



ABCD in Leeds

Case Study - Sadif



The Beginning:

Sadif lives in Roundhay with her husband and six children. Being a wife and Mother has led to her becoming inwardly reflective and outward nurturing and she wanted to use her caring nature to make a difference to her local community.



The Journey:

When the COVID 19 lockdown started, Sadif wanted to help people to come together to support one another through the pandemic and for her street to become more connected with each other and to share similar aspirations.

Sadif wanted the community to connect socially and set up the WhatsApp group, which allowed communication to take place between residents to support one another on various issues and concerns about the impact of lockdown.

To spread the news Sadif posted her number and information about the WhatsApp street group through people's letter boxes on her street.

A few other residents heard about the group and contacted Sadif to say they would like to join the group as well as offer their time to help and support at risk and shielded residents in the community.

The response was amazing, with people of all ages volunteering their time to come together and help others.

In the first few weeks all the residents supported one another with shopping, dropping off food and non-essential items and passing on useful information.

As the weeks went by individuals started sharing their interests and passions, and people started to communicate regularly, and directly with one another, relationships formed, and friendships grew.



"I have lived in this street for over 35 years and it is only now I feel a sense of togetherness and community."

Street resident

Sadif was approached by Sky News to record diaries of the lockdown on her street with some of the residents.



<https://news.sky.com/story/coronavirus-meet-the-residents-living-on-lockdown-road-in-leeds-11976689>

The Impact:

Friendships formed from the WhatsApp group being initiated, a walking group, a peer support weight management group, virtual coffee mornings.

Residents passionate about supporting charities gave donations of food and clothing.

Residents who shared passion about keeping the street woods clean started a litter pick up group.

Another used her talent as a physical activity instructor to offer Qi Gong sessions and Yoga (through Zoom).

Sadif has become a social catalyst for her local community during the Covid-19 pandemic, a 'Community Connector' focusing on "what's strong rather than what's wrong".

Sadif found opportunity to create new connections with a shared common purpose.

