



WHEN WORDS FAIL MUSIC SPEAKS

Case studies, songs, lyrics and meanings 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)



Paul, 44yrs, Warehouse Supervisor

Initially contacted via a former client when furloughed in March, **Paul** accessed the podcasts support around stress management, health and wellbeing, and setting different goals for himself. Initially drinking more, eating more, sleeping less and working from home, after 4 weeks of inactivity, he found it difficult to self-motivate. He accessed six one-to-one online coaching sessions to manage change better and set more realistic goals around his family.

Paul's song choice: *Tell me there's a heaven- Chris Rea* (Chorus only)

Paul's reflection on all the cases increasing during lockdown and trying to reason with the situation led to questions off his young children on why people are dying.



"I cannot thank Dave and Maximum Edge enough. A friend recommended them when I was struggling through lockdown. I found the podcasts and the one-to-ones enormously powerful and shifted my thinking.

The song was on one day on the radio, as the new death toll was announced and just stayed with me.

Thank you so much for the support."

Brian, 62yrs, Retired (Disability COPD)

Brian was receiving food parcels and essential items as part of initial lockdown since February. Sadly, he lost his wife of 42yrs in late May due to covid-19. He increased access to the befriending service alongside essential items and asked for more support due to extended family living in other areas.

He received support via phone through lockdown and just wanted to talk to someone due to isolation and the situation with his wife's passing, the funeral and everything involved.

Paul's song choice: *Only the lonely – Roy Orbison*

“Thank you to Maximum Edge for helping me through the most difficult time of my life. We were frightened and you brought us food, you talked to us when others were furloughed. When Mary left, you carried on and gave me hope. The song has been around for years but me and Mary adopted it when lockdown started but its very difficult for me to listen too now.”



Chris, 38yrs, Homeless Ex Military

Chris made contact via a foodbank, collecting personal food parcels mid-January. He was sleeping on the street and started to access the podcasts on his phone. He received one-to-one remote support making plans to access a shelter and put some structure in his life.

He spent most of lockdown in a hotel, reflecting on his personal journey and made a personal statement he is happy to share:



“I have done a lot, seen a lot, lost my wife and children as I didn’t appreciate them at a time in my life I should have. I was unfaithful and I am now ashamed of it.

I turned to crime to survive and sell for food; found peace in an entry for four months and listened to this song regularly off my phone”

Chris’s song choice: [All By Myself – Eric Carmen](#)

“Thank you so much for offering me a different path and the podcasts are my new dimension. Your sessions have helped me take responsibility for my actions and I have been clean now for three months and got my self-respect back, new people around me, new routines and journaling away to myself. Off for some calm with the headset”

Helen, 28yrs, unemployed due to loss of zero hrs contract at lockdown 1

Helen made contact through a local food bank and received essential food parcels due to her personal situation. She firstly lost her job at the beginning of lockdown 1, then as it progressed found out her partner was cheating on her.

She ended the relationship and sunk into a low place of isolation. She received support via volunteers befriending and chatting whilst receiving a food delivery, accessed the podcast and had ten one-to-one 10 online coaching sessions around self-esteem, confidence, pre employment skills, structure and aspiration. She gained a full-time position in warehousing at the end of lockdown 1

Helen's song choice: [*Don't Hurt Like It Used To – Grace Carter*](#)

(some explicit language)

“Maximum Edge you saved my life, thank you so much. I was very low during and after the breakup and alone with no one around due to lockdown in my flat.

The podcasts and sessions helped me realise it was an opportunity to move on, when I was ready.

I smashed the interview using your system and have better people around me now. The song really hit me one Sunday morning in bed listening to the radio and I went straight on the podcasts. Thank you so much for everything”



Colin, 32yrs, Unemployed

Colin has been struggling with addictive behaviours for most of his life. He contacted us as his support was taken away as lockdown progressed. He received essential items and food parcels and we supported from a distance through both the podcasts and online.

Lockdown was hard for Colin as he still misses his partner who left him late January to live in another area of the country. He received personal coaching around his structures in the house whilst isolated. He worked through a journal and accessed Maximum Health. As a result, when lockdown eased, he accessed more support, low level walking, and mindfulness on another of our projects.

Colin's song choice: [*Nobody Knows – Kevin Sharp*](#)



"I want to thank Max Edge for everything they have done for me. I struggle with the madness at times, but you didn't judge me.

Your chats opened how I feel and showed me with support I can mix with different and better people.

The song means a lot to me. I cover everything up inside so I can be the class clown but really, I am sad to lose my girlfriend. Thank you for allowing me to talk and for listening"

Edith, 72yrs, Retired

Edith attended another project with her husband of 51 years, Jack on Friday mornings - a social, playing bingo, having lunch, listening to music - the only time they got out other than shopping in town.

We supported Edith with essential food parcels and increased befriending support when we heard Jack was ill in February. Sadly Jack died in March. We supported her through the funeral period which was very difficult due to numbers and social distancing.

As we came out of lockdown, Edith started walking locally and visiting the grave every day. She is worried about the second lockdown and long term and we continue our support.

Edith's song choice: [*The Lonely – Christina Perri*](#)

“Thank you so much for being there for me. I really appreciate the chats and all the food parcels. I have been low since Jack left.

I first heard the song through his daughter as she lost her husband to cancer.

When I was younger, I also did ballet and after listening to it I feel it explains how I feel without Jack.”





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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