

RESILIENT ROXBURGH'S RAVE REVIEWS DURING LOCKDOWN



Resilient Roxburgh rose to the challenge
'we made it'
We supported each other together during covid-19 lockdown...

Catarina's Parents, Jose and Christina said...

'For all of us it's been a great time in the middle of this pandemic, because Catarina is very pleased with all the activities and art and craft ideas for her to do and we show her on Facebook page all her work and we are all proud of this it's a different way to keep them occupied and pleased we think it was a marvellous idea to create the page on Facebook. Thanks all of you for the hard work and imagination too'

Kacey's Mum Amanda said...

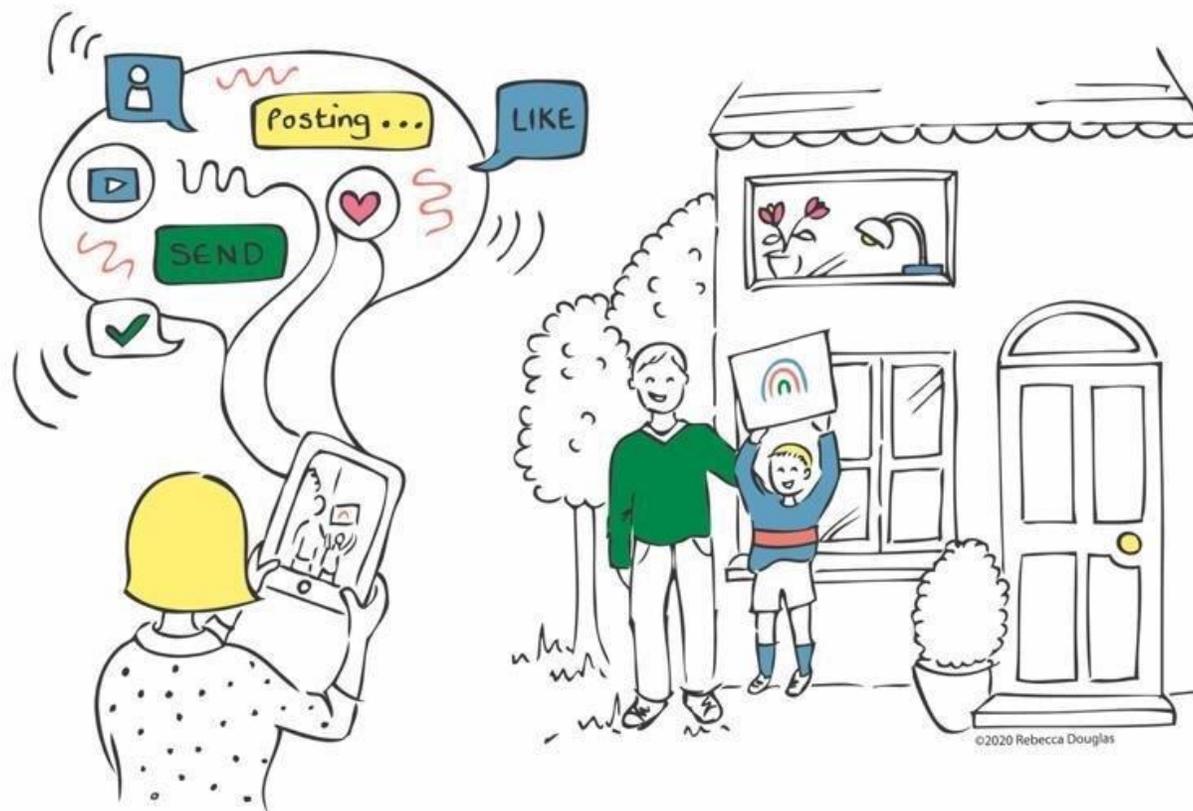
'Well it makes us know we're not forgotten I like Becca says Kacey and she's nice and clever thinking of things to do online'

Russell and Mum Anne said...

'Russell only attends Cal Club once a month but really enjoys it. He loves the staff and volunteers and the members and has had some super trips with them. They have been tremendous over this last 10 weeks checking up on us almost every day and we really appreciate that. Take care all of you. See you soon hopefully'

Mel, Katherine and Emma said...

'I find it has been fantastic the way you have kept all service users going, with lots of fun activities, praising them and letting everyone keep in touch with passing on wishes etc. I find it has kept Emma and Katherine going and myself. It has been really good as it has kept them motivated when they have needed to be motivated. It has been an extremely hard time for everyone, but you have given nice easy to understand information all about the coronavirus which I think has helped their understanding of what is all going on. Thank you for making things easier during these hard times.'



Matthew and Dad Jammy said...

'Matthew says it has been great to have Becca and Val keeping in touch with us all as it lets us know that they care about us. Some of the wee challenges/topics have been good for keeping me busy and for seeing what my other friends at Interest Link are up to. Becca and Val are the best.'

Steven and Mum, Charlene said...

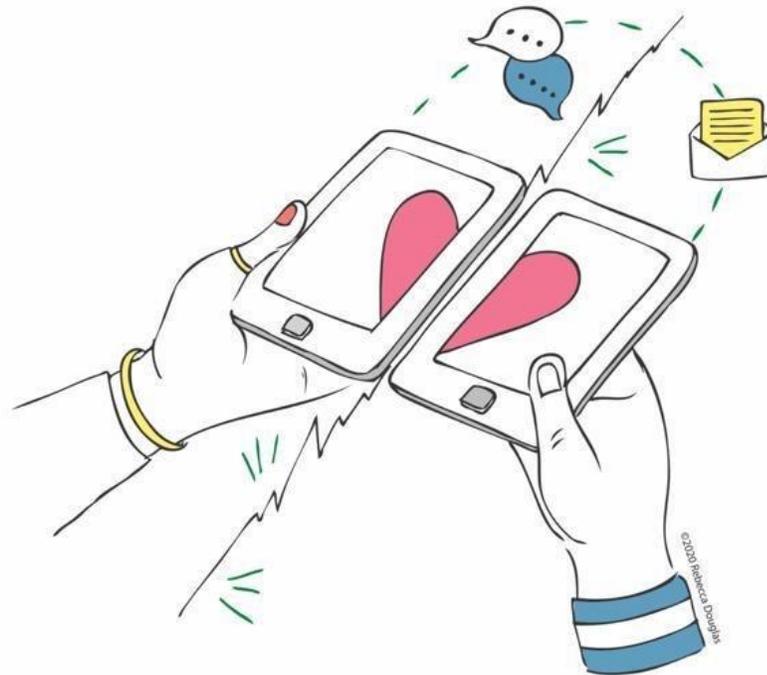
'Steven would like to say a big thank you to everyone for your wonderful help and support. You all do a brilliant job for everyone.'

Lynne, Matthew's mum said..

'You've both been very supportive in what can only be described as very trying circumstances. You've been great at keeping the kids amused and occupied. It's great to know that there are people in our corner when times are tough.'

Service User Craig P said...

'I have enjoyed seeing everyone's posts on Facebook of what subjects that we have to from Becca and Val like dates and years of your birthday and exercising with the letters of your first and last name during this pandemic.'





Volunteer Ros said...

'The activities have been fun and interesting to do. It was great to see what everyone did for each one. I enjoyed taking part. It has been really important to keep the connections with the group'

Volunteer Margaret said...

'You've kept in touch with questions about what we've done to stay active and alert and also pictures saying it's sunny Tue or whatever and such things like that.'

Blair and Mum Pam said...

'Blair and myself have found Val and Rebecca very helpful during lockdown by keeping in touch with us and getting Blair to do Activities at home which has helped Blair keep in touch and still be part of group'

Gillie, Alex's Mum said...

'I enjoy all the Facebook... really think that it has to be part of the future for the group. Thanks for all that you are doing.'

Chris' Mum Agnes said...

'Connecting with service users is a great idea I know how much it has been of a benefit to Christopher thank you Val and Becca'



Tutor, Emma said...

Hello. I'm actually very impressed! Lot of things start of strong with daily posts and then fizzle out but this hasn't happened! It's hard to stay motivated through social media only but you have both done really well at keeping the momentum going and hats off to you both!! X



Volunteer Frances said...

'It has been hard 10 weeks being restricted for going out and but has been great keeping in touch through WhatsApp'

Service User Ryan said...

'I've really enjoyed the fact that it is keeping us all connected. I like having the activities as it gives us something to keep us busy'

Paula and Mum Debbie said...

'Hi fantastic what you and Becca have done Paula loved the FaceTime I liked the idea of the Covid 19 time capsule that we are doing and when I won chocolate that Paula ate'

Tutor Graham said...

'The level of creativity and dedication Val and Becca have put into not only creating the online social media support group for service users and parents but keeping it active has been exceptional. They have offered up a huge range of activities which have kept people occupied during the lockdown. The duo has also offered vital phone support which has been extremely well received. The level and volume of activity also shows how much the service they have offered has been needed.'





Service User Chris T said...

'These are all my best friends forever from Interest Link. I have enjoyed Facebook and miss my friends'

Matthew, Blair's brother said...

'Val and Becca have continued to be in contact with us through lockdown with plenty different tasks. They have been very helpful in keeping Blair amused with different challenges to do'

Peer Mentor Erin said...

'The Facebook activities have been an amazing way to keep everyone engaged during the lockdown. It's been really wonderful seeing everyone participating and staying creative and I think it's made the weeks a little less lonely.'

Volunteer Ged said...

'I think that making the Facebook page has really helped everyone in this difficult time, volunteers, and clients alike. A lot of people are housebound, and not getting to meet friends or family. This has been a brilliant way of keeping in touch with everyone, lots of games, quizzes and projects. We are very grateful to whoever has thought up, and organised these. A huge well done and I hope we can all meet very soon.'

Katie and Mum Lesley said...

'Hi Val and Becca

Just to say a big thank you for your endless imagination on social media with engaging and staying connected with the kids. Katie especially enjoying all the photo memories can't wait until we can all meet again.... Thanks again.'



Volunteer Ronnie said...

'Hi Val, first of all doesn't seem like 10 weeks since we started WhatsApp, it's been great fun all the chats, photos and Quizzes. We probably would not have had the same contact had the Pandemic not come along. So something good has come from something evil.'

Volunteer Christine said...

'It has been great to get messages from you both and keeping in touch as missing cooking class with Niamh all the great pictures as well'

Carer Mel said...

'I find it has been fantastic the way you have kept all service users going, with lots of fun activities, praising them and letting everyone keep in touch with passing on wishes etc... I find it has kept Emma and Katherine going and myself. It has been really good as it has kept them motivated when they have needed to be motivated. It has been an extremely hard time for everyone, but you have given nice easy to understand information all about the coronavirus which I think has helped their understanding of what is all going on. Thank you for making things easier during these hard times.'



Volunteer Derek said...

'I think the whole experience has been inspirational and a free and easy way for us all to keep in the loop and our spirits high at such a tough mental and testing time. It has been a positive idea right from the start with everyone getting involved as and when they can with no real pressure and plenty of laughs. A big high five for WhatsApp it's getting us through this.'

Volunteer Margaret said...

'I've been grateful to Val keeping in touch with me through this time as unlike some other volunteers I've had to completely shield all this time, Val's contact has been great with doing things like scavenger hunts, quizzes, photo of memories of things we've done over the years the hunt was very good as it took some time to think and look for the things she also did a thought for the day using the alphabet. It was great being able to keep her up on my Pat and I having a chat with Pat as she's not good with texts and I was able to let Val know that Pat had been in hospital twice once for her asthma and then for an operation.'

Sarah Y and Mum Linda said...

'Val and Becca have been great keeping in touch with everyone during lockdown, group chats with Sarah and volunteers...Catching up to see what everyone is up too. Activities through the post and also online activities to do which keeps you busy, Val & Becca have been great and much appreciated by us both.'



► **Volunteer Lynne said...**

‘As an interest link volunteer, I have been both warmed and entertained by the special place Interest Link Roxburgh have formed with their Facebook group for their members with learning difficulties, for support workers, volunteers and managers. It is a place of caring, kindness, and fun activities for all, done with fantastic diligence and a plethora of creative ideas which has taken my breath away at times. An online portal of friendship, it's a fantastic example of what can be achieved to safely bring people together for sharing their lives and easing loneliness during these challenging times. Truly, well done!’

► **Carer Karen and Mary said...**

‘We have managed to stay connected with yourself & management team during lock down. You have set us up several tasks during this time from colouring in certain pictures, collages, staying in touch with friends and golden girls seeing what we are up to seeing regular pictures. We have also enjoyed the good weather and had many lovely walks & sometimes taken our lunch with us and socially distanced always...’

► **Peer Mentor Zoe said...**

‘Over the last ten weeks it's been really great to be able to keep in contact with those from interest links. The activities that we have been doing have been a great way to relax and also learn.’

► **Volunteer Christine S said...**

‘My feedback is a great lift to me to be able to do the challenges food for the brain and also keeping in touch was massive through WhatsApp and text when it comes to volunteers we are at the top that's what makes us who we are today and we keep coming back could not fault you are a all fab team’



Peer Mentor Emily said...

'I personally think that it has been great for the service users and volunteers. It has allowed everyone to keep in touch and involves the service users. It had brought out a creative side in all involved which is amazing 😊'



Beth and foster parents Alan & Teresa said...

'Well it has been a great thing for Beth she has needed prompting to do the tasks but once she started she enjoyed doing them and keeping in touch with other people during lockdown we as carers think that you have done a brilliant job in keeping everybody connected and we have met other people in her group through social media it's also has given us some other things to focus on during these Covid 19 times so a great well done to interest link and everybody involved. Thank you.'



Peer Mentor Riley said...

'I think the activities on interest links facebook page have given everyone involved a sense of joy and togetherness even though we can't physically be together at this time. i can tell that the teenagers have a lot of fun taking these activities on, and are still able to keep in contact with us and one another which is exactly what is needed right now - also knowing that they are all keeping well during lockdown i would say gives all us volunteers peace of mind :)'

► **Service User Olivia said...**

'I have enjoyed every moment in the ten weeks miss everyone but happy common riding stay safe everyone'

► **Ryan's Mum Joanne said...**

'Val and Becca are doing an amazing job keeping all interest link members connected in these unusual times all the posts and activities on Facebook and through post which parents and carers can get involved in too are great fun, Ryan's often on FaceTime with friends from his group and it's great as he's shielding so speaking too and seeing other faces is just brilliant for him, keep up the good work ladies and thank you so much 😊'

► **New Volunteer John H said...**

'I have been very impressed with the way my application has been handled as a volunteer especially during this difficult time. Having being allowed access to the Facebook account following adherence to the rules concerning child protection I have been very impressed by both the variety and volume of materials available to the Young People and their families. The really impressive thing is the engagement of the service users and the sense of ownership and involvement that can be clearly seen in the responses on Facebook. The recent materials including the Common Riding activities have been excellent and have kept Young People and their community connected with each other which is vital during this difficult time. I'm really impressed with the professionalism and commitment shown by the staff and I'm really looking forward to working with the team.'



Roger Hemming, occasional contributor to the group said...



'Thoughts on the Roxburghshire "Cal Connecting" online messaging project after 65 days!! Val Reilly and staff members should be congratulated!

The Roxburghshire Caledonian group has been sustained on a daily basis on "WhatsApp" from 31 March to presentmore than 60 days! The messages/art work and activities have been appropriate, colourful, inspirational and encouraged lots of involvement by group members Val and other staff members have been trusted catalysts, enthusiastic motivators and role models

Circulation of "selfies", cookery/recipes and arts and crafts, gardening and natural history projects have all contributed to "buy in" by most of the members of the Roxburgh Caledonian Group.

Messages and activities have provided a motivating contact network for volunteers and staff members.

Quizzes like the one for "Throwback Thursday" have been particularly popular (Prize awarded!!)

There has been content to foster positive mental health – e.g. the use of ideas on pages like "This won't be forever". The daily message string reduces feelings of isolation and fosters positive thinking e.g. by daily happiness pages such as "Happy Wednesday" & "Wonderful Friday". Occasional "pearls of wisdom" (quotations) have been inspirational e.g. "One day you will tell your story of how you overcame and what you went through and it will be someone else's survival guide". The site has been like glue holding the group together

It's provided opportunities for folk to share their anxieties Messages/ideas have not been patronising and give appropriate praise to members' contributions. There's been a shared sense of connectedness. There have been opportunities to work as a team e.g. the Common Riding Banner project (whereby virtual banners designed by individuals have been virtually turned into bunting) well rooted in the local community. The site has thanked and acknowledged volunteers and encouraged their continued commitment. The site has seamlessly welcomed newcomers and been made available to those without sophisticated digital equipment.'