

## What Scotland Learned Exemplar

***What specific activities did you do over lockdown that you wish to highlight? (max 200 words)***

Over lockdown, I was concerned about those who were vulnerable such as my elderly neighbours or those who have mobility issues. I decided to organise a weekly shop for them so that they could have their groceries delivered freely and so that they could chat to some of us through their window.

***Who did it involve, including partners or other community organisations? (max 50 words)***

I involved my local supermarket, and a few of my friends who were also interested in helping out by buying groceries and delivering them to our local neighbourhood.

***What difference did this make? (max 200 words)***

My neighbours were delighted to have food and drink delivered to them. They were worried about going outside and buying things themselves. I know a lot of them hadn't left the house because of Government advice relating to COVID. A few of them did not have any family or friends that lived close-by and so were getting quite anxious. It was so lovely to see their faces when we started delivering stuff to them. They were so relieved and thankful for our efforts. It was really nice chatting to them through the window about how their day was going. It really gave them someone to talk to and socialise with.

***How has this changed your outlook, practice, work and how might this have an impact long term? (max 200 words)***

Helping others during this time has been so rewarding for me and my friends. I have a greater appreciation of people that live in my community and the challenges that they face. I'm very fortunate in having my grandparents nearby but many elderly people didn't have the social links that they used to. I guess I feel really good about myself for helping other people and my outlook is now much more open. I learned so much about them and listening to their stories made me reflect on some of the similarities I had with them that I didn't ever know I did.