



INTRODUCING

VINTAGE VIBES





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Vintage Vibes is an award-winning project that tackles isolation and loneliness among over 60s in Edinburgh by creating long lasting **FRIENDSHIPS** offering support, companionship and the opportunity to be more socially connected.

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Vintage Vibes has supported an amazing

288
FRIENDSHIPS

across Edinburgh
since 2015.
— • —

HOW DOES IT WORK?

Vintage Vibes has a pool of brilliant volunteers who help us to deliver the project. All our volunteers have been PVG checked, trained and have ongoing support throughout the match.

Our volunteers are matched 1-1 with our over 60s (who we call our **VIPS**) based on their similar interests.



On each visit you can do a range of activities, such as VIP Jane and her volunteer Robert going along to an arts club together, Joyce and her volunteer Grace taking part in a woodland clear up project together, or VIP Bill and his volunteer Keith having a cuppa and a game of scrabble together.

What you do on each visit is entirely up to the pair of you.

WHY HAS IT BEEN SET UP?

In Edinburgh there are many over-60s who feel lonely or isolated from their community.

One study in 2014 found that older people in Edinburgh are the loneliest in the UK.

Research also shows that chronic loneliness

**INCREASES
THE CHANCES
OF DEVELOPING
DEMENTIA
BY 64%**

and can be as damaging to health as smoking 15 cigarettes a day.



**"MY VIP IS A
TOTAL GEM.
HE'S ACE!"**

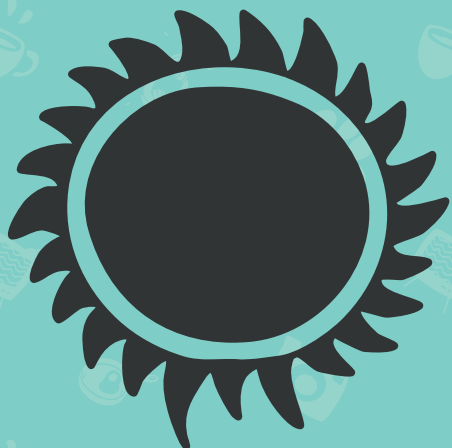
- Linda, Volunteer

COMMUNITY ADVENTURER:

LOOKING FOR MORE

Our Community Adventurer can assist with linking you up with fun local opportunities to take part in with your volunteer. Just ask about the Community Adventurer when you meet with the Vintage Vibes Service Co-ordinator.

E.g. joining a community garden, attending a film group or cooking class.



WHO IS ELIGIBLE TO BE A VIP?

Anyone living in Edinburgh and over the age of 60 who would like to be more socially connected and less isolated.



As Vintage Vibes is all about supporting friendships with volunteers, you must be not dependent on the volunteer for support and must be able to take care of your own personal care.

If you are looking to build a friendship with a volunteer, then please get in contact with us!

SO, HOW CAN I BECOME A VIP?



First you need to be referred. Please request a referral form and you can either fill it in yourself or someone can fill it on your behalf.

Once we receive your referral, a member of the team will arrange to meet with you to find out what you are looking for.

Then the Vintage Vibes team will look for a suitable volunteer. This can take a bit of time to find the right volunteer as we really focus on finding a volunteer that you can build a great friendship with who shares some similar interests.

REST ASSURED WE ARE ON THE SEARCH FOR YOU AND WILL BE IN TOUCH!

Contact us at:

email: hello@vintagevibes.org.uk

call: 0131 343 0955

**"I WISH I'D
MET HER
SOONER"**

- Joyce, VIP

VINTAGE VIBES

GOOD COMPANY NEVER GETS OLD

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Text **'VIBES'** to **70300** to donate **£3.00**

Text Donation: Vintage Vibes (a charitable partnership) will receive 100% of your donation. You will receive two text messages in reply. You will only be charged for a £3 donation plus one standard text message. Always get the bill payers permission. Age 16+. Text service helpline 0330 660 0425. LifeCare (Edinburgh) Limited, Charity Number: SC012641.