



GLASGOW'S  
GOLDEN GENERATION

# ANNUAL REVIEW

---

# 2022

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GLASGOW'S  
GOLDEN GENERATION

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I would like to wish you all a very warm welcome to the 74th Annual Review for Glasgow's Golden Generation (GGG).

For those reading that are new to the work of GGG, the charity continues to grow and provide vital support services to thousands of older adults throughout Glasgow. GGG was set up after the Second World War, initially as GOPWA (Glasgow Old Peoples Welfare Association) to combat isolation and loneliness within the older population. The name of our charity and support services may have adapted and evolved but the core support, values and ethos are very much the same today. GGG has three day care centres, weekly clubs, welfare and benefit advice, befriending support, a fully operational digital team, and a careline for all the day-to-day, life queries that older people need assistance with.

The Coronavirus pandemic impacted us all and I would like to offer our condolences to the many families in Glasgow and beyond for the tragic loss of their loved ones. It is with a great sense of relief that we see vulnerable older people rediscovering their freedoms, coming back to our centres and enjoying life again.

It is important to acknowledge the efforts made by the team to comply with the ever-changing health and safety rules; planning and updating procedures as the Covid rules evolved. GGG continues, in 2022, to uphold an elevated level of health compliance due to the lingering threat of Covid variants. I would like to thank the management team, staff and all our volunteers for their meticulous planning and compliance throughout the pandemic – you all rose to the occasion and did a great job – thank you.

GGG's frontline service approach allows us to gain first hand feedback from thousands of our service users. These one-to-one conversations and surveys offer great assistance to our CEO and management team to ensure that older people's needs can be met, and their voices can be heard throughout Glasgow and at higher levels politically. Being resourceful and quick to adapt our services has become the 'new norm' here at GGG,

our charity which adapted all services magnificently during the pandemic has also had to deal with the new crisis which is the horrific cost of living that concerns us all moving forward.

From a financial perspective, GGG once again faced a huge challenge to combat the impact of Coronavirus and ensure that funding and vital support was in place for our service users. This time, and compared to last year, there was a significant drop in furlough and general statutory funding of around £250,000. GGG also experienced lower income from its centres, a natural decline in donations and an events calendar that was effectively written off. However, I am delighted to report that the resourcefulness of our fundraising and management team did plug the income gaps magnificently to ensure that our services would not be reduced or restricted in any way. I would like to pass on my congratulations to the wonderful fundraising effort from the income team here at GGG, as well as passing on my most sincere thanks for all our statutory funding, donors, sponsors, and grant making bodies for their generous contributions.

I would like to add my thanks to our CEO Richard, Finance Director Fiona, my fellow Board members, all our staff and volunteers for driving GGG forward and for the service you continue to give to our community.

Last year, I said that every year GGG will meet challenges. Sadly, this forthcoming year I feel will be dominated by the many challenges caused by the merciless cost of living crisis. GGG's major focus will be to mitigate this crisis as older people WILL be faced with the horrendous choice of heating their homes or eating. There is a risk that the hardships faced will be more evident than we have experienced in modern times. We will be there to support and serve our community in Glasgow to ensure the needs of the thousands of older adults are met.

*Alastair Campbell*

Chairman of the Board  
Glasgow's Golden Generation



# MESSAGE FROM THE CEO



By April 2021, the pandemic had already been with us for just over a year. By then, GGG had already experienced the full extent of the virus; the loss of lives, the disruption or cancellation of key services, limited NHS access and the escalating growth of mental health problems due to isolation and loneliness. For the second year running, it is my unfortunate duty to pass on my most sincere condolences to the families of lost loved ones during this pandemic.

GGG's service users; now at a record high of three thousand people, have also been battling a tsunami of humanitarian crises with devastating financial effects to follow. There were the supply chain issues after Brexit, followed by soaring fuel prices, the Ukraine war, the cost of living crisis and a record rate of inflation. Current poverty and standards of living are being compared to the 1950's and life is troubled. Older people and their carers are at the forefront of those requiring support, and are among the most vulnerable.

GGG rose to the challenges and ensured that oversubscribed services could be managed by the terrific GGG team comprising of our Board, staff, and volunteers. I would like to commend the team for implementing stringent health and safety processes to ensure all our service users, staff and volunteers were kept safe. The service delivery had to be adapted throughout the year as we dealt with frequent and ever-changing pandemic restrictions within a stop-start year of trying to get back to 'normality.' Throughout the year, the GGG team were again able to deliver key services to the highest standard, albeit with adapted methods and creative service delivery.

GGG's three Day Care Centres were operational from summer with limited capacity due to both transport and attendance restrictions. To manage the high demand, a blended approach of home delivery of food, telephone befriending, communications and digital support would allow for all service user needs to be met whether at home or in a centre. Gladly, into the new budget year 2022/23 and attendance numbers are largely back to full capacity, however many older adults are still reluctant to regard life as 'back to normal.'

The Welfare and Benefits team, unable to conduct home visits for a second year, continued remote service delivery. In all, £1.2 million was secured in financial benefits for older people in Glasgow, many of whom did not know that they were entitled to these funds!

The demand on befriending services throughout Glasgow over the last two years has been huge. With many other services closed or limited, this meant increased demand on organisations like GGG. Thousands of phone calls, texts and digital

interactions were made to compensate for the loss of face-to-face visits. Weekly online 'wee blethers,' the continuation of the online app and latterly digital learning workshops have proved immensely popular and have addressed isolation and loneliness in older adults.

GGG's associated clubs were cautious to reopen, but were well supported by GGG. Communications, updates, and access to other services was key. GGG was delighted to host a Christmas party for club members at the Kings Park Hotel which offered a sense of celebration and normality before once again the country faced restrictions in January.

GGG are grateful to the UK Government for providing funding and furlough in the early part of the year which helped finances, although statutory income overall was reduced significantly from the previous year by around 25%. An impressive performance within private trust and foundation funding was achieved, and community fundraising also saw unexpected levels of success despite the obvious restrictions towards events and donations throughout the pandemic. These fundraising factors, along with other earned income combined to ensure that GGG would impressively conclude the budget year with a small surplus.

A strong fundraising performance was only possible thanks to our committed donors and sponsors. A massive thanks goes out to our statutory funders, private trusts and foundation funders, community, and corporate donors and of course our service users who assisted.

Once again, please allow me to express my HUGE thanks to our wonderful staff team, Board, and volunteers at GGG. Many worked tirelessly in the front line and ensured that our services would not be derailed during this budget year, and that our older community would come first.

We look forward with the hope that COVID is finally behind us, but we brace for the financial impacts ahead for our services users, and our charity. At GGG, we will continue to be creative with our approach to services and our fundraising endeavours while maintaining our lofty standards of service. GGG will evolve and strive to develop further for the future benefit of those older adults that rely on our crucial services.

*Richard Donald*



Chief Executive Officer  
Glasgow's Golden Generation

# ABOUT US



Glasgow's Golden Generation is Glasgow's leading charity for older adults and was established in 1948 as the Glasgow Old People's Welfare Committee.

Back then, it was recognised that there was a need to tackle loneliness which impacted the lives of many older adults. Over 70 years later, this remains central to the charity's work.

In 2017, the charity changed its name to Glasgow's Golden Generation to celebrate 70 years of serving older adults in Glasgow.

Much has changed over the years, but the support that the charity is offering to older adults is better than ever.

## OUR SERVICES

Our charity aims to improve the quality of life of older adults in Glasgow through a variety of support services focusing on reducing loneliness and social isolation through activities during the week.

Ranging from our **three Day Care Centres** providing transport to and back from home with social activities and a nutritious meal throughout the day.



GGG also provides a **Befriending Service** where staff and volunteers visit older adults in their homes, aiming to keep their clients more active and involved in their communities. This can also take place by video call thanks to new funding.

GGG offers **Welfare and Benefits Advice Service**; the skilled team of Welfare Officers can guide older adults through the complicated benefits

system and help them apply for a range of benefits and entitlements.

This team also operate a **Careline Service** where they answer any queries older adults may have about a range of subjects including TV licences, bus passes, local services and much more.

Over 700 members of **Associate Clubs** are supported throughout Glasgow, providing a chance for older adults to meet up regularly with peers.



These weekly clubs are run for older adults, by older adults meaning they each have their own unique identity. The focus of each club differs with some pursuing hobbies such as crafts or carpet bowls together and others having a rolling programme.

## SUPPORT US

The charity is only able to continue its work in the communities of Glasgow thanks to the generosity of its supporters.

There are many different ways of supporting Glasgow's Golden Generation. You can make a one-off or regular donation, ask your workplace to sponsor GGG, take part in one of our fundraising events throughout the year or leave us a gift in your will.





# FINANCE



2021/2022 was a challenging year for the charity as it navigated the second year of the COVID 19 pandemic. From July 2021 GGG were able to start the slow migration back to in person services, but this had to be in a cautious and measured way to ensure the safety of our older adults.

Overall, for the financial year, income was £1,015,560. Donations and Legacies made up £525,775 of this income, Trading income (such as rent, day centre fees and fundraising events) generated a further £126,267. Trading income was less than budgeted due to the ongoing effects of the pandemic and social distancing rules. Funding from statutory sources generated £302,563 and funding from other sources (such as transport and a business interruption insurance pay-out) was £60,955. GGG would like to extend a heartfelt thank you to all its supporters throughout the year, without whose support the charity would not be able to provide its essential services.

Total expenditure for the year was £1,004,413 including direct charitable costs of £924,401. Of this 81% were staffing costs to run the services. Maintenance works continued throughout the financial year to improve the day centre experience, which included a new toilet in the DCC centre and a new boiler in the Fred Paton centre. The charity made some savings on utilities as a direct result of spend to save measures implemented the previous year in the centres. The other main costs included £36,176 for lunches and catering costs and £31,424 for running the fleet of minibuses.

Management, Finance and Governance support costs was a further £79,612. Generating a small surplus of £11,547 for the financial year. Further, there was an actuarial gain on the defined benefit pension scheme of £36,749. So, overall, the total funds carried forwards increased by £48,296.

The Directors had made the difficult decision to close the Partick charity shop in November 21. Trading conditions had continued to be extremely difficult and were significantly below pre pandemic levels. The end of the ten-year lease meant that it was an appropriate time for it to close. In May 2022 it was further decided the Shawlands shop would also close.

## Income

**£1,015,560**

(consolidated figures)

**£302,563**

Statutory Income

**£363,396**

Grants

**£83,340**

Donations

**£126,267**

Other trading activities

**£79,039**

Legacies

**£60,995**

Other income



## Expenditure

**£1,004,013**

(consolidated figures)

**£924,401**

Direct costs

**£63,448**

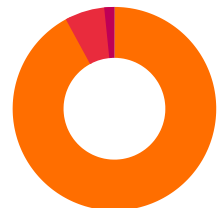
Management

**£15,738**

Governance Costs

**£426**

Finance



# JANET'S STORY



Janet has been attending the David Cargill Day Centre Digital Café since it was launched in 2021.

Each week, attendees learn about different aspects of technology, and they use their skills to take part in activities such as online quizzes and researching different topics.

The Digital Inclusion Officers incorporate practical tasks into the workshops each week, and cover topics such as 'what is the internet', setting up an email account and using Google.



Service users have varying degrees of digital literacy, so there are tasks set at all levels, with support from staff and volunteers available at all times.

Janet said:

**"I've really enjoyed going to the Digital Café as it's always great company and we get to have a cup of tea and a blether. It's a bonus that we get to learn something too!**

**"To begin with, I was a bit reticent to go along but I've become much more knowledgeable about my iPad and iPhone. I've learned to use my iPad for things I would never have believed I'd be doing this time last year.**

**"It's nice not to have to phone my family to get bailed out when something goes wrong!"**

Many participants of the Digital Cafés, like Janet, take along their own device such as an iPad or smartphone. Some older adults just need a bit of support to feel more confident using their device, but others have been given a tablet by the charity and this is their first experience of this technology.

Janet added:

**"I still make funny mistakes on my iPad, but it's not so bad because everyone else is making them too! And the staff and volunteers are amazing, they always know how to help out and no question is too small for them.**

**"I've made a nice group of friends which means over the summer, when there's been a break from the Digital Café, we've met up for a coffee instead."**

GGG also joined forces with Won Connect Digital to teach participants how to create a short video about themselves or something they're interested in. Although this was slightly too complex for Janet, she enjoyed learning about how videos are created and enjoyed our 'premiere' party to showcase the groups' videos.



# DAY CENTRES

GGG's three day care centres remained closed until July 2021 with emergency parcels continuing up to this point. Over the course of the pandemic the charity delivered 25,000 parcels to vulnerable older adults.



By mid August preparation had taken place to allow all three centres to reopen on a phased return with limited numbers. Because of continued social distancing requirements and the vulnerability of GGG's service users, numbers were capped to ensure as safe an environment as possible and activities were limited to those that didn't involve any close contact. Whilst legal restrictions eased significantly towards the end of 2021/22, centres maintained more than the legal requirements to minimise the risk for centre users, staff and volunteers.

However, that doesn't mean that day centre service users weren't delighted to return to the centres and that there weren't fantastic activities and events on offer as usual - it just meant things had to be tweaked to make them Covid friendly.

The day centres have fantastic volunteers who are intrinsic to the team and ensure service users are well supported. The team of volunteers includes drivers, support assistant volunteers, kitchen volunteers, gardeners and more! Without their help the centres wouldn't be able to support as many older adults in Glasgow so they are essential to the life of the centre.



David Cargill Day Centre hit the ground running when it reopened its doors in July 2021. Over the course of the year new entertainers have come on board which service users have really enjoyed as sing a longs are a firm favourite. Special events like Burns Night, Christmas, St Patick's Day and Easter have all been celebrated with staff going the extra mile to involve everyone. The centre held a fantastic carnival day with traditional games, magic tricks, stalls, competitions, sweets and of course prizes! Other activities have included armchair exercises, manicures, crafts, sewing and much more.

# DAY CENTRES



Fred Paton Day Centre in the west end had a busy year after reopening in July 2021 with a range of activities and events. The centre celebrated St Andrew's Day, Christmas, Burns Night and Valentine's Day alongside their usual activities. Each week service users have enjoyed dominoes, carpet bowls, sewing, pool, armchair exercises and more.



Mattie Carwood Day Centre reopened in August 2021 with limited activities initially including carpet bowls, quizzes, bingo and armchair exercises. However, service users were delighted to return to the day centre and to celebrate Halloween and Christmas together. The centre has a great outdoor space which, with help from Faredeal staff and volunteers, has been transformed with service users now able to grow their own produce which can be taken home or cooked by the centre's chef as part of lunch.



David Cargill Centre



Fred Paton Centre



Mattie Carwood Centre



GLASGOW'S  
GOLDEN GENERATION

## Day Centres

GGG runs three day care centres across Glasgow in the east, west and south of the city. All three day centres focus on reducing loneliness and isolation in older adults.

Fred Paton Centre is in the west of the city, Mattie Carwood Centre in the east and David Cargill Centre is in the south.

Each centre has its own programme of activities including bingo, arts and crafts classes, armchair exercises, relaxation, carpet bowls, gardening, music therapy, reminiscence activities and much more!

Older adults are served a three course meal each day and are picked up from their homes in the morning and dropped off at their door after each session. There is also a limited capacity for those with their own transport, please let the Centre Manager know if you would like to make your own way there.

If you or someone you care for is interested in attending one of GGG's day centres, please call your local centre manager.

It costs just £10 per day to attend a GGG day centre and this includes transport as well as activities and day trips during the summer.

If you or someone you care for is interested in attending one of GGG's day centres, please call your local centre manager.

**Mattie Carwood Day Centre**

**East**

**0141 766 0000**

**David Cargill Day Centre**

**South**

**0141 632 7391**

**Fred Paton Day Centre**

**North/west**

**0141 353 0720**



# FUNDRAISING



2021/22 was a year of mixed fortunes with the country moving in and out of lockdowns and Covid 19 pandemic restrictions still in place which meant the charity's events calendar was heavily impacted and businesses were still struggling with many people continuing to work from home.

However, the Kiltwalk went virtual which was the word of the year and in September the Glitz and Gold Afternoon Tea went ahead under restrictions. GGG was overwhelmed with the support received from individuals, companies and schools at a time when it was very much needed as the charity's services tried to operate fully again. There are too many to mention but thank you to everyone who supported GGG.

## EVENTS

The Glitz and Gold Afternoon Tea took place on 5th September at the Glasgow Marriott Hotel. Hosted by the fabulous Michelle McManus guests were treated to a delicious Afternoon Tea and entertainment from Simply Rod as well as fundraising games and an auction.



The Grandmaster of The Provincial Lodge of Glasgow chose GGG as the charity of the year and did various activities to fundraise.



for GGG throughout the year. Over £25,000 was raised by those taking part in the Virtual Kiltwalk which saw Masons being sponsored to take on their own walking challenge across the central belt with their sponsorship being partly matched by The Hunter Foundation.

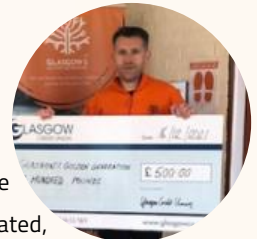
## CORPORATE SUPPORT

Asta Insurance donated £4,000 to GGG following a successful golf day in Loch Lomond. An Aviva Crowd funder provided the opportunity to spread the word about Glasgow's Golden Generation to a new audience.

Retail partners continue to support both financially and by donating products. Thank you to ASDA, Tesco, Co-op, The Lang Foundation, B&Q, Waitrose and John Lewis (pictured).



Many Glasgow based businesses have supported GGG throughout the year, with both donations and gifts-in-kind, including Arnold Clark, Ross & Liddell, Zone Blinds and Shutters and Glasgow Credit Union. This support is so valued, not only because of the funds or products donated, but because it helps the charity to raise awareness to a wider audience.





# FUNDRAISING



## CHRISTMAS

Christmas time was so busy and thanks to the generosity of many supporters,

staff became Santa's helpers for the month of December SP Energy networks donated winter kit bags, Celtic FC



Foundation funded shopping vouchers for those most in need and GGG were the recipients of hampers from the Glasgow's Basket Brigade. All of these were distributed across Greater Glasgow brightening up Christmas for hundreds of older adults.

GGG was delighted to be the recipients of a fantastic donation of £15,000 following a vote by the employees of Scottish Power just before Christmas. This was a very welcome Christmas present! Thank you.

## WINTER WARMER APPEAL

Rising energy costs is a big issue for older people and thanks to donors to the Winter Warmer Appeal fuel vouchers were distributed to help people keep warm and not have to choose between heating and eating.

## TRUSTS AND FOUNDATIONS

Despite the withdrawal of Covid-related funds, it has been a successful year for the Trusts and Foundations team, with over £300K secured to support GGG's work. An application to the Life Changes Trust was successful and GGG was delighted to be recognised as one of only seven legacy partners in the country.

Other successes include Garfield Weston Foundation,

the National Lottery Community Fund, Robertson Trust, Glasgow City Council, SP Energy Networks and many other trusts and foundations. The charity is indebted to them all for their support.

**THE WORK OF GLASGOW'S GOLDEN GENERATION IN THE COMMUNITY WOULDN'T BE POSSIBLE WITHOUT YOUR SUPPORT.**

**GGG WOULD LIKE TO SINCERELY  
THANK ALL  
TRUSTS AND FOUNDATIONS  
CORPORATE SUPPORTERS  
PARTNERS  
DONORS  
SPONSORS  
LEGACY AND WILL DONORS  
GIFT IN KIND DONORS  
VOLUNTEERS**



W A CARGILL FUND



Garfield Weston FOUNDATION



THE CHRISTINA MARY HENDRIE TRUST





PHOTO COURTESY OF THE HERALD AND TIMES GROUP



**GLASGOW'S**  
GOLDEN GENERATION

**HELP US FUND OUR DAY CARE CENTRES FOR  
OLDER ADULTS THIS WINTER**

**DONATE NOW**

**[WWW.GLASGOWGG.ORG.UK](http://WWW.GLASGOWGG.ORG.UK)**



# BEFRIENDING & CLUBS



## BEFRIENDING

It has been another challenging year for the Befriending Service with their support needed more than ever. With so many lonely and isolated older adults across the city, telephone and video befriending was provided in the absence of face to face visits.

Unfortunately Covid 19 continued to cause issues with new variants emerging, pushing back the date for face to face befriending recommencing. It is hoped that this will return in 2022/23 but a cautious approach has been taken due to the vulnerable nature of the charity's clients. Covid has also had an impact on volunteering and staff numbers with many affected by the illness.

The befriending team has continued to run the weekly "Wee Blether" online with a core group of older adults participating. This service was introduced at the beginning of the pandemic and has continued despite lockdown having ended. It has become a firm favourite for many staff and service users who enjoy logging on weekly.

**"My befriender is an absolute gem, I am over the moon with her. She is a lifeline."**



34  
video calls



52 Wee  
Blethers



352  
text  
messages



2,962  
telephone  
befriending  
calls

## CLUBS

After being closed for the entirety of 2020/21, most of GGG's affiliate clubs have now reopened. It has been amazing to see how these volunteer led clubs have pulled together throughout the pandemic and their resilience has been inspiring.

In 2021/22 clubs were initially able to meet in smaller numbers before reopening fully as restrictions eased. GGG was able to host a Christmas party for the clubs at the Kings Park

Hotel which was well received and much enjoyed after a tough 18 months. For many attendees this was the first time they'd seen their fellow club members since March



2020 making it an emotional reunion for many.



19  
associated  
clubs



£1 per member  
to join



463  
members

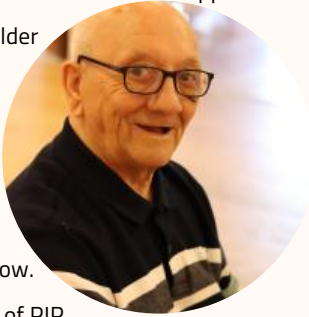
GGG's club membership scheme is extensive, offering entertainment, funding advice and great support for £1 per person per year. All associated clubs are run for older people; by older people. By becoming a member of GGG's clubs network, individual clubs don't lose their autonomy; they simply gain the backing of an experienced charity team who can guide them on everything from booking entertainers to fundraising for club funds.

**"Before we joined you, it was just us, with no one to go to for help."**

# WELFARE AND CARELINE SERVICE



All applications during FY21/22 were made by phone as home visits were not possible due to the risk of Covid 19. Whilst this made the process more difficult, the service still submitted hundreds of applications and assisted over 500 older adults throughout the course of the year. In total, over £1.2 million in funding was secured for older adults in Glasgow.



This figure is comprised of PIP, Attendance Allowance, Council Tax Reduction, Housing Benefit and other awards. Most older adults were not aware of what they were entitled to.

Over the past year the team has also prepared for the changes to benefits as these become devolved and administrated by Social Security Scotland. The team has been involved in an advisory capacity to help inform the roll out.



Although the rate of the benefits will not change, the names will and recipients will be receiving information from Social Security Scotland from summer 2022. The team will continue to assist and advise on these new benefits.

## CARELINE

Over the past few years requests for help with issues beyond benefits were increasing. As a result the Careline Service project was launched to formalise this support service. This means older adults have someone to call for help no matter the issue. Many questions such as on TV licenses, bus passes and driving licenses can be answered by the team. However, due to the team's expansive experience, they are also able to signpost to other services who are able to assist.

This money allows us to get help at home for the things we can no longer do ourselves

I feel more content, I can afford a taxi to my weekly club and see my friends

The Welfare Officer was so kind and patient. I don't need to worry about heating my home now

I didn't realise that I was entitled to any benefits. The information has been so vital, and it's heart warming to know people do still care

Having the Blue Badge for Mum, I can now take her out more and park near the shopping centre to go for a coffee



The Digital Team recruited two Digital Inclusion Officers in the summer of 2021 to further roll out the digital programme. These roles were specifically designed to support older adults with using their device provided by GGG, getting online, and helping them to feel more connected with the world around them.

Over the course of the year, support was delivered through many initiatives including home visits, Digital Cafés and telephone support.

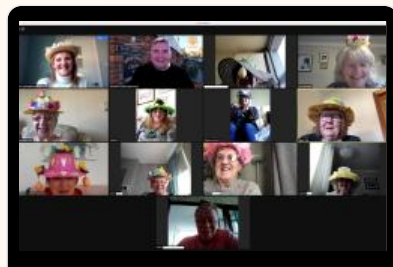
Digital Cafés have been a huge success and run around Glasgow including in the charity's David Cargill Day Centre, Queen's Cross Housing Association community spaces and at Hanover Scotland.



Each week, different topics are covered including "what is the internet?", setting up email, using Google, streaming content and staying safe online. Service users are encouraged to ask questions, and often have their own ideas of what they would like to learn about.

The tablet and the App have really helped me get through these past few weeks.

I look forward to the weekly catch up on a Friday morning. It always lifts my spirits.

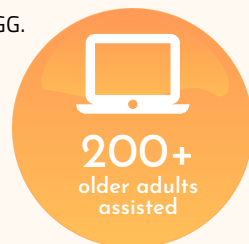


## GGG APP

The GGG App continues to be updated with activities including content from partner organisations to make it easier to access for older adults who may be overwhelmed when searching online.

With support from the McLay Dementia Trust, specific Dementia Friendly content was created by staff in the charity's day centres to keep users engaged during lockdown.

The charity continues to run its weekly "Wee Blether" with attendees keen to keep meeting online rather than accessing in person activities. This initiative is run by the Befriending Team and Digital Team in partnership and is a fantastic way of linking these two crucial services offered by GGG.



# VOLUNTEERING

GGG has a team of fantastic volunteers including befrienders, centre support volunteers, volunteer drivers, fundraisers and kitchen volunteers. Without such a committed team the charity simply couldn't make such an impact on older adults' lives so everyone at GGG would like to thank all the charity's volunteers for their hard work over the past year.

**Cresse, who was a volunteer befriender during the pandemic spoke about her experience:**

**"For me, it was such a fulfilling role to do. It breaks my heart to know that there are so many older adults going through loneliness and I think that's something that young people can really relate to; we need to be there for each other.**

**"I wouldn't say me and my befriender had a lot in common, but that was good! I got to learn about her interests, and she was able to learn about mine. I most enjoyed speaking to her about what we were reading, it felt like we were in a little book club.**



**"My befriender was always happy to speak to me and said that some days she wouldn't speak to anyone else. That made our conversations feel very important, and I was honoured to keep up that friendship with her."**

**If you're interested in becoming a volunteer befriender, get in touch. Befrienders come from all walks of life and no qualifications are needed as full training is provided.**

To celebrate the difference GGG's volunteers make to the charity and to say thank you, a Christmas dinner event was held in December at Mister Singh's India restaurant. All volunteers were invited and received a gift if they were unable to attend. It's important to celebrate volunteering and the wonderful support that they provide.

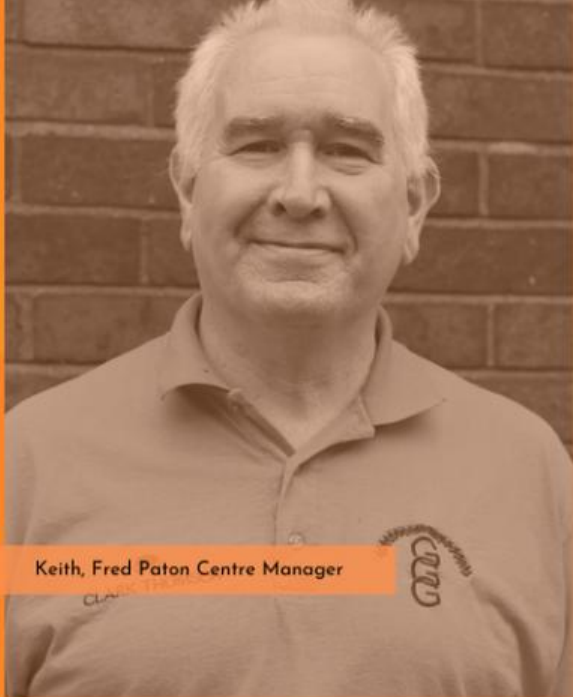


Sadly during the year the charity's shop in Partick had to close. During the lockdowns the shop was unable to open and as a result it became unviable to run.

Unfortunately, in June 2022 the charity's second shop in Shawlands also ceased trading. GGG would like to thank all volunteers who gave up their time to support the shops. Many of these volunteers have now moved into the day centres to provide support there.

GGG has a range of volunteer roles available which range from volunteering in the day centres to supporting an older adult over the phone. For more information or to find out how to get involved visit:

[www.glasgowgg.org.uk/volunteering](http://www.glasgowgg.org.uk/volunteering)



Keith, Fred Paton Centre Manager

## I've made my Will, have you?

"I've written my Will so that if anything happens to me, my family don't need to worry about my wishes because I've written them down."

Writing or updating your Will is one of the most important decisions you can make to protect you and your loved ones.

Glasgow's Golden Generation has partnered with a select group of Solicitors who will make a donation to GGG from any fee you pay for their Will writing service.

If you'd like more information on the Solicitors we work with they are detailed on the new Glasgow's Golden Generation website at [www.glasgowgg.org.uk/makemywill](http://www.glasgowgg.org.uk/makemywill).

You can also call on 0141 221 9924 or e-mail Lesley Giudici our Fundraising Manager at [fundraising@glasgowgg.org.uk](mailto:fundraising@glasgowgg.org.uk) to find one near you.







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