



**caring mums**  
POWERED BY NCJWA VIC

### Caring Mums Testimonials COVID 19

"Michelle, Thanks so much for the group & your facilitation. I feel like when the council has not provided a service you have filled a needed gap especially during this time. Connecting people, allowing knowledge sharing, interaction and support is appreciated" (Mother, 2020).

"Hello Michelle, Thank you kindly for organising this Zoom meeting. It was really beneficial for me. I feel much happier knowing that I've make some new connections today...I also just need some normality during this time and I think it's a great idea to Zoom with the volunteer rather than do a phone call" (Mother, 2020).

"I'm sad that the program has come to an end, especially as for the last couple of months COVID forced us into lockdown, and I've had such a lovely connection with my volunteer". But these are extraordinary times, and I appreciate the time I had with her and what the program offered me for the length of time. I also appreciate your work and all the support you've offered me. Even though I'm time-poor and I struggle to attend all the Zoom meetings, I always feel a bit lighter afterward, coming away with some words of wisdom to ponder on. So this email is to say a special thank you for the amazing program you offer mums like me, in many ways it's been a lifeline" (Mother, 2020).

"From our initial face-to-face group training sessions to meeting online via our weekly Zoom sessions, the whole training program was such an amazing experience to be part of. The program was so well structured and delivered and covered everything I needed to know to feel comfortable as a Caring Mum volunteer. I also really enjoyed meeting and learning from the other wonderful volunteers and the expert guest speakers who called in to our sessions. Over the 5 + weeks I've learnt so much about how to be the best volunteer I can be, and along the way I've also learnt a lot about myself too. Thank you for this wonderful opportunity" (Volunteer, 2020).

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