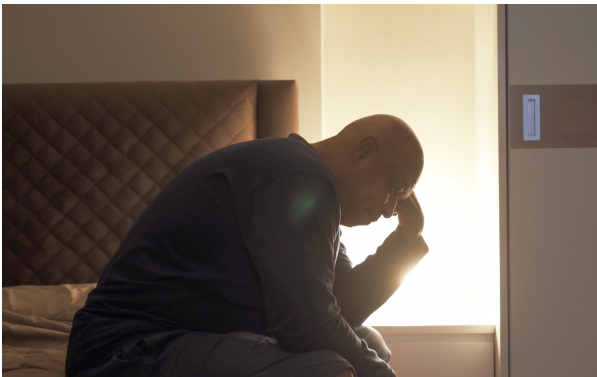


## Volunteering to reduce loneliness and to help minimise evening drinking.

### What happened

The potential volunteer came to BCVS via a referral from a Social Prescribing Link Worker. The patient had been referred after expressing to the GP that they were feeling very lonely and were drinking a bit too much in the evenings because of this. The Social Prescribing Link Worker referred them to BCVS to help them find a role in the evenings .



### Volunteer Quote



Helping out at the evening meetings has really helped me feel less lonely and it has stopped me reaching for a drink because I have had been kept occupied in other ways. I hope to continue volunteering at BCVS both at this group and other groups.



### How we helped

The BCVS Volunteer Coordinator met up with the patient to ask them what they enjoy doing and what they might like to do. The patient preferred to help at something in the evening due to working in the day and feeling lonely at night. Because they worked in a job that supported people each day, they wanted to use their skills to support others, so the Volunteer Coordinator suggested a new Evening Support Group taking place in Worksop.

The volunteer attended the next meeting and enjoy talking to families, making drinks and snacks, and getting out the house. The volunteer has continued to support the group on a regular basis.

### Key outcomes and impact:

- ✓ Stopped drinking as much alcohol in the evenings as a result of having a new focus.
- ✓ Reduced loneliness as a result of creating new friendships and connections.
- ✓ Helped families with a variety of support that the volunteer has expertise in.