



Barnardo's Scotland - In This Together

COVID – 19 - Responding to the needs of children,
young people and families

18th May – Residential Services

Barnardo's Registered Charity
Nos. 216250 and SC037605

**Believe in
children**
 **Barnardo's
Scotland**

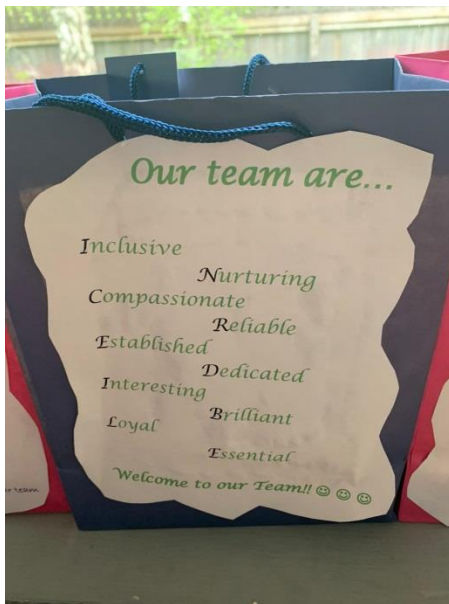
This week we are shining a light on the fantastic work currently being done by our Residential services in Edinburgh, Glasgow and Inverness to support our young people throughout Covid-19.

Northern Lights Residential Service – Inverness

This wonderful case study from Carol-Ann from our Northern Lights service highlights how Barnardo's Scotland staff are going above and beyond for our young people at this really difficult time.

"At the beginning of Covid-19 when the social distancing restrictions were introduced some of our young people found it really difficult as they couldn't understand if things were so serious then why could we, as staff, go in and out of work?"

They were also beginning to see "normal" families lockdown together which caused a lot of anxiety. As a team we discussed our options and six of us volunteered to go into lockdown with the young people, this meant moving into the residential home for seven nights, leaving our families at home. We have two teams of three staff who take it in turns to do a week at a time.



*A lot of people initially said to me that this must be really difficult but to be completely honest, it is not difficult, it is simply being a corporate parent – or in this situation a corporate family. Our young people have experienced so many adversities in their very short lives, they have lost people and a lot of the time never really felt loved or cared about. **So when the world is in crisis and everybody is scared of the unknown the most important thing for us as a team was that our young people felt safe, secure and loved and the only way we felt we could do this was to go into the lockdown with them.***

During our time in lockdown both teams have tried to make the experience as "normal" as possible, we have not put any pressure on our young people to do things but have made sure there was plenty to do!

We turned our living room into a movie theatre by putting the projector on a blank wall and then put cushions on the floor and dimmed the lights – we of course had plenty of popcorn!!





We have been doing lots in the garden on sunny days – upcycling our furniture and recycling old tyres to look like Minions! We have planted flowers in memory of some of the young peoples' loved ones.

We made up a welcome bag for our new staff members who were unable to start due to lockdown, so they feel like part of the team and we painted rocks for them.

We have attended to our veggie patch so we can grow our own vegetables. We have had lockdown birthdays – baking cakes and pancakes.



We have had a karaoke night in the garden!

We have had virtual quiz nights with the rest of the staff team so they can catch up with the young people.

We have also used our garage as a temporary food bank where the staff who aren't doing the lockdown take turns to make up food parcels and deliver these out to children, families and young people in the community, we are delivering around 30 a week"

Caern Residential, Community and Pentland Way Services – Edinburah

Our Caern residential respite service for children with disabilities has had to make changes in the way the service is being run due to Covid-19. The staff teams are using the building in an innovative way, entering through one door to wash hands, get changed into scrubs and take their



temperature, before heading into the main building. Our fantastic cook, Anne, at Caern has been keeping the staff sweet by baking lovely treats and trying out some new recipes.

The whole team at Caern have been keeping the young people busy making use of the local surroundings to go out on daily walks, and having lots of outdoor fun in the garden while the weather has been nice. The team have also faced many challenges as the young people are out of routine and structure, leading to behaviours that can be challenging. Managing this while adhering to government advice about PPE and social distancing can be difficult.

Staff and young people at Pentland Way have been managing extremely well during the pandemic. They have been doing lots of activities in and around the house to keep busy such as playing in the paddling pool, clay modelling, kinetic sand, slime, baking, pamper sessions, obstacle courses, Easter Egg hunt and of course lots of music and dancing.

We are so grateful for every donation we have received throughout this time, providing essential items so our teams can safely work. People have shown amazing initiative and kindness and for that we are truly grateful.

Particular thanks go to:

- **Edinburgh Gin factory for the hand sanitizer**
- **Edinburgh beer factory for the hand sanitizer**
- **Linlithgow distillery for supplying hand sanitizer**
- **Cloth face masks are being made by an amazing group called Edinburgh mask makers**
- **Plastic face shields from Calum Maxwell (Fife)**

Case study - Suspected Covid-19 case

One of our young people at Pentland Way began to show signs of the Coronavirus. The teams were prompt in their actions, contacting management and putting an action plan in place. Caern house was to be used to home the 2 young people that lived with the young person who was unwell. The GP referred the management team to the multi-disciplinary Covid-19 response team.

Rotas were adapted to support the young people at Caern and Barnardo's Scotland staff had no issues adapting to this. Unfortunately this meant the respite unit was closed to other young people for 14 days, following Government guidelines. All families that were due overnight were informed promptly. All our amazing families fully understood our position and thanked us for keeping everyone safe.



Both services were deep cleaned and Caern House was ready to welcome the other 2 young people that lived with the person who was showing symptoms.

At this point, testing for Covid-19 was not readily available. This was pushed for and it was eventually agreed to test the young person. We were all relieved when it came back negative.

After a period of isolation the young person moved back and we were able to go back to providing respite to our families most in need of respite support.

Glasgow 16+ Service

Our Glasgow based 16+ Service provides a transitional support service to young care leavers, including residential accommodation and outreach support to sustain tenancies. We offer on-going practical and emotional support up to the age of 26. Many of the issues affecting the young people in this service were explored in [our 16+ and homelessness update](#) a couple of weeks ago.

As time is going on service staff are reporting increased anxiety in some young people which means they are fearful of going outside. There have been greater levels of self-harm amongst some residents and a general deterioration across the board in their self-reported sense of wellbeing. Due to the nature of the service there has been no reduction in support in the residential service as a result of Covid-19. Having direct access to staff has been welcomed by the young people themselves with many expressing thanks to those who have continued to come into work and keep the service open so they can receive the care and support they need.

To N and Barnardos

We are writing this letter to thank you guys for everything you are doing during this unexpected time.

Life is not going to be the same and to the staff it will never be the same but it will though because what ever happens we will still have you guys for support at the end of the day and your smiles and your laughs it brightens up everyones day, well we mean ours.

Just want to say a massive thank you to all the staff for the activities we do in the flat like Joe Wicks - doing a workout for 15 mins a day, some of you guys *struggled* though but it brought smiles to our faces and we had a right good laugh at some of the workouts. Film/TV nights - watching things like Killing Etc - Celebrity SAS, Normal SAS, Murder 24/7, Film nights and having nice conversations about them.

Thank you also for making jokes about the celebrities we like and having weird/funny conversations.

They are the best in these sort of times, just
puts your mind of real life which is good.

Just want to say thank you again and you
guys are the best you wouldn't be called
Barnardos for nothing, and please don't change a
thing, even know the world is changing you guys
don't because you guys are incredible and
please, please, please keep up the good work
and keep being yourselves.

Thank you again

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Due to the generosity of one individual donor, the 16+ service has been able to meet the individual needs of young people before and during this period. The ring-fenced resource was specifically to add value and enable young people to access experiences and goods which cannot be delivered through existing funding. Young people have asked for financial assistance to participate in groups, go for dinner, attend concerts and see 'Disney on Ice' which was a 'dream come true' for one person. In lockdown this resource has funded bikes, guitars and other goods which reduce boredom and increase the wellbeing of young people.

During lockdown, staff at our Onslow Drive residential have also been organising activities for the young people including film nights, as well as baking treats such as this delicious looking kinder caramel button cheesecake (only 1000kcal per slice!!!) which was made by a member of Barnardo's Scotland staff and a young person.



One young person we are supporting at Onslow Drive said:

"Felt proud of staff for attending their work during this pandemic especially as we were leaving our families to support them [young people]"

Barnardo's Scotland works with more than 16,300 children and young people in over 140 specialised community-based services across Scotland, and 95 shops across the country directly supporting the services. Our work includes: fostering and adoption services and support; helping children break free from sexual exploitation; supporting young carers; helping young people in to employment and helping children living in poverty.

Visit www.barnardos.org.uk/scotland to find out how you can get involved and show you believe in children. **Twitter:** [@BarnardosScot](https://twitter.com/BarnardosScot) **Facebook:** [Barnardo's Scotland](https://www.facebook.com/Barnardo'sScotland)