

# Sid Valley HELP

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www.sidvalleyhelp.org.uk



## SID VALLEY HELP



Photo credit Kyle Baker Photography

### WHO WE ARE

Sid Valley Help is a small East Devon charity working in Sidmouth Town, Sidford, Sidbury, and Salcombe Regis. Our objectives are to:

- Provide signposting to health and care support services
- Build a network of local support organisations
- Identify gaps in non-statutory health and care support services and help to fill them.

We registered as a charity in January 2019 and have six trustees - see the About Us page on our website.

Current priorities are reducing loneliness in all age groups and improving mental health provision for children and young people. We provide free and impartial sign-posting to local health and social care services, a befriending service, and we commission specialist support for young people with mental well-being issues and their parents.

SUPPORTED BY



**SIDMOUTH**  
TOWN COUNCIL



# WHAT WE DO

## BEFRIENDING SERVICE



Our befriending service arranges for a volunteer to visit a lonely or isolated person at home every week for an hour or so. This is often the only outside contact a client will have apart from paid carers. Currently we have 30 active volunteers and 42 clients. Befriending is managed by our part-time paid Volunteer Manager who reports to a nominated Trustee. The Manager attends the weekly NHS Sidmouth Community Health Team meetings who provide many of our referrals.

## SIGNPOSTING AND INFORMATION

We maintain an information website at [www.sidvalleyhelp.org.uk](http://www.sidvalleyhelp.org.uk) and a phone and email helpline that gets about 25 enquiries a month. We hold three



or four Network meetings a year to share information between local statutory and voluntary health and social care organisations. One of our Trustees is a member of the East Devon VSCE network and she is the Volunteer Sector Representative for Sidmouth.

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## SUPPORTING CHILDREN AND YOUNG PEOPLE

Our support for children and young people is guided by the Wellbeing & Health Action Team, a local community action group that includes representatives from the Sidmouth and Sidbury Primary Schools, Sidmouth College, Young Devon, Sidmouth Town Council and other organisations. The group sets priorities and suggests what should be done to improve children and young people's mental wellbeing through early interventions. Sid Valley Help provides governance and finance for this activity.



Currently we commission two qualified organisations to provide drop-in hubs in Sidmouth for parents and carers of children with mental wellbeing issues with phone and one to one mentoring for around ten students at any one time at Sidmouth College.

## RUNNING GROUPS AND CLASSES

- Weekly Strength & Balance Classes, part funded by NHS, and led by a NHS physiotherapist. It is mainly for people who have had a fall or are at risk of falling. The fourth course started in November.
- A monthly Young at Heart Ladies group which has been very successful at connecting isolated women who are over 50 years old.
- Occasional mental wellbeing courses for the public.



# VOLUNTEER WITH US



We currently have 30 befriending volunteers supporting 42 clients. Most befriending volunteers visit one client at home for an hour a week although some do more. We get more referrals than we can accept and so we need to recruit additional volunteers.

The recruitment process is straightforward: after an initial phone call we ask you to provide two referees, attend an informal interview and then a short induction session. We will carry out a DBS background check and later you will be asked to attend a safeguarding course.

All our clients are assessed by the Volunteer Manager who matches volunteers to clients. The Manager supports and monitors the client-volunteer relationship and helps manage any issues that might arise. We understand that volunteers have other commitments and your availability may change - it is the Manager's job to deal with this. We hold regular meeting for all our volunteers and we run occasional courses such as First Aid and Avoiding Falls.



The befriending service is run by Celia Hardill, the Volunteer Manager, under the direction of Di Fuller, a trustee. If you would like to know more please contact us and Celia will phone you back.

## PLEASE DONATE

Our budget is currently £35,000 a year, split broadly as £15,000 for core costs and the part-time Volunteer Manager, and £20,000 to commission mental wellbeing support for children, young people and their parents or carers. Sid Valley Help is very grateful for grants from Sidmouth Town Council, EDDC, DCC and local charitable trusts but in the current economic situation grants are increasingly difficult to obtain and at present do not cover our budget.

Please consider making a one-off or regular donation to support our work. Gift-Aid increases the amount by 25%. There is a Donate button on our website [www.sidvalleyhelp.org.uk](http://www.sidvalleyhelp.org.uk) or scan the QR code to go direct to our bank's page.



## CONTACT US

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