**The Jam Project Testimonials COVID 19**

“My first year with Jam brought me greater experience than I anticipated. So much so, that I committed to another year. It’s fair to say this year has been very different to last but although we’re currently separated by distance, we’ve never been more together. It’s clear that Jam brings about community; and in times of uncertainty, community is what we all need. I appreciate the connectedness that the group provides and aspire to instil that sense onto our buddies” (Buddy, 2020).

“Whilst appearing intimidating at first, forming a strong relationship with my buddy during isolation has proven to be not only successful, but an incredibly unique and special experience. My buddy and I have maintained weekly communication since isolation began back in March, and have made an effort to make our chats are exciting, fun and meaningful. We have shared in each other's hobbies of painting and baking together, all over video, and this has been an amazing tool to bring us closer together. Our FaceTime's are still something both her and I look forward to every week, and having this positive and supportive partnership is exactly what we all need in this time of uncertainty” (Buddy, 2020).