

CHALLENGING COVID APRIL TO SEPTEMBER 2020



OUR CHALLENGE

On Monday 23rd March 2020,

Kirkcaldy YMCA, like nearly every other workplace, went in to Lock Down as a result of the Corona Virus/ Covid-19 pandemic. All programmes and activities stopped.

By Monday 30th March,

We were beginning to look at what we could/should do this based upon staff and local knowledge, information being made available through a range of sources Government, Council, NHS , third sector organisations and of course, local people.

On 6th April,

We started on-line and phone support services, contacting the more vulnerable and at risk children, young people and families being supported by the wide range of projects and programmes we deliver.

It quickly became apparent that there were issues around mental health, resilience, social isolation and access to food. We were finding that more and more families who were trying to support home learning were struggling to do this lack of I.T. equipment; no internet at home; the household only having one device (usually a parents phone) and issues with knowledge and understanding.

People with children or dependent adults were finding it difficult to shop or spending much more on food and fuel through having everyone at home this particularly impacted larger households with only 1 parent/adult at home.

Mental health was being affected, from low level esteem, resilience and confidence. Anxieties were increasing and people's abilities to cope decreasing. Knowing what we thought needed done, a number of funding applications were successfully made.

So what did we do?



Alleviate food poverty/anxieties, supporting access to healthy food initiatives by delivering:

- 835** fruit packs fresh fruit bags for families
- 696** soup packs everything you needed to make a pot of soup
- 6,534** home made lunches
- In supporting freedom of choice, **256** supermarket gift cards were given out, people buying what they knew/ate so less waste too.
- We dropped off **239** food parcels and shopped for 27 people.
- We provided **124** nappy packs, **197** hygiene and cleaning packs

COVID - 19 SUPPORT

Mental health and wellbeing support was provided through:

Hitting the phones, social media and zoom calls **1,705** calls and chats took place, some being regular weekly support/connection calls.

We developed door step socially distanced chats for the people who really needed to see someone **610** of these took place.

We began undertaking group based on-line activity sessions mental health; crafts; cooking; music making. In supporting these we provided **709** craft and activity packs, helping both adults and families be involved, keep busy and to create amazing things.



Isolation and anxiety was further reduced by being able to provide **66** devices (tablets; chrome books; phones; dongles) and provide **43** data sims for a 5 month period. This enabled people to connect, learn and socialise.

A number of phone top up's were also provided.



MENTORING

We continued to undertake mentoring support **63** young people and **21** adults received weekly contact and support from our staff.



We ran **15** family fun sessions, out doors in a 'pre-owned' marquee we bought and put up on our Gallatown Bowling Club site, alongside this sat a gazebo that we used for 1 to 1 counselling work for adults.



FUN FOR ALL THE FAMILY

Inclusion and connection:



118 children took part in our Active Kids Project, 5 days per week over 5 weeks of the summer. The programme being delivered with enhanced measures and very differently over 3 bases the Argos Centre, Kirkcaldy YMCA and the Gallatown Bowling Club site. This ensured the most vulnerable and at risk children and young people could engage in supported, helpful, but fun, learning opportunities and experiences which benefitted all in the family home.

The bike HUB offered **42** bike lending; **385** bike repairs and **21** bike donations helping people get to work and stay physically active, which also supported improved mental health and wellbeing.



In achieving all that we did, we had **47** people volunteer in a range of services and support activities, with an incredible **376** participations by volunteers.

This supported our food programmes, family fun sessions, mentoring services, the development of our outdoor nature play space and the Gallatown Bike HUB.

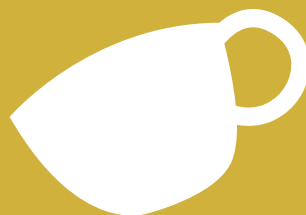
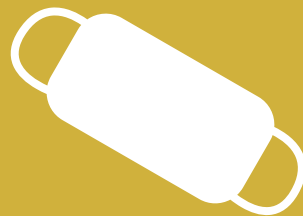
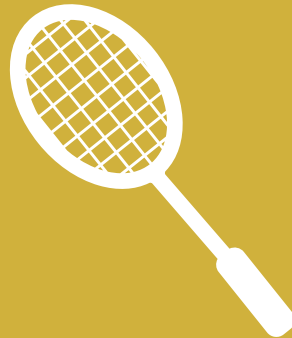


AMAZING



**The commitment and contribution
made by our staff and volunteers,
without doubt,
was exceptional, and made
possible
by the support and
funds given to us from:
Foundation Scotland; Building
Brighter Futures; Amazon;
Inspiring
Scotland; Scottish Equity Partners;
Pathhead Primary School;
Glenrothes Foodbank; Asda;
Greener
Kirkcaldy; Fife Council; Well Being
Fund and the Lottery.**

**A busy old time was had
challenging Covid!**



**TOGETHER WE ALL MADE THIS POSSIBLE
THANKYOU**