

TEN YEARS BOLD

VINTAGE VIBES
GOOD COMPANY NEVER GETS OLD
IMPACT REPORT
2025/2026

TRANSFORMING
HUNDREDS
OF LOCAL
OLDER LIVES



CELEBRATING A DECADE
OF TACKLING AND
PREVENTING LONELINESS

EDINBURGH IS THE LONELIEST CITY IN THE UK FOR OLDER PEOPLE

Loneliness is detrimental and costly to wellbeing, mental and physical health – but Vintage Vibes is **making change**

A WORD FROM OUR COMMUNITY:

“

Being part of Vintage Vibes makes us feel energised and seen. We feel wanted, important and necessary. We are listened to, respected and recognised for what we have to say. We know we belong, we feel useful and we know that life isn't over. That's why **we believe friendship matters**, and that Vintage Vibes is essential to Edinburgh.

– VIP Voices

”

MAJA, 96

Following the successful creation of hundreds of one-to-one friendships across Edinburgh, we launch our first group!

2017

2015

VINTAGE VIBES

GOOD COMPANY NEVER GETS OLD

Launches on 1st October
International Older People's Day

Large-scale consultation with over 350 older people and support organisations

2014

2012

A fresh idea began with a charity partnership and a community symposium 'What to do about Loneliness?'

FIRST MINISTER
JOHN SWINNEY:

"Vintage Vibes is an example of an absolutely joyful project. It brings happiness and connection within communities."





NAT

We buck national trends of volunteering numbers declining, seeing a 165% Y-o-Y increase in volunteers as part of our Supercharge Project!

Vintage Vibes becomes an independent charity!

2025

2020

We adapt our approach to be temporarily phone based and significantly increase our community due to the pandemic

2023

2024

More groups, At Home Activities and VIP Voices are piloted to deepen our reach and engagement

Today, Vintage Vibes is a thriving community of...

friendships | groups
events | outings
advocacy | campaigning

*VIPs = Amazing,
isolated over 60s



GURBACHAN



CHARLIE

HOW OUR VIPS* FEEL

94%

**FEEL LESS
ISOLATED DUE TO
BEING INVOLVED IN
VINTAGE VIBES****

90%

**FEEL HAPPIER
DUE TO BEING
INVOLVED IN
VINTAGE
VIBES****

82%

**SAY VINTAGE
VIBES HAS HAD A
POSITIVE IMPACT
ON THEIR MENTAL
HEALTH****

****NOBODY DISAGREED**

ESSENTIAL TO EDINBURGH

In just ten years, Vintage Vibes has become an essential part of Edinburgh

IN 25-26 WE'VE SUPPORTED:

283 280 7,794 188

VIPS



VOLUNTEERS



**VOLUNTEER
HOURS**

THE MOST WE'VE EVER HAD!

**FRIENDSHIP
MATCHES**

Since we began, we've had:

**1,387 MATCHES 1,832 VIPS SUPPORTED
AT LEAST 42,758 VOLUNTEER HOURS**

BUT THERE'S STILL MORE TO DO...

Our referrers tell us that 50% of those referred to Vintage Vibes would require crisis or residential care within 6 months if it was not for becoming part of our community. And they have **OVER 2,000** older people they want to refer to Vintage Vibes **TODAY**.

"Vintage Vibes has provided a valued and much-needed outlet for social connection and resultant increase in self-confidence and mental wellbeing for older people in Edinburgh who no longer have active social networks."

PILTON COMMUNITY HEALTH PROJECT

"Social isolation and loneliness, particularly among older people, is one of the main reasons for referral. Organisations like Vintage Vibes are crucial to ensuring that people can access the support they need in their local community."

**THE SCOTTISH COMMUNITY LINK WORKER
NETWORK - VOLUNTARY HEALTH SCOTLAND**

"Vintage Vibes is on my top ten services that I link people to and number one when it comes to patients that are over 65 and lonely. This unique project is making an astonishing contribution to the local community."

**CYRENIANS
LINK WORKER**



H

VIPS VOLUNTEERS



BILL, 87



MICHELLE AND BILL

Just one of hundreds of fantastic friendships city-wide

Watch Michelle talk about their amazing friendship



age Scotland Awards

HIGHLY COMMENDED

for Age Scotland's
2025 Award for
Campaigning



“

You're actually the **best friend** I've ever had in my whole life
- Bill to Michelle

”

“

Bill and I have had so much fun together and I've joined his family on two separate occasions now for events and I'm so **grateful for our friendship**. We really are true friends and he is someone I look forward to seeing every week
- Michelle

”

FRIENDSHIP THAT CHANGES EVERYTHING

This year, our research revealed that the **impact of Vintage Vibes reaches far beyond the time spent with us**, from improving digital skills to being more confident to try new things, go on public transport or access support!

A YEAR OF

Watch Erin and Elaine



TEN YEARS BOLD

AMPLIFYING OLDER VOICES

Our 10th Anniversary Celebration 'Ten Years Bold' celebrated the power of friendship and **changing perceptions of ageing** through striking photography and powerful stories.

"Before, I was isolated, now I have a voice, and my volunteer almost feels like family."

When you meet people through Vintage Vibes, **age doesn't matter anymore.**"

ROBIN, 94

**SOUTH
EDINBURGH**

"I felt quite invisible, for quite a long while. I became very depressed. Then **I started to blossom again** when I got involved in Vintage Vibes."

SHEILA, 86

FOUNTAINBRIDGE

Hear
Sheila's
story



TRANSFORMATION

A LIFELINE TO UNPAID CARERS

Friendship matches don't only support our volunteers and VIPs, they are incredibly important to many **unpaid carers** across the city.

"We as a whole family are so massively grateful to Vintage Vibes service."

ELAINE

GROWING OUR GROUPS...

VIP VOICES
ADVOCACY GROUP

122

GROUP SESSIONS
HELD IN 2025-2026

VOCAL VIBES
SINGING GROUP

ARMCHAIR
ADVENTURES
DIGITAL MEETUP

FILM AND
THEATRE GROUPS

COFFEE CATCHUPS

TRANSFORMATIONAL VOLUNTEERING

96%

OF OUR
VOLUNTEERS
FEEL HAPPIER DUE
TO BEING INVOLVED
WITH VINTAGE
VIBES

94%

FEEL VALUED AND
APPRECIATED AS
A VOLUNTEER





Everything we've achieved this year would be nothing without incredible members of the community, from the most inspiring volunteers in the city to every collaborator, supporter and friend:



POWERED BY

1. FRIENDLY SPACES ACROSS THE CITY

We've partnered with local businesses to create warm, welcoming spaces where our VIPs and volunteers can connect.

Look out for this sticker!



2. BRINGING ADVENTURES INTO HOMES

Led by our community, we have new ways to include those who may be limited to their homes or street. This year adventurers have **visited galleries, palaces, mountains and even the zoo from their armchairs**

- and even received at home celebration deliveries in line with each Vintage Vibes event.



3. EVEN BIGGER AND BETTER EVENTS

From Vocal Vibes being accompanied by a band at the Summer Spectacular, to human dart boards, cake grabs and even a full pipe band welcoming guests to our Christmas event, 2025-2026 has been packed full of **fantastic event collaborations.**



COMMUNITY

4.

A BRIGHTER CHRISTMAS, POWERED BY YOU

CHRISTMAS CAN BE AN INCREDIBLY LONELY TIME FOR OLDER PEOPLE...

"We were both **bowled over** with the beautiful, mostly handmade, cards we received from the Vintage Vibes community. There were some **absolutely gorgeous** creations and such lovely best wishes written inside each card. The baubles with our names on were so sweet!" -Janet

We are so grateful to the hundreds of local people who help bring our VIPs Christmas magic at one of the toughest times of the year

JANET, 98

... and thank you to all those who shared and collaborated, garnering over 250,000 views about our Christmas campaign!

Watch our collaboration with itsippa and NOMO Chocolate



A CITY COMING TOGETHER AT CHRISTMAS

5. SENSATIONAL SUPPORTERS



Funded by
UK Government



FUNDING
PARTNERS



INSPIRING
SCOTLAND



SECCL
part of octopus

POWERED BY
LEVELLING
UP



QUEENSBERRY HOUSE TRUST



EDINBURGH
THE CITY OF EDINBURGH COUNCIL

Trotter Charitable Trust

Wilson Christie Fund

Third Sector Resilience Fund

JUST GETTING STARTED

AS A NEWLY
INDEPENDENT CHARITY,
WE'RE BUILDING ON TEN
YEARS OF LEARNING
TO CREATE EVEN
GREATER CHANGE IN
THE YEARS AHEAD...

EVEN MORE LISTENING EVEN MORE LEARNING EVEN MORE COMMUNITY LED

Building on our 'Excellence in Evaluating Impact' Award, we've further developed our learnings practice. We piloted our new event '**Autumn Fun Lunch**' in 2025 to bring a wider group of community members together to **codesign for the future** – including creating opportunities to be more active as part of ageing.



LOUDER OLDER VOICES

Campaigning on key issues surrounding loneliness and isolation is an organisational priority highlighted by our VIP Voices Advocacy Group. Nationally, as members of **Scotland's Isolation and Loneliness Strategic Group** we now have the opportunity to feed into national isolation policy, and contribute to the SIAL forum. Locally, we support our VIPs to campaign on **issues that matter to them** – including Gorgie Café Group VIPs securing £500 from Scottish Water for transport to over 60s impacted by road closures.

TRANSFORMATION FOR ALL

REMOVING BARRIERS TO VOLUNTEERING

To be **truly city-wide**, we need to be **truly citizen-wide**, and to do this requires recognition that many individuals currently face barriers to accessing the benefits volunteering can bring. IN 2025-2026 we've...

- Collaborated with Edinburgh University MBA Students to assess our internal **volunteer journey and support**.
- Commissioned an independent piece of on-street and interview based **research in low income areas** to help us understand how to pilot new approaches.

"Sometimes a [volunteering] process is so complicated you might as well get a proper job, **it really pissed us off**"

Interviewee, Wester Hailes



A NEW BOARD. A BOLD FUTURE



REBEKAH



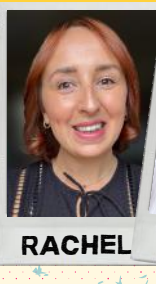
EMMA



ELAINE



ALEX



RACHEL



RORY



MICHELLE

As a newly independent charity, we've been supported by a brand new Board of Trustees. Bringing expertise from local and national government, national charities, ageing research, governance, digital and risk, alongside the lived experience of our own volunteers, they have **helped guide a successful transition to independence while shaping our bold new 2026–2031 Strategy.**

*Just a few hours
each week has added
so much to my life*

WE'VE COME SO FAR BUT THERE IS SO MUCH MORE TO DO

There is at least one chronically lonely older person living on every street in the city.

- Since 2004, the number of people aged 75 and over has increased by 43%.
- Between 2022 and 2047, the number of people aged 75 and over is projected to grow by more than 341,000 in Scotland.
- At the same time, more younger and working-age people are reporting feelings of isolation, while local services are increasingly stretched.

Vintage Vibes has shown that **friendship changes lives.** We've transformed hundreds of local lives, helped people build **resilience**, strengthened **communities** and created lasting, **sustainable connections.**

**NOW IT'S TIME TO TAKE THAT IMPACT EVEN FURTHER.
TOGETHER, LET'S BUILD A FUTURE WHERE NO ONE GROWS
OLDER WITHOUT FRIENDSHIP.**



NORMA, 89

THANK YOU FOR BELIEVING THAT FRIENDSHIP MATTERS

Every friendship, every smile, every life changed and every story in this report has been made possible by people who believe that no one should grow older without friendship. As we begin this exciting next chapter, **thank you for being part of this story.** We hope you'll continue to be part of what comes next!

With gratitude (and a sprinkling of excitement),

**THE VINTAGE
VIBES TEAM**

ANDREW

CARA

GEORGIA

EMMA

ALISON

MOLLY

SCOUT



MARLENE, 74

Discover
Marlene's
story:



I feel like, being in Vintage Vibes, I've actually found my voice. Vintage Vibes can give you the type of friendship that could last a lifetime.

**OUR NEXT FRIENDSHIP STARTS
WITH SOMEONE LIKE YOU...**

**DONATE £3 A
MONTH TO
TRANSFORM
LOCAL LIVES**



DESIGNED BY...

MOLLY NICOLL



"I got my first job in the charity sector after volunteering with Vintage Vibes. I'm delighted to be back to design and create this Impact Report!"