

**Alison**

**Peer Mentor – The East Riding Partnership**

Lockdown has had a huge impact on me, as I had not realised how busy I was with ADS commitments. Looking back in my diary, in a typical week I would spend at least one day with the Community Rehabilitation Programme (CRP) at Spring Bank and I regularly attended the open access drop in clinic at Hessle and occasionally Driffield or Withernsea. In addition, I supported the fortnightly clinic with the Primary Care Team at The Ridings practice in Brough. Another major role I undertook was as a Facilitator for SMART meetings at either Beverley or Goole.

Not surprisingly when this came to an abrupt end on March 23<sup>rd</sup>, like many people I found myself at a loss as what to do with my time and felt quite disorientated. Hence was delighted that, within a few weeks, the CRP programme had resumed using Microsoft Teams and there was the opportunity for some one-to-one counselling which was organised by my volunteer coordinator. Although I was a little apprehensive of the computer technology involved, I soon adapted and felt quite comfortable using this form of communication. So much so that when I was asked to present my life story to the Board of the NHS Humber Teaching Trust, I felt quite confident in addressing such a large group.

It goes without saying, that with the continuation of lockdown, I appreciate any opportunity to support the ADS team, as I consider my Peer Mentor role to be a crucial part of my personal recovery.

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