

VINTAGE VIBES

GOOD COMPANY NEVER GETS OLD

TACKLING ISOLATION AMONG OVER 60S IN EDINBURGH

IMPACT REPORT
2023-2024



Vintage Vibes is a partnership between LifeCare Edinburgh, Registered Scottish Charity (SC012641) & Space @ The Broomhouse Hub, Registered Scottish Charity (SC003706).

ALL ABOUT US...

OUR VISION

A society where everyone over 60 lives a fulfilled life through real friendship, connection and being treated as an individual.

OUR MISSION

Tackling isolation and loneliness among over 60s (called our VIPs) in Edinburgh by creating long lasting one-to-one friendships offering support, companionship and the opportunity for VIP's to be more socially connected and active in their local community.

OUR VALUES

WE LOVE DOING THINGS DIFFERENTLY.

WE TREAT EVERYONE AS AN INDIVIDUAL.

WE'RE ABOUT REAL FRIENDSHIPS.

OUR FRIENDSHIP MATCHES

Long-lasting one-to-one friendships based on shared interests that build confidence and empower our VIPs to be more socially connected and active in the local community.



Susan fills part of a day which otherwise I would be feeling lonely... I would be sitting and falling asleep and thinking about things that upset me. **-YOLANDA, VIP**



OUR WHY

33% of Edinburgh citizens feel isolated. Loneliness and isolation in older people can negatively impact their mental and physical health.

It increases chances of:

Dementia by **50%**

Heart attacks by **30%**

Strokes by **30%**



The negative health impacts of loneliness equates to smoking **15** cigarettes a day



OUR GROUPS AND ACTIVITIES

VOCAL VIBES

A vibrant, non-audition singing group. Currently **20+** regular members.



FILM AND THEATRE

Live entertainment/film challenging and inspiring VIPs from Korean classics to Barbie!

COFFEE CATCHUPS

A great **NEW** opportunity for VIPs lacking company in Leith and Gorgie.



VIP VOICES

VIP's **NEW** opportunity to give their opinion on matters impacting them and their local community. The first of these was held at the Scottish Parliament!



NEARLY 100 EVENTS AND GROUP ACTIVITIES IN 23-24!

“ So nice to have something other than medical appointments on the calendar. ”

-VIP



OUR IMPACT IN EDINBURGH

Sep 23 - Mar 24: We've achieved a **165%** increase in volunteers versus previous years. This has resulted in us being able to open more post code areas for referrals!

NEW!

DELIVERING SURPRISES TO VIPS WHO ARE HOUSEBOUND

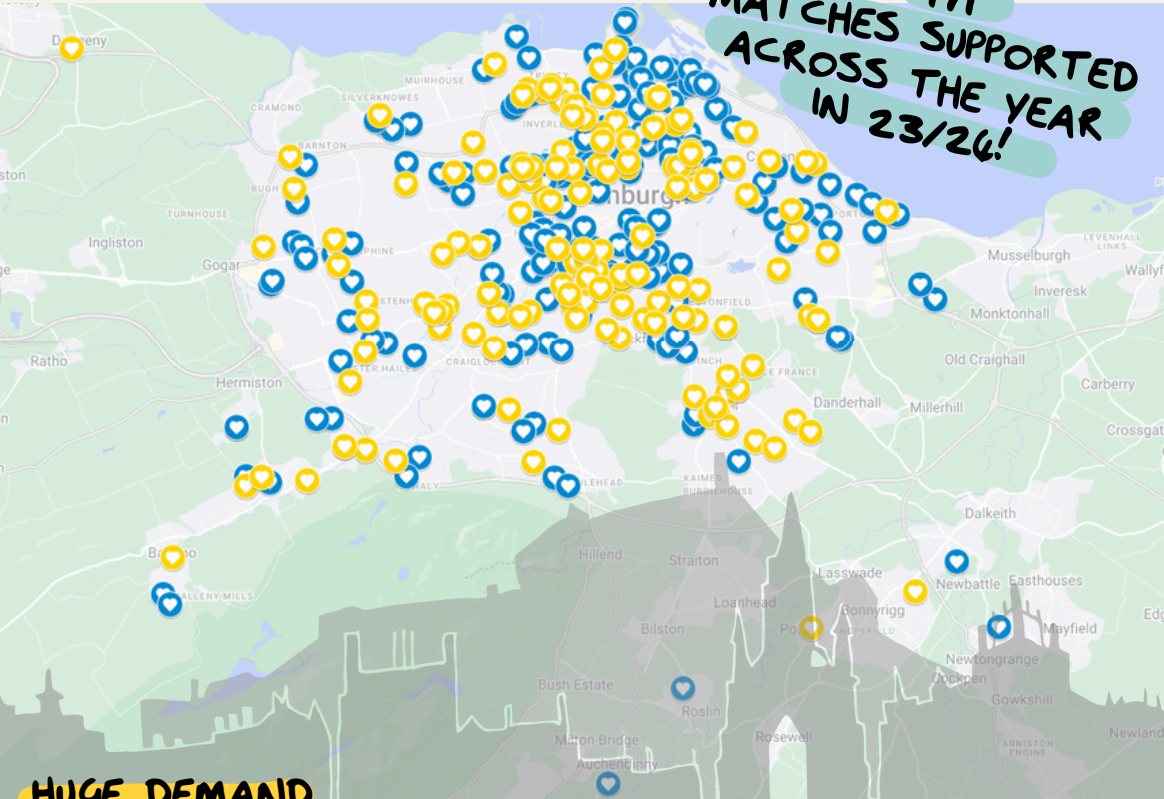


236 VIPS



236 VOLUNTEERS

171 MATCHES SUPPORTED ACROSS THE YEAR IN 23/24!



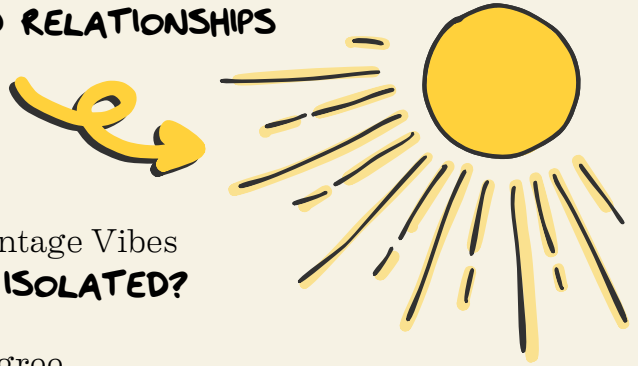
HUGE DEMAND

Following feedback from our referrers in Spring 2024, if we opened up referrals city wide we would see close to **2,000** isolated older people referred within a **WEEK**. This would be **10X** our current capacity and the number would only **RISE!**

DIFFERENCES WE ARE MAKING (JUST A FEW)

1. Vintage Vibes' primary objective is "We will **ENRICH LIVES AND RELATIONSHIPS** within Edinburgh".

● 100% Agree



2. Has being involved in Vintage Vibes helped you to feel **LESS ISOLATED?**

● 47% Strongly Agree
● 50% Agree
● 3% Not Sure



3. Has being involved in Vintage Vibes made you feel **HAPPIER** and have a **BETTER QUALITY OF LIFE?**

● 41% Strongly Agree
● 56% Agree
● 3% Not Sure



4. Has being involved in Vintage Vibes helped **IMPROVE YOUR MENTAL HEALTH?**

● 39% Strongly Agree
● 52% Agree
● 9% Not Sure





LED BY OUR VIPS AND VOLUNTEERS

SUPERCHARGE PROJECT

An initiative to counter the national trend of decline in volunteer recruitment. In 23-24 we innovated and tailored our approach, resulting in a surge of new volunteer sign-ups across Edinburgh!

5,623 HOURS OF VOLUNTEERING IN 23/24!

“ I doesn't feel like volunteering, it feels like a genuine friendship, and I love doing it.
-Kevin, Friendship Volunteer ”

“ I would describe [my VIP] as a really good friend of mine... We each benefit from each others company.”

-Jean, Friendship Volunteer of **8 YEARS!** ”

JAN 2023

2 Volunteers Recruited

JAN 2024

28 Volunteers Recruited

16X MORE!

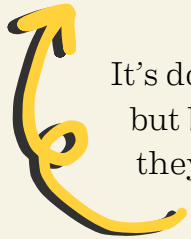
NOW, NEXT, FUTURE...

WHAT TO LOOK FORWARD TO IN 24/25:

- Spring Spectacular 2024
- More Fringe events than ever before
- More VIP trips than ever before, including going on the Edinburgh Canal and to the Zoo
- Our 9th Birthday
- Christmas Lunch at LifeCare
- And much more..!

VIP AND VOLUNTEER VOICES

THE THING THAT IS MOST FUNDAMENTAL TO OUR NEXT YEAR IS GROWING THE WORK OF LISTENING TO AND AMPLIFYING OUR VIP AND VOLUNTEER VOICES!



“ It’s done a tremendous amount... I was just so exhausted and ill, but being part of Vintage Vibes, having Erin and all the help, they’ve all been just so positive that I’ve come back so much.

-E, VIP



THANK YOU TO OUR FUNDERS AND SUPPORTERS

WE NEED YOU!

GET INVOLVED!

Tweedie Miller Charitable Trust
Christina Mary Hendrie Trust
The Christine Price Clark Charitable Trust
Corstorphine Primary School



Phoenix
Centrica



And our many amazing supporters within the local community



Funded by UK Government



A FANTASTIC FRIENDSHIP

(JUST ONE OF MANY BLOSSOMING EVERY SINGLE WEEK!)

SHEILA AND NICKY'S STORY



"I was pretty depressed, I just didn't sort of know what to do with myself. I kind of lost myself a bit. It was my son who actually looked for somewhere for me, and he came across Vintage Vibes. Then Nicky came around and we just hit it off right away. We just talk and talk and it has just lifted my spirits enormously, honestly. [Nicky] is really a best friend now" - SHEILA

18 MONTHS OF FRIENDSHIP (SO FAR!)

Nicky: "We've totally just hit it off straight away. We've been chatting non-stop and giggling ever since."

Sheila: "Especially Nicky."

Nicky: "Especially Sheila." - both laughing

LISTEN TO THEIR FULL STORY ON YOUTUBE!



“ It's just lovely, it's just lovely our friendship.

It's one of the best things I've ever done, really I'd say go for it, definitely. If you're thinking about it, just do it.

-SHEILA

CAT CAFES

CUPCAKES

COFFEES

QUIZZES

CHATS



STAY IN TOUCH



vintagevibes.org.uk | hello@vintagevibes.org.uk | 0131 343 0955