

# Newsletter

September 2020

# THE BUREAU

## Move More Glossop needs you!

One of The Bureau's newer projects, previously called That Counts! Glossop, encourages people across Glossop to start moving more and share ways to fit activity into everyday life. It's a partnership of community, sports, health and council organisations, working together to improve people's wellbeing in the Glossopdale area. Coordinator Helen has been working hard on a variety of local activities, including the Milestone Walks and the Story Walk which premiered in Manor Park this last bank holiday weekend.

With the name change, comes the need for a new logo! Here's the options -



We'd love some feedback from you! If you'd like to help, you can either vote on the Move More Glossop Facebook page @MoveMoreGlossop, or email your choice to [Helen@the-bureau.org.uk](mailto:Helen@the-bureau.org.uk) or call us on 01457 865722!

## Services Update...

Some good news this time around – our car scheme is now up and running but on a very small scale. We currently have 4 drivers supporting us and we are prioritising hospital appointments. If you have any requests just give us a call and we will see what we can do!

Our building is also opening up to external users again, with our meeting room rental now available along with our printing services. Give Lauren a call on 01457 865722 or email [lauren@the-bureau.org.uk](mailto:lauren@the-bureau.org.uk) for more information.

We are working hard on risk assessing the rest of our projects – hopefully we will continue to have positive news in each newsletter!

## Grants Funding Update...

**This isn't a traditional grants scheme!** We have a grant pot provided by NHS Tameside and Glossop and we want **you**, the Voluntary and Community Sector in Glossopdale, to come to us with good ideas that you think meet local needs and priorities and will make a big difference to local people and communities.

The Community Wellbeing Governance Panel are currently looking for groups and projects that will meet the following priorities: improve health and wellbeing, reduce social isolation and loneliness, support people with low mood/self-esteem/confidence, create mutually beneficial networks of support and resilience and support place based working to improve lives in local communities.

For more information, give Charlotte a call on 01457 865722 or email [charlottew@the-bureau.org.uk](mailto:charlottew@the-bureau.org.uk)

# THE BUREAU'S 'CALL COMPANIONS'



## The numbers...

Over 100 calls being made a week  
Over 1500 calls made during lockdown  
Over 5000 calls made last year  
101 clients being called  
9 volunteers



## The impact...

The vast majority of the clients receiving call companion support reported an improvement in their wellbeing.

Never underestimate the power of a phonecall!



## The clients...

"I always feel so much better after your call - it gives me a lift for the rest of the day!"

"I look forward to my weekly call - often it is the only call I have during the week. I have built up trust with my call companion and find it invaluable."



## The volunteers...

"...simple acts of kindness on a regular basis can have a big impact on people's sense of wellbeing."

Being able to contribute through regular telephone calls during this period of lockdown has given me a sense of wellbeing and purpose."

## Spotlight on... Call Companions

Our Call Companions scheme provides a weekly or twice weekly call to vulnerable and isolated people in the Glossopdale area.

It was set up by coordinator Paul Kiddy in June 2016 with just 10 clients, and by August 2020 Paul and his team of 9 volunteers were making 115 calls a week!

The Call Companions Service has been vital during the Coronavirus pandemic, as it has provided a friendly listening ear at a very lonely and often anxiety-inducing time. In addition to that, our calls have also provided valuable practical advice regarding food deliveries, support with prescriptions and specialised sight loss advice. Since the lockdown began on 23<sup>rd</sup> March, the Call Companions service has provided over 2300 calls, which is a huge achievement!

If you would be interested in volunteering for this service, or would like to find out some more information, please call Paul on 01457 865722!

## Client Case Study...

Wilf, aged 70, came to the Bureau via the Community Navigation Team because he had become reclusive, his communication with others had almost stopped and his family were very worried about him. Wilf was struggling with the symptoms of the early stages of dementia. He was very interested in bird watching and wanted to share this interest with someone. Fortunately the Befriending Service was able to introduce Wilf to a Befriender volunteer called Mark, who had an interest in wild bird photography and a strong relationship soon developed between them based on a shared love of ornithology.

Wilf enjoys regular visits from Mark where they will sit bird watching together or looking at bird photographs. Wilf's family has told The Bureau that this has had a really positive impact on Wilf's communication and alertness.

By working together, the Community Navigation team and the Befriending Coordinator found an appropriate match for Wilf and helped improve his health and wellbeing!

## Staffing Update...

We have two new staff members joining us in the next few weeks! We have our new Befriending Coordinator Kirsty Wilkinson joining us on the 9<sup>th</sup> September, and also our new Car Scheme Coordinator Jan Bramald, who joins us on the 14<sup>th</sup> September.

Welcome to the team!

## Contact us...



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