

# Swallownest Baptist Church



## THE BIG COVID DEBRIEF

TALK | CREATE | REFLECT

Creating space for the community to  
process the impact of COVID-19

In association with [thebigcoviddebrief.org](https://thebigcoviddebrief.org)

## INTRODUCTION

The impact on communities across the UK from Covid-19 has been profound.

All areas of life have been impacted - our health, finances, employment, and leisure time. Mental health struggles, domestic violence, and loneliness have risen sharply. There have also been hidden gifts – a slower pace, rediscovering hobbies and interests, time to take stock of life. For most of us, Covid-19 has been a mixed and complex experience.

As such, the Big Covid Debrief project is designed to create space where all are welcome to take time to debrief on their experience of Covid – through art, being listened to, symbolic acts of letting go, prayer, writing etc. In this space there is time to talk, create and reflect; time to pause, process, and maybe even encounter some healing, before entering back into post-covid life.

The project is being initiated by and hosted in Swallownest Baptist Church, in collaboration with other community partners.

**On Location: Swallownest Baptist Church, Worksop Road, S26 4WA.**

Saturday 16<sup>th</sup> October from 10:00 to 12:00, the building will be open for all age visitors. Contact Revd. David Skeet for further information: 07536992946

[swallownestbaptist@gmail.com](mailto:swallownestbaptist@gmail.com)

- A space to chat with other people about the experiences of Covid.
- A place to paint and draw.
- A space to record a word or the name of a loved one lost during this time.
- A space to write prayer requests, pray and reflect.
- A space for making something.

- A space for symbolically letting go and grieving.
- A space for signposting for further support.
- Free Drinks and light refreshments provided

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## In the Community

We recognise that some people may not be able to, or want to, attend a building with others, but would value someone to chat to in their homes or somewhere else in the community. This *could* include:

- Create listening spaces around the villages.
- Volunteers spending time walking in the
- Community offering time for people to share.
- Community Time capsule
- Pop Up events
- School projects

## Online

For many, posting something online and sharing with others has been a life-line during Covid-19. As such we will offer ways for people to continue to do this online as part of the project. This *could* include:

- Post your story on a dedicated Facebook page.
- Post images or videos reflecting on Covid.
- Connect with and encourage others across the community
- Keep connected at [www.swallownestbaptist.org.uk](http://www.swallownestbaptist.org.uk)  
[thebigcoviddebrief.org](http://thebigcoviddebrief.org)

## END OF PROJECT

We envisage the project to continue as long as is needed to allow enough time for processing. We hope to be able to mark the end of the reflection period in some way in each of the reflection spaces.

### In the Community

It would be nice to be able to have some sort of permanent reminder in the local area that allows closure and an ongoing reflection point for those that need it.

## SUMMARY

The aim of this project is that many people will have the opportunity to process the impact of Covid-19 in their lives, as part of supporting the emotional, spiritual, mental, and social wellbeing of the community. This is key in the transition time as restrictions are lifting.

**To bring hope** – for many Covid has been a lonely, anxious, difficult experience. Through engaging with the project, we hope to provide space for connection, encouragement, and affirmation of as they move forward with their lives.

**To bring healing** – through talking, creating, and reflecting we hope to facilitate creative ways of bringing healing as part of the emotional, physical, and spiritual recovery in the community.

**To help move forward** – We hope that by allowing the project to continue, there can be a degree of support given to those that need it. This could be practical, emotional, spiritual, or social support, and include signposting to services that may be required to give professional or specialised support services.

All necessary data protection and safeguarding procedures will be followed .