



A volunteers journey.

Toms story



One Christmas, I read an article about loneliness and realised how many people throughout the UK are in desperate need of companionship. I did what every thirty-something does when in need of some answers, I fired up my laptop, and looked to Google.

I came across SCCCC and arranged to meet with the Volunteer Coordinator to find out how I could help. We talked for a while getting to know each other, and a few days later, my formal induction was arranged.

Over the course of the next year or so, I visited a lady once a week for roughly an hour each visit. Sadly, she became quite ill, so we agreed to stop my visits. I was then matched with an amazing character whose first words to me were, "I'm 94 and I'm going for the 100 so I can get my letter from her Majesty" - we get on like a house on fire!

As a volunteer for SCCCC, I feel valued. The staff at the charity continuously provide support for me as and when I may need it. I am sent birthday and Christmas cards, and am always updated with what's going on in the SCCCC's calendar. I also have an allocated Supervisor I can contact any time to discuss anything relating to my visits.

I continue to enjoy my time volunteering, and it warms my cockles knowing that the very small amount of time I give once a week makes a real difference to somebody's quality of life.



As we enter into the new 'roaring twenties', SCCCC and our work with lonely and isolated older people will continue to grow and develop.

It's hard to believe that the charity has now existed in SIX decades and it's almost sad that the services we provide are STILL needed after all this time. But they are, and as always, we need YOUR help to ensure we may continue to care for older people in the Sheffield area.

Whether you donate, fundraise or become one of our band of volunteers, your contribution will help us to carry on providing our much needed services.

SCCCC will be around for as long as our services are required – please help us to help isolated and lonely older people.

Mark Storey, CEO



STAFF PROFILE...

Sarah Kelly



What does your role involve?

Facilitating discharges from hospital to home.

This includes providing transport, fitting equipment, shopping, moving furniture to make space for hospital beds, signposting to other services and taking referrals over the phone. The aim is to provide a practical, supportive and friendly service to those who are over 65 and vulnerable.

What does a typical day involve?

Every day is different and varied. A typical day starts with coordinating and prioritising jobs for the day. Once I get my job list, I phone all the relevant people informing them of my visit, plan my route and get all the equipment and supplies I need.

Then on the road I go. When each job is finished, I liaise with the referrer (this could be Occupational Therapists, physiotherapists, Nurses or Social workers) to inform them on how it all went and any other important information they may need to know.

What is the best aspect of your job?

Being part of the hospital to home team I meet people at one of the most stressful times of their lives following a stay in hospital or a period of ill-health. Being able to have the time to support someone back home by helping them with the practicalities but most importantly listening, showing kindness and friendship, is a privilege. Then seeing how their anxieties turn to smiles and confidence means the world to me. I also really enjoy hearing about people's life stories and experiences. Watching people light up reminiscing allows me to see that person as an individual not as a patient or customer. And my favorite is getting a hug at the end.

And the worst?

Not so much the worse but the hardest part is seeing the loneliness and social isolation behind closed doors. I see how this contributes to declining ill-health and well-being. On a positive note I feel proud to be part of the work SCCCC are doing to help combat this.

NEWS

Volunteer recruitment drive a great success!

A simple post on social media, showing postcode areas of Sheffield where we are short of volunteers to support our Good Neighbour Friendly visiting scheme, was seen by over 36,317 people on Facebook.

This resulted in an influx of over 90 expressions of interest to volunteer on the scheme as a friendly visitor.

What is a friendly visitor?

It's someone who comes around to your home for an hour a week, you sit and chat, play games, watch TV or just put the world to rights. Always with a cuppa and a smile.

If you need some company and would like to be referred to the Good Neighbour Scheme, please telephone: **0114 2505290** and speak to Tammy Wilson.

\$2 - 15	\$11 - 5
\$3 - 2	\$12 - 10
\$4 - 3	\$13 - 7
\$5 - 23	\$14 - 2
\$6 - 18	\$17 - 2
\$7 - 1	\$20 - 5
\$8 - 8	\$35 - 15
\$9 - 8	\$36 - 1
\$10 - 4	Total 129



EVENTS

Exclusive Gin Distillery
Tour

13th March
SOLD OUT

Sheffield Half Marathon
29th March

UK's highest tandem
skydive
9th May

For further information
or to book your place
contact
ericka.hill@scccc.co.uk



Fundraising

Fire walk – It was a cold November evening and the embers were burning bright, 8 brave souls took part in a fire walk, walking on hot coals.

Together they raised an amazing

£1,023



Our highest challenge yet!

Last year we challenged our fundraisers to a 140ft abseil, This year we are doing our highest challenge event so far! A 15,000 ft tandem skydive. We are hoping that we can raise lots of money to help us combat loneliness and isolation in Sheffield.

Legacy Donations

None of us like to talk about death – our own or anyone else's, but along with birth it is the only thing we can all be sure will happen to us.

Charities like SCCCC rely heavily on donations and one way you could continue to help us, even after your death, is by leaving a gift in your Will.

Watch out for our first Wills Month in conjunction with Nest & Egg Estate Planning and Services, from 1st - 30th April 2020. Ring 0114 2505293 to find out more.

GET INVOLVED...

Could you offer a helping hand? Volunteer for SCCCC

Each day the Hospital Aftercare Team drive miles around Sheffield delivering equipment and helping to support older people whilst in hospital, on discharge and beyond. We are always looking for volunteers to spend time with the team to assist in the following tasks:

- Collection of personal belongings for patients whilst in hospital.
- Delivery of equipment such as mobility aids, temporary key safes.
- An emergency food shop.
- The moving of furniture to make way for a hospital bed in a patient's home.
- Feeding pets.

You would always be accompanied by a member of staff and the time commitment can be for a full day, morning or afternoon.

If you are interested, then please contact **volunteers@scccc.co.uk** for more information.



LETTERS

Dear SCCCC,

You're like a charity that when we are drowning, you throw us a lifesaving ring

*Thank you,
Relative of a service user.*

What are your thoughts about SCCCC? Share them with us.
Email: mail@scccc.co.uk

Make a donation today to help SCCCC to maintain the level of care that all of our friends and families deserve. Your donation will go a long way to improving the level of care in our communities.

£5 can pay for an emergency food parcel to be delivered to an older person's home who has just been discharged from hospital and has no support.

£10 can help provide emergency practical support for an older person in need.

£20 can support a fully trained friendly visitor to visit an older person at home - helping to reduce isolation and preventing ill health which can result in hospital re-admission.



If you would like to make a donation please complete the following slip and return it to us with your donation to: Unit 19, President Buildings, Savile Street East, Sheffield, S4 7UQ.

Name: _____

Address: _____

Postcode: _____

I would like to make a donation of £ _____
to Sheffield Churches Council of Community Care.

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Please Gift Aid this donation and any donations I make in the future or have made in the past four years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax then the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference. Tick to apply ☐

Please make cheques payable to: SCCCC. Do not send cash.
Or visit our website: www.scccc.co.uk and donate online.

Charitable Incorporated Organisation registered in England: 1168077,