

Jamie is currently involved with the Project as a member of the Beyou committee. In the past he has been supported on two occasions through being matched with volunteer befrienders.

Jamie openly admits he really struggled at school with anger issues. Not in an aggressive way, he says he was never violent. His coping mechanism was to simply run away. He admits he often absconded from school, often on a daily basis. Sometimes he ran away until the early hours of the morning. Jamie's brother had previously had a befriender, and Jamie had seen the benefit and the way it had improved his brother's life. Realising his anger issues were having a significant impact on his life, he himself, asked his teacher if they could contact Social Work and asked to be referred to the Project. He thought having a befriender would help him.

When Jamie was referred to the Project, he says he was very nervous, not really knowing what to expect. He made friends with another young person soon after being matched, and he says this really eased his fears. Jamie says the best thing about having a befriender, was meeting her, and simply talking. He had never had this before.

Having someone to chat with really helped him, particularly with his anger issues. His behaviour started to change, and his confidence started to grow. Jamie says a big factor in this was having the support of his befriender. He also says he struggled with trust issues, but after spending time with his befriender, he started to build a good relationship, and he started to trust her.

Jamie is full of praise for his befriender and says, "if you have anything to talk about, they are there."

There have been so many positive things that Jamie has taken from his time with his befriender, and he says he would definitely recommend a befriender to any young person that was considering it.

Jamie no longer has a befriending match, but for the last few months has actively participated as a committee member on the Project's Beyou Committee. At these meetings Jamie makes contributions on how the Project is run. Jamie says in this role he "really feels part of something."

Befriending in quotes



...I have fun. Without my befriender I would just be sitting inside. She is my friend. Now I have new friends and allies!



MY BEFRIENDER...

...made me laugh. He cared. He always supported me in making decisions. I now feel like I can open up to adults more. My confidence has gotten higher.



BEFRIENDING HAS HELPED ME...

... try new things, get out the house more. It's helped my behaviour and has gave me more confidence.



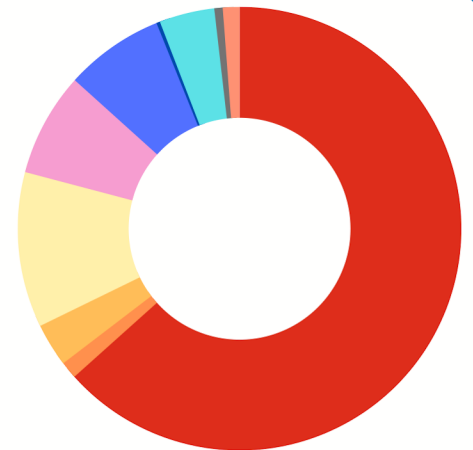
MY BEFRIENDER...

...always looks out for me and gives me the best advice, whenever I need to talk .

Income and Expenditure

Expenditure £179,913

- Salaries, NIC and pensions (64%)
- Other staff costs (1%)
- Volunteer costs (3%)
- Befriending costs (11%)
- Establishment costs (7%)
- Office costs (8%)
- Professional and banking costs (<1%)
- Relocation costs (4%)
- Accountancy and legal fees (1%)
- Depreciation (1%)



Income £199,360

- Grant Trusts and Foundations (84%)
- Service Level Agreement - South Ayrshire Council (15%)
- Private individuals and donations (1%)
- Other, inc interest (<1%)



or visit <https://www.bfriend.org.uk/accounts>
to view our full accounts



Thank you to our funders

We would like to give thanks to our funders who make our work possible. Many of our supporters also provide training opportunities, publicity and awareness raising advice and general support for project development and improvement:

South Ayrshire Council Health and Social Care Partnership, The Robertson Trust, The Henry Smith Charity, The Big Lottery Fund, BBC Children in Need, The RS Macdonald Charitable Trust, The Rozelle Trust, The Stairway Charitable Trust, The Darroch Charitable Trust and our private donors.



THANK YOU

Our young people, families and carers | Our volunteers and Board | Our funders and private donors | Culzean Castle Rangers | The RNLI | Scottish Children's Reporter Administration panel members | Befriending Networks | Scottish Association for Mental Health | South Ayrshire Clothing Bank | West FM Cash for Kids | Templehill Funeral Directors | Ottoline Commercial | The Night Before Christmas Campaign | Limelight Media | Fort Properties | ITW4 | South Ayrshire Food Bank | South Ayrshire school campus police officers | VASA | The Ark | RH07 Ltd/Corespace | Corehealth Chiropractic | Ayrshire Ukelele Clan

OUR BOARD OF DIRECTORS

Trustee: Alan Bruce

Trustee: Chris Groves

Trustee: Rosemary Pryde

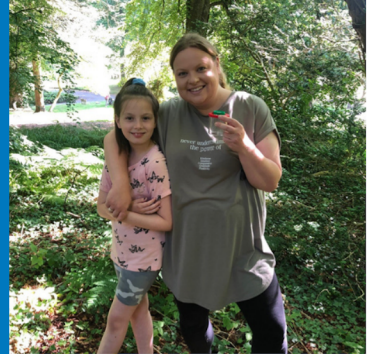
Trustee: Julie Wilson

Trustee: Patricia Winton

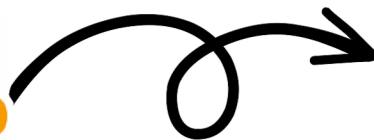
Trustee: Karen McLaughlin

Trustee: Judith Hamilton

Co-opted Trustee: Linda McCall



Important Update



Autumn of 2023 will herald big changes for our little project and going forward we will have a new look and brand name, Bfriend.

We are also relocating to new and improved premises. Visitors are welcome and we look forward to showing you around the new place at:

Bfriend
Office 18
Corespace Business Centre
62 Viewfield Road
Ayr
KA8 8HH



IS THE REGISTERED SERVICE MARK OF THE SOUTH AYRSHIRE BEFRIENDING PROJECT,
A CHARITABLE COMPANY LIMITED BY GUARANTEE
(REGISTERED COMPANY NUMBER: SC236725; REGISTERED CHARITY NUMBER: SC020989).