



Case studies, stories, images and words from beneficiaries of Maximum Edge projects, about the impact that Covid-19 has had on them.

(Names have been changed when requested by the individual)

Peter, 47yrs, Street Homeless, currently residing in a Hotel

Peter introduced himself through a food bank and received essential item packs at the beginning of lockdown. He accessed the podcasts and maximum health e:book as well as some organised low-level walks. He is now in hotel accommodation.



“This photo was my home last Christmas.

At the top of the photo, there is a hedge that protected me from the wind. It’s interesting to see the leaves that have fallen, but not on me. There is also a skid mark or tyre track in the middle, so someone is still using the space to park something instead of themselves.

I cannot settle where I am, and waiting for the next chapter if they say “you cannot stay here anymore”.

People around me are enjoying the time, but my mind is further along, and I cry in my room at night sometimes thinking of what is next.”



Pam, 53yrs (Shop Assistant, now unemployed)

Pam was unemployed, isolated and alone through initial lockdown and told to shield due to severe asthma. She received essential item packs, and one-to-one online support as her husband took ill. Very sadly, Roger died in late May from Covid-19. We supported her afterwards and increased the befriending service until the end of lockdown, when her daughter moved in with her over the summer. As the second wave has evolved, we are still supporting Pam.



"I took this photo whilst out walking (to keep myself occupied). I have so many fond memories of my husband and our life together. I still cannot process what this disease has done to my life.

The mask was just discarded on the floor like I feel. I can only see one side of it lying there and it looks all alone. After looking closer I take some warmth at the leaf at the side which represents Roger to me. We are just about touching like we did walking around town - never holding hands he didn't approve - but feeling his shoulder was so comforting.

Notice the green shoots of grass mixed with the dead straw. These green shoots are me moving on and creating new memories without him.

I took the mask home, washed and dried it on a radiator. It will never be used again like it was bought for, but at least it's not now discarded."

Ian, 32yrs (Bar Manager, now unemployed)

Ian made contact via a foodbank after losing his job in early February. He made use of our podcasts and received one-to-one coaching in the areas of health and wellbeing, managing stress and change, resolving conflict and building confidence to move on.

"I have worked in pubs since I was 17 years old - collecting glasses and developed from there really.

I was out walking after one of our sessions and saw a massive grass cutter simply chew this empty beer can up and left it lying there.

I see this as my career I have really worked hard to develop. I remember the feeling of achieving that's gone.

If the can represents my career, then the machine represents Covid-19 moving forward cutting everything down in its path.

Please notice the new green grass on the photo which I see as the new skills to cope thanks to Dave [Maximum Edge]. "



Colin 44yrs, Dad, Husband, Son, Uncle, Brother

Colin utilised our online coaching sessions at the beginning of the lockdown, where we explored the topic of time management, how much time he would have on his hands, and how would he spend his time. Previous sessions included:

- ❖ mental health and resilience
- ❖ personal performance in isolation
- ❖ self-talk and its effects on routines and
- ❖ what is being happy



“Lockdown has been very positive for me; it has given me time. Time to think, time to have sessions with Dave [Maximum Edge], time to learn, time to play.

The pencil has allowed me to re-visit a hobby I had 20yrs ago which was sketching.

On reflection, time has gradually been taken off me over the years, meeting my wife and having children, investing in my family, parents, sister and a career.

I feel life has taken a good portion of my time, and lockdown gave me an opportunity to sketch again and have some time back.

I took the photo making a shadow over it purposely, as I see the shadow as post-lockdown when everything goes back to something like normal. Going back to work full time, children’s routines, family routines. My fondest memory is sat on a canal bank drawing a scene and the sense of peace it gave me.”

Elaine, 45yrs, Beautician Business Owner

Elaine made contact for support around health and wellbeing. Her business closed and staff put on furlough. She requested some coaching around motivation, mental health, structure and planning. Lockdown has been a dark place of uncertainty for Elaine and the staff members she feels responsible for.

We introduced the podcast and journal to support structure and some short walks with progression to longer more physically challenging, to keep her motivated. The online coaching highlighted emotional management, identified habits and triggers for negative thoughts, and managing change going forward.

Autumn, by Rainer Maria Rilke

The leaves are falling, falling as if from far up,

as if orchards were dying high in space.

Each leaf falls as if it were motioning "no."

And tonight the heavy earth is falling

away from all other stars in the loneliness.

We're all falling. This hand here is falling.

And look at the other one. It's in them all.

And yet there is Someone, whose hands

infinitely calm, holding up all this falling.



"Thank you so much for your support through the most uncertain and desperate period of my life. I have always made good choices and been sensible financially, but Covid -19 has been very dark for me. I chose this poem and picture as I felt I was falling like a discarded leaf from a full blossoming tree or business. The mention of hand falling represents my hands always up and working on nails, hair and treatments but felt they had fallen also with the inactivity of lockdown. I felt the last two lines were you and Maximum Edge who have brought calm to a panicking person and business owner and holding me up or supporting until I can open again. Thank you so much again"

Trish has received essential food packages and befriending since lockdown 1 started in March. She self-isolated and we increased the level of befriending visits to her, due to her isolation and family living in other areas of the country.

As lockdown 1 was relaxed we accompanied Trish shopping and to her local food bank to increase her level of walking and fresh air, plus communication with the centre staff. During this time, we supported her to explore with a tablet social media and contacting family by video. This was very positive for her, and still is now lockdown 2 has developed. We continue to support with essential food items, loan of a tablet and befriending.



Robert Frost's apple poem "Unharvested"

*A scent of ripeness from over a wall.
And come to leave the routine road
And look for what had made me stall,
There sure enough was an apple tree
That had eased itself of its summer load,
And of all but its trivial foliage free*

*The ground was one circle of solid red.
May something go always unharvested!
May much stay out of our stated plan,
Apples or something forgotten and left,
So smelling their sweetness would be no theft.*

"Thank you so much for everything you have done for me, it was quite embarrassing accepting help at first, but you and the volunteers soon became part of my days. When I was younger, I travelled to France a lot - and Italy with my husband when he was alive. I was amazed I could go back there on the tablet. I remember a beautiful apple orchard me and Frank walked hand in hand in when we were in our 20s. I chose the poem due to these memories but the photo I took going to Frank's grave with some flowers after lockdown. It's only half which is how I feel at present without him and the effect of Covid-19 has made me feel discarded and worthless with all support except yours abandoning me. I picked the apple up, took it home and cut it into small pieces and put it on my bird table in the garden. After three days it was gone and fed some small animals and birds to be useful, rather than be discarded. Thank you so much for what you have and are doing for me"



Maximum Edge is a Community Interest Company based in St Helens, Merseyside, which delivers learning/training opportunities for individuals and groups facing multiple barriers to progressing and achieving in life.

Common areas of concern are coping with change, lifestyle management, positive relationships, improving motivation, and dealing with anxiety.

We provide our service, when safe to do so, in one to one and group settings, but also have remote access via podcasts, online resources, email, phone and videocall and we have produced a guided journal “8 Weeks Towards Maximum Health”, available here on [Amazon](#)

We also currently provide support to a number of foodbanks and community hubs – and the staff and volunteers within them.

We work in collaboration with a number of other community organisations and professionals to provide a holistic approach to the develop and support of people.

For more information, please get in touch

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