

COOKHAM SOS

Elizabeth House Day Centre in Station Hill was initially the hub of Cookham SOS, but when it had to shut its doors due to COVID 19, Trustees donated its building and resources including staff and telephone numbers to the project which provides contact (befriending), shopping, prescription collection / delivery and dog walking to local residents. A virtual day centre has been provided to existing members of the Day Centre by keeping regular contact with those who would otherwise be on their own.

The Day Centre has now had to close its doors but staff continue to work from home providing much needed support and co-ordinating volunteers.

Cookham SOS has 300 volunteers 20 of whom undertake all the pharmacy runs. The volunteers are split into 39 groups to ensure that people in every street of Cookham have everything they need. The volunteers support approximately 1000 households many 5 days a week others on an ad hoc basis.

Miriam Blazey, Manager of Elizabeth House, says the project whilst supporting many Cookham residents also continues to support about 80 of the day centres 200 members. Another 40 members based in Maidenhead are being supported by the Al-Tawheed Islamic Education Centre (Helping Hands Group) whilst others are supported directly by family or online with shopping deliveries.

Working with other groups such as Magpie Community Care and Helping Hands has enabled more people to be supported locally by volunteers in their area.

Staff and volunteers report that members are doing remarkably well, with some managing to Facetime with family, teach grandchildren new skill over Zoom chats and celebrate birthdays.

Cookham SOS have set up a Whats-App group which links a number of voluntary and support groups including Bourne End SOS , Marlow SOS, Datchet SOS and others with the purpose of peer support and to share best practice, develop ideas, share information on what support is available and much more.