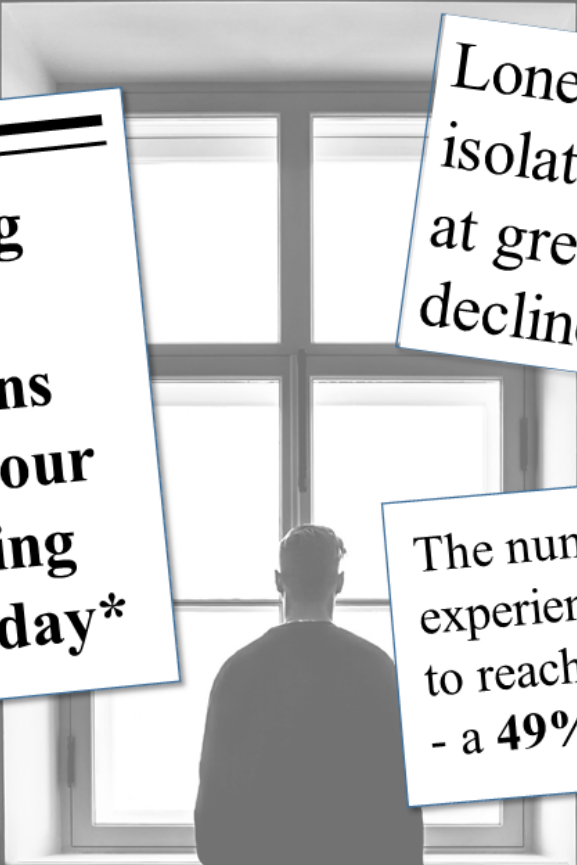


Sutton Befrienders
works with adults of
ALL ages who have
found themselves
lonely or isolated



There are 9 million lonely people in the UK* and loneliness is one of the largest health concerns we have...

* (Campaign to End Loneliness <https://www.campaigntoendloneliness.org/the-facts-on-loneliness/>)



Loneliness, living alone and poor social connections are as bad for your health as smoking 15 cigarettes a day*

Loneliness and social isolation put individuals at greater risk of cognitive decline and dementia*

The number of over-50s experiencing loneliness is set to reach two million by 2025/6 - a 49% increase in 10 years*

* (Campaign to End Loneliness <https://www.campaigntoendloneliness.org/the-facts-on-loneliness/>)

During 2020 we had a surge in new referrals, especially for people with mental health issues, and the ongoing effects of Covid-19

Responding to Covid-19

- ❑ Rapid expansion of **tele-befriending** service
- ❑ Practical support with **welfare checks** to ensure basic needs such as food and medication were being met
- ❑ **Essential services** such as grocery shopping to help people, particularly those **shielding**
- ❑ Moved to **virtual training** to support a much larger number of volunteers

This year Sutton Befrienders
has supported **167** adults
with 1:1 weekly befriending
support



90% of our service users said
that being involved with Sutton
Befrienders has had a great deal
or a lot of impact on them



I really enjoying
talking to someone.
It helps my memory
and lifts my mood.
It improves my day

75% of our service users said
that having a befriender made
them feel part of a caring
community



Knowing that the
befriender is for 'me'.
Overall, I do feel better,
having someone to listen
to me, come to visit me
and care, really care
about me.

We supported a further
119 people through our
groups and activities



We have trained **66**
new volunteers this
year and currently
have **119** volunteers
registered with us

79% of volunteers told us the work of Befrienders has a great deal of impact
95.8% said volunteering makes them feel part of a caring community

I feel privileged to be able to help the local community and so appreciated by my befrienders. I feel more a part of the London Borough of Sutton as a result.

Since becoming a befriender I've contacted a few of my neighbours who are on their own and facing challenges. Before I would not have had the confidence.

And **91%** said volunteering
makes them feel **happy**



We could not be more proud of our award-winning volunteers!

FINALIST
"Outstanding
Volunteer"

SUTTON'S
COMMUNITY AWARDS 2020
SINE TRUJILLO
- SUTTON
BEFRIENDERS

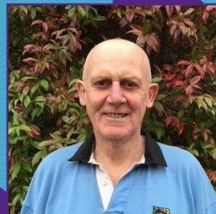
Congratulations

for winning "Outstanding Volunteering Group"
at the 2020 Sutton Community Awards!

FINALIST
"Outstanding
Community
Champion"

SUTTON'S
COMMUNITY AWARDS 2020
**BRIDGET
ALEXANDER**

SUTTON'S
COMMUNITY
AWARDS



BBC RADIO
London
Make a Difference
Hero
Pete Jemson, Volunteer
Sutton

WINNER
"Outstanding
Volunteer"

A huge **THANK YOU**
to all our volunteer
befrienders

