

Help Vintage Vibes brighten up Christmas for hundreds of older people in Edinburgh

Edinburgh charity, Vintage Vibes, are today launching their tenth Christmas Card appeal to ensure lonely and isolated older people in the capital feel valued and not forgotten this Christmas.

The charity has run their appeal since 2017, asking people to write a Christmas card to a specific older person in the city who lives on their own. Each person who takes part by making a financial donation receives a profile of someone who could be lonely at Christmas. By sending a personalised card they are doing their bit to make a real difference to a local person. Anyone can sign up on the Vintage Vibes website where they will receive a profile of someone local – like Anne who enjoys jigsaws or Bryan who loves to sing.

With the threat of funding cuts impacting social services the charity says their project is more important than ever before. In 2025 Vintage Vibes will become a fully independent charity having reached around 30,000 hours of friendship in their work. Every donation will help create friendships, combat loneliness and also support the charity as it enters this milestone year.

VIP Sheila said: “I joined Vintage Vibes over a year ago. At that time, I was feeling a bit down and very alone. I then got

introduced to my friendship volunteer, Nicky and we never stopped talking and laughing. I love socialising, attending their events and groups too. I then I found out about the Christmas card appeal and asked to be included.

“When I received my Christmas cards, I think I cried a lot. My cards were mainly from local school children and were so adorable they touched my heart. I love the company and joy that Vintage Vibes brings to me and so many lonely people. Vintage Vibes is part of my life now and I can't praise them enough! I recommend anyone thinking of taking part to just do it. You won't regret a minute of it.”

Here are just a couple of the other thank you comments from VIPs who received cards last year:

Irene said: “What a lovely surprise it was to receive the Christmas cards, and to know that people were thinking about us.”

Marleen said: “I lost my husband and was feeling down but reading all the lovely Christmas cards really cheered me up. You made my day – thank you all so much.”

Vintage Vibes say that Edinburgh ranks as one of the loneliest cities in the UK for older people, and they have been committed to tackling the loneliness crisis since 2015 – empowering over 60s to lead happier, healthier lives through friendships, groups, events and activities. Having partnered with local charities LifeCare and Space for nearly a decade, they are now preparing to stand on their own. The need is now greater than ever, with up to 2,000 older people currently waiting for friendship support across the city, and community support such as the Christmas appeal is vital to raising awareness and funds.

Georgia Artus, Development Manager at Vintage Vibes said: “This is my favourite campaign in the year, because we know from our VIPs what a difference this makes to their

Christmases. Sheila's story of crying with joy at receiving the cards is not the only I've heard, and I've been to VIPs houses where they have kept the cards long after Christmas is over – something this simple really does matter to someone spending Christmas alone.

“For us, the recent funding cuts are challenging, however we're excited for our future as an independent charity and now more than ever, we are asking for the support of the local community to help continue our vital work helping older people to live happy, healthy lives. I would encourage everyone to get involved, it is so easy to do, incredibly fulfilling and supports the future of friendships in Edinburgh.”

Neil Hay, CEO Space (parent charity) said: “I'm inspired by Vintage Vibes' remarkable growth and impact over the past few years. Through innovative programs and unwavering dedication to the VIPs, Vintage Vibes has transformed countless lives. The positive ripple effect of their work is a testament to the power of love and compassion.

“Their commitment to making a difference has uplifted communities and inspired an outstanding volunteer team to join their cause; their collective effort will hold them in good stead as they move into the next chapter as an independent charity.”

By taking part in Vintage Vibes' Christmas Card Appeal, you can make this Christmas special for an older person feeling alone. Visit vintagevibes.org.uk and go to the Donate page. Here you can donate and download the first name and interests of a local older person, so you can write a personal message and send your good wishes at a time when they need them most. Some have even got their colleagues, friends or family members involved as a wee Christmas celebration.

Vintage Vibes also provide examples to help you write your card and information on how to send it. Their donate page is

also filled with fabulous 'gifts' if you wanted to add a festive meal or trip out for a local older person to your basket.

Vintage Vibes works to tackle isolation in local older people year-round, with hundreds of older people engaged in their friendships and activities every week and 97% saying being involved in Vintage Vibes has improved their wellbeing and reduced their loneliness. You can now help support the future of year-round friendships and groups by becoming a Regular Donor as they move into an exciting 2025.

Gemma Wright, Communications & Fundraising at Vintage Vibes said: "Sometimes people underestimate what a difference becoming a regular donor can make to a small project like ours – our incredible regular donors help us to be able to make plans and grow. To you, it may be the price of a coffee each month, to us, it's the ongoing support that helps us reach those who are most vulnerable within the community."

To show you care and give the gift of friendship this year, visit vintagevibes.org.uk today.



Friendship volunteer, Nicky with VIP Sheila.



VIP Isa and friendship volunteer, Michelle.