

## Interest Link Borders Respite Survey of Family carers and members' siblings March 2020 (with visualisation by Rebecca Douglas).

**We asked what family carers did with their time when the person they cared for was with their befriender or at a group.**

"I catch up with important Home Jobs when Gemma is at the group".

"I catch up with walking and getting exercise when Russell attends the adult group" Russell is in his 50`s and lives with mother who is in her 70`s

Katie`s mum says "Neil and I walk the dog together instead of separately, sort out bills and paperwork without interruptions". (Katie attends our children`s social group)

Ryan`s dad Gary says that he has time to go to the gym and catch up with stuff around the house when Ryan is at his group

Scott`s mum Isobel says she goes to yoga, swims and bakes. (Scott is autistic and attends our teenage social group).

"I meet up with friends, go for a swim or meal, or enjoy the peace watching TV with a glass of wine" said Sarah`s mum Linda. (Sarah attends our Best Friends Group for 25 year olds to 35 year olds)

Bruce Sarah`s dad says "it is really beneficial for Sarah to learn new skills and more importantly we both have free time to do whatever we want with peace of mind that Sarah is safe and secure with Interest Link."

Alex`s mum Gilly has a stress free dinner or gets some form of exercise (Alex is autistic and attends our teenage social group)

Jade`s mum Claire gets rest and more rest and spends one to one time with little brother Mac (Jade attends our teenage social group and has a 1-1 link with an older volunteer)

Catarina`s mum Christina supports Catarina`s wee sister with supper and homework and plays a game with her. (Catarina attends a teenage social group)

Blair`s mum Pam has a walk or catches up with friends. (Blair attends a children`s social group)

Paula`s mum Debbie says she catches up with knitting or her husband and do some shopping at their leisure.

Liam`s mum Kirsty cooks or spends quality time with Liam`s wee brother (Liam attends our children`s social group)

Matthew`s mum and Dad say they "Breathe Out" They mainly spend time with Glen, Matthew`s younger brother playing board games ( Matthew attends our Children`s social group)

Declan`s mum and dad spend time with other siblings (Declan attends our teenage social group)

Kacey`s mum Pam gets things sorted in the house in peace and spends some quality time with other family members. (Kacey attends our Children`s social group)

Logan`s mum Karen says she generally tidies up and prepares and tidies his safe space.

Daniel`s mum Debbie sees her friends for lunch or a pamper session or shopping or relaxes on the couch with a cuppa and a good book, not having to worry about what Danny is up too. When Danny was away overnight enjoying himself, younger sister Racheal camped out in the living room with snacks and a couple of movies. (Daniel is a service user who is part of the Famous Four)

Chris`s mum Agnes watches the TV in peace and quiet (Chris attends our 25-35 year old adult social group)

Niamh`s mum Tracey often goes to College to catch up with tutoring notes & preparatory work and also sometimes a run for a wee bit change of scenery when nights are lighter (Niamh attends Buddy cooking classes with Volunteer Frances)

Gemma`s dad Brian gets peace to watch TV (Gemma attends our children`s social group)

### **Siblings Responses**

Matthew`s brother Glen says "It`s quiet and peaceful when Matthew is away at Interest Link Dad is calm and easier to talk too."

Max, Alex`s brother says he likes a meal together to talk about normal stuff and not always having to be led into listing superheroes which gets tiring. "Mum used to be unable to take me to clubs without having to fight with Alex to leave the house which was very stressful. Because Alex has time out at his club at Interest List I can have more time with mum."

Mac, Jade`s little brother says he misses Jade when away to her group but likes mummy all to himself

Ruth, Catarina`s little sister says "I have more time with mummy and when daddy comes home there we can play games together, and do my homework, and make biscuits."

Rita is in her 40`s and feels that volunteers at Interest Link are fantastic and do a great job supporting Russell (her brother) to take part in activities in their community and that the respite aspect for her mum is invaluable.

Lewis, Logan`s brother, says he relaxes and does activities with mum Karen.

Blair`s brother Matthew says he has a meal with his mum and a blether about his work when Blair is away at his "Wee Club"

Gemma`s sister Alisha has independent time on her own and can catch up with what she enjoys in her own space



CALM

BREATHE  
OUT

RELAX

PLAY

no  
interruptions

ONE TO ONE  
**TIME**

QUALITY TIME  
with other siblings

PEACE  
of mind

**REST  
& MORE  
REST**

talk about  
normal stuff



more time with  
mummy & daddy

# ME TIME

# QUALITY TIME

# LIFE ADMIN



WE TRY TO BE A RAINBOW IN SOMEONE'S CLOUD

TOGETHER WE CAN MOVE RESPITE FORWARD

CREATING HEALTHIER COMMUNITIES



interest LINK  
friendship connections