



Personal Outcomes Stories during COVID: Learning from practice

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Seal Dunfermline works with children and young people between the ages of 8 and 16, the majority of whom are referred to the project by social work, schools and health professionals. Children are referred for a variety of reasons that fit within our eligibility criteria. Regardless of the reasons for attending, our aim is to make sure that every child and young person coming to the project feels valued, supported, listened to and understood. The work we do is conducted in small groups each comprising of around 8 members and is focused on building character strengths, resilience and positive relationships.

How have you been able to keep a focus on what matters to people during COVID?

Seal closed its premises the same week that schools closed. The group leaders chose to move to an online platform to deliver groups in a new way they had never tried before.

These are extremely stressful and confusing times for any child, however for Seal's children who have autism and other social and emotional needs, a change towards a virtual world has been a lot more challenging.

The emotional wellbeing of a child is imperative to their health and many of the children Seal supports are not engaging with online learning. It is for this reason, that fun and exciting activities delivered by Seal are more important than ever. It is keeping the children that Seal supports connected to the outside world, without the added pressure of tasks to complete.



What have you had to do differently and what made this possible?

We were unable to hold physical groups, therefore moved to zoom group calls. One factor that made this transition go smoothly, was an anonymous donation of £2000 which was put towards new laptops for the group leaders. We also made Goody bags for each group member and delivered them to their homes, this

allowed us to check in on our group members physically and remind them that we are thinking of them.

What have you noticed that has been better?

We noticed that some of the children we support engaged better with group activities online, than they do at Seal house. Some seemed to be more confident, which may be because they are in the comfort of their own home. Online groups ensured that the group members, staff's and volunteers' spirits remained high throughout this difficult time.

We also hosted a party online, where we invited all of our group members, their families and the seal staff to enjoy a live zoom magic show. This was great fun and ensured that everybody who wanted to come was able to, as it was online.

How did this make you feel?

This made us feel very proud of our young people as they adapted so quickly. We are also very pleased with how quickly we as an organisation adapted to online groups and were able to engage and support our young people throughout the whole of lockdown.

What have you learned through this?

We as an organisation have become more creative in the way that we design activities. We have also learned that we can still make a big difference to the children that we support even on a virtual platform and are able to connect young people through engaging with online groups.

Anything else you want to tell us?



We have had lots of parental and carer engagement throughout covid-19, thanking us for the support that we have given. As an organisation, we are delighted with the service that we have managed to continue to deliver.