



Ark Assembly Report - September 2020

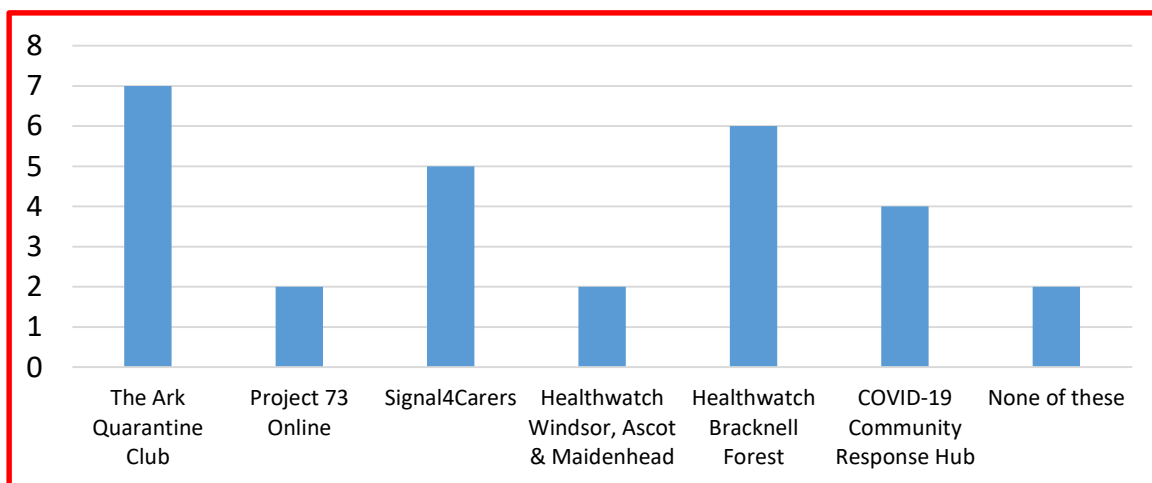
We asked the Ark Assembly **3** questions in July/August

The questions were sent to all 61 current members of the Ark Assembly. 14 people replied.

The low response could possibly be that some people receiving the questions by email experienced a delay in receiving them and we also did not use an online survey (as we usually do) due to the workload in the office.

Question 1.

During COVID-19 Lockdown we have been able to provide some activities and support. Please tell us which activities or support you have received or engaged with and how you feel about the information, help and support you received.



Comments:

“I love doing all the activities Adam and Kate put on during lockdown.”

“I have used Healthwatch Bracknell Forest and the COVID-19 response. In both cases they were on behalf of other people in the Macular Group. Both were able to help promptly with problems. In one case I was not the only one ‘referring’ to the COVID response but better that than someone slipping through the net.”

“The Ark Quarantine Club helped me getting more ideas with arts and craft and being creative. It is nice to catch up with them on the Zoom chats online because we get to see each other’s faces. They do give us good advice what we have been doing and what keeps us busy during lockdown. I feel happy to see each other with our lovely catch ups at South Hill Park and a lovely picnic.”

“Was really good as I got to see my mates on Zoom and if it wasn’t for Kate and Adam doing art and Zoom calls I would not have done much. You get to see what people done on the Facebook page and it was good when Adam did the Bingo.”

“I have appreciated all the help Signal and Healthwatch have given me with food parcels and online shopping as well as emotional support from Sharon....really appreciated as I was stuck at home.”

“Sharon - brill.” (and star picture)

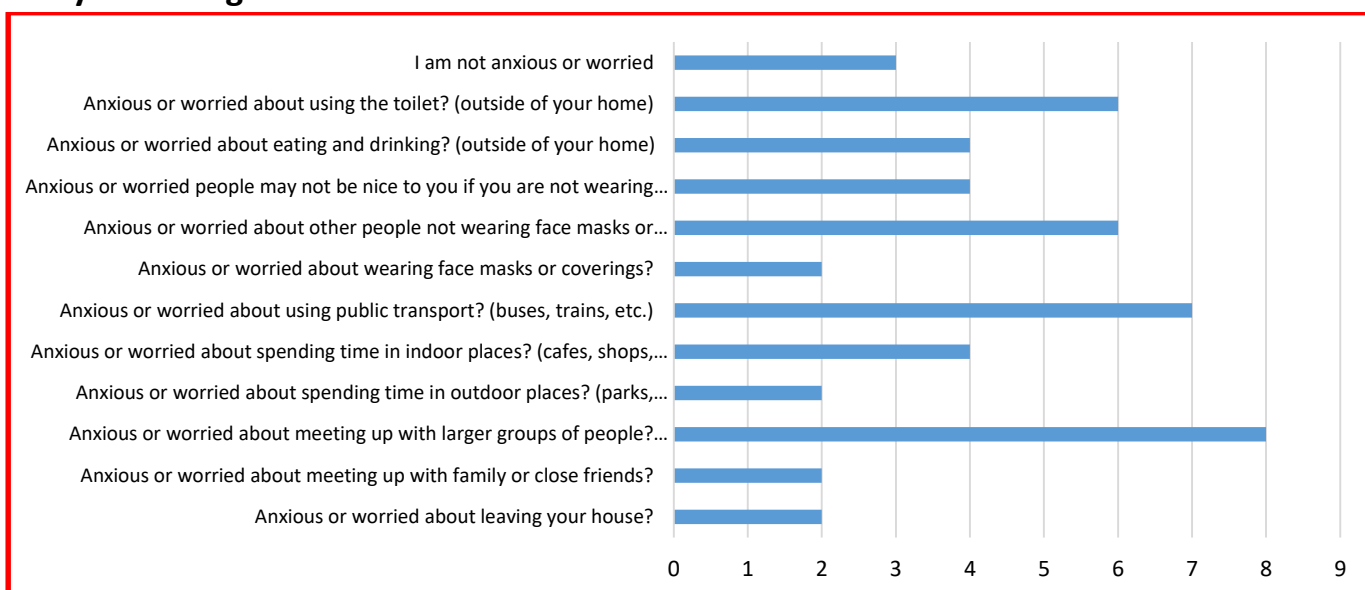
“Mark & Co - brill.” (with star and heart picture)

“I have enjoyed both Project 73 and Ark Quarantine Club. The activities were fun. I like the Zoom and singing and games.”

Question 2.

We are starting to think about starting some of our regular activities and sessions again. We need to make sure that they are as safe as they can be and follow Government guidelines. But it is also important that we understand how you feel about COVID-19 and if you have any worries or anxiety about coming to sessions, activities, events and meetings.

Are you feeling:



Is there anything else you are worried or anxious about due to COVID-19?

“I was only scared when lockdown first started.”

“I was nervous about going out but I have got over that now. I am still nervous in crowds.”

“I am not concerned about being around other people, but would not attend large gatherings etc.”

“I didn’t realise until doing this that we are still limiting the interactions we have and how I feel more comfortable meeting people outside rather than inside. I still would not consider using public transport at the moment.”

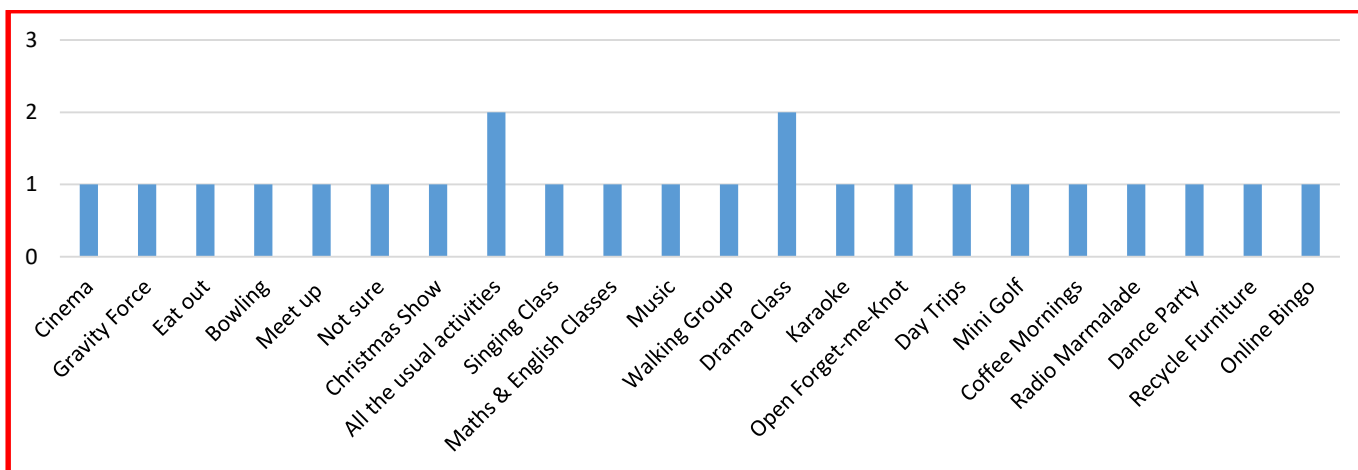
“Worried that because I have been isolating people may get closer than they are meant to as I have just come out of lockdown. Hospitals are keeping everything safe but my son says they’re not all good in shops.”

“I am worried and anxious that life is not going to be the same as before COVID-19. Each and every one of us is a bug on two legs and the COVID has made me not trust people.”

“I hope COVID-19 will go away soon.”

Question 3.

Are there any activities or sessions you would like to see us arrange / put on from September?



Actions to take:

The Ark will consider people's anxieties and their ideas for activities when planning activities and events.

Membership of the Ark Assembly

We would like to get this to 100 - made up of people from all of our activities and projects. To be a member you agree to us sending you a question about every 2 months. All people that reply are entered into a free prize draw as a thank you from the Ark trustees.

September's winner of the prize draw was **Loraine**. Congratulations!

Interested? Contact Andrea in the office on 01344 266899 or email: andrea@theark.org.uk



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