



# Celebrating our Long Service Volunteers

2020

# Volunteers are at the heart of what we do at Befrienders Highland!

You all offer a piece of yourself, through your time, empathy and kindness, to give confidence, hope and a chance of recovery and transformation to someone else.

That ***someone*** then becomes a true friend.

Thank you, to our very special and amazing volunteers.





We would like to share some thoughts from our friends and carers who have been matched with these fantastic long-serving volunteers, and some words from the volunteers who befriend them.

As we all know, friendship is a two-way relationship, so the benefits are shared by both parties.



# 5 Year Volunteering Awards 2020 go to:

Rhian Davies  
Victoria McKinstry  
Gareth Halliday  
Christine Hammond  
Fiona McRoberts  
Bo Roscrow-Monkiew  
Malcolm MacSween  
Brenda Nicholson  
Kathryn McIver  
John (Grant) Campbell

# Brenda - 5 Year Volunteering Award

When I phone my Carer, her son will  
say, "Mum, it's Brenda!"


I feel like I'm a family friend, not just  
someone who phones up – her son  
often chats to me before he passes  
the phone on to his Mum.

It really does feel like a friendship  
(albeit at a distance).





## Victoria – 5 Year Befriending Award



"Befriending has been good fun and very fulfilling too. I love having a new friend to email weekly and it rarely feels like anything other than just another friend that I keep in touch with."

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I love being a volunteer!"

# Kathryn Warburton

## 5 Year Volunteering Award

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*"I appreciate every minute of my befriending calls and I'm so grateful to Kathryn for calling.*

*She has been a Godsend to me."*

**Moira, Carer**



"I think my friend and I share so many things in common, it's been just a tiny bit spooky ! We have many similar interests but also have enough differences to keep it interesting.

It's very relaxed and easy now that we know a bit about each other and I think she feels the same.

Sometimes we find it easier to speak to someone outwith our family/friends circle and there's a certain amount of freedom in speaking to someone without seeing them face to face"

"Can't believe it's been 5 years already ! Looking forward to the next 5."



Fiona McRoberts

5 Year Volunteering  
Award

(Email Befriender)

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## Gareth Halliday 5 Year Volunteering Award

"I think seeing the impact on my friend's life has been great. Seeing him gain in confidence to visit busier places and watch his mental well-being improve over the years has felt really rewarding.

It's also been really rewarding to get to know someone who has had a very different experience of life from my own but to see how much we have in common.

To see that you can always learn from someone else's experience and that everyone has something to contribute to society. "



## Gareth Halliday 5 Year Award

"We've done a lot of fun things too, from playing darts and snooker to going on a cycling course together. I've also learned a lot about video games and had lots of good YouTube recommendations from my friend!"

"Befriending has also brought me into contact with a lot of great people indirectly through the charity, it feels heart-warming that so many people want to donate their time and energy to help others. So that side of Befriending has felt very rewarding too."



**Volunteers celebrating  
10 years long service!**

**Biddy Ross**

**John Mackintosh**

**Gary Cormack**



# Gary Cormack – 10 Year Volunteering Award

*"I got involved with Befrienders Highland when I was unemployed, partly as a way to help improve my employment prospects. But my involvement has long since grown far beyond that."*

*"I've found the experience educational and, most importantly, enjoyable. I've made great lifelong friendships in my time with Befrienders Highland."*

*"I volunteer from home as a distance befriender. It's not massively time consuming and I can easily fit befriending around work and other commitments."*





# Gary Cormack

## 10 Year Award

*"I've experienced loneliness and understand just how even a relatively short phone call or chat can help lift a mood or an attitude, so just knowing you have helped someone feel a wee bit better each week is greatly rewarding. It makes you want to come back for more."*

*"I would wholeheartedly recommend any one to volunteer with Befrienders Highland"*





# Biddy Ross – 10 Year Volunteering Award

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"I was unemployed and looked for voluntary work to do until I could start paid employment. The training and support offered made me confident that I could be a befriender.

I value my friend and am so very glad that she is a part of my life now.

I think that I may be the sister that my friend should have had, she supports me as much as I support her and I hope she benefits from the way we share our lives, joys and frustrations."





# Biddy Ross – 10 Year Award

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"I love that my friend accepts me with all my faults. Every time we meet, I arrive late and still she smiles in welcome.

We all need other people to share our thoughts with, to laugh and cry with and to be there for us in good times and bad. My friends validate me.

Over this past 10 years I have grown more and more fond of my friend (and her children and grandchildren and partner) and I look forward each week to having our chat and putting the world to rights."

# John Mackintosh - 10 Year Volunteering Award

"I thought it would be a worthwhile and interesting challenge, as we were new to the area and forming a friendship would be of benefit to both [of us]"

"Knowing that in some ways I have provided companionship and relief from daily life, and I have benefitted from the friendship myself, due to the concern shown by my friend."

"I feel my own mental health has been improved as I have been able to share my thoughts with someone else"







Volunteers celebrating 20  
amazing years of  
befriending

Joan Anderson

# Joan - 20 Year Volunteering Award

"I discovered Befrienders at the time I was recovering from a breakdown which was severe enough to make me retire early.

I saw this as something I could do using my very negative experience to do something positive."

"I would say that understanding ,positivity, confidentiality and commitment are probably the most important things in befriending but of course having a sense of humour helps."



# Joan - 20 Year Award

"Our friendship has changed over the years in that we are more flexible in our arrangements to suit both of us but we still met on a regular basis.

During the present time it tends to be using messenger but often two hours have gone by without us noticing. I do feel that my friend still appreciates and benefits from the friendship and that makes it rewarding."

"It's great to feel that something you enjoy doing is helping someone else. "



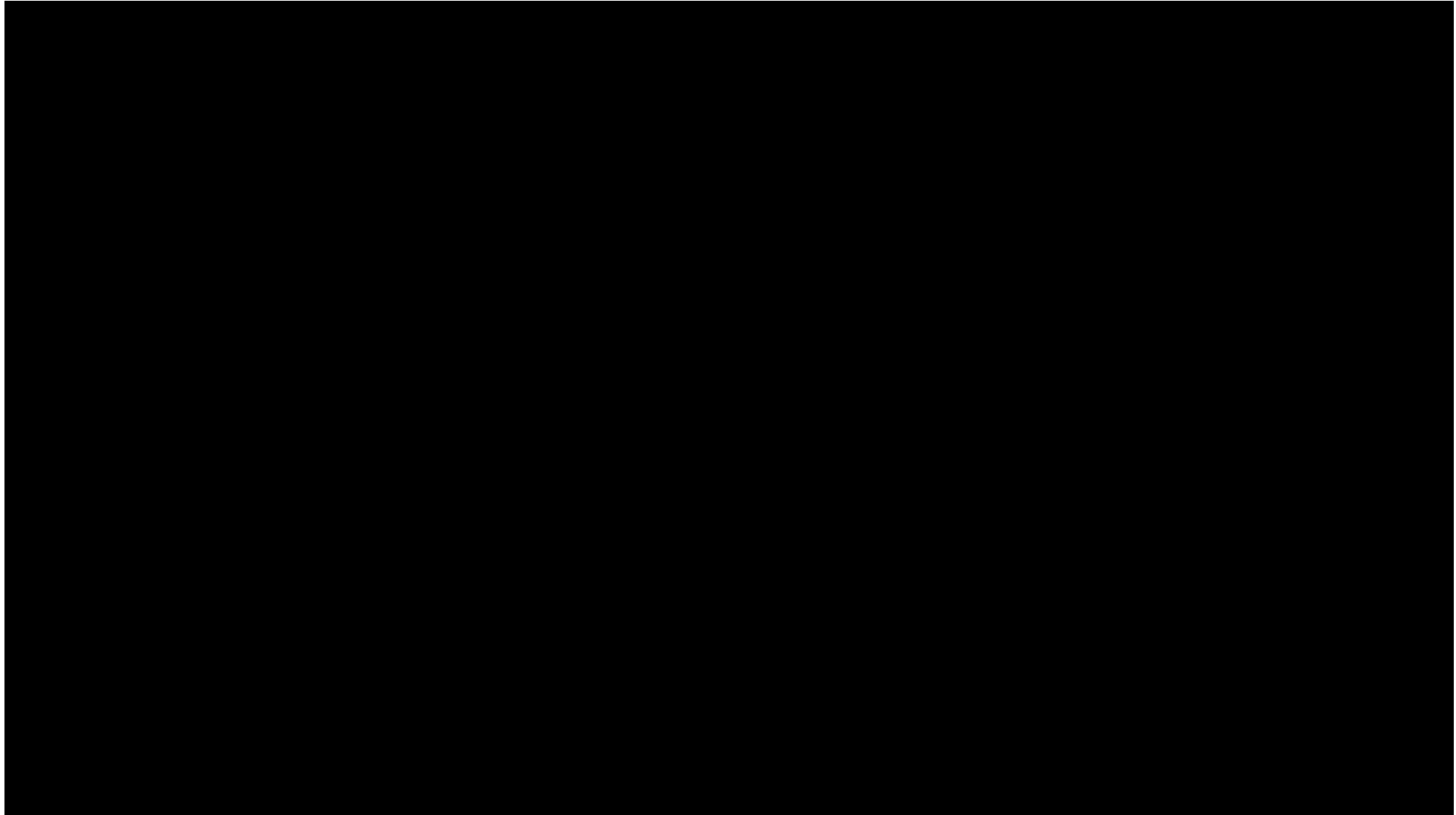


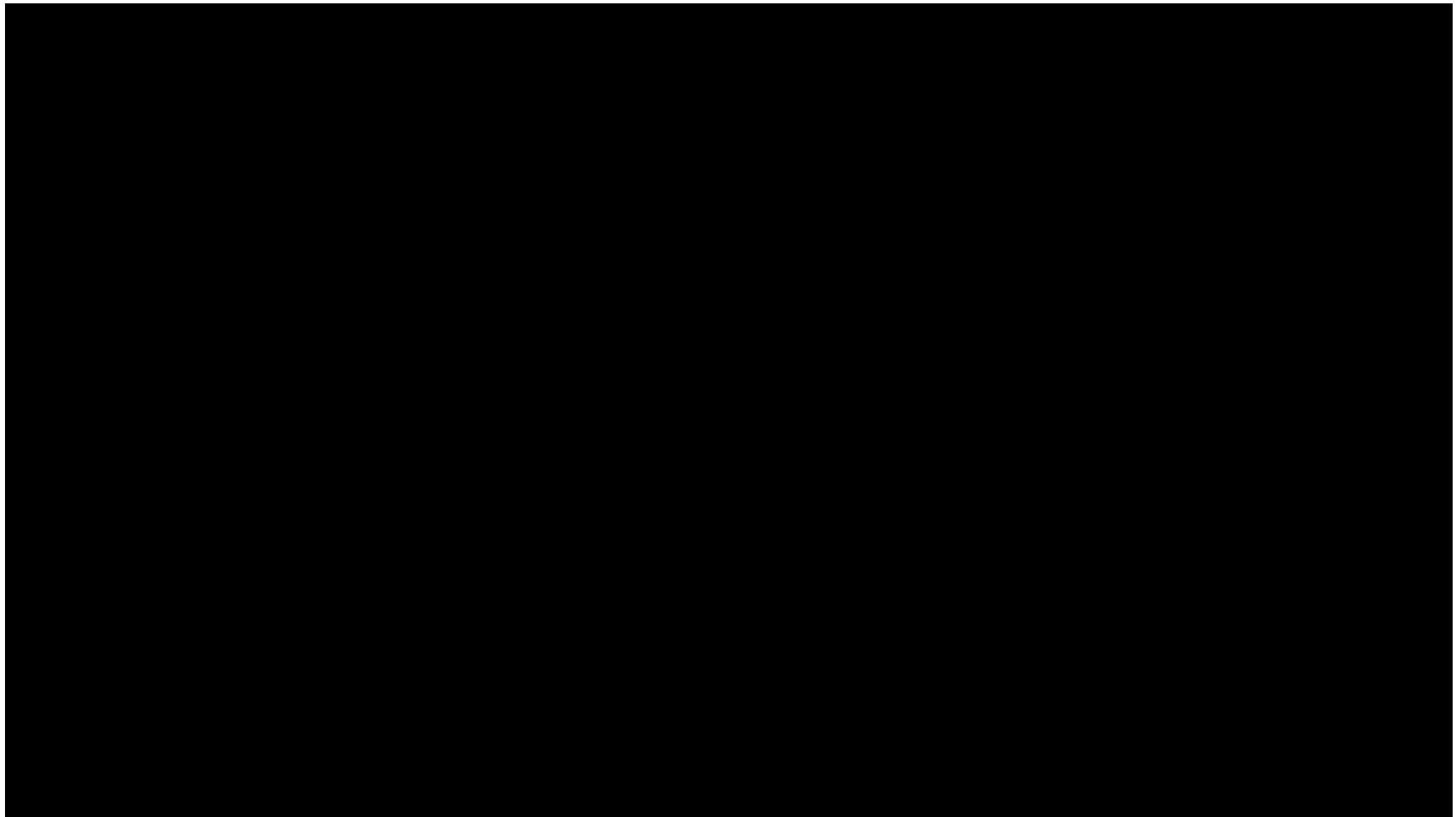
And our longest serving  
volunteer ever -  
Celebrating 25 years of  
befriending

Dean Melville

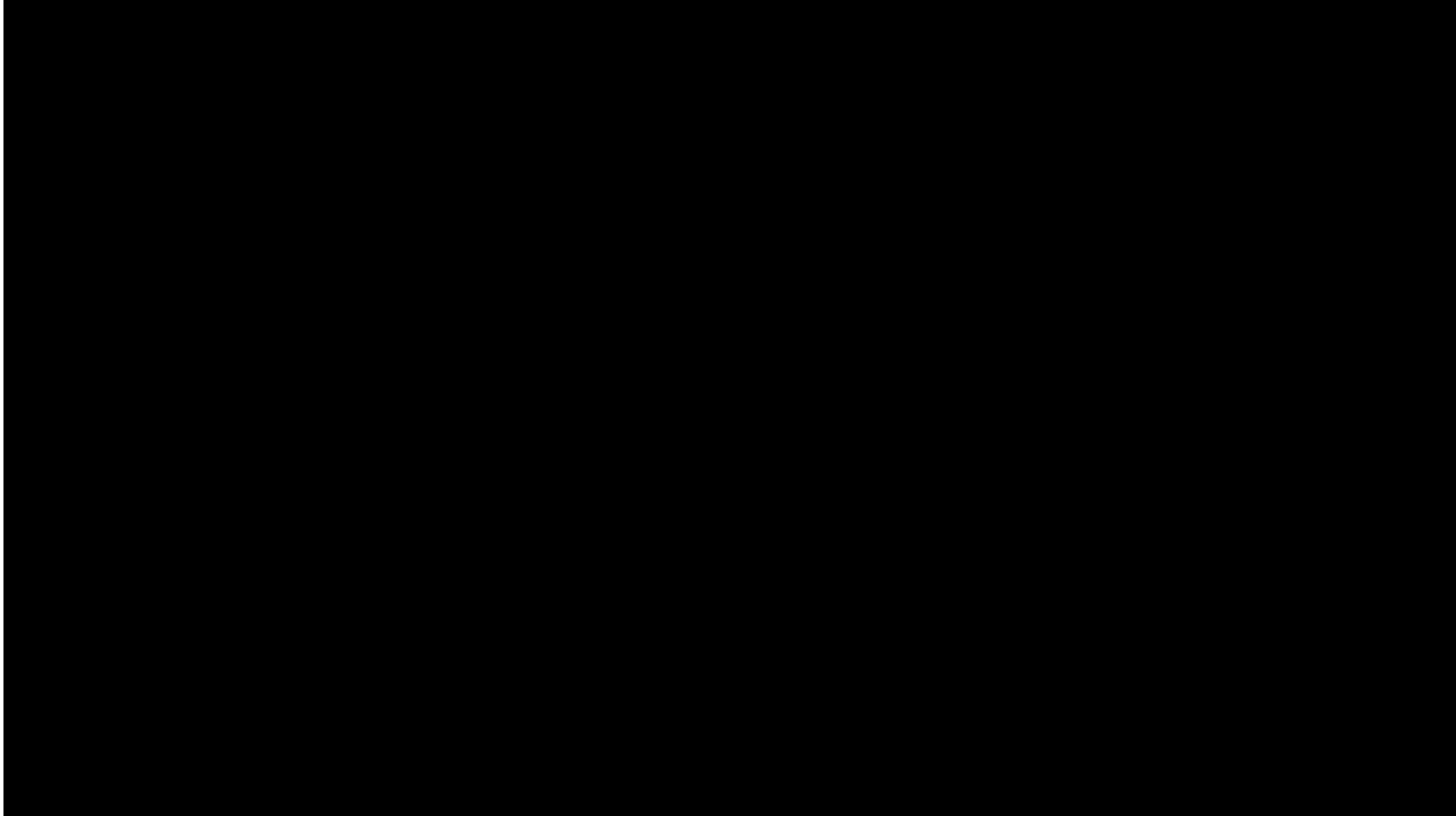


Some words from Dean about his history with Befrienders





More reflections from Dean...





Congratulations to  
Dean and all our Long  
Service Volunteers.

Heartfelt thanks  
to each and  
every one of you!