

OT COMICSTRIP PRESENTS COVID 19

In March 2020, the way we lived our lives changed completely. Corona virus affected us all. The need to look after ourselves is of more importance than ever. Using our OT Comicstrip we looked at the issues that affect the South Asian community by using the 5 Ways of Wellbeing -Connect, Be Active, Take Notice, Give and Keep Learning.

Connect

Amber lived alone and at the beginning of lockdown she was told by her Doctor that she belonged to the group of people that needed to be shielded.

I don't know what I'm going to do during the lockdown. I'm always so busy going to my social clubs. But it won't last long. Everything will get back to normal soon.



There, I've tidied up all the house in the last few weeks. This lockdown has been great for me to get organised.



However, as the weeks continued, Amber started to feel more and more lonely.



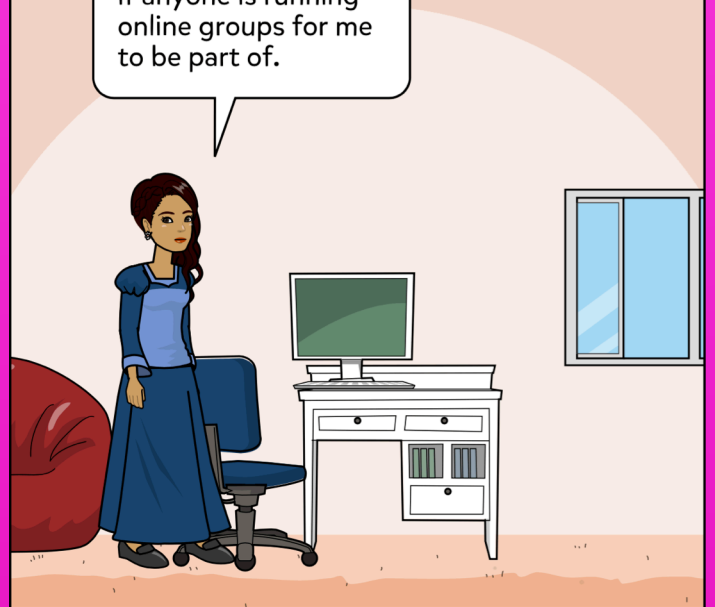
I can't carry on like this. I need to connect with people.



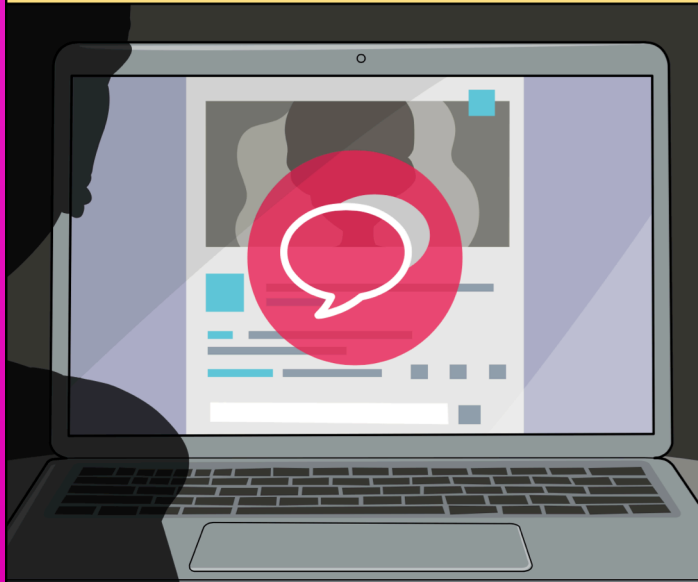
After talking to her sister on the phone, Amber learned how to download Zoom.



I'll check online to see if anyone is running online groups for me to be part of.



Amber managed to find lots of groups that had moved their sessions online with Zoom meetings and Amber once more felt connected with what was happening.



I feel so much better that I've found these new groups



Being connected to all these people in similar situations has helped my mental health so much..

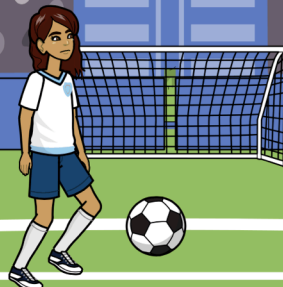


Pulling Together have moved all of our sessions online via Zoom or Whatsapp during the pandemic and we hope to meet up again whenever it is safe to do so.

Be Active

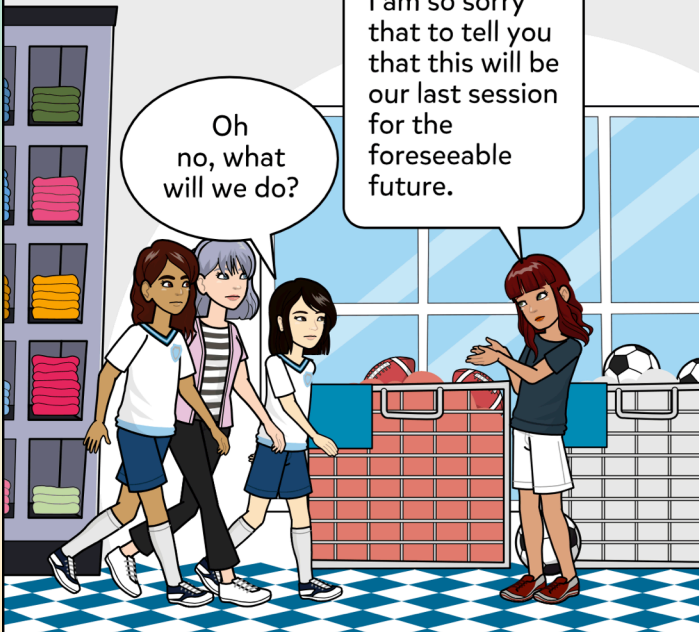
In March 2020 everything changed. Schools closed, shops were shut, people started to work from home. But for Maya it felt like her whole world was over when her local sports club was forced to close its doors.

And Maya comes in for the penalty, she shoots and she ...!

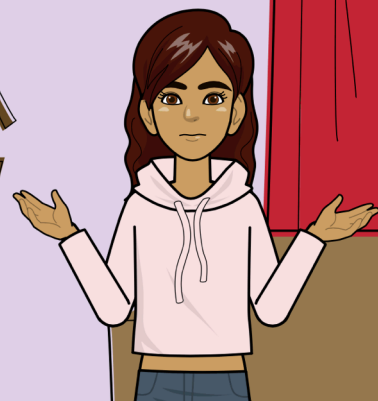
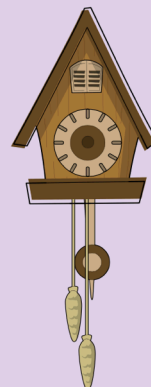


Oh no, what will we do?

I am so sorry that to tell you that this will be our last session for the foreseeable future.



I don't know what I'll do. I've been doing football training for as long as I remember and fitting in classes at the gym.

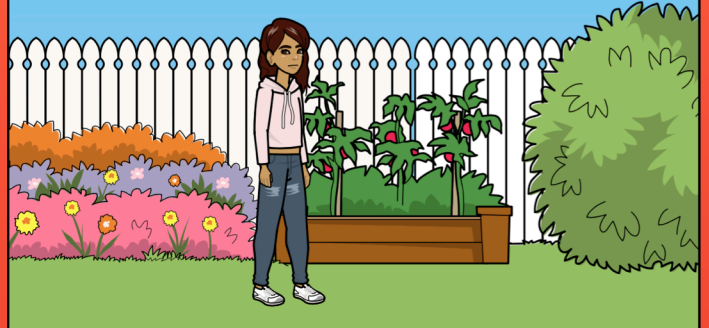


So Maya tried to keep busy.

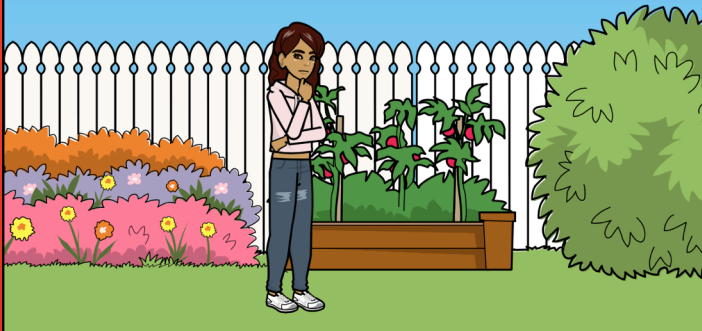
Well that's all the kitchen cabinets cleaned. I've done all the baking I can do but how much more can I do



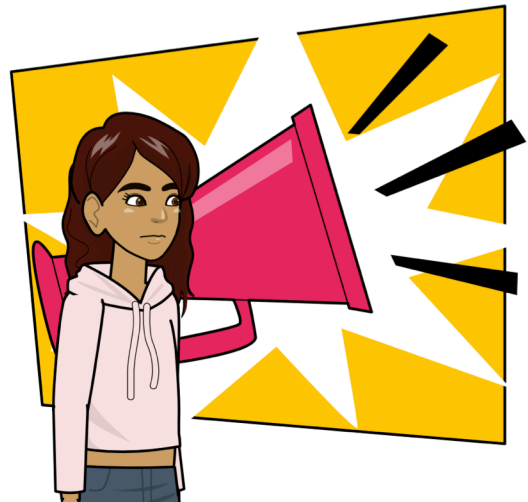
The garden looks the best I've ever seen it. I guess the positive of this lockdown is I have so much more time to do things like this.



I should do an online keep fit class on my you tube channel. I'm sure that the girls from football will join me.



So Maya announced on her social media channels that she would be holding weekly keep fit sessions.



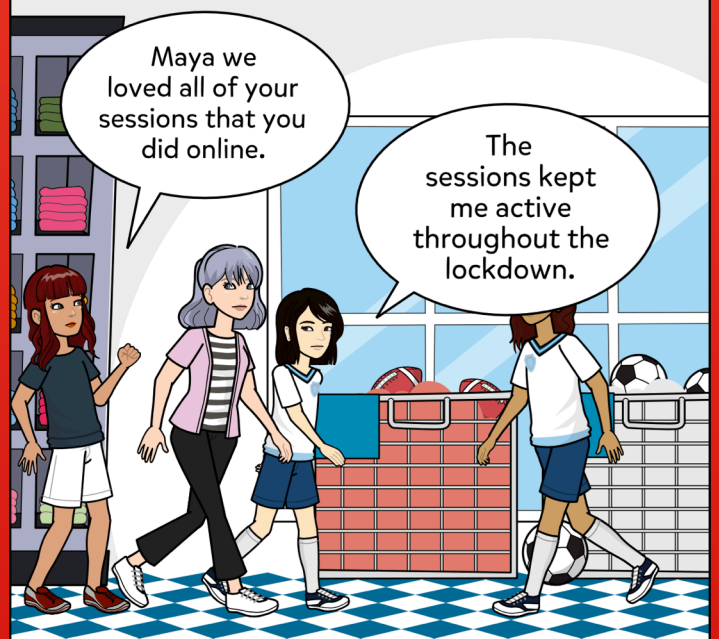
In July when the sports centre reopened.....

This has been so wonderful. Thank you to all the people who have joined me in staying active during the last few months.



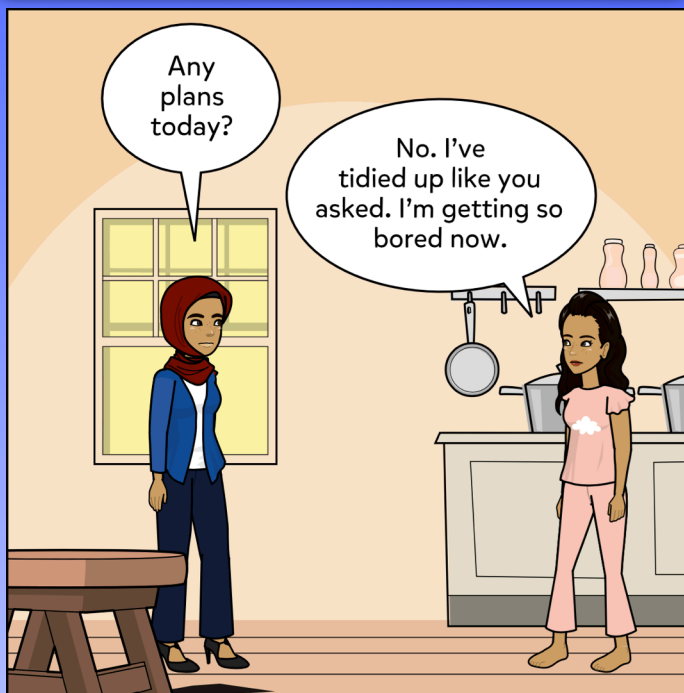
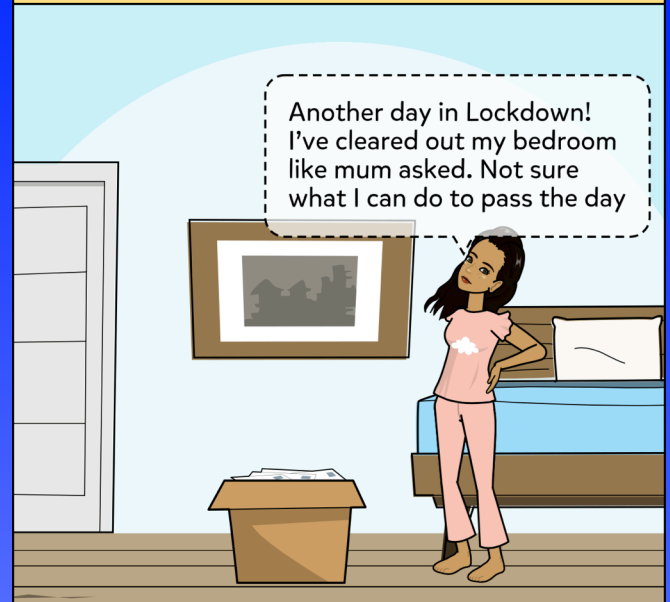
Maya we loved all of your sessions that you did online.

The sessions kept me active throughout the lockdown.

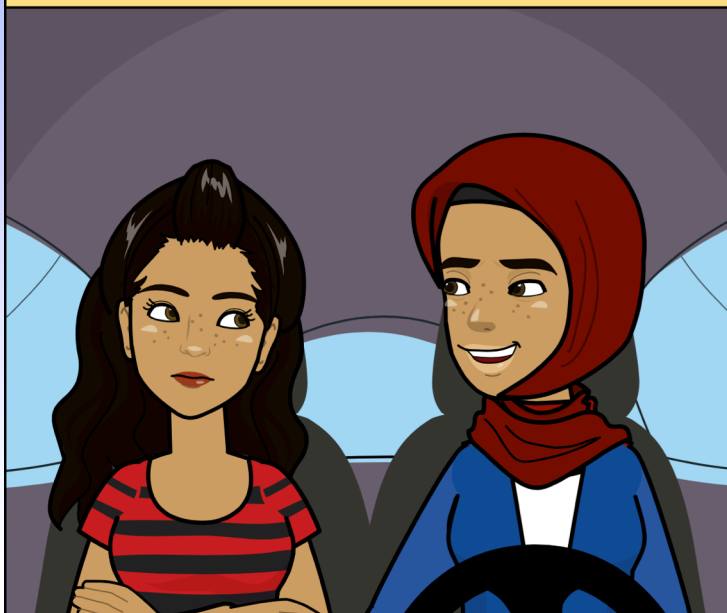


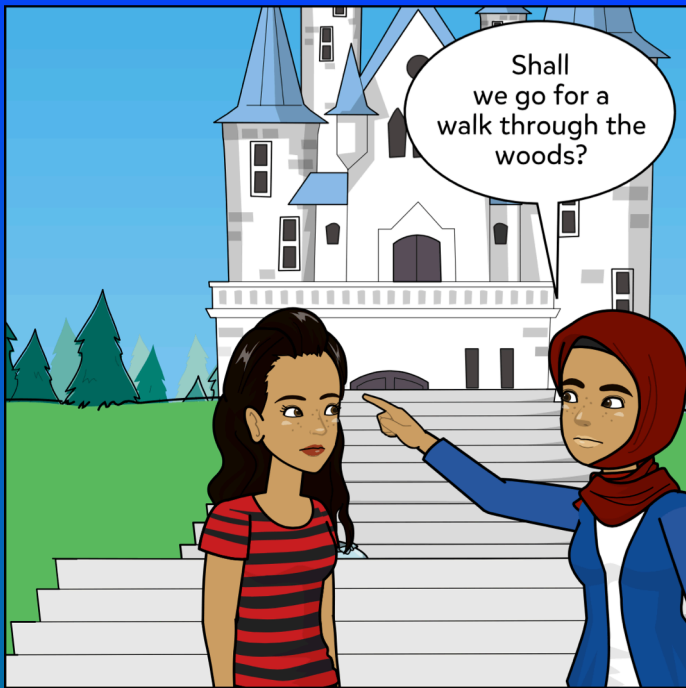
Take Notice

Anita had spent the last five weeks in lockdown.



So Anita and her mum packed a picnic and got into the car and drove to a National Trust park that was close to their house.

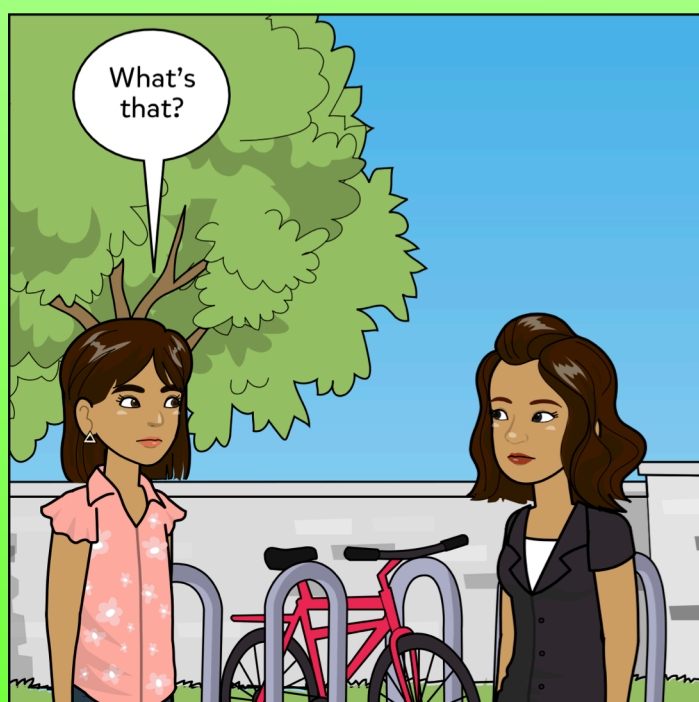
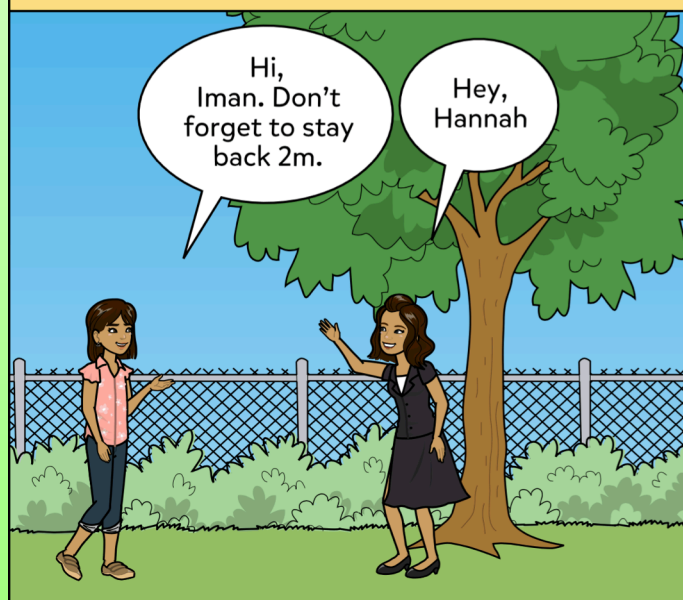




Give

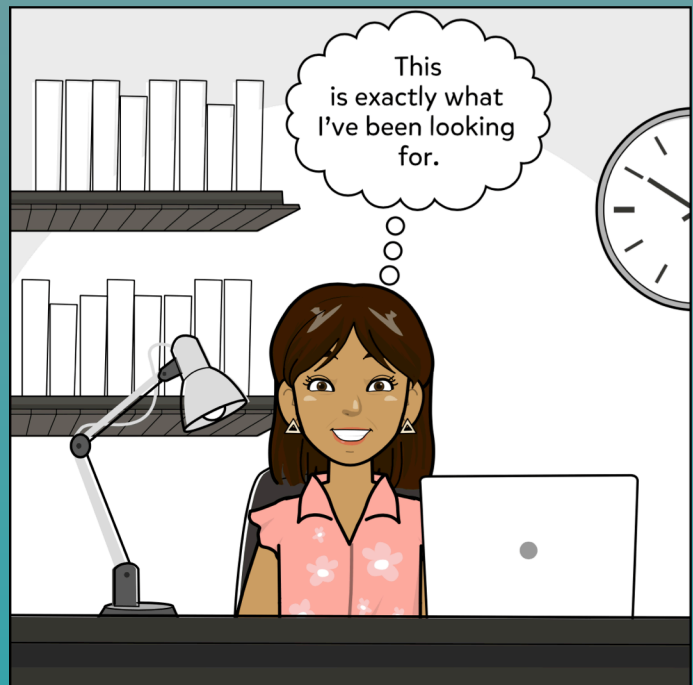
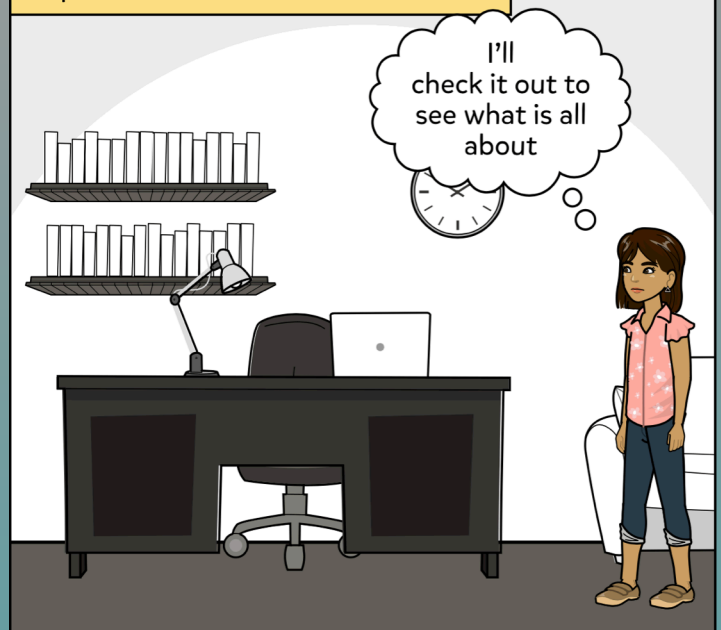
NHS Volunteer Responders have been set up by NHS England and Royal Voluntary Service, in partnership with GoodSam, to support the NHS and the care sector during the COVID-19 pandemic.

During lockdown Hannah and Iman had begun meeting regularly in their local park.

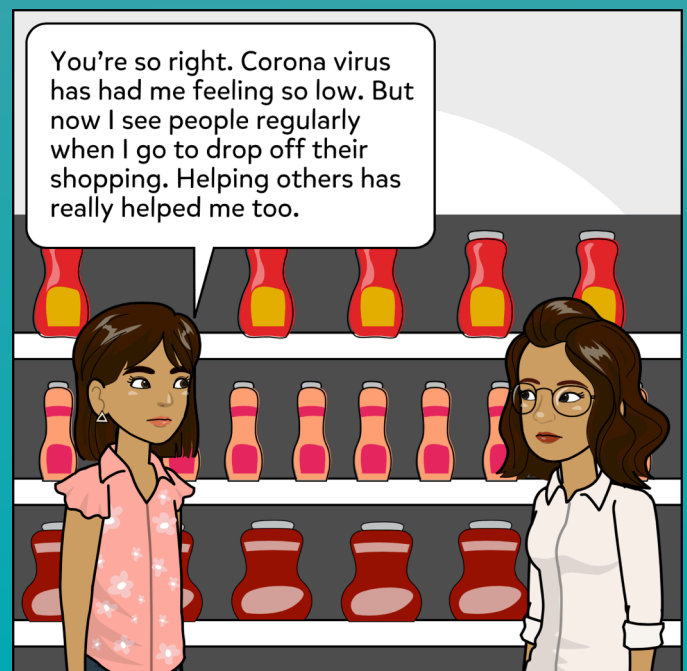




So Hannah decided to go on the NHS responders website.



And so Hannah became an NHS volunteer responder and started to get her tasks regularly.



Keep Learning

In March 2020, Lana was told that she could no longer come to work in the perfume shop due to the national lockdown.

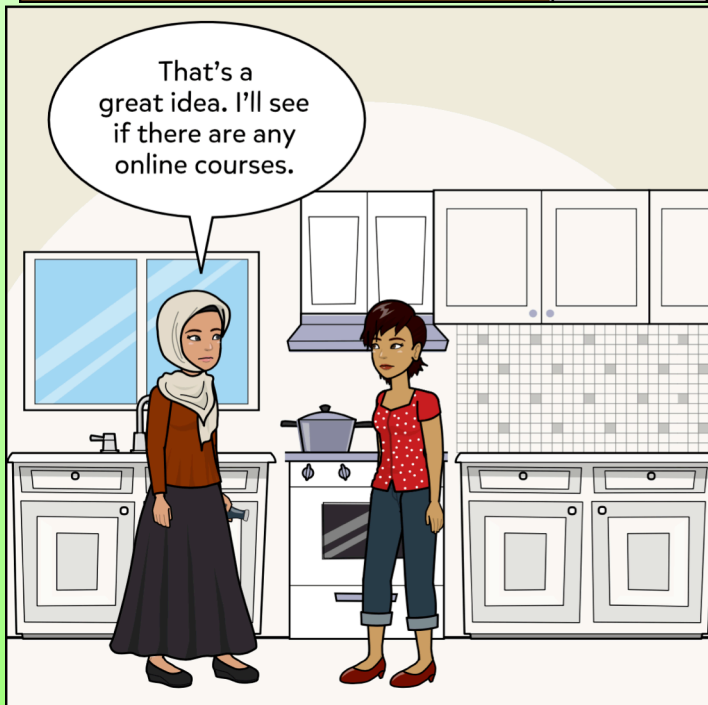


So Lana started to look online for Spanish lessons.



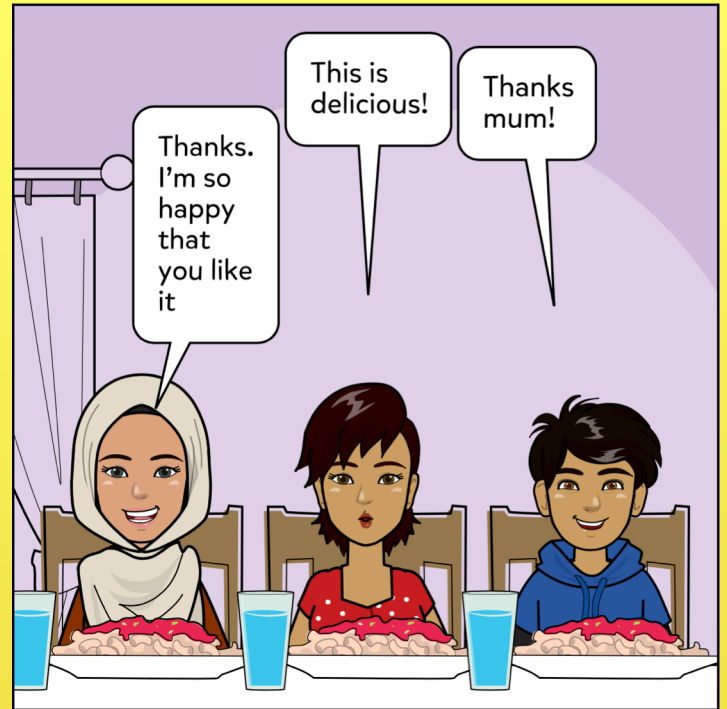
Within a few days Lana began to learn a few words in Spanish





Lana managed to find an online course that taught her how to make some Spanish recipes and she downloaded lots of new ideas for meals for her and the family.





When Lana went back to work she was so delighted that one of the customers she served was Spanish.



PULLING TOGETHER HAVE MOVED ALL SESSIONS ONLINE VIA ZOOM OR WHATSAPP DURING THE PANDEMIC. WE HOPE TO MEET UP AGAIN WHENEVER IT IS SAFE TO DO SO.

**PLEASE FOLLOW US ON OUR WEBSITE:
WWW.PULLINGTOGETHERGROUP.WORDPRESS.COM**

PULLING TOGETHER ASIAN WOMEN'S GROUP WOULD LIKE TO THANK THE CORONAVIRUS COMMUNITY SUPPORT FUND WHICH WAS DISTRIBUTED BY THE GOVERNMENT VIA THE NATIONAL LOTTERY FUND. THIS GRANT ENABLED US TO PRODUCE THIS SPECIAL EDITION OF THE OT COMICSTRIP "COVID 19". WE USED THE 5 WAYS OF WELLBEING ESTABLISHED BY THE NEW ECONOMICS FOUNDATION TO HIGHLIGHT THE 5 WAYS TO IMPROVE MENTAL HEALTH AND WELLBEING ESPECIALLY DURING THIS UNPRECEDENTED PERIOD OF LOCKDOWN.

WE USED OUR WEEKLY ZOOM SESSIONS TO INTERPRET THE 5 WAYS OF WELLBEING AS

CONNECT WITH OTHERS VIRTUALLY.

KEEP ACTIVE AND FIND NEW WAYS TO KEEP FIT IN LOCKDOWN.

TAKE NOTICE AND TAKE SOME TIME TO APPRECIATE THE AREA IN WHICH YOU LIVE AND DISCOVER SOMETHING NEW.

GIVE BACK TO YOUR COMMUNITY TO CHANGE HOW YOU FEEL.

KEEP LEARNING NEW SKILLS AND SEE HOW YOU GROW.

DURING THIS DIFFICULT TIME WE HAVE ALL STRUGGLED TO FIND A PLACE IN THIS OUR "NEW NORMAL". WE HOPE THAT BY READING THIS COVID 19 COMICSTRIP IT WILL INSPIRE YOU TO FIND NEW WAYS TO HELP WITH YOUR MENTAL HEALTH AND WELLBEING.

USEFUL WEBSITES

<https://www.nationaltrust.org.uk/search>

www.pullingtogethergroup.wordpress.com

<https://nhsvolunteerresponders.org.uk/i-want-to-volunteer>

<https://traffordleisure.co.uk/>

<https://trafford.ac.uk/>

PULLING TOGETHER ENCOURAGES ASIAN WOMEN TO PARTICIPATE IN ACTIVITIES, PARTICULARLY ARTS ACTIVITIES RELATING TO SOCIAL INCLUSION AND CULTURAL DIVERSITY USING FEMALE ARTISTS. TO PROVIDE SESSIONS WHICH DEVELOP EDUCATION AND TRAINING SKILLS FOR ASIAN WOMEN WITH A VIEW TO IMPROVING THEIR EDUCATIONAL AND EMPLOYMENT OPPORTUNITIES WITH SPECIFIC ACTIVITIES THAT WORK ON EFFECTIVE COMMUNICATION BETWEEN THEMSELVES CREATING A BETTER UNDERSTANDING OF THEIR RELATIONSHIPS.

CONSULTATION WITH ASIAN WOMEN AND CHILDREN ON PLANNING/PROGRAMMING OF ACTIVITIES, WHICH ENCOURAGE THEIR SELF-EXPRESSION, RAISE SELF ESTEEM, CONFIDENCE AND ASSERTIVENESS.

TO ESTABLISH A SAFE ENVIRONMENT SO THAT ASIAN WOMEN AND CHILDREN AND OTHER INTERESTED INDIVIDUALS/ GROUPS CAN DISCUSS CONFIDENTIAL ISSUES WITH PROJECT WORKERS.

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In partnership with

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