



KASP

BEFRIENDING NEWSLETTER



CELEBRATING VOLUNTEERS, SERVICE
GROWTH & A MILESTONE YEAR

ISSUE 5 | 16/07/2025



INTRODUCTIONS

Welcome to our July newsletter and my first since stepping into the role of Befriending Coordinator at KASP. I'm Jordan, and I'm happy to share some updates on how the service has grown, what we've achieved together, and what's next.

WHATS NEW?

VOLUNTEERS DAY

KASP recently celebrated volunteers week, bringing befrienders, volunteer and student counsellors together
– more on page 3...

RE-ACCREDITATION

KASP is a member of Befriending Networks and is proud to have received the 'Quality in Befriending' award in 2022. We are in the process of earning this award again – more on page 7...

FUTURE PLANS

What are our future plans for the service and the latest updates
– more on page 8...



WHAT'S NEW?



GROWTH OF THE SERVICE

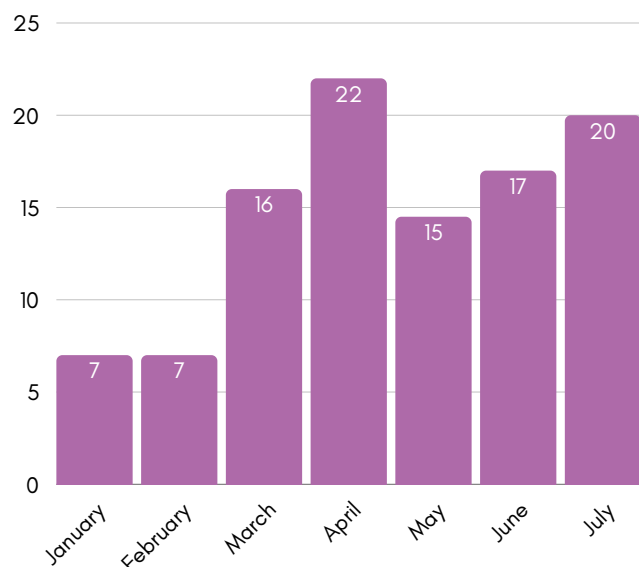
Interest in our service has grown as the befriending service has developed. Our volunteer team has grown, now maxing at 10 volunteers offering their time to support clients post-counselling gain confidence and reconnect with their communities.

MEASURING OUR EFFORTS AND IMPACT

Since the new Coordinator came into post, we have tracked the amount of hours our volunteers have given.

We currently have clients receiving our support Fife wide, from as far as St. Andrews to Dunfermline.

Hours of Befriending



CLIENT FEEDBACK



"I almost gave up... I am so glad I gave befriending a try...

My life has changed so much, I'm a completely different person now and my friendship with **** means the world to me."



"They put me at ease, listened to me and offered their take on issues and situations."



VOLUNTEERS DAY



On Thursday 5th of June KASP held their annual volunteers celebration day, as part of the national volunteers week.



Alternative therapies were on offer as our counsellor Adele and a special guest Pippa Ferguson gave the volunteers 20 minute reiki and 'Tropical' hand massages

We finished the day with a meal at the Duchess in Kirkcaldy and some of the group went down to the beach for a mindful walk along the waterfront.






COMMUNITY EVENTS



Throughout the first half of 2025, our Coordinator and volunteers have attended various events in the community including delivering presentations at Fife College to Health and Social Care and Counselling students, Community Fayres and most recently, at the 'North East Fife Mental Health Networking' day.

This was an opportunity for students and others in the community to attend and access information on local services. For organisations, it was also a chance to network and learn how we can utilise each other to provide the best levels of support to our clients.



**COMMUNITY CONNECTIONS FAYRE**

at GLENWOOD HS

Wednesday 11th June
1:00 PM – 5:00 PM

Connect. Discover. Support.

Come along to our Community Connections Fayre, bringing together a wide range of local organisations and partners from Glenrothes area.

- ♥ Mental Health & Wellbeing
- + Health Advice
- 👥 Family & Benefits Support
- 👥 Family & Youth Services

Free entry • Open to all ages • Refreshments available

LET'S BUILD A STRONGER COMMUNITY TOGETHER

This month KASP attended and delivered a brief presentation to our peers and colleagues which highlighted our services, giving insights into what we offer and how we can collaborate with others through partnership working.



YOUTH PHILANTHROPY INITIATIVE



The Youth and Philanthropy Initiative (YPI) is the biggest independent programme being delivered through Scottish education, empowering tens of thousands of young people each year to make a difference in their communities. Through teamwork, research, and competition, young people advocate for social issues in their communities in a bid to secure their school's £3,000 grant.



A special thanks to
Daisy, Lucy and
Liam from
Auchmuty High
School, as their
hard work has
earned KASP
£3000!



"We have enjoyed this experience and loved working with your charity, everything you do at KASP is helping the community and we are so grateful."



OUR REBRANDING



Thanks to our Responsive Worker, Debbie, our updated flyers for all KASP services are now being distributed. Here is a look at our new Befriending leaflet:



These feature refreshed visuals, clearer messaging, and up-to-date information on how to get involved. If you have space to display these in your workplace please get in touch and we will send these your way!



Scan the QR code to access our website where you can request any of our information leaflets for your own display



QUALITY IN BEFRIENDING AWARD



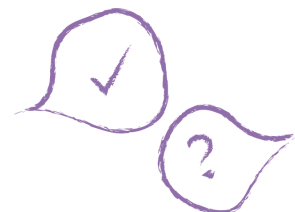
KASP's Commitment to Quality: Quality in Befriending Reaccreditation Underway

We're pleased to share that KASP is currently undergoing the reaccreditation process for the Quality in Befriending (QiB) Award, a nationally recognised standard developed by Befriending Networks.

This award is a testament to the high standards we uphold in delivering our befriending service to survivors of childhood abuse.



The QiB Award offers independent validation of the policies, practices, and values that underpin our work—and ensures that we are consistently offering a safe, effective, and supportive experience for both our volunteers and those we support.



This reaccreditation process involves a thorough review of our documentation, safeguarding protocols, training, volunteer support, and feedback mechanisms. It's an opportunity for reflection and continuous improvement, ensuring that our service remains responsive, ethical, and survivor-centred.



WHAT'S NEXT?



CREATING A SENSE OF COMMUNITY

Now that our volunteer team has grown, and following feedback through an anonymous poll, there are plans to offer informal meetings between the Coordinator and the team. This time will be used for volunteers to network and where the Coordinator can identify any training needs or requests.



PRESENTING TO OUR FUNDING GROUP

Our Coordinator will be delivering a short presentation at the next Survivors of Childhood Abuse Support (SOCAS) online meeting in August.

SOCAS is a publicly funded initiative operating from October 2024 to March 2026, with a budget of £3.345 million to support 22 third-sector organisations across Scotland, including those supporting adult survivors of childhood abuse.

This funding was used to secure our Befriending Coordinator position as well as an additional counsellor for KASP. Our befriending project is the only one to be funded through SOCAS so we are hoping to showcase its impact to date and emphasise its importance to survivors' recovery journey.

INSPIRING SCOTLAND



survivors
OF CHILDHOOD ABUSE
SUPPORT FUND



COORDINATOR'S THOUGHTS



A PERSONAL NOTE...



I want to conclude this edition of our newsletter with a brief thank you to you all.

As I reflect on my time in this role, I continue to be inspired by the survivors we support, and by the incredible dedication of our volunteers and staff team.

A personal highlight for me this year was running the Edinburgh Marathon on my 30th birthday – a milestone moment that I could share with KASP. I set out to raise £250, and thanks to your generosity, we raised £285!



FUTURE OPPORTUNITIES

If you're an organisation interested in working with us, or someone who's curious about volunteering, please get in touch.

My email is listed below, or alternatively, you can contact the office with any queries.

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