There has been a huge response from young people offering to volunteer their time to help people within their communities during the COVID-19 crisis. Examples include helping neighbours with their shopping, collecting prescriptions and offering to walk people’s dogs who cannot get out to do it themselves.

Lucy Yates, 16 from Dunblane, has been volunteering at the Braeport Memory Café since 2019. When lockdown began in March as a result of COVID, Lucy wanted to help but was unsure what she could do.

Alongside her Mum, Lucy started to deliver soup to people who were shielding and writing letters of kindness to people within the community of Dunblane stating “*I started writing letters to give them something to read and to feel part of the outside world”.* Lucy continued “*I would tell them about my studies, my family, my dog walks and include photos etc.”.*

It is clear that Lucy’s kindness and stories about her life had a positive impact on the community as she often received letters back. Lucy said “*I loved when I got letters back. It actually made me really happy to find out about their lives pre and during Covid.*

Not only has Lucy made a huge contribution to her community during these challenging times but she has also developed many skills that will benefit her throughout her life. She said “*I felt a real sense of purpose, connecting with the elderly increasing my social and writing skills, further developing my empathy and truly understanding what my community meant to me.”*

