

NEWSLETTER

Number 1

September 2021

Two's Company Keswick is a befriending project which has been set up as a partnership between Churches Together in Keswick and Keswick Rotary Club, with support from Age UK West Cumbria. The scheme covers the wider CA12 area, bringing people together to support socially isolated people through a weekly visit or phone call. We at Two's Company Keswick, receive referrals from local organisations, family and friends. Volunteers are fully vetted and trained and then linked up with someone matching their interests and personality.

So..... the story so far:

Meetings between the partner organisations started in late 2020, and plans were put in place to start a befriending scheme like the well-established Cockermouth Linking Lives scheme. At the beginning of July, Fiona was appointed as Coordinator of the scheme, and Keith was confirmed as Leader. The project has been awarded a grant of £5000 from Cumbria Community Foundation (CCF) through the Abbeyfield Carlisle Society Over 55 Community First Fund which will fund the first year of operation. A Trustees Steering Group (John Hayes, Reverend Charles Hope, Keith Rigg and Tony Welton) oversees the scheme.

Our first Training Session for Volunteers was held on the morning of Tuesday 24th August, with the first 6 volunteers successfully completing this training and the second planned for later in September. Some publicity about the scheme has been covered by the local press in the last few months, but a more formal launch is happening this month, and the befriending scheme will take off in earnest.

The first of our fully DBS checked volunteers is now ready to meet her "friend", who was referred to us by one of the various social prescribing agencies; this is, we hope, the first of many such "links",



which will help to alleviate loneliness and isolation in our area.

Keith Rigg and Fiona Overend



Ways to get involved:

1 Volunteering

- Would you like to volunteer and make a difference?

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

2 Referrals to the scheme

- Are you lonely with no one to chat to?
- Do you know of someone who is socially isolated?
- Do you know of someone who just needs a friend?

If you or someone you know 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.

Email: keswick@twoscompany.org.uk

Telephone: 078328 58537

Or visit our website:

www.linkinglives.uk/keswick

Two's Company Keswick – a partnership between CTiK and Keswick Rotary Club with support from Age UK West Cumbria and funded by a grant from Cumbria Community Foundation through the Abbeyfield Carlisle Society Over 55 Community First Fund