



The Two's Company Keswick Befriending scheme continues to grow and is now well established in Keswick and the wider CA12 community. At the recent AGM and public meeting, those present were reminded that the aim of the scheme is to reduce social isolation and loneliness in this area and heard how the last four months have been an extremely busy period. There have been over 20 new referrals in this time and despite the active volunteer recruitment campaign that is in place there is now a waiting list for scheme members to be matched. Referrals have come not only from the Castlehead Medical Centre, other healthcare professionals and adult social care; but increasingly from family members and individuals referring themselves. There have been as many referrals matched to a befriender in the last three months than in the whole of last year; and as many volunteers recruited in the last three months than in the whole of last year.

We are very grateful to the Cumbria Community Foundation who not only have been the main funder for the first two years of the scheme but have now agreed to fund the majority of the running costs for the next three years as well. This is great news and the support of them has been absolutely invaluable and gives us a stable platform on which to grow further and develop.

We remain very grateful to our growing number of befriending volunteers, but not surprisingly we have a pressing need for an ongoing supply of new volunteer benders to meet the ever-increasing number of referrals.

We are looking for volunteers who can offer an hour a week, are interested in people, good at listening and want to make a difference. We provide the required training and support - and most importantly befriending makes a huge difference to those who are visited. Thank you! If you, or someone you know, would be interested in becoming a befriender then please do contact Fiona to find out more by ringing 07832 858537 or emailing keswick@twoscompany.org.uk

As well as one-to-one befriending, we are running a monthly Activity Afternoon for Scheme Members and their Befrienders, and other residents of Greta Gardens (where the afternoons are held) who may well access our befriending scheme at some point in the future. We organize crafts, puzzles, quizzes, games and provide tea and coffee and cake and biscuits, which goes down very well with everyone! It's a very informal time, so if you'd like to come along to see what happens feel free to give Fiona a ring to find out more. The next one is on Thursday November 9th.

National Befriending Week is celebrated from 1st to 7th November, a reminder of just how important our scheme and countless others are across the country.



Keith Rigg and Fiona Overend

Simple Macrame planned for the Activity Afternoon

Ways to get involved:

1 Volunteering

Becoming a befriender makes a real difference to the lives of those who are lonely and isolated.

If you would like to volunteer, please apply online or contact Fiona using the details below.

2 Referral to the scheme

If someone you know is lonely or isolated and could benefit from having a Befriender, please contact Fiona using the details below.

3 Spreading the Word

If you would like any further information to share with your organisation, friends, or family, please contact Fiona using the details below.

 keswick@twoscompany.org.uk
 [078328 58537](tel:07832858537)
 linkinglives.uk/keswick

1st - 7th November

Befriending Week

Two's Company Keswick – a partnership between CTiK and Keswick Rotary Club with support from Age UK West Cumbria



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