your stories

ADAPTING AND RESPONDING TO COVID 19

We are grateful to funders who have provided £13,500 to alleviate stresses in our families and support the work of COVEY specifically in the COVID crisis.

I had a plan before lockdown and a focus; I feel lockdown has robbed me of this. I can honestly say COVEY has been the constant in my life. Lockdown has taken many things from me but not this.

PARENT

His face lit up when he received the activity package ... he was really touched that someone had thought of him.

PARENT OF YOUNG PERSON

COVEY has taught me that I matter and that my opinion and feelings count.

YOUNG PERSON

Speaking to my volunteer about things I couldn't talk to my mum and dad about was good; plus we had conversations about important things that are happening in the world and in my life.

YOUNG PERSON

By receiving the wellbeing packs it has made me notice it's ok to have time to myself and also to try new things like cooking.

PARENT

The global pandemic and subsequent lockdown in March 2020 challenged us all in different ways. Our local communities responded to help those in greatest need and COVEY was part of that vanguard.

Drawing on our values of commitment and innovation, we responded and adapted to the constantly evolving situation. COVEY was able to continue to offer consistent relationship-based support to all our young people and parent/carers who were already facing a range of challenging life circumstances. Increasing pressures such as extreme isolation, financial insecurities, and childcare and schooling uncertainties impacted their mental health and wellbeing; and relationship-based support was needed now more than ever.

MARCH

Offices were closed and staff began to work from home, connecting remotely with participants and colleagues.

APRIL

COVEY's Young Person's Support team reached out to our 166 young people.

Young People were offered regular weekly support either directly or through contact with their parent or carer.

Our Parent Support team connected with all 70 parents and carers.

Increased support was given to our parents/carers through telephone and text.

Regular wellbeing chats and zoom groups provided our 29 staff and 60 volunteers with time-out to self-care and to connect.

YouTube Channel set up with weekly activities uploaded to connect and inspire.

MAY

Wraparound inter-agency support provided by both teams, responding to an increase in service demand.

JUNE

We began our Isolation Evaluation surveys with staff and participants to evidence our impact and guide our evolving service delivery.

JULY

COVEY commenced zoom groups for young people.

The COVEY team of staff and volunteers make plans to connect face to face with colleagues, participants and partners within government guidelines.

"COVEY has made me feel less lonely"

YOUNG PERSON

Some ANGELS young people have been frightened to go out of the house, even just out their back door, so Deirdre, one of our Coordinators, dropped off sunflowers at their homes, in the hope that caring for their plants encourages them outside into their yards or gardens.

WHAT COVEY PROVIDED

HOLISTIC PACKS ENCOURAGING SELF CARE

ESSENTIAL ITEMS AND FOOD PACKS RELIEVING ANXIETY AND FOOD POVERTY

ICT EQUIPMENT SET UP AND DELIVERED ENABLING REMOTE ACCESS, HOME LEARNING & FAMILY TIME

OVER 2000 CALLS WERE MADE IN 4 MONTHS TO YOUNG PEOPLE, PARENTS & CARERS AND OTHER SUPPORT AGENCIES

SPECIFICALLY TAILORED ACTIVITY PACKS AND MAGAZINE SUBSCRIPTIONS FOR YOUNG PEOPLE GIVING FUN AND TIME OUT

REGULAR SOCIAL MEDIA POSTS TO CONNECT, INFORM, SUPPORT AND INSPIRE

ONGOING REFERRALS TO ACCESS FOOD BANKS, FUEL GRANTS, COMMUNITY ENGAGEMENT TEAMS & OTHER SUPPORT ORGANISATIONS.

I'm impressed that COVEY has carried on working through this time. What you are doing has improved Lewis' confidence and we get on better as a result.

GRANDFATHER

ANNE'S STORY:
Anne received regular supportive phone calls from our Parent Support team.

COVEY has empowered me be more pro active and not to have as much of a reliance on others. My worker encouraged me to look at the things in my life that were bothering me and make an attempt to find a resolution rather than panic. My washing machine broke during lockdown which caused me great distress. She encouraged me to look at my guarantee and instructions. I found the determination and patience, which I struggle with, to open the filter of the machine. I cleaned and drained the pump and can't believe it's now working like new. I'm so proud of myself. I have changed a plug on my hoover for the first time and painted my home. This makes me feel proud because I did this myself. I have started to cook differently, looking at healthier fresh options. I never had a great diet or appetite but my mind-set has definitely changed. I have also learned that I can live with my daughter in these intense times and that we can speak to each other without shouting. We have a better understanding of each other which has strengthened our relationship.

ONE OF OUR YOUNG PEOPLE SAID: The pack COVEY sent with the mindfulness colouring in books are the best ever.

THROUGH LOCKDOWN COVEY
CONTINUED TO ACHIEVE OUR OUTCOMES

Contact with COVEY has made me realise that I can ask for help when needed and not bottle things up to the point of stress.

YOUNG PERSON

helped confidence grow

Services all stopped during the strangest and most vulnerable period of time I have ever known, however COVEY kept supporting me and my family, they were there for us, they got things done which we needed, they also helped me to remain focused and to keep going when I felt like giving up, this I really appreciate.

PARENT

reduced social isolation

It's great to have support from COVEY and to know that we are not alone.

PARENT

My mum and I have found things difficult, but each time she spoke to her COVEY worker she seemed less stressed and more positive about things, this made me feel more relaxed and I knew we would be ok.

YOUNG PERSON OF PARENT/CARER

improved and sustained self-esteem

The support from COVEY during this time has meant so much to me. My whole family have been supported throughout this really difficult period. This has allowed me and my children to stay positive, keep hope and to know we always had someone to talk to and to share with when we were lonely, low and lost.

PARENT

improved wellbeing

My gran was lonely, scared and worried during COVID, so COVEY gave her support three times a week, which not only helped her to get in touch with other people who could help us, like my school teachers and my CAMHS worker, but also gave her someone to talk to and to help her with her worries. She is now more relaxed, not worried and has hope for the future, so do I, thank you COVEY.

YOUNG PERSON

increased interests and skills

You helped me set targets, helped me to feel better in myself because when I'm negative you always help me and remind me to try and think positive about myself which I've never had. You try and motivate me to keep me busy. The pack that was sent was great, I done every puzzle and coloured in most of the book.

YOUNG PERSON