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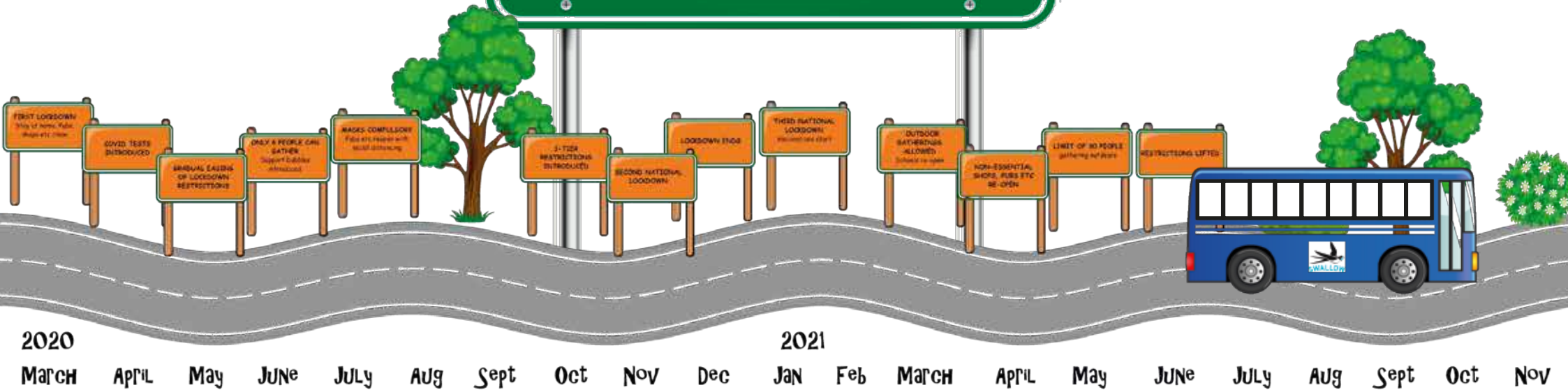
The Old Engine House,
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Registered charity number 1045893

Our Covid Journey

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SWALLOW Evaluation Report 2022



We would like to thank Healthwatch Bath and North East Somerset for the funding that made the Evaluation Day and this report possible

Background

Each year SWALLOW holds an Evaluation Day which is an opportunity for SWALLOW members, their parents and carers and staff and volunteers to come together and reflect on SWALLOW activities from the previous year and get ideas from members as to what support and services they want in the future. Our last face to face Evaluation Day was held in early March 2020, just before the first lockdown and since then social distancing guidelines have meant that such an event has not been possible.

In 2021 we were awarded some funding by B&NES Healthwatch to organise an event to gather feedback about the pandemic and its impact on our members and use the lessons learnt to help to emerge from the pandemic stronger and more resilient and make sure that the support that SWALLOW is providing is still relevant and effective.

Plans for the 2021 Evaluation Day

In the autumn of 2021 plans for the 2021 Evaluation Day took shape, we organised a venue, Paulton Rovers Football Club, and a facilitator, Nicki Davey from Saltbox, and we sent out invitations. The theme was to be focussed around the journey through COVID – to engage members and make the event accessible for those with different communication abilities visual prompts were to be used using modes of transport and a road with road signs marked. We also sent out questionnaires to gather feedback from as many people as possible, some who would not be able to be there in person.



Rearranging our plans

The day of the event (5th November 2021) approached and unfortunately COVID numbers locally were increasing. We received guidance from the local authority that to meet in a large group would not be advisable. We did not want to put members and staff at any risk but also we wanted to continue with the consultation, to postpone indefinitely would mean that the event possibly might never be able to happen. We decided to continue with a number of smaller events based around groups that were already meeting, trying to gather the responses and ideas from as many of our members as possible.

In a short space of time, the facilitator produced materials (Appendix A) and an instruction video which could be sent out to the groups and to those who were running and supporting the groups to help make the satellite events effective. These happened throughout November.

In total we ran 5 groups and had more than 60 attendees. The events were very successful, members engaged in the activities and were animated to feedback their thoughts, their hopes and their dreams.



Combining the feedback:

All the materials produced in the different events were sent to Nicki at Saltbox and she compiled them into this report. The report is visual – the responses were gathered together to provide common themes. The larger the type, the more people expressed this view.



The conclusions and next action: The main themes that have emerged are...

Reflect

The COVID pandemic had a huge impact on our members. Members particularly missed SWALLOW activities, and social connections with friends and family and many found that it affected their mental health. However the impact was not all negative: It gave people a chance to reconnect with family and re-evaluate what is important. Many members enjoyed having more time for hobbies, learning new skills, and spending more time outdoors.

Recover

The most important factors that helped members to cope with the pandemic and to recover their sense of wellbeing was the provision by SWALLOW of activities that they could do during lockdown (via Zoom) and the resuming of SWALLOW activities within Covid guidelines as lockdown restrictions were eased. Being able to see friends and family and to get out and about again were really important for members.

Renew

Members identified that for a successful journey into the future, the most important thing was being with friends and family, along with the ongoing events and activities run by SWALLOW. In addition, many wanted practical help such as paid work, their own home, better access to technology, and help with travel. Maintaining health and fitness through sports and physical activity was also a key feature for many members.

REFLECT: What was good about the Covid journey?

More time for hobbies,
activities, and new skills

Cooking/baking

Walking

Computer games

Learning online

Games and puzzles

Art and crafts

Gardening

Playing musical instrument

Listening to music

More time for family

**Time with
family**

Going for walks with
family

Cooking with family

Gardening with family

Zoom quizzes with family

Zoom/facetime with family

More time outdoors

Gardening

Meeting up in Victoria Park

Having picnics

Sitting in my garden

Other good things

Support worker visits

Moving into my flat

Take-away meals

Small groups

Quiet roads

Clapping for NHS



REFLECT: What was bad about the Covid journey?

Affected my social life

Not seeing friends

Not seeing family

No social groups

Not going out

No parties

No visitors at home

Affected my mental health

Anxiety

Loneliness

Depression

Boredom

Frustration

Confusion

Sadness/grief

Unhappy wearing mask

Not being able to do...

SWALLOW

activities/groups

Going out for meals

Going to church

Rugby

Football

Holidays

Pub

Cinema

Bowling

Family Christmas

Shopping

Using public toilets

Work

Cafe

Illness and bereavement

Losing a family member

Having covid

Isolating due to ill family member

Friends with covid



RECOVER: What helped you cope with the journey?

SWALLOW Support

Groups resuming

Support from staff

Zoom activities

Craft packs

Keeping us safe

Extended family– looking out for each other

Work skills and experience

Easing of restrictions

Normal routine

Seeing friends and family again

Being social again

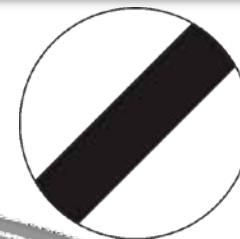
Going out more

Doing more activities

Learning cooking and living skills

Covid test and vaccines

Services



RENEW: What do you need for your future journey?



SWALLOW Services

Boogie nights

Singing/choir

Parties

Support from staff

Cooking group

Trips

Mens group

Ladies night

Fun club

Gardening

Zumba

Art

Practical needs

Technology

(phone, ipad computer)

Transport

(Car/bike/help with buses)

Sign language

Wheelchair accessible toilets

Day-to-day life

Paid work/career

Own home

Health and fitness

(Walking, swimming, sports etc)

Holiday

Pets

Music

Cake

Meeting new people

Cooking

Shopping

Trips

Crafts

Being with...

Friends

Family

