

## VOLUNTARY ACTION SHETLAND - SHETLAND BEFRIENDING SCHEME

### AIMS AND OBJECTIVES OF THE SCHEME

#### **1. Aim and Objectives for the Children and Young People - 7 to 15 years section**

##### **Aim**

To support vulnerable young persons between the age of 7 and 15 on a one to one basis with a trained volunteer who are experiencing significant difficulties in their life and who would benefit from the input of a volunteer.

##### **Objectives**

- Develop a greater degree of self-confidence, self-esteem and emotional growth
- Develop greater capacity to make use of their own personal resources
- Develop greater capacity to form and maintain positive relationships with others
- Develop a greater degree of feelings of achievement
- Develop their current skills and abilities and experience new activities

#### **2. Aim and Objectives for the 16+ years Adults section**

##### **Aim**

To support vulnerable individuals aged 16+ years that are currently living in their own home, who are significantly socially isolated with very limited social contact with others, who may be experiencing a period of significant loss or change in their lives and would benefit from the input of a volunteer

##### **Objectives**

- To increase their ability to continue to manage their own home and to live independently
- To encourage them to make positive choices and decisions that affects them
- To reduce feelings of social isolation
- To reduce feelings of loneliness

- To increase their ability to take part in purposeful activities out with their own home
- To increase their opportunities to take part in group activities
- To increase their ability to have improved social interactions with others in their community

### **3. Aim and Objectives for the 60+ years Dementia Section**

#### **Aim**

To support an older member of the community who is affected by dementia and is currently living in their own home, who is significantly socially isolated with very limited social contact with others, who may be experiencing a period of significant loss or change in their lives and would benefit from the input of a volunteer.

#### **Objectives**

- To encourage their feelings that they have been listened to and understood
- To help to reduce the feelings of loneliness and increase positive feelings about life
- To increase their sense of well-being
- To increase their feelings of feeling safe, valued and respected
- To increase their confidence to do the things that matter to them