



Bon Accord
Befrienders
Service

*Supporting people with
alcohol / drugs problems
through befriending*



Annual Report

April 2005 – March 2006

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Introduction

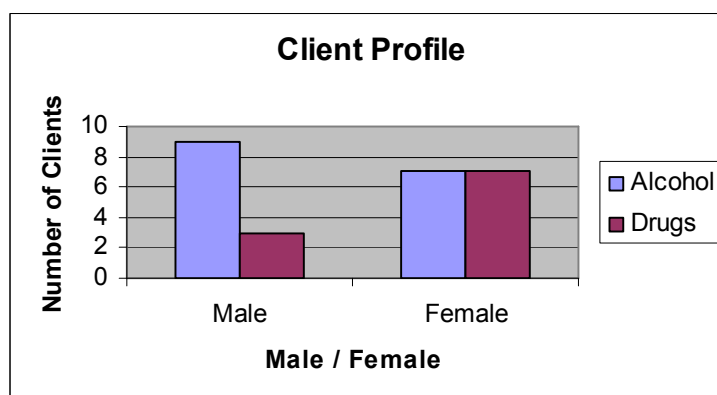
Bon Accord Befrienders Service was established in March 2003 as a joint service with Alcohol Support [Albyn House] and AACS to provide befriending to clients with alcohol problems. The aim of the service is to reduce loneliness and isolation and build up confidence and self esteem of clients and provide alternatives to drinking. The service uses volunteers to do the befriending work and had a full time outreach worker from June 2004 – March 2005.

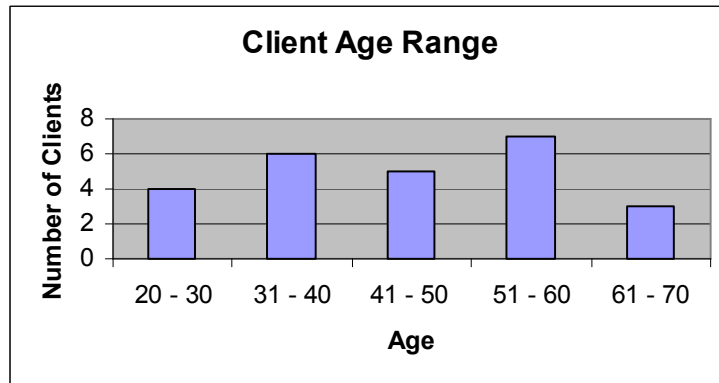
Drugs Befriending Service

In March 2005 the befriender's service diversified into offering a befriending service to drug users. The need for this service had been researched and Drugs Action had agreed to become a partner in this service and refer clients to the service.

- Funding was applied for through Scotland Against Drugs [SAD] and one year funding was secured.
- Volunteers were to be used to work with drug clients and another partner was found to source these volunteers – Scottish Business in the Community [SBC]
- A Working Party was set up to oversee the organisation of the drugs befriending service comprising of senior staff and exec committee members from AACS & Alcohol Support. As well as reps from Drugs Action and SBC
- BABS coordinator tasked with setting up the new service, recruiting volunteers and assessing referrals
- Comprehensive evaluation required by SAD
- Final year Social work student on placement taken on to carry out evaluation
- Student also took on case load of clients
- 5 volunteers have been recruited and trained to work with drugs clients
- Service set up March – Aug 2005 and operational on target by Sept 2006 with clients matched with volunteers and social work student. See appendix B

It is hoped to keep this service operational and BABS Working Party are looking at options to allow this service to continue.





Quotes from drugs clients

“Befriending has got me out and about doing things and helped me through hard times. Befriending has helped me re-discover the art of conversation and instead of being introverted I now am discovering routines and I am encouraged to take steps to do things”

“My relationship with my family is the best it’s been for ages. My depression and anxiety wore them down. When I had my befriender this improved and we were a normal happy family”.

“Overall my self esteem has improved, it has dredged up old skills from the past and I was very pleased with that”

“At one point befriending helped me reduce my drug use; I was able to come off Heroin for a while”

“I am using drugs less frequently and in smaller amounts and this is due to increase in my confidence and overcoming fear in my life to change, through working on these issues with my befriender”

Evaluation

The evaluation on drugs befriending service required by SAD covered specific criteria to be reported on. Issues covered in evaluation were

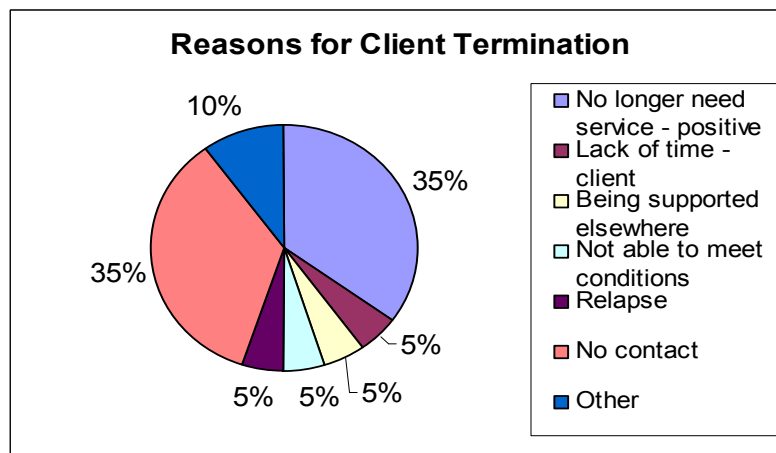
- Aims and Objectives of service
- Target Market
- Project Management
- Partners and funding sources
- Project Description
- Research and methodology
- Outcomes and conclusions

The evaluation is a comprehensive document showing the effectiveness of befriending to drugs clients, who were all stable on programmes or in counselling. The evaluation shows how befriending compliments and enhances these supports when clients have been motivated to work on confidence and esteem issues and that it is a valuable service to drug users.

Alcohol Befriending Service

Work has been ongoing with the alcohol befriending service and many of the matches with clients have been producing positive results and have seen a number of successful endings where clients have been able to move on and have more independent lifestyles and have progressed significantly in dealing with loneliness, isolation, confidence and self esteem. See appendix A.

- 9 volunteers have worked with 11 clients in annual report period
- 7 clients have had successful endings to befriending
- Client has reduced drinking from 2 x bottles spirits a day to nil, has made new friend, relationship with family improved, mental health more stable.
- Client who had successful ending has now become a befriender with BABS and is matched with client and proving to be excellent befriender



Quotes from alcohol clients where befriending has ended:-

“I have met and made a new friend, I have only felt confident enough to do this since my Befriender has been working with me and taking me to places where I could meet new people”

“I am now able to go to football matches again with some old friends I have not seen for years, I really enjoy this and I do not drink much on these days now as I have a useful way to fill my time”

“My mental health was deteriorating before I met my Befriender, now that I have some one to talk to and to do activities that I enjoy, my mental health has improved”

“I was really surprised when my befriender offered to go to court with me; she was very supportive and waited till my case was finished”

“I told my befriender at last meeting that my confidence has increased a lot and as a result I have been able to return to my voluntary work after a long break”

Other Quotes from alcohol clients -

“I was able to do three separate activities at one meeting with my befriender, it has been years since I have been able to do so much and cope emotionally”.

“I am very appreciative that a befriender is taking me out and giving me a chance to do things that I would not be able to do on my own”.

Developments –

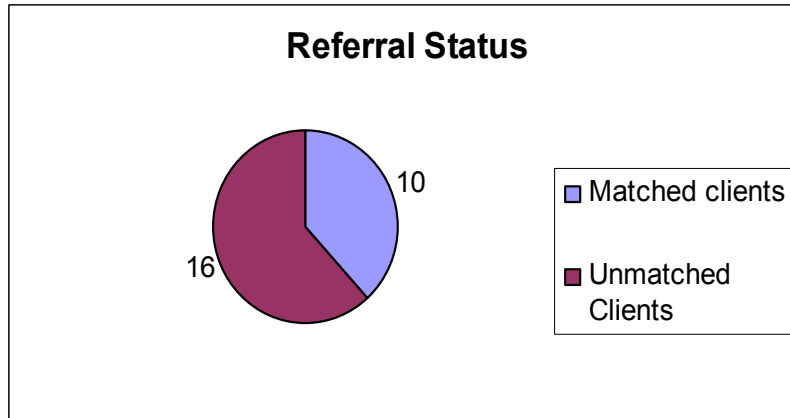
- A full time outreach worker has been employed from March 2006, to do befriending work with case load of clients
- Funding for this post for 15 months has been made by the JADAT

Conclusions –

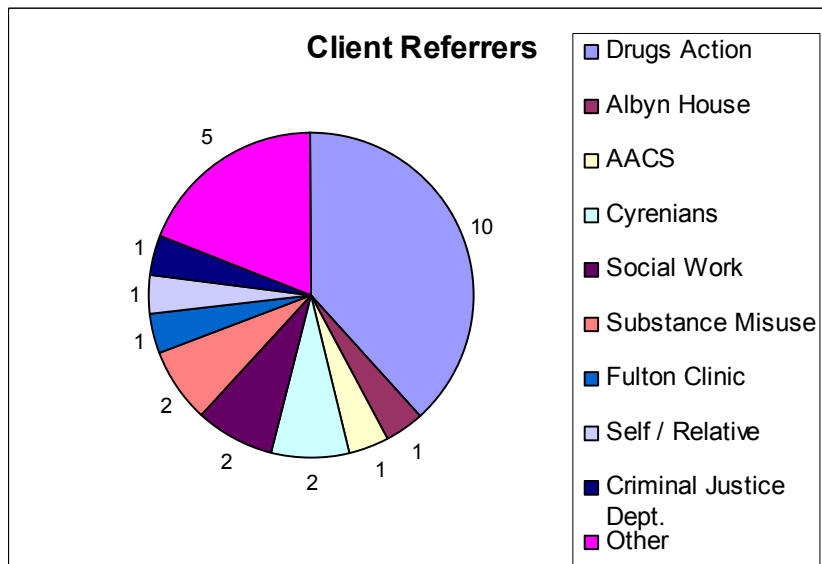
- The past year has seen significant changes for BABS in delivering alcohol and drug befriending services, running both services in tandem. Clients in both services have same issues of loneliness and isolation from family and friends due to substance use.
- Many clients have found through befriending that they can be part of their community again and do 'normal' things due to self esteem increasing and contact with people who do not use substances.
- Clients have found that due to these positive changes in their lives that they need other supports less and have seen reduction in relapse or need to use substances to cope with difficult issues.
- BABS is an important and valuable service for clients with alcohol and drug issues

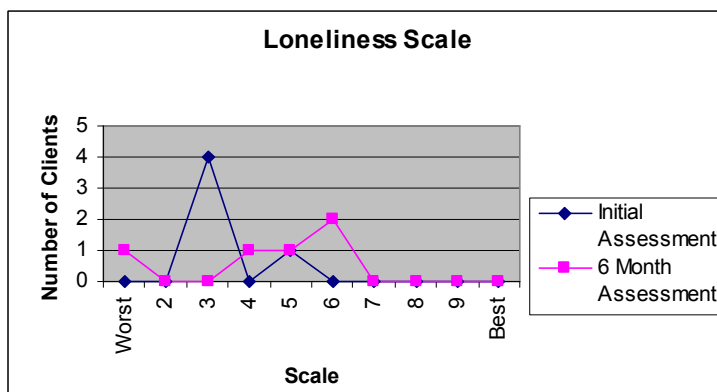
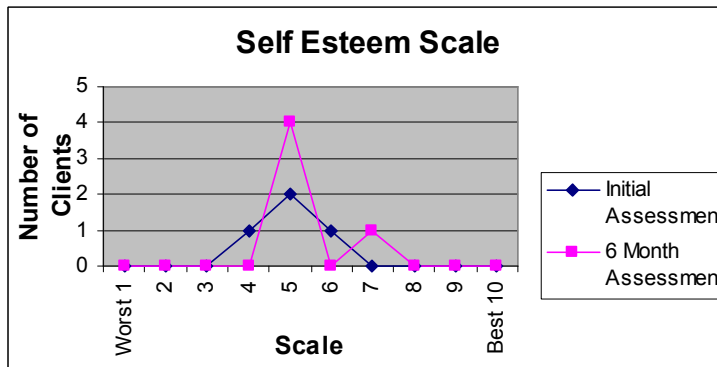
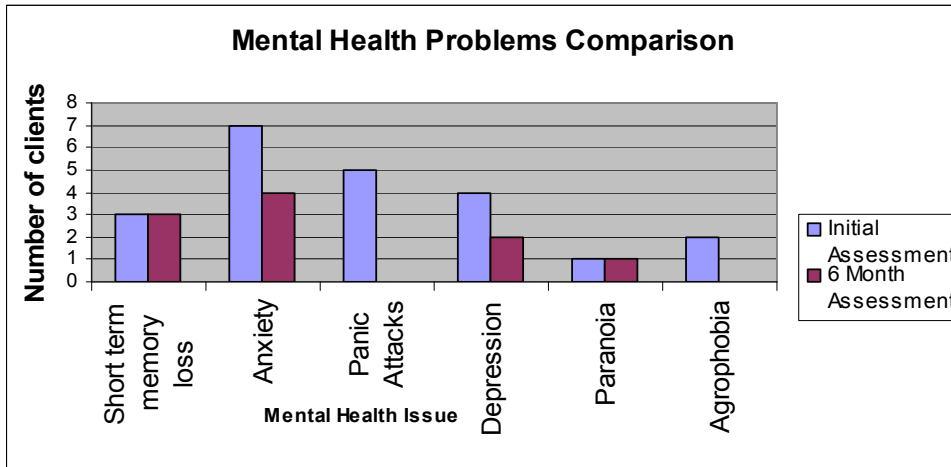
Appendix A

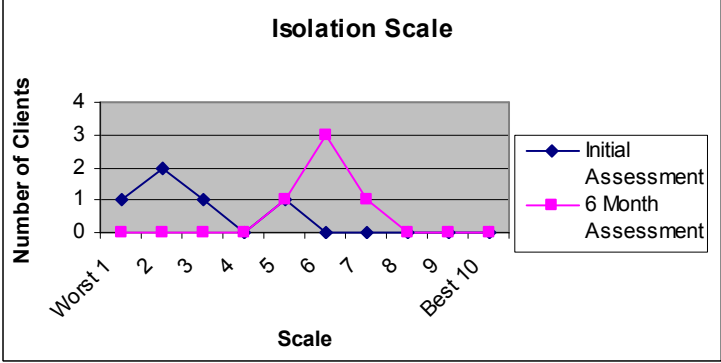
Client statistics



A new Outreach Worker has been appointed and will begin working with unmatched clients from April 2006 onwards

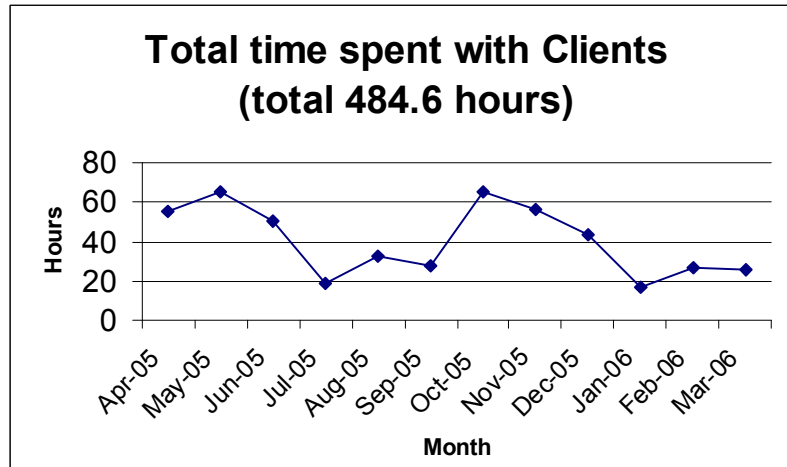




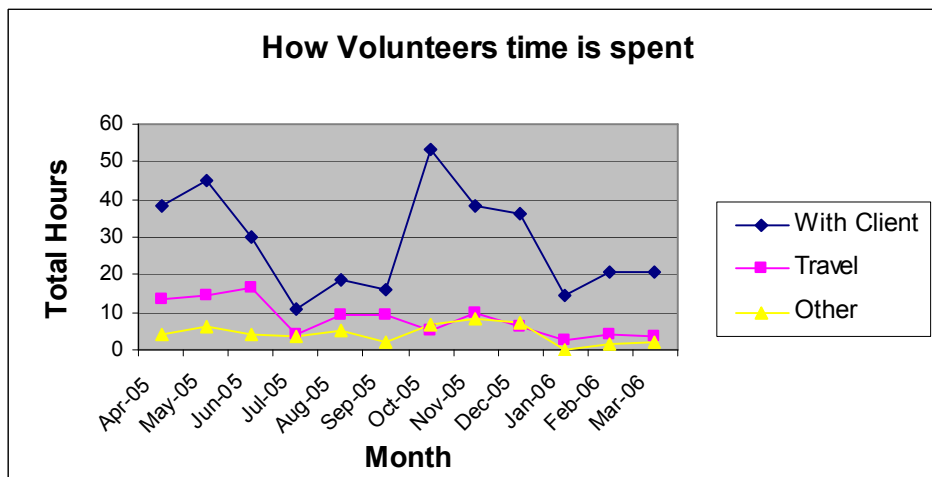


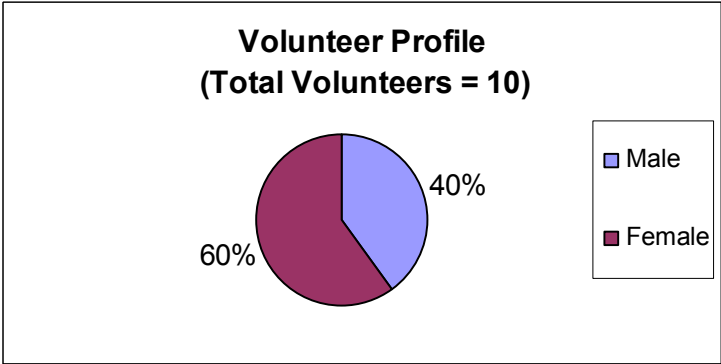
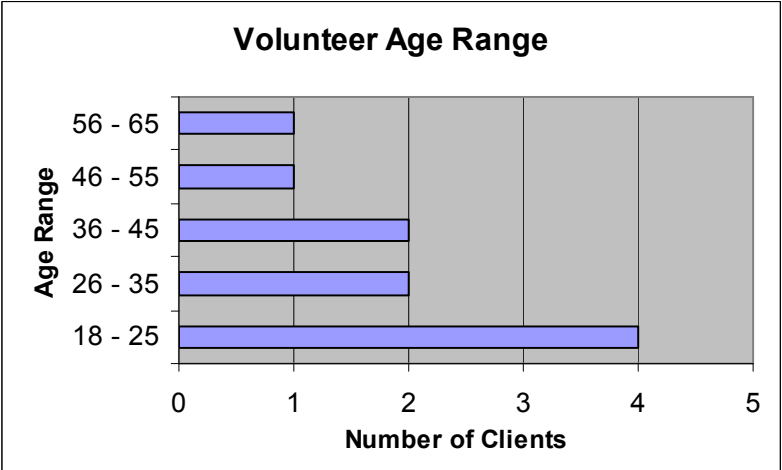
Appendix B

Volunteer Statistics



Social Work student on placement from Sep 05 – Jan 06 covered 92.25 hours, this is included in the graph above.





Bon Accord Befrienders Service 2005 - 2006		
	£	£
Income:		
Church Guest House Association	300.00	
Lloyds TSB	8,200.00	
UIA Foundation	500.00	
NHS Scotland	24,420.00	
		33,420.00
Expenditure:		
Salaries, inc. ER NI	28,023.45	
Pensions	3,336.39	
Advertising	650.00	
Travel	27.20	
Training	328.00	
Stationary	1,574.60	
Telephone	1,304.28	
Rent	4,000.00	
Rates	215.11	
Insurance	106.00	
Repairs/Maintenance	39.42	
Cleaning	266.00	
Heat/Light	815.64	
General Expenses	2,178.64	
		42,864.73
Based on Invoices received to date from AACS		