

HVO-QUERIDO **DISCUS** PRESENTS

DISCUS NEXT 2.0.

What's happening during this Corona-crisis?

Amsterdam 2020

Currently, we are living in a special period of time.

The Coronavirus changed our daily lives tremendously. All of us are following the restrictions of the government in order to prevent more outbreaks of the corona virus. This means that we work from home as much as possible. If necessary we go outside to meet clients or colleagues, but only with a minimum distance of 1,5 metre. So far these regulations are prolonged till april 28th 2020.

In the meantime the work in social care continues. Our clients need our help, and despite the restrictions we do everything we can to support them in these difficult times. This asks a lot of our creativity and we see that many beautiful and inspiring initiatives are popping up. In this newsletter we would like to share these initiatives and positive vibes with you. We hope this inspires you to fight loneliness all together.



"not the usual receipt"

Giving the key of their new house to our clients normally is a nice celebration at Discus. The person of the housing corporation and some happy colleagues are joining in the new house to surprise the clients with this important step in life and congratulate them while shaking hands or giving hugs. During this crisis I was the lucky one to make someone happy with a new house, and so we had to come up with new plans..

"But how..?"

It had to be a surprise. That was my point of focus. I wanted him to be there, totall overwhelmed by all the attention that was given to him. And so I came up with the idea of a treasure hunt. The starting and end point were clear, all in between was about to be an adventure. Instructions, written on a 'paper boat' brought him to several places where he was welcomed with coffee. At any place he received a new instruction for example to guide him to the bakery where he would get a cake when saying his name.

"Mission Accomplished"

The ending point of the search was his new adress where a small group of people (all with the 1,5 metre distance) would celebrate his new house with him. The client told me how touched he was by all the effort that was put into this moment and all the attention that he gained. Mission accomplished! What a great way to start this working relation together.





Goodbye dear colleague

In normal times waving goodbye to a colleague means coming together as team at a cosy location, nice words are spoken while drinking a beer or soda, finishing with a hug and a kiss.

In corona times I was surprised by a very special 1,5 metre-distance goodbye..

I was ready at home to start my last online teammeeting. While entering the meeting I discovered that my colleagues dressed up in festive outfits. ery specially. During the meeting I was directed to my balcony. There I saw this beautiful surprise.. (saying: thank you, love, your team)






Lucia week 13 - Corona 

maandag
facetimen met Kim
13.00 wandelen met Veerle (sleutels)

dinsdag
vriendin Mara

woensdag
facetimen met Nadia
voorwacht Mischa belt (17-22)

donderdag
facetimen met Kim
wandelen met Veerle

Vrijdag
Nadia facetimen
Philip

Zaterdag
12.00uur Carlos belt

Zondag
Yassine?

Personalised schedule!

For our client we made this personalised week schedule. We make an inventory of her needs every week and adjust the schedule to her demands. . She likes sheeps, so we make it lively with some pictures ;)

She misses to see people face-to-face. We planned some contact moments or options for contact every day. Also twice a week we go for a 1,5 metre distance walk. The client says to feel very much supported and feel less lonely with the extra attention.

HVO ON THE RADIO!

By and to colleagues and clients

"Radio de Verbinding (translation; the Connection) hosts some extra shows in this crisis time. We think music is a way to connect. Also with you. Like to participate? Please send a Whatsapp voice-message to 06-11364248;

- Your name
- Your message. This can be a nice word, a poem, or anything you like.
- Tell us which song you would like to hear.

In our show we will broadcast your message and song! Radio de Verbinding is on the radio every Wednesday from 2 to 3 pm and Friday from 4 to 5 pm op Stads/Salto FM in de ether op 106.8 FM and online via www.salto.nl/player-stadsfm.



Boattrip for Jan's birthday

We have this client 'Jan' is his name. He said he wanted to celebrate his 65th birthday. But that was last year, now I brought my balloons with 66 to him on a sunny thursday.

Last year Jan heard that he has cancer in a terminal stadium. After a short time at the hospital, he is back and funny as usual.

But not too much drama, I just wanted to do something special for his birthday. He always wanted to go for a boattrip, but he never actually went..

In the quiet times of this corona crisis, it was actually quite easy to arrange a boat and a captain to pick Jan up from his backyard in Amsterdam North.

It was a sunny day
Jan was sitting on the roof of the cabin
And we enjoyed.



One day I woke up with a fever, a cough and painfull longues..

After a short visit to the doctor, she told me to 'stay inside for two weeks in order to get better'.

Normally I like to be around people and be outside of the house a lot. Staying inside the house is not easy, especially without tv. So I felt bored very soon.

I was lucky with my social worker, who arranged a tv for me, and also a vaccuum cleaner. Moreover, I receive a smartphone form the Digicafe, so was able to use whatsapp en facetime.

After 1,5 week I was healthy again and I visited my family. There I was surprised by my social worker, who brought a nice and healthy breakfast for my birthday and a as closure for this stressful period.

At the online platform 'wijamsterdam.nl', good ideas and initiatives from individuals in Amsterdam during this corona crisis can be presented. For example; Lending your autobus to the food bank, organizing 'Bingo at the Balcony' of sending postcards to elderly people.

Like this great ideas of helping people and fighting loneliness can be shared.

www.wijamsterdam.nl



Row your boat!

Our client Marcel is living on a small boat in Amsterdam-North (boating first;) Just before the Corona crisis Marcel's boat got stuck in a harbour for luxury yachts, because of a storm. Usually Marcel is capable to solve these kind of situations himself, but this was a problem, the motor on his boat was not strong enough to transport it back to where it is normally situated.

Luckily, our colleague Toon owns a boat himself and was glad to help him. Toon and Marcel's social worker Ruben dragged the boat out of the harbour and brought it to a better location. Of course, this was all done, following the 1,5 metre regulations. It was a great day, Marcel was really happy and Toon and Ruben were happy to have such a nice job ;)

Corona - time to slow down

What can we do to fight the increasing level of loneliness of our clients during this Corona crisis, one of our colleagues Marije (39) asked herself. At the same time, how can I entertain my 6- year old daughter, who can't go to school.. When she heard that one of the clients was sad because he couldn't go to his Bingo-activity, she came up with this very nice activity.. The legendary-from-the-start 'Discus Slow Home Bingo'!

The recent weeks 37 very enthusiastic clients received a message on their phone with numbers on several moments of the day.

Bingo- cards were sent to their homes with happy envelopes designed by Ara. She also made the numbers and selects them every time. Client Marcel "Bingo makes my days now! I wake up with it and go to bed with it.." Several personalised processes already have been distributed and two participants had their cards completely full. Such a nice activity to do at home!



The Discus Social Club (an initiative from clients for clients) organises walks for maximum 3 persons. Out of their own initiative they meet in order to fight loneliness. Like to join? : expertisecentrum@hvoquerido.nl

Corona challenge

Colleagues Jochem en Yassine came up with a Corona-challenge. Staying at home and having a lot of spare time, can be difficult. People can become more lonely and bored. That's why they came up with this idea..

Yassine and Jochem created a group app with all colleagues in order to collect als many challenges as possible (trough a short video). Each social worker can choose a challenge to share with a client. The idea is that both the social worker as well as the client will execute the challenge. Whether you choose one challenge or more, all is fine. Hopefully, clients will also come up with more challenges.

Some examples:

Jochems challenge

Go for a run! The difficulty of sporting is to get started.. Challenge someone!



Freeks challenge

Everyone has a book in the house that's on your reading list. Now that you're at home a lot, take the time to start reading.

Floris' challenge

Throw away one article that's in your house on the first day. The second day 2 articles and you will continue this for 30 days. On the last day, 30 pieces will be thrown away and your house will be a lot tidier

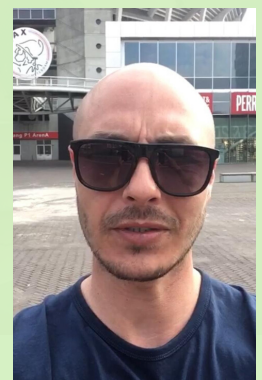


Valerie's challenge

To all parents, don't give up! With love and respect we will continue home-schooling!

Yassine's challenge

Say hi to your neighbour (even if you maybe don't like him/her too much) and bring a flower or chocolate. Show your positive side!



Yassine's 2nd challenge

Go to a place that makes your heart beat harder.. Joy and happiness come together at this place.



Liane's challenge

Go outside everyday for a walk, make a short movie and sent this to your social worker and vice versa. Stimulate each other to go outside and get active!

Angela's challenge

Start with breathing exercises. This will bring you a lot of health benefits!



Elise's challenge

Send a song or nice message to Radio de Verbinding!

Natalie's challenge

After bingewatching my favourite serie, I took the step.. I removed Netflix from my phone! Will you do the same? And think about how to fill the new gained time!



Maarten's challenge

Play the game HUBB. Go outside and find a small field. You can play this individually but make a competition with neighbours or friends in an app group.



Veerle's challenge

Go sporting in the park. For example do exercises for your legs, your bud and belly.



Help 'n Happie Voor Discus!



www.helpnhappie.nl

To help restaurants that are having a hard time during the crisis, and at the same time give some extra attention to lonely and vulnerable people, the organisation of Help 'n Happie raised funds to deliver a meal to our clients. Our colleague Teun organised this. Some of their responses:

- Andre: That was a nice attention! A nice and extensive meal!
- Carlo: It was nice, and also 'lekker'
- Levi: The food was delicious, a little more spicy than what I am used to.
- Tineke: I was not familiar with couscous, I thought I didn't like it but it was so good!!