



THE BIG COVID DEBRIEF

TALK | CREATE | REFLECT

Creating space for the community to process the
impact of COVID-19

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INTRODUCTION

The impact on communities across the UK from Covid-19 has been profound.

All areas of life have been impacted - our health, finances, employment, and leisure time. Mental health struggles, domestic violence, and loneliness have risen sharply. There have also been hidden gifts – a slower pace, rediscovering hobbies and interests, time to take stock of life. For most of us, Covid-19 has been a mixed and complex experience.

As the UK commits to removing all legal restrictions from June 21st, there is a risk that as life returns to 'normal,' there will have been no space to process, grieve, let go of, or recognise, the impact and consequence that Covid-19 has had on us as individuals, families, and communities.

As such, the Big Covid Debrief project is designed to create space where all are welcome to take time to debrief on their experience of Covid – through art, music, being listened to, symbolic acts of letting go, prayer, writing etc. In this space there is time to talk, create and reflect; time to pause, process, and maybe even encounter some healing, before entering back into post-covid life.

The project is being initiated by and hosted in St Andrews Church, in collaboration with other community partners.

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PROJECT

There are three spaces we will create for people to debrief:

On Location: St Andrews Church Community Centre

Every Saturday from 09:00 to 12:00, the building will be open for all age visitors. During this time there will be various ways to debrief. This *could* include:

- A space to chat with other people about the experiences of Covid.
- A place to paint and draw.
- A space to record a song, spoken word or other media.
- A space to write prayer requests, pray and reflect.
- A space for making something.
- A space for symbolically letting go and grieving.
- A space for planting seeds and sitting in the garden.
- A space for signposting for further support.
- Free Drinks and light refreshments provided

In the Community

We recognise that some people may not be able to, or want to, attend a building with others, but would value someone to chat to in their homes or somewhere else in the village. This *could* include:

- Listen to your story in your home.
- Take a photo as a reminder of the end of Covid.
- Record your story if you wish.
- Create listening spaces around the harbour.
- Volunteers spending time walking in the community offering time for people to share.
- Community Time capsule
- Pop Up events

Online

For many, posting something online and sharing with others has been a lifeline during Covid-19. As such we will offer ways for people to continue to do this online as part of the project. This *could* include:

- Post your story on a dedicated Facebook page.
- Post images or videos reflecting on Covid.
- Connect with and encourage others across the community
- Keep connected at www.thebigcoviddebrief.org

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END OF PROJECT

We envisage the project to last up to three months, to allow enough time for processing. We hope to be able to mark the end of the reflection period in some way in each of the reflection spaces.

On Location: St Andrews Church Community Centre

We hope to host an exhibition to include some of the creative things people have made, for example, a storyboard of people's experiences, photos, paintings or other creativity that has come out of the process.

In the Community

It would be nice to be able to have some sort of permanent reminder in the local area that allows closure and an ongoing reflection point for those that need it.

Online Collage

An online version of the local exhibition, bringing together the whole project and allowing a lasting memory within the Facebook group, or sent to those who want to keep a reminder.

SUMMARY

The aim of this project is that many people will have the opportunity to process the impact of Covid-19 in their lives, as part of supporting the emotional, spiritual, mental, and social wellbeing of the community. This is key in the transition time as restrictions are lifting.

To bring hope – for many Covid has been a lonely, anxious, difficult experience. Through engaging with the project, we hope to provide space for connection, encouragement, and affirmation of their experiences as they move forward with their lives.

To bring healing – through talking, creating, and reflecting we hope to facilitate creative ways of bringing healing as part of the emotional, physical, and spiritual recovery in the community.

To help move forward – We hope that by allowing the project to continue for up to three months, there can be a degree of support given to those that need it. This could be practical, emotional, spiritual or social support, and include signposting to services that may be required to give professional or specialised support services.

All necessary data protection and safeguarding procedures will be followed during this project.