

What I have learnt about myself and my community during the COVID-19 pandemic?

COVID-19, the lockdown and measures have had a massive effect on all our lives. What has this meant to you, your family and community?

Feel free to creatively share any reflections, little drawings, key words or memories on what this has meant for you - the good, the new, the challenging, the surprises, the loneliness, the sad, the strange... Tell us how you are feeling.



Have you learnt new creative skills, tried something new, did something you've not done before? Has this been helpful? And/or, has this been a challenging time when you've learnt things about your needs, your priorities and what's truly valuable to you? What about the reaction from, and your connection with, the community?



Why is this important?

The pandemic has been a varied time for many people. Ongoing studies have suggested many people have taken up new hobbies as a way of managing their mental health, whereas others have focused on strengthening older hobbies. Rural communities are often ingenious in finding ways to stay socially connected and maintain their culture and traditions as well as social support structures. How does this connect with your experiences?



Community Activity Idea

If you have learnt a new skill or dusted off an old hobby, is there any way you could share this with someone new? It could be over the phone or whilst still maintaining physical distancing. If you would like to share it widely, get in touch, we'd be happy to help record you in some way and share across the community!

Read more about this research, references & more activity ideas at www.lecheiletogether.wordpress.com

Dè dh'fhoghlam mi mum dheidhinn fhìn agus mo choimhearsnachd tro ghalar COVID-19?

Thug COVID-19, an glasadh sìos agus ceumannan teannachaidh buaidh mhòr air beatha a h-uile duine. Dè bhuaidh a thug e oirbhse, ur teaghlach agus ur coimhearsnachd?

Tha sibh di-beathte obair cruthachail air ur smuaintean a chur thugainn, dealbhan beaga, briathran cudromach no cuimhneachain – na rudan math, ùr, na dùbhlain, na h-iongnaidhean, an aonaranachd, a' bhròn agus an neònachas... innis dhuinn mar a tha sibh a' faireachadh.



Na dh' ionnsaich sibh sgilean ùr, no na dh' fheuch sibh air rudan ùra, rudeigin nach do rinn sibh roimhe? An robh seo feumail? Agus/no, an e àm dùbhlannach a tha seo far an do dh' ionnsaich sibh mu ur feuman, ur prìomhachasan agus na nithean a tha da-rìribh luachmhor dhuibh? Dè mu dheidhinn ur ceangal ris a' choimhearsnachd agus mar a dhèilig iad ribh?



Carson a tha seo cudromach?

Tha an galar air a bhith caochlaideach do mhòran. Tha rannsachadh air sealltainn gu bheil mòran dhaoine air cur-seachadan ùr a thòiseachadh mar dhòigh air rian a chumail air slàinte inntinn, agus tha cuid eile air seann chur-seachadan a neartachadh. Tha coimhearsnachdan dùthchail glè thric a lorg dòighean innleachdail air an comann shòisealta a chumail suas agus a' cumail ri an gnàth chleachdaidhean còmhla ri structaran taic shòisealta. Bheil seo a' tighinn a rèir ur n-eòlas fhèin?



Beachd airson Gnìomh Coimhearsnachd



Ma dh' ionnsaich sibh sgil ùr no ma thug sibh ath-nuadhachadh air seann chur-seachad, bheil dòigh agaibh air seo innseadh do chuideigin as ùr? 'S dòcha air a fòn agus a' cumail ri riaghailtean astar pearsanta. Nam biodh sibh deònach a chraoladh nas fharsainge, cuiribh thugainn e, agus bhiodh sinn toilichte a chlàradh dhuibh agus a chraoladh don choimhearsnachd!

Leughaidh tuilleadh mun rannsachadh seo, iomraidhean & tuilleadh chur-seachadan aig www.lecheiletogether.wordpress.com