

**STAYING
TOGETHER
RECOVERING
TOGETHER**

What Happens Now?

As the government began to ease the COVID pandemic lockdown from February 2021 onwards, Time to Talk Befriending spoke to scheme members on the phone to find out how they would value ongoing support.

While some scheme members were keen to socialise again as soon as possible, others were more hesitant. During our monthly Conversations with Friends phone calls, we invited scheme members

to share examples of what they have been finding helpful in recent months.

It is our hope that hearing from other scheme members will be an encouragement for everyone to take those next steps to connecting with one another, whether this is on the phone or in person, one to one, or in a group setting.

**Here are some ideas
and encouragements ...**



Why would you want to get out and about again? For example, to have new experiences and make new memories:



I am nervous, but I really want to make memories with my grandchildren, so we went out for a picnic. It was outdoors so I felt safe. The park was large enough that we could spread out and be far away enough from other groups. The children had space to play, and there was a lot of distance between us. I don't have any holidays planned but we have a few more days out planned for over the summer. (Linda)



If meeting indoors feels too daunting at the moment, could outdoor visiting or people watching from a distance be of interest?

I'm sensible so I'm not scared. As soon as I could eat out, I did. I sat outside at the Marina, and had a meal. **It's nice to watch people walking by** on the seafront. Last week I took a bus to Worthing with a friend for fish and chips. I hadn't been on the bus for a while so I didn't know what to expect. There was a window open so that was reassuring. (Penelope)

Is this a good time to try something new?

My daughter helped me find somewhere to volunteer. I was getting so depressed and lonely at home, and going out for walks wasn't enough for me... I like to be around people. I like to chat, my kids call me a chatterbox! I made my mind up to give volunteering a go. All the groups I used to go to have closed and they might not re-start... **I wanted to do something, so I made up my mind to try something new.** I'm looking forward to it. I'm going to try one day, see how I find it, and take it from there. (Doris)



Are you green-fingered?
Have you grown anything
during lockdown or would
like to get involved in local
projects which engage with
the great outdoors?

☺☺ I grew some veg
during lockdown.

Although slugs got most of the
lettuces, all my herbs are doing
well, and the rosemary I got from
the supermarket has grown like
wildfire. I love using herbs
in cooking. I've got chives, and
mint, and lemon balm. I also feed
the birds, and fight off the
seagulls, as they chase all the
small birds away. (Angela)



If getting out and about isn't possible for you,
is there anything you can try at home?

A lot of my close family live abroad, and my daughter doesn't live close by. I used to volunteer but my health didn't allow me to continue... I practice Qi-Gong, and it helps with my energy levels. I started years ago, and used to attend classes in person, I've been housebound for so long now because of my health, but now I follow classes online, on YouTube. I can't wait to get out, it's my mobility that's holding me back. I can't wait to get back out there! In the meantime I follow classes online, and I do enjoy it and find it helpful. (Angela)

If you enjoy pottering at home, is there something new you could try, or a hobby or interest you could revisit?



I'm someone who likes to things on my own, or in very small groups. I'm not really interested in joining anything at the moment, and that's OK. Whether or not I leave the house is a lot to do with the weather. I get really frightened in the wind and the rain in case I get blown over... I like reading, and poetry, and working on my family tree. I've been working on my family tree a lot and it really can be very addictive! I also like the idea of connecting with others, even though I'm at home, like a pen pal scheme.

(Mary)



However we are feeling as lockdown continues to ease, let's encourage one another to take the steps we would like to take.

Going outdoors feels much safer than going anywhere indoors. Having a coffee outside, and maybe getting a piece of cake is really something to look forward to.



There's no point in telling people just to snap out of it, you have to help them.

(Penny)



What do you find is helping you as you take steps to reconnect as we ease out of lockdown?

Has someone been a particular encouragement to you, or have you had the opportunity to encourage someone else?

We'd love to hear from scheme members and volunteers alike.



Do get in touch with the TTTB team to share your ideas, stories and words of encouragement on 01273 737710. Please also contact us if you would like support to access other groups, activities or services of interest.

With thanks to Charlotte for helping us put this together.



Charlotte Evans Story Chaplain
Encouraging everyday creativity and meaningful moments for people living with dementia, carers, and everyone.

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