

Baby Bugle

30.03.2020

Greetings from the Lock In

No, this isn't the meaty edition you are used to, but instead a streamlined short weekly journal of what is happening here in CCC in these challenging times. This isn't a replacement for the more formal communication process or indeed the less formal, rather a weekly social catch up to let you know what is going on here.



Christopher and the Columba crew are the Bakers, we still have bread, pizza and cake.....

This time of crisis, of extremes, has brought for many of us fear, uncertainty and an overwhelming sense of powerlessness. In a few short days our world has changed and as individuals we can feel isolated and vulnerable. We recognise that for you this

must be exceptionally difficult. Our way of living, of doing has altered and we find ourselves restricted and having to deal with the emotions that the fear of this virus brings and also the added anxiety of how change will impact on those we love. These are not easy times and although we may understand the reasoning, it does not make it any easier to bear. That your loved one might not understand the reasoning may feel like an extra burden for you, especially when you cannot be here, cannot be with them.

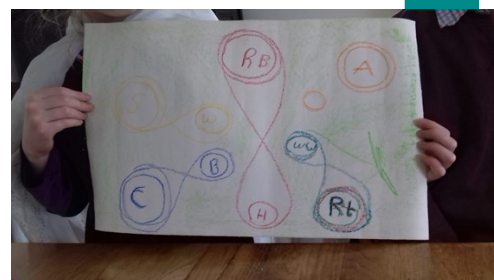
COVID-19 has for us all brought challenges, challenges we cannot deny nor should we minimise. But in this we negotiate our new normality. We must find our balance. As we sit here in the Community each house is in self-isolation, there are no gatherings, no outings nor get togethers; the workshops are not functioning as they did. We recognise this can be both reassuring and frightening at the same time.

But a self-isolating household does not need to be an inactive one, the house does not become the prison. Sometimes we have to work differently and as you know we have some



Hand hygiene is everyone's priority and Paul Byrne leads the way in the Bakery.

experience in that, here in Camphill. We have adapted to our new reality, each work coordinator is now attached to a house, each house attached to a specific workshop. The farm is farming, the bakery is baking, there are looms in conservatories, craft workshops and exercise schedules. Everyone has a routine a schedule, it may be different to the old one, but the structure is still there, the engagement is still there, and in short life goes on.



Brigitte effectively used creative ways of demonstrating what the routine would be.

We can only manage what is in front of us; but we have put structures in place to ensure that we are responsive; we have a plan and we are not working in isolation. Focus group meets daily via Zoom, there is daily contact with the WHSCT and we are



Kate swaps the gym for the walk to Pigeon Top, all 2 miles of it.



Nothing will stop Joey keeping our pathways clean.

working with other providers via ARCNI to ensure we will be as ready as we can for what comes our way.

We are blessed with a wonderful caring and supportive workforce, who know the needs and wishes of those

within the Community and are proactively addressing them.

There will be difficulties, we will encounter problems, we anticipate that this may be significantly more difficult for some. The road ahead will have its twists and turns, but importantly, we have a road ahead. We are settling into our new normality, it's different but it's normality none the less.

Your contact during this uncertain period is so important, let us know how we can help with this, we are after all, all in this separately together.



The woman of Sunrise and the men of Rainbow sharing, laughing and enjoying being together safely.



Digging her way out didn't work, so the resourceful Hannah opted for horseback instead.

