

# OUR RESPONSE TO COVID-19 IN 2021...

At the end of 2020 we wrote about "Our COVID year" in the hope that 2021 would be very different. Sadly 2021 became our second COVID year. This virus continues to reshape our world, demanding of GL11 a sustained long-term community response. Here are some of the ways we did it in 2021:

## Physical health

**FEET, FOOD + FRIENDSHIP**

**71,115 VACCINATIONS ADMINISTERED**

**OUTDOOR ADVENTURE PLAY**

**"I VOLUNTEERED AT THE VACCINATION CENTRE. HELPING OTHERS REALLY BOOSTED MY MENTAL HEALTH."**

**83.7%** OF PARTICIPANTS TOLD US THEY WERE FEELING MORE IN CONTROL OF THEIR LIFE.

**WEEKLY WALKING GROUP**

**ONLINE, SEATED YOGA SESSIONS**

**NEW GARDENING GROUP ESTABLISHED**

**WE SET UP FACE TO FACE AND ONLINE GROUPS FOR PEOPLE WITH LONG COVID TO GIVE EACH OTHER MUTUAL SUPPORT.**

## Emotional health

**95%** OF PARTICIPANTS TOLD US THEIR HEALTH AND/OR WELLBEING HAS IMPROVED.

**OUR 'LISTENING EARS' HAVE BECOME OUR NEW 'LIFT' COUNSELLING SERVICE, FUNDER BY THE NHS WITH... 800 REFERRALS FROM GPs EACH YEAR.**

**MESSY PLAY FOR UNDER 5's**

**97.5%** OF PARTICIPANTS TOLD US THEIR CONFIDENCE HAD INCREASED.

**MEN'S SHED EXTENDED TO TWO DAYS A WEEK.**

**WE WORKED WITH 'CREATE GLOUCESTERSHIRE' ON A COMMUNITY ART PROJECT FOR CHILDREN.**

## Material hardship

OUR VOLUNTEERS RESPONDED TO HUNDREDS OF REQUESTS, HELPING LOCAL PEOPLE WITH:

- ✓ SHOPPING
- ✓ PRESCRIPTIONS
- ✓ FOOD BANK DELIVERIES

**OUR MONEY ADVISOR RETURNED TO US. SHE OFFERS WEEKLY... MONEY ADVICE...**

... TO PEOPLE IN DEBT AND ANYONE WHO NEEDS SUPPORT TO CLAIM THE BENEFITS THEY'RE ENTITLED TO.

**AN AVERAGE OF 35 FAMILIES EACH WEEK RECEIVED A HAMPER OF FRESH FRUIT, VEG AND AMBIENT FOODS.**

**EVERY FRIDAY FOOD DELIVERY INCLUDED HOME-MADE CAKES, BAKED WITH LOVE BY MEMBERS OF THE COMMUNITY.**

**72 HAMPERS DELIVERED IN DECEMBER AND JANUARY**

## Isolation & loneliness

**IN MAY, OUR CLOSE-KNIT 'EXPLORERS GROUP' FOR ADULTS WITH LEARNING DISABILITIES, RECONVENED FOR DAY TRIPS AND WEEKLY VISITS.**

**WOMEN'S SHED: NEW IN 2021.**

**DAD'S GROUP FOR FATHERS & CHILDREN TOGETHER.**

**DIGITAL BUDDIES: TO HELP PEOPLE NEGOTIATE A LIFE ON-LINE.**

**ORAL HISTORY PROJECT**

**DOZENS OF INTERVIEWS DIGITALLY RECORDED & COPIED TO THE COUNTY ARCHIVES.**

**WE REOPENED OUR COMMUNITY CAFE. COFFEE AND CHAT.**

**MAKATON COURSE**

**TO DEVELOP PARENTING SKILLS & COMMUNICATION WITH PRE & NON-VERBAL CHILDREN.**