

Molly J – Flipside and PSG, Peer Support Group

To start off with Flipside and PSG have both helped me in the time of uncertainty when I felt anxious and sad because I could not leave the house at the start of lockdown.

I started to miss talking to my friends at the youth club and catching up with them as well as talking to Grace and Heather. Our sessions were moved to virtual ones because we could not meet up, so we had our sessions on Zoom. We have our group calls on Tuesdays and Thursdays.

On the calls we speak about our week and how we have been since the last we spoke. All the members of the youth club support each other and we talk about ways of coping in lockdown and the different activities we can do to keep busy.

Each week we had different activities to compete, for example the first activity was to learn sign language, the alphabet and numbers 1-10. Other activities included learning to cook a meal we haven't cooked before and to complete a DIY project.

Members started to take over sessions to talk about different topics for example, how to deal with stress, healthy and unhealthy relationships. The virtual sessions have helped me deal with lockdown and how to cope with it.

It is nice to catch up with everyone who attends the virtual calls as well as weekly one to one calls with Grace and Heather to check on me when I was down and going through difficulty times. They checked with me almost daily. This helped me a lot to know someone cared. I also enjoy the journals we write, it helps me to record my daily emotional progress, my ups and downs and my happy times. I loved the colouring.