

Date 27/06/2022

Annual Report

July 2021 to March 2022

Object: Within a Christian ethos, the advancement of health and wellbeing through provision of counselling, advice and assistance to those who are suffering from any physical or mental illness; experiencing mental health issues, distress or poverty.

Frendz

SCIO Charity No SC048080

Frendz is a confidential service run by professionally trained volunteers who provide information, support and counselling within a non-judgemental and caring environment. Our services include support and information for women, their partners and families before, during or after pregnancy, miscarriage or abortion and general counselling for people over 16 years of age. Frendz is an affiliate member of Association of Christian Counsellors (ACC).

Clients / Volunteers / Training / Connections / Fundraising

23 client contacts

49 sessions with **13** clients

22 phone sessions

27 online sessions

7 Volunteers for
helpline & appointments

1 training/social event

Why

1 miscarriage

6 post abortion

7 unplanned pregnancy

2 fertility issues

2 sexual abuse / assault

5 general counselling

5 Trustees

4 zoom meetings

4 Connections

Cresswell Hospital

D&G Rape Crisis & Sexual Abuse Support Centre

Independent Living Support (ILS)

Ritual Abuse Network Information & Support (RAIN)

How clients heard

Health Professionals

Freshers Fair (business card)

Various websites:

- ACC / Sexual Health / Google

Other organisations:

- Rape Crisis / ILS / Borderline

Risks & Opportunities

Coronavirus Pandemic – Scotland remained under various Covid-19 restrictions throughout the year. Despite the challenges Frendz has continued to support people by telephone, email, online and/or face to face when required. Continued risk of infection of clients and volunteers contracting the virus when reopening face-to-face support

Looking Forward

1. Reduced income and challenges in restarting face-to-face fundraising events e.g. wariness to gather with others, increase in cost of living
2. Increased pressures within local services who normally refer but are not functioning normally leading to reduced referral and awareness
3. Opportunity to increase our reach using zoom/telephone appointments as well as to increase our online presence via website/Facebook
4. Burnout and/or isolation of volunteers; greater use of supervision process, connect regularly to support wellbeing, recruit new volunteers

Get in touch with Frendz – email: frendzdumfries@gmail.com | telephone: 0796 186 5720 | Facebook: Frendz | website: www.frendz.org.uk

Chairperson:

4 July 2022