



Motherwell Cheshire Responding to COVID-19

Motherwell Cheshire have been working hard to look at what we can change to still support those that need us most.

Below is how we are adapting to each of our services and responding to the needs the women and girls that we support.

BELIEVE PROJECT

Our support workers are making regular contact with all the mums that we currently support under this project and also in regular contact with social care and other agencies involved with mum to keep a clear line of communication for mum. Many of the mums that we support are not having contact with their children so offering emotional support at this challenging time.

INSPIRE PROJECT

We have moved all our counselling to online/ telephone counselling to continue the therapeutic work of all the young women that we are supporting.

For our inspire newsletter we are moving this online for this quarter and will still be in contact with the regular writers, we are also looking at promoting through social media as we feel this is a great opportunity to get young people writing why currently not in school. We will also be promoting this to local schools and asking them to promote through their social media networks.

SOCIAL MEDIA WELLBEING PROGRAMME

We have been working hard to move all our wellbeing activities online. Our main priority is that none of the women that we support feel lonely and isolated, so our activities will all continue using Google hangout. This will allow choir, reading groups and our new creative writing support group to still connect albeit online. We already have an active online community and we are going to use this to its full capacity.

NEW SERVICES THAT WE ARE OFFERING

Our referrals coordinator and wellbeing coordinator will be calling all people on our waiting list for all projects every 2 weeks and for those most vulnerable they are being referred to our new phone service will be operating each evening between the hours of 5-9pm Monday - Friday. These phone calls will be taken by our CEO and support/counselling team. This is not a crisis support line more a befriending support service. This phone line will also be opened up to the mums of the young women that we support as we are aware this can be a very stressful time for them at the moment.

We are also giving away free membership for everyone that wants to join for the next 2 months, this will provide a full range of self-help resources for all to use and will help support them to manage their own mental health, with Motherwell's support from a distance.