

Beamish Crees

Brian, Participant

[Text: Brian, Participant at Beamish Cree]

Images [Graphic skyline image across bottom of page. Logo with County Durham Together Partnership logo and Better for everyone strapline]

[Video: Brian sat in kitchen at Beamish's Clover Cottage]

[Brian: I initially came to this group by mistake. It all started before Covid happened, I took early retirement from the Council, and I started getting involved with a local charity that I'm now chair of. I was also a very busy new grandad, so my time was filled up but then Covid happened and everything stopped and during that time I found it quite difficult. Then as it started to lift, I was a bit lost of what to do, I didn't know what to do. I started getting panic attacks and my health sort of started to suffer. I was visiting Beamish, and they had an open day here and I just stumbled into it really. I came along and it was difficult at the beginning because it was new people with different ideas than I was used to than the people I normally work with. When I was employed, I used to work with hundreds of people, different people every week and that's gone down to working with nobody. And then all of a sudden, I had to try build back up again. So, it's helped in that way, you know to build my confidence up again. I think it grew from that, I started getting involved in various projects, I've always had an interest in craft and art so it's it kindled that again. Some of the people here are from completely different backgrounds from areas I've worked with before and I found that quite interesting as well to see the different points of view and different sorts of people.

[Images: County Durham Together Partnership logo]