

# Case Study- Avril



## I have been a volunteer befriender for Age UK since 2018.

My background is in Primary Teaching but I decided to leave this profession in 2016 due to pressures of the job. With spare time on my hands, and only being in my late 40's, I thought I would put my transferrable skills to good use in a different area to teaching. I volunteer for a local singing and craft group where I met some lovely people in my local community. In 2018 I helped to set up and run Louth Friendship Group who meet once a month at Trinity Centre, Louth to participate in various social activities which is great fun and brings people together. Obviously all of these activities are currently on hold due to Covid 19. In 2019, I trained as a voluntary Peer Link Worker for the mental health charity Lincs SHINE, supporting people in the local area with mental health problems & signposting to other relevant services.

At first, I became involved in the TED project, volunteering at their Tea With Ted events. I really enjoyed meeting and chatting to new people, many of whom had very interesting stories to tell about their lives.



TED is funded by The National Lottery Community Fund and is managed by YMCA Lincolnshire

Many older people that I came into contact with were at times feeling very lonely and isolated which I found incredibly sad. I wanted to make a real difference to the wellbeing of people in my local community which is why I decided to become a volunteer befriender.

I met with the senior befriender for my area who took down a few details and filled out a form for me to become a volunteer. She explained what was involved and answered any questions that I had.

I was then paired up with a gentleman living locally. On the first visit the senior befriender for my area accompanied me and made introductions. I then agreed on a day/time to visit the gentleman every week. Since Covid 19 restrictions, I have been keeping in weekly contact with the gentleman via video call and socially distanced meets in a local park when weather permits.

I absolutely love being a volunteer befriender. I have built up a really good friendship with the gentleman who I befriend. I have gained a lot from the friendship and feel that I am making a positive difference to his life and reducing his feelings of isolation.

In early 2020, a job for Senior Befriender was advertised by Age UK Lindsey. I knew this job was just perfect for me so I applied and was offered the post. I started the job in August 2020. I am enjoying this job immensely, chatting, getting to know clients and building up a friendly relationship with them as well as signposting them to other services that may be of support to them. I have huge job satisfaction knowing that I am making a real positive difference to people out there who may be feeling very lonely and isolated. I work with a great team of colleagues too. I am very much looking forward to meeting my clients face to face in the near future.

Knowing that you are able to contribute to making a real positive difference in a person's life is a great feeling.



# About East Lindsey



# T.E.D.

Ageing Better  
in East Lindsey

East Lindsey is a large, sparsely populated district within the county of Lincolnshire, which includes the popular coastal seaside towns of Skegness and Mablethorpe.

East Lindsey has a higher than average ageing population with 29% of people aged 65 and over. High numbers of older people move to East Lindsey in their retirement years and many have multiple chronic health conditions and few social and familial connections in the region. Public transport across East Lindsey is poor and therefore accessing services can be challenging, especially for older adults.

The overarching aims of the TED Programme are to:

- Reduce social isolation and loneliness
- Help older people to become better connected with volunteering, social, leisure and health improving activities
- Provide opportunities for older people to influence the design, delivery and evaluation of both the services and businesses available to them

We currently have over 1800 registered TED members, and over 100 businesses across East Lindsey hold an Age-friendly Business Award.

## Further information...

To find out more about TED or to get involved visit our website [www.tedineastlindsey.co.uk](http://www.tedineastlindsey.co.uk) or start a conversation and share your views online: Twitter: [@ted\\_EastLindsey](https://twitter.com/ted_EastLindsey)



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