

# DOCUMENTING LOCKDOWN

*Hampshire & Isle of Wight*



LUCY THOMPSON

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## ABOUT THE AUTHOR



Hi! I'm Lucy Thompson and I'm a graphic designer from the Isle of Wight. I have achieved a BA (Hons) in Graphic Design (2020) and an MA in Visual Communication (2021).

This book blossomed from an idea I had for my Final Master's Project. I aspire to be the director of my own graphic design company in the future. Hopefully releasing, 'Documenting Lockdown, *Hampshire & Isle of Wight*' will get me one step closer to my dream.



This book is for all those who lived through the lockdowns of the COVID-19 pandemic and for those who want to learn about how people dealt with the lockdowns.

This book is also dedicated to our amazing NHS and keyworkers who kept us going throughout the pandemic.

*Thank-you!*



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# CHAPTER 1

## *The Virus*



The Coronavirus (COVID-19) turned the world upside down from November 2019. This chapter explains what the Coronavirus is, how it started and how it became so dangerous that countries around the globe had to lockdown.



## WHAT IS THE CORONAVIRUS?

“Coronaviruses are a large family of viruses with some causing less severe disease, such as the common cold” (WHO, 2020).

“COVID-19 or the Coronavirus is an infectious disease that spreads through saliva or discharge from the nose when an infected person coughs or sneezes” (Action Aid, 2020).

## WHAT DOES COVID-19 MEAN?

“COVID-19 is the scientific term for what is known as the Coronavirus. ‘CO’ stands for Corona, ‘VI’ stands for virus and ‘D’ stands for disease” (Google, 2020).

## WHAT IS A LOCKDOWN?

“If there is a lockdown, people must stay at home unless they need to go out for essential reasons such as going to work, buying food or taking exercise” (Collins, 2020).

## WHAT IS A PANDEMIC?

A pandemic is an outbreak of a disease that spreads over a whole country or over the world. The Coronavirus was declared a pandemic as it caused nearly 4 million deaths worldwide including 128,000 in the UK to date (4/7/2021). The Coronavirus has spread over nearly every country in the world.

# IT ALL STARTED IN THE CITY OF WUHAN, CHINA...

It is reported to originate from a meat market where locals shop for groceries. The range of animals available combined with their extremely close proximity to one another and the poor regulations created an environment for viruses to leap from animals to humans.

Hygiene is comprised when fluids from animal slaughter mix. These conditions are what makes a virus able to leap between other animals which can infect humans when handled or consumed.

It is believed by scientific researchers that the Coronavirus originated in bats but they're unsure exactly how this got passed onto humans. This may take years of research and examination to discover.

China first reported that they had a cluster of cases of pneumonia in Wuhan on New Years Eve 2019. This was later identified as COVID-19. A couple of weeks prior to this, Dr Li Wenliang alerted his colleagues over social media about this new virus and the severity of the disease. Wenliang was silenced by authorities for "spreading false rumours." Sadly, 2 months later, Wenliang died of the Coronavirus. This with many other factors sparked some conspiracy theories as to why this was being covered up.

As the Coronavirus began to spread across China in January 2020, WHO (World Health Organisation) published their first story on the Coronavirus, telling the rest of the world about this new virus and what was going on in China at this time.



DR LI WENLIANG'S MEMORIAL  
WUHAN, CHINA  
PHOTOGRAPHED BY LAM YIK FEI, 2020

On the 23rd of January 2020, Wuhan went into their first lockdown in an attempt to contain the Coronavirus within the city of 11 million people. However, the Coronavirus had been spreading 2 months prior to measures being put in place so the Coronavirus had already spread to other countries. All flights in and out of China were stopped to minimise the spread.

It wasn't long until the Coronavirus reached the UK, the first confirmed case was recorded in York, England on the 20th of January 2020. The amount of people with confirmed cases of the Coronavirus increased to 23 by the end of February 2020. The Prime Minister (Boris Johnson) made a statement that we should carry on as normal, highlighting that everything was under control. However, just 3 days later the cases

doubled to 51 and then tripled to 163 cases another 3 days later! It was clear that the Coronavirus was spreading rapidly, killing the elderly and vulnerable.

Johnson knew he had to do something to stop the spread and minimise the deaths, so on the 23rd of March 2020 the UK initially went into its first national lockdown for 3 weeks...



# COVID-19 CONSPIRACY THEORIES...

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YouGov - Cambridge Globalism Project held a survey in October 2020 to see how many members of the public believed various conspiracy theories about the COVID-19 pandemic. 26,000 people in 25 different countries across the world took part in the survey.

The statistics in this survey show that the majority of people in the UK did not believe the conspiracy theories about the pandemic. However, it is important to acknowledge this controversial side to the pandemic.

The results showed that 20% of British people who took part in the survey believed that the number of people reported to have died of the Coronavirus had been exaggerated. People had trouble trusting the PM due to confusing and inconsistent rules.

Between 1 in 4 and 1 in 5 British people who took part in the survey believed that the Chinese government created and spread the Coronavirus deliberately.

28% of British people who took part also believed that the world is run by a secret group known to conspiracy theorists as the Elite. The Elite are believed to be the richest and most powerful people in the world and because of their wealth, they have the power to control governments around the globe.

19% of British people believed that the vaccine is not credible. Some even believed that the vaccine contained harmful substances that would not only not protect them from COVID-19 but make them very ill. People who believe this, believe that the motive for this is to get the population down.



ANTI-LOCKDOWN MARCH  
LONDON, ENGLAND  
PHOTOGRAPHED BY EPA EFE, 2020

These views on the pandemic lead to anti lockdown marches in March 2020 and October 2020. At a time when everyone was told to stay at home, the few who believed the government had ulterior motives started protesting in the streets of London and Leicester.

They did not socially distance or wear masks to send a subliminal message that they would not follow their rules. They held up placards saying phrases such as "The media is the virus" and "It's all about control."

When the vaccine was released in March 2021, people who believed in the conspiracy theories declined their invitation to get their COVID-19 vaccination. This quickly created a divide between people who wanted the vaccine and the people who

did not. Unfortunately, the nation became divided at a time where we needed to come together and support each other through these tough times.

People who wanted the vaccine were branded as sheep and people who didn't want the vaccine were branded as selfish. There was so much societal pressure for everybody to get vaccinated, that some people gave in despite their beliefs. Some people lost their jobs through refusing the vaccine and some lost their friends and had conflicts with family due to opposing opinions.

The next pages show a basic time line of what happened throughout the months of the COVID-19 pandemic.

# MARCH 2020...

## 16TH MARCH

Prime Minister says now is the time to stop any unessential contact and travel.

## 23RD MARCH

Prime Minister announces the first national lockdown to begin in the UK for 4 weeks. All schools, colleges and universities worked remotely.

## 26TH MARCH

Lockdown measures legally came into force.



# APRIL 2020...

## 16TH APRIL

Lockdown was extended for another 3 weeks.



NEWPORT HIGH STREET  
NEWPORT, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# MAY 2020...

## 3RD MAY

The UK had the highest number of deaths in Europe and the second highest in the world.

## 10TH MAY

Prime Minister announced plan for gradually lifting the lockdown. People who could not work from home should return to work but avoid public transport.



COVID-19 SOCIAL DISTANCING SIGNAGE  
SHANKLIN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# JUNE 2020...

## 1ST JUNE

Year 1 - year 6 went back to school.

## 15TH JUNE

Unessential shops reopened in England.



STAY SAFE SHOP SIGNAGE  
NEWPORT, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021



# JULY 2020...

## 4TH JULY

Restrictions eased in England including the reopening of restaurants, bars, clothes shops, hairdressers etc.

## 24TH JULY

Face coverings were made mandatory when entering a public place. There was a £100 fine in place for people who did not comply.



# AUGUST 2020...

## 3RD AUGUST

The “Eat out to help out” scheme was introduced to help hospitality businesses get back on their feet. This scheme meant that people could get up to £10 off their bill when visiting a pub or restaurant throughout the month of August.

## 14TH AUGUST

Restrictions eased further, indoor theatres, bowling alleys and soft play reopened.

## 28TH AUGUST

People organising gatherings of 30 people or more could be fined up to £10,000.



# SEPTEMBER 2020...

## 19TH SEPTEMBER

If people refused to self isolate for 10 days they could get fined up to £10,000.

## 22ND SEPTEMBER

10pm curfew introduced to the hospitality sector including pubs and restaurants.



SOCIAL DISTANCING SHOP WINDOW SIGNAGE  
SHANKLIN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# OCTOBER 2020...

## 14TH OCTOBER

3 tier system of COVID restrictions introduced to England. Tier 1 had the least amount of restrictions whereas tier 3 had the most amount due to higher cases/deaths.

The Isle of Wight and Cornwall were the only areas in Tier 1 at this stage.

## 31ST OCTOBER

2nd national lockdown announced to prevent a medical disaster for the NHS.

1 million lab confirmed cases of COVID-19 since the start of the outbreak.



STAY AT HOME CHILDREN'S ARTWORK  
RYDE, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# NOVEMBER 2020...

## 5TH NOVEMBER

The 2nd national lockdown begins.

## 24TH NOVEMBER

Announcement made about Christmas gatherings. Prime Minister stated that 3 households are able to meet up over the week of Christmas (23rd-27th December).



CHRISTMAS TREE AT MORRISONS  
LAKE, SANDOWN, ISLE OF WIGHT  
PHOTOGRAPHED BY MORRISONS COLLEAGUE, 2020

# DECEMBER 2020...

## 1ST DECEMBER

Death toll rose to 75,000 in the UK.

## 2ND DECEMBER

The 2nd national lockdown ended and pubs reopened. Stricter restrictions for tiers 2&3.

## 19TH DECEMBER

Tier 4 is introduced, this is essentially a local lockdown. London was one of the first places to be put into Tier 4.

The Prime Minister cancels Christmas for people in Tier 4, which effected 18 million people across England. The 5 days promised (23rd-27th December) was shortened to 1 day, Christmas Day.



FACE MASK PUB SIGNAGE  
NEWPORT, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# JANUARY 2021...

## 4TH JANUARY

Prime Minister announced 3rd national lockdown.

## 6TH JANUARY

3rd national lockdown starts.



3RD LOCKDOWN SHOP NOTICE  
SHANKLIN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# FEBRUARY 2021...

## 22ND FEBRUARY

Roadmap being constructed to get the UK out of lockdown.

## 24TH FEBRUARY

GCSE and A Level students exam results were decided by coursework, mock exams and teacher assessment due to exams being cancelled due to COVID restrictions. This meant that a lot of students got down graded and many not able to get into university.





# MARCH 2021...

## 1ST MARCH

60-83 year olds invited to get their first COVID-19 vaccination.

## 6TH MARCH

56-59 year olds invited to get their 1st COVID-19 vaccination.

## 8TH MARCH

Primary and Secondary students returned to school in England.

## 17TH MARCH

50+ year olds invited to get their 1st COVID-19 vaccination.

## 18TH MARCH

Prime Minister gets his 1st dose of the vaccine.

## 20TH MARCH

Anti-lockdown march in London. 33 arrests were made for breaching COVID restrictions.

## 23RD MARCH

A year since the UK went into its first lockdown.

# APRIL 2021...

## 1ST APRIL

It became mandatory to sign into bars and restaurants. (Name and mobile number or sign in with NHS app so they can contact you if anyone has had COVID-19 during/after your visit).

## 3RD APRIL

COVID passport system trialled.

## 13TH APRIL

Moderna vaccine was rolled out.

## 30TH APRIL

40+ year olds invited to get their 1st dose of the COVID vaccination.



SANITIZE AND SIGN IN PUB SIGNAGE  
RYDE, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# MAY 2021...

## 17TH MAY

Pubs opened for inside seating as well as outside. Sign in still required.

## 19TH MAY

37&36 year olds invited to get their 1st COVID vaccination.

## 20TH MARCH

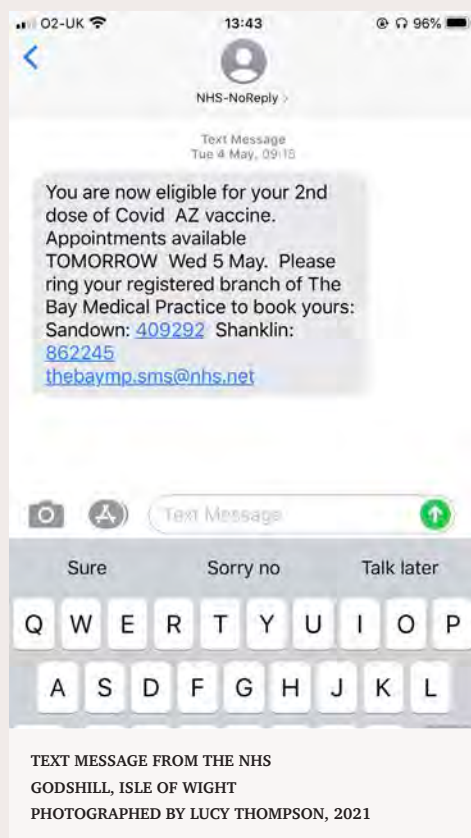
35&34 year olds invited to get their 1st COVID vaccination.

## 22ND MAY

32&33 year olds invited to get their 1st COVID vaccination.

## 26TH MAY

30&31 year olds invited to get their 1st COVID vaccination. 21st June promised to be the day most of restrictions are eased.



# JUNE 2021...

## 1ST JUNE

UK recorded 0 deaths from COVID-19 for the first time since March 2020 over a 24 hour period.

## 8TH JUNE

25-29 year olds invited to get their 1st COVID-19 vaccination.

## 15TH JUNE

23-24 year olds invited to get their 1st COVID-19 vaccination.

## 16TH JUNE

21-22 year olds invited to get their 1st COVID-19 vaccination.

## 18TH JUNE

18-20 year olds invited to get their 1st COVID-19 vaccination.

## 19TH JUNE

Prime Minister announces that we will reopen on the 19th of July rather than 21st June due to safety concerns.

# JULY 2021...

## 12TH JULY

Prime Minister and Health Secretary almost confirm that restrictions will be lifted on the 19th of July.

## 19TH JULY

FREEDOM DAY! Restrictions lifted in the UK. Masks are no longer mandatory in public places and no social distancing is required.

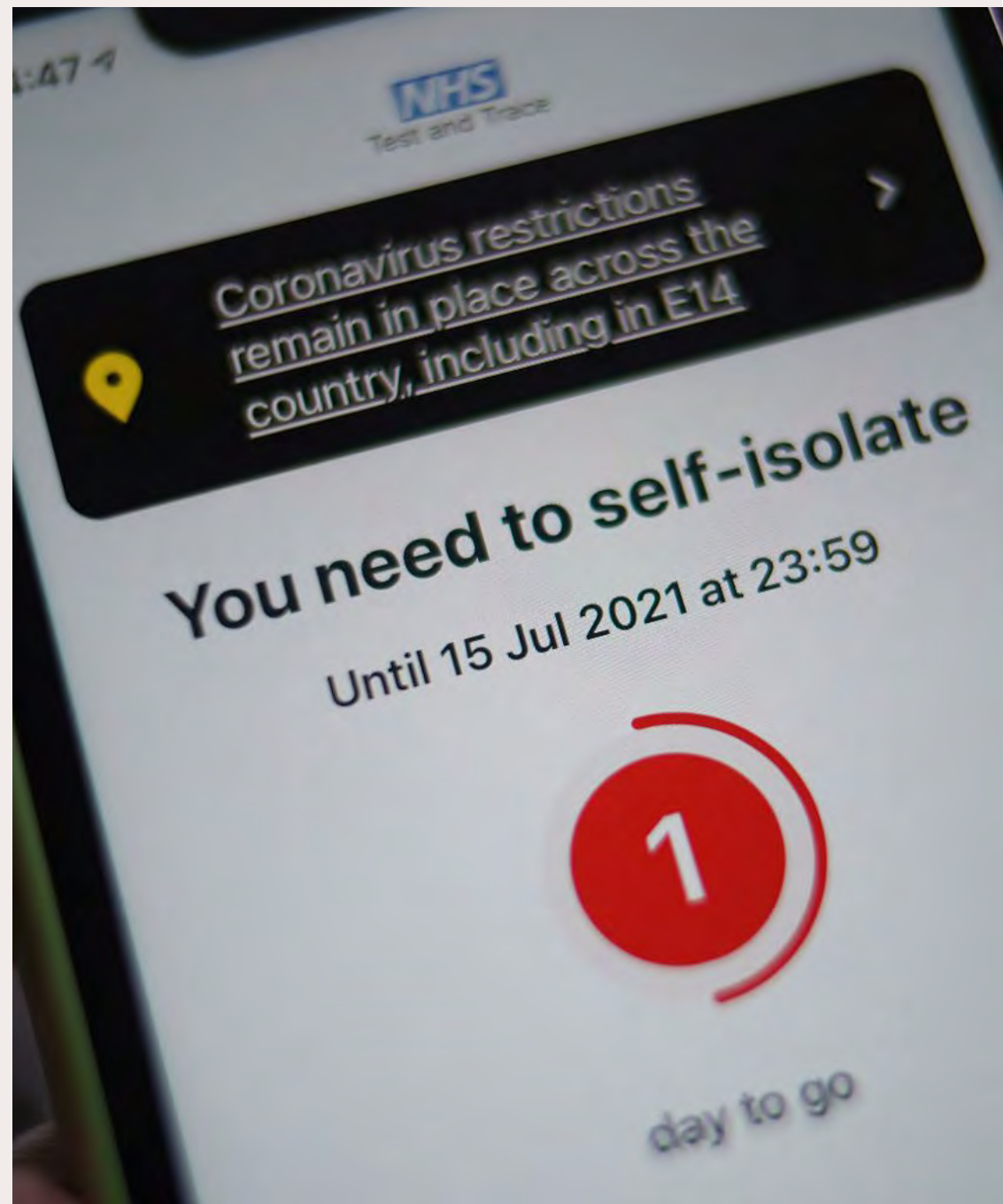
## 20TH JULY

1.7 million pupils absent from school 12th-16th July due to COVID related reasons.

## 21ST JULY

Shortage in workers due to NHS app telling people that they need to self isolate. This disaster has been coined a “pingdemic.”

Iceland had to temporarily close some of their supermarket stores across England due to extreme staff shortages. This led to fear of other supermarkets closing.



# CHAPTER 2

## *Interviews*



12 people ranging from the ages of 22-57 were interviewed on their personal experiences of lockdown. The purpose of this chapter is to highlight how people in different situations have dealt with the ups and downs of lockdown.



# George's Interview

George 22, a student living on the Isle of Wight suffers with anxiety, depression and is physically disabled. This interview gives a perspective on how lockdown effected students, people with mental health disorders and people with physical disabilities.

**What has your personal experience of lockdown been like?**

*"My experience has been quite stressful. I suffer from Generalised Anxiety Disorder, Depression and Emotionally Unstable Personality Disorder and not being able to go out if I want/need to has definitely made my symptoms worse. I am also physically disabled so going out for a walk in itself is very difficult for me. Though I understand why the lockdown is absolutely necessary, it has definitely had a negative impact on my self worth and my mental health. I also find myself feeling too anxious to leave the house on the few opportunities when I am able to do so. I hear stories of people being spat on, or just people being generally inconsiderate towards others. I constantly worry that I will catch the coronavirus because other people are not being careful enough."*

**On a scale of 1-5, how anxious were you about leaving the house?**

*"5."*

**How has lockdown effected your mental health?**

*"As I have stated before, my symptoms have become more severe because I am constantly trapped at home. There are fewer distractions and fewer management techniques that I can use because of the lockdown restrictions. In addition, GP surgeries and mental health teams are much slower at responding to a crisis since the lockdown has begun. This makes getting the support I need difficult at times."*



**How has lockdown effected your relationships with your partner, friends and family?**

*"Everyone is very on edge and very frustrated with the situation. Because tensions have risen at home, family members are much more likely to butt heads with one another. I have personally found that living in a household with multiple people suffering from mental health issues has also become more difficult. Our symptoms have heightened because the pandemic situation is very stressful. This means that if one of us is struggling at any point, we are very likely to unintentionally trigger the other person."*

**What hobbies have you started due to more time available in lockdown?**

*"I have mostly just maintained the hobbies I had before lockdown. I do a lot of drawing and I play video games or watch films."*

**What have you been doing to keep yourself entertained throughout lockdown?**

*"Video calls with family members, reading books, watching films, playing games. Though after a while of being in the house, things begin to feel a bit claustrophobic."*

**What has been difficult throughout lockdown?**

*“Managing my mental health, not seeing my family, not being able to just go for a drive to get some fresh air if I need to. Hospitals, GP surgeries and mental health teams also have very long delays which can be incredibly frustrating.”*

**What has been a blessing throughout lockdown?**

*“My family and my pets have been very supportive throughout lockdown. I am also very grateful for the brave and selfless key workers that have been on the front line throughout the pandemic.”*

**Do you think the world will ever be the same?**

*“No.”*

**What do you miss most about pre lockdown life?**

*“Not having to worry all the time about contracting a virus. I miss being able to just go for a coffee with a friend without having to worry about my safety or the safety of others.”*

**If you're a student, what has it been like working remotely?**

*“It has been incredibly difficult. The university's services have no staff managing*

*the phones and emails take a very long time to be replied to. This can be frustrating when I am in need of support or advice. It is also hard to be able to concentrate on studies when the situation around me is so stressful.”*

**What life lessons have you learnt throughout lockdown?**

*“Unfortunately it is a negative one, but it's one that has been very evident to me throughout lockdown: Most people will only look out for themselves. Whether that means they will hoard essentials such as food or toilet roll, or if they start to drive recklessly because there are less people in the road, or if they walk too close to you because they just don't care about the pandemic. There are people like this everywhere, and they're more common than I once believed. I always feel like I have to worry about what other people are doing more than what I am doing in order to keep safe.”*

**Have you got any advice for future generations if a lockdown should happen in the future?**

*“Be mindful and considerate towards others, even if others don't do the same. We are all human at the end of the day and we all have needs, feelings, ideas (etc) We need to look out for one another rather than just hoarding stuff for ourselves.”*



PANICKY IN THE UK  
NEWPORT, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# Chloe's Interview

Chloe 25, is a stay at home mother on the Isle of Wight with four children. This interview gives a perspective on how lockdown effected mothers and young children.

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**What has your personal experience of lockdown been like?**

*"Hard. I've had a baby and had to labour alone, my mental health has slowly declined and I've found it harder and harder to keep from acting on my negative thoughts."*

**On a scale of 1-5, how anxious were you about leaving the house?**

*"2."*

**How has lockdown effected your mental health?**

*"It's awful. Before lockdown I was confident and happy the majority of the time. Now I'm not confident, I loath my body image and I'm either teary or numb."*

**How has lockdown effected your relationships with your partner, friends and family?**

*"Yes. I'm struggling to reach out to friends and family for support or a chat."*

**What hobbies have you started due to more time available in lockdown?**

*"Does sleeping count as a hobby?"*

**What have you been doing to keep yourself entertained throughout lockdown?**

*"With 4 kids in fairly busy anyway but I've been trying to play games and watch films/tv series to stay entertained."*

**What has been difficult throughout lockdown?**

*"The isolation sucks. Not being able to see people or socialise has been very hard. It's also been incredibly hard to not be able to get a proper break from the kids."*

**What has been a blessing throughout lockdown?**

*"My partner. He's been so supportive and tried to be as helpful as he can."*

**Do you think the world will ever be the same?**

*"No."*

**What do you miss most about pre lockdown life?**

*"Being able to go out and switch off knowing the kids are safe. A proper break where I'm not just someone's mum."*

**What life lessons have you learnt throughout lockdown?**

*"The summer holidays aren't as bad as I once thought."*

**Have you got any advice for future generations if a lockdown should happen in the future?**

*"Don't stock pile, there is enough for everyone. Don't expect it to go away quickly and use your common sense."*



CHLOE AND HER CHILDREN  
COWES, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021



# Simon's Interview

Simon 36, is a retail worker (key worker) on the Isle of Wight. This interview gives a perspective on how lockdown effected key workers.

**What has your personal experience of lockdown been like?**

*"Lockdown has been a mix of fear, uncertainty and determination."*

**On a scale of 1-5, how anxious were you about leaving the house?**

*"3."*

**How has lockdown effected your mental health?**

*"Been feeling more isolated and cut off, it's insane the interactions we take for granted."*

**What hobbies have you started due to more time available in lockdown?**

*"Been stepping up running and rediscovered video gaming, the gaming especially is one of the few things to do with friends."*

**What have you been doing to keep yourself entertained throughout lockdown?**

*"Netflix has been a godsend!! Not to mention doubling down on graphic design projects."*

**What has been difficult throughout lockdown?**

*"Keeping myself occupied, especially in the winter months when the weathers been awful. Sometimes you get sick of your own company."*

**Do you think the world will ever be the same?**

*"Not sure."*

**What do you miss most about pre lockdown life?**

*"I feel that lockdown sucked the spontaneity out of life, I miss the feeling of ringing up a few friends and impulsively doing something together."*

**If you're a key worker, please explain your experience?**

*"Being a key worker during a pandemic has been the mother of all roller-coaster rides. From gratitude one minute to downright rudeness the next."*

**What life lessons have you learnt throughout lockdown?**

*"Most overused cliché ever but life is too short, it's not the numbers in a bank account or material things you own, it's the memories you draw back on when it's all said and done."*

**Have you got any advice for future generations if a lockdown should happen in the future?**

*"Look out for friends and family. Set projects for yourself. Keep yourself busy and active."*



COVID-19 SIGNAGE  
SHANKLIN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# Christopher's Interview

Christopher 28, a student living on the Isle of Wight suffers with depression, autism and dyslexia. This interview gives a perspective on how lockdown effected students and people with mental health illnesses and disabilities.

.....

**On a scale of 1-5, how anxious were you about leaving the house?**

*"1."*

**How has lockdown effected your mental health?**

*"Well my mental health hasn't really changed pre lockdown and now I have bad times like I'm at a bottom of this dark hole and everything is grey but this happens more than once a year more so this year, but not because of lockdown mostly its that I'm 28 this year and I haven't achieved anything and I feel like being a creative was the wrong choice and I should have done a normal 7-5 job."*

**How has lockdown effected your relationships with your partner, friends and family?**

*"No, because I don't really have friends and my family will call if they need to talk about something or text."*

**What hobbies have you started due to more time available in lock down?**

*"I started learning how to make stuff out of silver."*

**What have you been doing to keep yourself entertained throughout lockdown?**

*"Uni work and watching YouTube tips of software that I'm learning."*



MASK  
NEWPORT, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

**What has been difficult throughout lockdown?**

*"Eating, but that's about normal for me and my family."*

**Do you think the world will ever be the same?**

*"No."*

**What do you miss most about pre lockdown life?**

*"Not much to be honest because I didn't really go out before lockdown, only times I did was to go to uni or celebrate New Years."*

**What has it been like working remotely as a student?**

*"Weird at first, but it seems like the uni has got it figured out compared to the first lockdown."*

**What life lessons have you learnt throughout lockdown?**

*"If you hit a low point no matter how long there is always stuff to do so just do it."*

**Have you got any advice for future generations if a lock down should happen in the future?**

*"Don't go out there is no need for it because you can get everything online."*

# Lucy's Interview

Lucy 22, is a retail worker (key worker) in Southampton. This interview gives a perspective on how lockdown effected key workers.

**What has your personal experience of lockdown been like?**

*"Overall, it hasn't been that bad. It's given me and my partner more time together where I was usually always out at work, uni and meeting people, whereas now we get to spend time together and have gotten closer together which I didn't think was possible after 5 years. I have not been able to see my family for almost 7 months now and it feels so strange, I live a 4 hour train journey from any family so all I have here is my partner so we have become so much more supportive for one another. Working in retail has changed my view of the public as seeing people be verbally abusive towards myself and colleagues over only being able to purchase 1 loaf of bread instead of 2, has shown me how awful people can be."*

**On a scale of 1-5, how anxious were you about leaving the house?**

*"1."*

**How has lockdown effected your mental health?**

*"It made my anxiety worse for when coming out of second lockdown I didn't know what to feel as I didn't feel that it was fully safe even though we were told it was. I did get caught up in a depressive state of going to work everyday coming home and sleeping, working 40-45 hours a week just becoming a shell of who I am."*

**How has lockdown effected your relationships with your partner, friends and family?**

*"It has strengthened my relationship with my partner, made us even more best friends than before and we have a lot of fun when we're together. It's weird to be FaceTiming family and friends so much more and not being able to see them at all. I do not hear from friends as often as I thought I would, especially when there's nothing to do."*

**What have you been doing to keep yourself entertained throughout lockdown?**

*"Watching new films and tv shows with my partner, organising family zoom quizzes and having FaceTime catch ups with friends and families."*

**What has been difficult throughout lockdown?**

*"Losing my granddad was really hard, and having to mourn him in my tiny flat with my partner, not being able to be with any of my family and also having to be at work and continue with university work whilst dealing with this grief."*

**What has been a blessing throughout lockdown?**

*"Being locked down with my partner, we both caught Covid and had to isolate for 2 weeks, we had never spent 2 weeks straight together but we loved it and have found how much we love spending time together and enjoy it more*

*than anything."*

**Do you think the world will ever be the same?**

*"No."*

**What do you miss most about pre lockdown life?**

*"Hugs!!!! Being able to be in the same room as family."*

**Please explain your experience as a key worker**

*"Customers have been very rude and inconsiderate, many were stock piling and didn't care that we had to limit amounts so elderly and key workers could get access to it. It was a horrid experience and even now, not many people come into store with a face mask or social distancing which disgusts me. I feel helpless."*

**What life lessons have you learnt throughout lockdown?**

*"The value of true friendship and trust."*

**Have you got any advice for future generations if a lockdown should happen in the future?**

*"Make the most of your time with family and friends while you can, material things don't matter: what you'll miss are hugs and people."*

# Charlotte's Interview

Charlotte 24, is a student living in Southampton. This interview gives a perspective on how lockdown effected students living in student housing.

## What has your personal experience of lockdown been like?

"Initially, during the first lockdown March 2020, my mental health was stable and I was in a long term relationship. Due to not realising how severe Covid-19 was going to become, I treated it as a well deserved time off, after nearly completely my undergraduate course (BA Makeup and Hair Design). Due to my career choice and industry, this also stunted any possible jobs or work experience opportunities in the near future, leaving me with believing that a Masters Degree was my only choice (as jobs were being restricted over time). Completing my Undergraduate degree and starting MA Visual Communication in September 2020, during a global pandemic, was shy of difficult. I was determined to make the best out of a bad situation. This also is gradually fading due to my mental health issues."

## On a scale of 1-5, how anxious were you about leaving the house?

"4."

## How has lockdown effected your mental health?

"Over the last year, my mental health has gradually deteriorated, I have been struggling and having mental blocks, feeling numb."

## How has lockdown effected your relationships with your partner, friends and family?

"My long term relationship with my partner at the time, gradually disappeared. This was very hard to come to terms with at the time. My home town is in East Midlands, that is where all my family is based. Due to being a student at Solent University, this means during lockdowns, it can be extremely difficult

without your family members being around, to comfort you, ground you, and to tell you "everything is going to be alright".

## What hobbies have you started due to more time available in lockdown?

"Unfortunately, I have not started any hobbies. Due to my mental health, I did not/do not feel productive, motivated or interested in extra hobbies."

## What have you been doing to keep yourself entertained throughout lockdown?

"Due to currently being a Visual Communications student, this has kept me reasonably busy. I believe that if I did not continue in full time education, I would have deteriorated progressively faster."

## What has been difficult throughout lockdown?

"Due to my career choice and industry, Covid-19 has also stunted any possible jobs or work experience opportunities in the near future, leaving me with believing that a Masters Degree was my only choice (as jobs were being restricted over time). Completing my Undergraduate degree and starting MA Visual Communication in September 2020, during a global pandemic, was shy of difficult. I was determined to make the best out of a bad situation. My determination is also gradually fading due to the restrictions and complications of Covid-19."

## What has been a blessing throughout lockdown?

"I live with two other Masters students I have known since first year of University. Being surrounded by their personalities has kept me strong, due to not being able to see family members. I will forever be great full for their love and support."

## What do you miss most about pre lockdown life?

"Seeing family members, spending quality social time with friends, being able to have job opportunities and work experience doing something I love and have studied 6 long years for. I miss date nights with my new partner and simply walking around without masks."

## What has it been like working remotely as a student?

"Working remotely has been difficult. Due to not being able to use Solent's facilities, whilst having lack of social interaction. I have had multiple issues with the software that needs to be used (Teams) to complete my MA. I am a physical learner, so this can be difficult when completing this course solely remotely."

## What life lessons have you learnt throughout lockdown?

"The main lessons I have learnt during lockdown and Covid-19, is to not take life so seriously and for granted, to appreciate the little things. Family is everything. Life is too short!"



# Zélie's Interview

Zélie 49, is a beauty/holistic therapist based on the Isle of Wight. This gives a perspective on what lockdown has been like for a small business that requires face to face contact.

**What has your personal experience of lockdown been like?**

*"First lockdown I was still working my part time nursing job so had a bit of routine. Actually enjoyed being able to do things I didn't normally have time for. Spent a lot of time in the garden. Second lockdown much harder. Had given up my nursing so had no routine at all. Plus I'm not good in the winter anyway do found it a real struggle."*

**On a scale of 1-5, how anxious were you about leaving the house?**

*"1."*

**How has lockdown effected your mental health?**

*"Second lockdown I got quite depressed and unmotivated. Was drinking more and had to work hard to keep myself occupied."*

**How has lockdown effected your relationships with your partner, friends and family?**

*"Actually think we coped pretty well. Was hard for my mum in the beginning as she's on her own and missed coming over."*

**What hobbies have you started due to more time available in lockdown?**

*"Crochet! Made loads of things for friends and neighbours. Very therapeutic. Had more time*

*to do decorating and gardening too which I like."*

**What have you been doing to keep yourself entertained throughout lockdown?**

*"Drinking gin! Doing jigsaw puzzles in second lockdown when weather was bad. Walking, and crochet."*

**What has been difficult throughout lockdown?**

*"No income was really tough. First lockdown I still had my pay from my nursing. Second one I had nothing coming in and it was hard."*

**What has been a blessing throughout lockdown?**

*"Not being tied by the clock. More family time. Was able to help my son who had a real problem with panic disorder and came home from uni."*

**Do you think the world will ever be the same?**

*"Not sure."*

**What do you miss most about pre lockdown life?**

*"The freedom to do things without so many restrictions. Not wearing a mask!"*

**If you're a student, what has it been like working remotely?**

*"My son who has been at uni really struggled. Said he lost the differentiation between uni and his flat so he felt like he was at uni 24/7."*

**If you're a key worker, please explain your experience**

*"I was working part time as a district nurse until last October. Was hard. PPE in the heatwave was awful and seeing the effect the constant COVID coverage was having on elderly patients who were on their own was sad."*

**What life lessons have you learnt throughout lockdown?**

*"Reiterated what 30 years nursing has taught me - that life is precious and things can change so fast for anybody. Also highlighted how a vast number of people are extremely stupid!"*

**Have you got any advice for future generations if a lockdown should happen in the future?**

*"Yes, don't get dragged into toxic and often untrue social media regarding health issues. Use the time to learn something new. Value having time."*

**Is there anything else you would like to add?**

*"From speaking to friends, clients and family I've realised how lockdown hugely affected every age group in one way or another."*  
ZELIE, 2021.



# Ann's Interview

Ann, 45 is a mother and a self employed carer based on the Isle of Wight. This interview gives a unique perspective of a mother and carer dealing with the pressures of lockdown.

**What has your personal experience of lockdown been like?**

*"Frightening, panic, caring for others who were isolating."*

**On a scale of 1-5, how anxious were you about leaving the house?**

*"3."*

**How has lockdown effected your mental health?**

*"Determination on sorting my mental health resulting in going on medication."*

**How has lockdown effected your relationships with your partner, friends and family?**

*"Was a strain not being able to see friends."*

**What hobbies have you started due to more time available in lockdown?**

*"Card making."*

**What have you been doing to keep yourself entertained throughout lockdown?**

*"Binge watching TV."*

**What has been difficult throughout lockdown?**

*"Worrying that I might be carrying COVID, but having to support my parents and the risk of me giving them the disease."*

**What has been a blessing throughout lockdown?**

*"Having great friends to rely on."*

**Do you think the world will ever be the same?**

*"No."*

**What do you miss most about pre lockdown life?**

*"Not having to wear a mask. Being free to go wherever I chose."*

**If you're a key worker, please explain your experience**

*"Frightened that I would catch COVID, but knew my clients rely on me to visit them."*

**What life lessons have you learnt throughout lockdown?**

*"Be more patient. Try not worry about the little things. There are lots of good people out there will to help."*

**Have you got any advice for future generations if a lock down should happen in the future?**

*"Lock down will be hard, but it is necessary to save lives. Restriction will pass when it safe to do so. Be strong and support each other."*

**Is there anything else you would like to add?**

*"Lock down was very difficult as my dad passed away last year due to existing health condition. Having restrictions meant his funeral was not how we would have expected it, with some family member unable to attend as shielding. I experienced many emotion from would I catch this and possibly die, to empathy for the many tragic lives lost. Worried about loved ones health too. As I worked through lockdown I was financially ok, but feared for all the people who lost their jobs and homes. The cost of COVID and how the economy has been affected is a huge worry too" ANN, 2021.*

# Annistasia's Interview

Annistasia 27, is a mother and student living on the Isle of Wight. This interview gives a perspective on how lockdown effected students, mothers and young children.



**What has your personal experience of lockdown been like?**

*"A mixtures of freeing and trapping. Highs and lows. Freedom of not being constructed by schools, could tailor the curriculum relevant to us and our interests. A struggle at times juggling my own studying though! Lonely at times but also liberating not having to make excuses not to see people."*

**On a scale of 1-5, how anxious were you about leaving the house?**

*"4."*

**How has lockdown effected your mental health?**

*"I've definitely felt isolated and top toes around the depression hole!"*

**How has lockdown effected your relationships with your partner, friends and family?**

*"Strained relationship with partner at times, being a key worker all the child care fell on my shoulders."*

**What have you been doing to keep yourself entertained throughout lockdown?**

*"Doing school work along side my kids, more arts and craft based learning."*

**What has been difficult throughout lockdown?**

*"Trying to do an MA over the computer."*

**What has been a blessing throughout lockdown?**

*"Time I would never have gotten with my kids had it not happened."*

**What do you miss most about pre lockdown life?**

*"Walking into any random cafe and sitting down!"*

**What has it been like working remotely as a student?**

*"Awful at times. I do a practical course!"*

**What life lessons have you learnt throughout lockdown?**

*"It'll all be okay after a cry and a hug. Let the emotion out."*

**Have you got any advice for future generations if a lockdown should happen in the future?**

*"Always worth keeping an extra pack of pasta and loo roll in!"*



THANK-YOU NHS FLAG  
NEWPORT, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# Natasha's Interview

Natasha 29, is a mother and a university student based on the Isle of Wight. Natasha talks about how it has been to juggle looking after her daughter and studying her degree remotely.

**What has your personal experience of lockdown been like?**

*"Very hard. We are in a flat and it has been very stressful trying to do a degree at home with my little one. Also been very testing on our relationship."*

**On a scale of 1-5, how anxious were you about leaving the house?**

*"2."*

**How has lockdown effected your mental health?**

*"I find myself more anxious now and struggling with integrating back into social situations."*

**How has lockdown effected your relationships with your partner, friends and family?**

*"It has effected my relationships."*

**What hobbies have you started due to more time available in lockdown?**

*"At home workouts."*

**What have you been doing to keep yourself entertained throughout lockdown?**

*"Workouts reading and studying."*



NATASHA AND HER DAUGHTER  
ISLE OF WIGHT  
PHOTOGRAPHED BY NATASHA

**What has been difficult throughout lockdown?**

*"Being stuck in a flat and not having more normal social connections."*

**What has been a blessing throughout lockdown?**

*"Quality time with my daughter."*

**Do you think the world will ever be the same?**

*"No."*

**What do you miss most about pre lockdown life?**

*"Not feeling anxious about going to see family and friends and not feeling like your always doing something wrong. I don't like being restricted and is worrying how many laws are being passed to keep control."*

**If you're a student, what has it been like working remotely?**

*"Awful. Our lecturers have been great. All of our classes were offered on live zoom. Very frustrating with technical difficulties and not have face to face contact to make friendships."*

**What life lessons have you learnt throughout lockdown?**

*"To do the best you can in the circumstances and to not let life schedule go crazy."*

**Have you got any advice for future generations if a lockdown should happen in the future?**

*"Make the best out of the bad situation."*

# Debbie's Interview

Debbie 57, works in a busy office environment. Debbie gives a perspective of what it has been like for her throughout lockdown as a key worker.

## What has your personal experience of lockdown been like?

*"I have tried to stay positive throughout the lockdowns. At times it was extremely difficult to maintain that positivity, especially when most of my relatives (including my children) are on the mainland. Not being able to see my family for a long time (18 months) was really hard. Thank heavens for FaceTime and Whatsapp."*

## On a scale of 1-5, how anxious were you about leaving the house?

*"1."*

## How has lockdown effected your mental health?

*"I feel like I have lost a little bit of self confidence during lockdown...The uncertainty of what is going to happen next played on my mind a lot."*

## How has lock down effected your relationships with your partner, friends and family?

*"Not being able to see my dad and my children was hard but we maintained regular contact via phone calls and what's app video calling. My husband has retired so he is at home. No need to worry so much as he pottered around and didn't really see anyone else during lockdown. We enjoyed the time we had to ourselves and just 'made the best of it'. My friends and I have been sending funny 'memes*

*to each other to keep our spirits up... laughter is the best medicine (so they say)."*

## What hobbies have you started due to more time available in lockdown?

*"I have started knitting again and we have de-cluttered most of the house, sheds and garage..."*

## What have you been doing to keep yourself entertained throughout lockdown?

*"Gardening, knitting and sorting out."*

## What has been a difficult throughout lockdown?

*"Seeing how COVID has affected other people on the news was just awful, along with all the tragic stories of families who had lost their loved ones."*

## What has been a blessing throughout lockdown?

*"The wearing of masks has been a blessing in my opinion, things may have been even worse if it weren't for them. The NHS and all their workers have been a blessing, putting themselves at risk in order to save others"*

## Do you think the world will ever be the same?

*"No."*

## What do you miss about pre lockdown life?

*"Being spontaneous."*

## Please explain your experience as a key worker

*"I am a key worker for the IOW council and I work for Bereavement Services at the Crematorium. Work has been relentless since March 2020 with an obvious increase in workload due to the increased numbers of deaths due to COVID 19. To see the sheer numbers of people passing away at such an alarming rate was heartbreaking, especially as some of those people who died were known to me. I love my job, but I will never forget just how hard it has been."*

## What life lessons have you learnt throughout lockdown?

*"Don't take life for granted and live your life to the full, we are only here for a short time so we have to make the most of it."*

## Have you got any advice for future generations if a lockdown should happen again?

*"Please, please abide by the rules...it may just save your life and the lives of others"*  
DEBBIE, 2021.



# Jo's Interview

Jo, 50 is a mobile hairdresser based on the Isle of Wight. In this interview, Jo shares hows her experience of having to stay at home and not being able to work throughout lockdown.

## What has your personal experience of lockdown been like?

*"First of all nervous of not being in control of what was happening around us. Suddenly not allowed to work, see any family or friends was hard. Not knowing how long it would be for so couldn't plan anything or book any customers in. The weather was gorgeous in the first lockdown so spent a lot of time in the garden and walking my dog. As I had always been busy working, bringing up my two children and gaining control of my health conditions I had never had the time or energy to cook from scratch. Looking for recipes, shopping for ingredients and trying them out on my family gave me a sense of purpose and achievement."*

## On a scale of 1-5, how anxious have you been to leave the house?

*"3."*

## How has lockdown effected your mental health?

*"At the beginning of the first lockdown I was scared and paranoid. Scared of catching COVID myself but also worrying for any of my family coming into contact with the infection and the effects it could have on them. My daughter is a key worker so I worried she would catch it from someone at work or the public. My son has asthma and was ill with glandular fever and bouts of tonsillitis in 2020 which had left his immune system low so I worried about him also. I was constantly washing, cleaning and wiping door handles and light switches."*



JO ON A WALK WITH HER DOGS  
BRIGHSTONE ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.

*It was the unknown I suppose. No one knew much about the virus then."*

## How has lockdown effected your relationships with your partner, friends and family?

*"The first lockdown wasn't so bad as we have the garden, fortunate to live in a semi rural area and the weather was so good. We all got on well most of the time but obviously we fell out at times all being together for so long! With so many people falling ill and dying it does make you think about what is important in life. We were thankful to all have each other and to be well. It was hard not seeing our family especially my mum and dad for so long. We are an affectionate family so it was hard not to cuddle one another the first time we were all allowed to meet outside. It made you feel awkward around the people you had always felt comfortable with. We all video*

*called each other once a week to keep my sisters spirits up who lives on the mainland and wasn't able to see anyone. Close friends kept in touch through Whatsapp and once we were able to go out walking with one other person I would arrange a dog walk to catch. I have made friends through dog walking as well and have got to know people around the village."*

## What hobbies have you started due to having more time during lockdown?

*"Cooking and baking from scratch."*

## What have you been doing to keep yourself entertained throughout lockdown?

*"Walking more with my dog, adopted and training a puppy from Cyprus, swimming, reading and drinking too much gin!"*

**What has been difficult throughout lockdown?**

*“Not socialising, not working, not seeing my sister and her family on the mainland.”*

**What has been a blessing throughout lockdown?**

*“Spending time with my immediate family Having the time to evaluate my life and what is important to me. Giving my body time to heal Walking the dogs everyday has kept me sane!”*

**Do you think the world will ever be the same?**

*“No.”*

**What do you miss about pre lockdown life?**

*“Going on holiday abroad, being free to do what you want to do, not having to follow so many changing rules that conflict each other, going to music gatherings and festivals and large barbecues.”*

**What life lessons have you learnt throughout lockdown?**

*“To not take life and the people you care about for granted and to show them how much you care even if its just with little things. Not to care so much about what others think of you, life is too short.*

*Do the things you want to while you can.*

*Enjoy yourself while you are here with your nearest and dearest.”*

**Have you got any advice for future generations if a lockdown should happen again?**

*“Always remember that it is not all about just you. Think of others and how their lives are being disrupted and possibly changed forever through what is happening. Find out as much information as you can about what is going on around you.*

*Follow advice that is given as much as you can, but also follow your gut instinct as to what you should and shouldn't do. Try not to be swallowed up by everyone's fear and to think rationally about each situation.”*



JO CUTTING A CLIENTS HAIR  
EAST COWES, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.

# CHAPTER 3

## *Relationships*

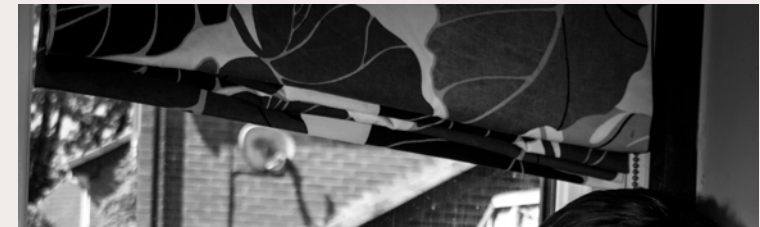


This chapter focuses on ways lockdown impacted relationships with family, friends and significant others. These quotes are from people who have explained how lockdown effected their relationships.

## Romantic Relationships

“My partner lives up the road from me and when lockdown was announced March 2020, the rules were you could only see one person in an outside space **socially distanced** for one hour a day whilst exercising. We met up everyday for an hour and walked the dogs together. It was really tough not being able to be close and spend more time together but it made us stronger and closer when we were **finally allowed** to spend more time together”

Lucy



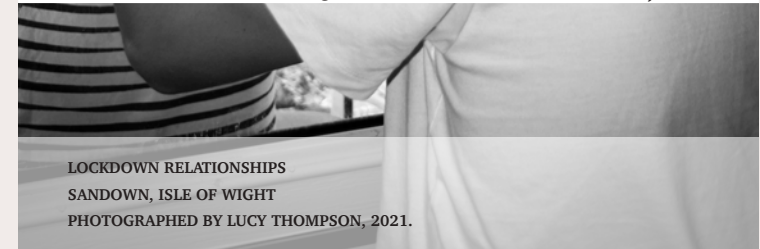
“I can't see my partner properly, we can go for a walk together but



as we both still live at home with our parents we are in different



households so can't go each others" LAURA, 2021.



LOCKDOWN RELATIONSHIPS  
SANDOWN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.



## Romantic Relationships

“ I was in a long term committed relationship during the first lockdown in March 2020. After spending time apart **we broke up** as we realised that life was going to be difficult and we didn't want the same things in the future. This was difficult to deal with as I wasn't surrounded with family and friends to distract me and **help me heal**”

Leigh



EXERCISING IN LOCKDOWN  
NEWCHURCH, ISLE OF WIGHT  
MODEL: JAZ CONNELL  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.

“ Honestly, I have grown to **appreciate** my family and friends **so much more!**”

Maia

## Family & Friend Relationships

“ I get **annoyed** with  
my family due to spending  
more time around them and  
miss my other family and  
friends ”

Sarah

“ We often have  
heated **arguments** as  
we are constantly around  
each other and we can't get  
away ”

Harry

“ The relationship between  
my mother and I has been  
hard as she has been  
**struggling** as she lives  
alone and gets  
very **lonely** ”

Jane

“ I miss my family and  
friends incredibly, however  
I'm hoping we are doing all  
we can to **protect**  
each other. ”

Angie

## Family & Friend Relationships

“The added pressure of  
**home schooling**  
children and not being able  
to take the children anywhere  
has caused conflict in  
our house”

Joanna

“I think I have more time  
to keep in touch with friends,  
we schedule FaceTimes and  
phone calls to help each other.  
And family feels like it hasn't  
changed much as i live so far  
from them anyway, it's hard  
to see them often so now it just  
feels like normal?”

Tanya



“I miss my grand children so much!” LINDA, 2021.



BABY HOLDING FACE MASK  
SANDOWN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.

“I haven't  
seen my  
family in  
over a year  
as they live  
in a  
different  
country”

Laszlo

## Family & Friend Relationships

“The relationships with my family have massively been effected as I **can't** see them and more importantly **hug** them”

Ellie

“I've grown closer to some friends thanks to video chat. I've **lost** some **friends**. I just wish I could give my loved ones a hug”

Chloe

"All relationships are  
virtual ones now"

DAVID, 2021.

## Entertainment for little ones

- It was tough for many parents to keep their children entertained throughout lockdown.
- With soft play areas closed due to the pandemic, this mother decided to bring the fun home for her son by making a ball pit in the garden on a sunny day.
- This little boy is nearly 18 months and he has never been to a play group or experienced play with other children his age before. This was concerning for the mother as she worried about his social development.
- However, social contact wasn't allowed during the lockdown, so what more could she do?



LOUISE'S SON PLAYING IN THE BALL PIT  
SANDOWN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021



LOUISE AND HER SON PLAYING IN THE GARDEN  
SANDOWN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021



# Rebekah's

## Wedding Planning Story

Rebekah 24, was planning her wedding whilst restrictions were constantly chopping and changing. Rebekah explains how her and her partner planned their wedding around the pandemic.

.....

*"I was so excited when I got engaged in July 2019 and I started wedding planning right away with no idea what was lurking in the near future. I wasn't too worried about Covid-19 when we first started to get news about it spreading in China, so I continued to plan as normal, it wasn't until it started to spread across Europe that I started to worry.*

*Everything was going smoothly with the wedding and planning until the last week in the lead up. To say it was a stressful week is an understatement. Every day there was a new announcement from Boris and restrictions were being put in place. I had to reorganise and re-plan the wedding multiple times due to restrictions and people unable to travel due to concerns or medical exemptions.*

*By the day before the wedding, we had dropped from 150 guests to just 70, and some close family members were unable to attend, however me and Andrew were relieved when the venue called and said they would be going ahead anyway, at the end of the day we just wanted to be married so we could spend our lives together.*

*The day was amazing and full of love, laughter and happiness. The only thing strange that day was when I was looking at the faces of our family and friends, I knew it would be the last time for a long time we would see any of them in person again, so I truly cherished that moment" REBEKAH, 2021.*



REBEKAH AND HER HUSBAND ANDREW ON THEIR WEDDING DAY (THEY WEREN'T REQUIRED TO WEAR MASKS, THIS WAS TAKEN TO REMEMBER WHAT WAS GOING ON AT THE TIME).  
PHOTOGRAPHED BY JOHN MANKTELOW, 2020.

## Zoe's

## Postponing Wedding Story

Zoe, 30 is based on the Isle of Wight. Zoe wanted to share her story about how her wedding got postponed due to large gatherings not being allowed during lockdown.

“So postponing your wedding during a national pandemic with no actual end in sight, lets just say its been stressful. My partner and I got engaged shortly after purchasing our first home together back in August 2017. We first viewed venues shortly after our engagement, as venues can book up to two years in advance nowadays. We fell in love with a beautiful farmhouse on the Isle of Wight and put our deposit down securing our 2020 date back in January 2019. Saving well underway, deposits put down, invites all printed and ready to post etc. then...Covid-19, a national pandemic hits the world, compressing all our excitement and halting all plans abruptly. We were just as disheartened as SO many others and started to worry about what that meant now for our big day? We were given a choice to postpone to either April 2021 or October 2021 ...two dates were left, just two! Cancelling plans and

moving absolutely everything to a new date proved rather hard, do you know how many suppliers we had to rally round and pray that they could all do one of these new dates? We initially thought April would be amazing, but our Photographer and Celebrant couldn't make this date unfortunately, so do we look for new suppliers losing deposits or try for October 2021 pushing the wedding back a WHOLE year? A lot of arguing and worry later we decided on October 2021 and THANKFULLY every supplier seemed to have this date available and as if by magic everything fell into place. With the government and world waiting for this bizarre time to end we entered 2021 with everything crossed. More waiting for announcements and a wedding still dangling by a thread we were thrilled to hear that by the end of 2021 we could have some normality, all being well. The ups and downs,



ZOE & HER FIANCE BEN  
SANDOWN, ISLE OF WIGHT  
PHOTOGRAPHED BY ZOE 2016

the arguments, the want to throw in the towel and try to get deposits back has been real. For a couple who already feel very married it has been a long enough wait saving for two years to then have to postpone for another year. We are lucky to have such a great support unit surrounding us, but it has been crazy balancing money whilst being on furlough, the thought of delaying starting a family, the worry that friends from overseas might now not be able to make it and the sadness of my late grandad now not able to be a part of our special day due to postponing. BUT...the

positivity is still there and so is the love. We are happy and healthy and believe things happen for a reason, so here's to all those ups and downs... and arguments and make ups. We have everything crossed but know there is nothing more important than keeping everyone safe and celebrating when we can. The industry has been hit massively, people lives have changed hugely, but we now have something to look forward to again and will clutch onto October 2021 and being reunited with our loved ones!" ZOE, 2021.



# Louise's

## Becoming a Mother Story

Louise, 22 is based on the Isle of Wight. Louise gave birth to her first child, Harry on the 10th March 2020, 2 weeks before the UK went into a national lockdown. Louise shares the highs and lows of having a new born baby during lockdown.

“One of the challenges that came with having a new born in a global pandemic was the fact that I couldn't introduce Harry to my family and friends. A year on (2021) and there are still family members yet to meet Harry.

I was looking forward to going to baby clubs and meeting other mums and watching Harry interact with the other babies. But sadly due to the national lock down, this was not possible. “It has been very lonely as I have not been able to socially connect with other mums who may be going through the same thing as me . Being a single mother , that support is crucial. Luckily, I live with my mother and father who are extremely supportive and helpful when it comes to caring for Harry and I can always talk to my mum about mummy issues. During the first months of Harry's life, I was very anxious about him

catching the virus as scientists were unsure whether new borns could catch the Coronavirus. I stayed indoors as much as I could to protect Harry from the Coronavirus. I would wait for my mother outside while she went into shops and I found that I was washing my hands a lot more and wiping down the pram handles after every trip out.

Harry's little red book containing his birth details, vaccinations, growth chart and measurements looks quite empty as due to paper contamination, nurses and doctors are not allowed to fill out the books themselves. This is disappointing as in years to come I won't be able to look back and see how much he grew etc.

LOUISE WITH HER SON HARRY  
SANDOWN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON 2021

When lock down is eventually lifted I really look forward to taking Harry to playgroups, going to the islands attractions such as Blackgang Chine, Robin Hill, Tapnell Farm, Osborne House and the Heights to go swimming.

Overall, my experience of having a new born has been a mixed bag of positives and negatives but I can't wait until we are out of lock down and able to mix with other mums and babies again” LOUISE, 2021.



# CHAPTER 4

## *Mental Health*



This chapter focuses on how much lockdown impacted peoples mental health. These quotes are so personal and are from a wide range of ages and unique situations.

“The first lockdown was the worst. It made me feel **really anxious**, depressed and all round negative. I live in a top floor flat with **no outdoor space** and also not allowed pets (which was the hardest thing for me, I love my animals and my pets live with family where they have space that I can usually visit regularly) so I was contained in a small space at a time when the weather was amazing, basically cooking myself. I improved and adapted with each lockdown since. I am at a stage now where I've learned more about myself, my mental health and how to adapt”

Tony



MENTAL BREAKDOWN  
GODSHILL, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.

“I'm more anxious about seeing people. I worry about going to the supermarket. I now **over think everything** even more than I used to”

Alice



“My mental health has  
changed for the better and for  
the worst during lockdown.  
On one hand, I've had more  
**anxiety attacks** then  
before, on the other hand, it  
has made me more  
**determined** to come out  
of this time a better person”

Gemma

.....

“I am far more anxious  
than I used to be and started  
experiencing **panic**  
**attacks** for the  
first time”

Wendy

"I'm really worried to  
leave the house"

PETER, 2021.

"At times it has been quite  
difficult. Running has been my  
saviour, it helped lift me and  
stop me from falling down into  
the black pit"

HAYLEY, 2021.



1 HOUR EXERCISE  
MODEL: JAZ CONNELL  
NEWCHURCH, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

“ I have anxiety about  
 catching the Coronavirus as  
 my partner is **high risk**  
 and shielding. Worrying  
 about my elderly parents as  
 they are more  
**vulnerable** to catching  
 COVID-19. I am not sleeping  
 well and I can't switch off at  
 night from worrying  
 about it ”

Sally

.....

“ Lockdown has been  
 detrimental to my mental  
 health as I already **suffer**  
 with depression. I miss my  
 family and friends as they are  
 my support system ”

Charlie

"Whilst one is aware that the  
 world is suffering the pandemic  
 and that there are people worse  
 off than oneself, one cannot  
 help feeling that the past year  
 has been an existence, rather  
 than a life"

JOHN, 2021.

“It has made me **angry**,  
disgusted and sad because  
people aren't taking the lock  
down seriously which intern  
is **prolonging** it and  
keeping me away from  
my family”

Marshall

“Being in lockdown has  
made me very fearful and  
stressed and I'm  
**crying a lot**”

Clara

“I'm more **anxious**  
about going to work or  
going out”

Barry

“On occasions I have felt  
quite **low**. More during the  
**winter** when the weather  
was miserable”

Victoria

“Finding **motivation**  
is difficult and some days its a  
struggle to do basic things”

Jade

: ***“Frustrated***  
 : ***is the word***  
 : ***to describe***  
 : ***how I feel”***

Paul

***“I feel  
incredibly  
lonely”***

Desmond

: ***“It’s made***  
 : ***me worry***  
 : ***about the***  
 : ***future”***  
 :

Jurik

## ***“I had a breakdown”***

Katie



## Medically Exempt

.....

- People with medical conditions such as asthma, severe anxiety or autism were exempt from wearing a face covering in public areas.

- People who were exempt would wear a sunflower lanyard with a card to let people know they have a disability which is their reason for not wearing a face covering. An example of the card used by people with hidden disabilities such as autism is shown to the right.

- Some people who were exempt were faced with verbal abuse by members of the public, even though they had a legitimate reason. This was because the virus could be transmitted to others much easier as they were not wearing a face covering.

- The main reason people would be abusive was because they were afraid of catching the Coronavirus and saw it as selfish to not protect others by wearing a face covering.



HIDDEN DISABILITIES CARD  
SANDOWN, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

# CHAPTER 5

## *Stories*



This chapter is packed with personal experiences  
of lockdown, unique stories and different  
situations people were in due to the  
COVID-19 pandemic.

# Caitlin's

## COVID-19 Survivor Story

Caitlin, 24 is based in Southampton. Caitlin was tested positive for COVID-19 and survived and wanted to share her story of what it was like to have the Coronavirus as a young person.

"I started to develop symptoms for Coronavirus on the morning of the 29th of October. A few weeks prior I had ordered a candle, and that morning it arrived. I opened it in an anticipation to smell it, I came to realise I could not smell it at all. I began to wonder if it was me or the candle, so I went to make a coffee. While it was brewing I tried to see if I could smell that but I couldn't. I started to panic a bit but I wanted to make sure I could taste before I did anything. As I began to drink it I could not taste it at all. I then knew I had to take a test and I booked a test that day. That same day both my mum and dad took COVID-19 tests, as they both had symptoms.

Taking the test was a really unpleasant experience and feeling. Once that was done we had to wait for our results. The next day my mum's results came back positive, I then knew that mine would be positive. I finally found out on the 31st of October that I was positive for Coronavirus.

My experience with Coronavirus was extremely mild. I was very lucky and the only problems I had was not being able to taste and smell. I did find it hard with some food, even though I couldn't taste most foods anything with onions in it would taste absolutely disgusting. I mainly ate cheesy pasta during my time in isolation. I found it odd as when I was eating I would recognise the texture and believe I could taste it but I knew I couldn't. It was weird I hated not being able to taste things but I didn't really mind not being able to smell things.

### 2 Package your test kit sample



1

Make sure that the fabric tip is facing down as you place it into the vial. Snap off the other end of the swab, so that it fits inside the vial without bending.

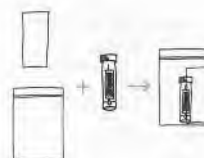
Securely screw the lid onto the vial.



#### Important

You must keep the liquid in the vial.

Securely screw the lid so that no liquid can leak. You may need to apply pressure to get the lid on.



2

a. First place the absorbent pad into the zip-lock bag.

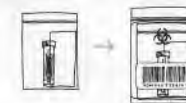
b. Then place the vial next to the absorbent pad in the same bag.

3

Place the zip-lock bag into the biohazard bag.

#### Do not seal the biohazard bag

You need to have your kit checked at the drop-off point before you seal it.



4

If wearing gloves, you can now take them off. Otherwise, use hand sanitiser to clean your hands.



5

You are ready to have your kit checked. Keep hold of your own kit. Please be ready to show:

- your completed kit, and
- your QR code (if you have one)

COVID-19 TESTING LEAFLET  
SOUTHAMPTON  
SCANNED IN BY CAITLIN, 2021

Luckily being in quarantine wasn't bad as my mum and dad had Coronavirus too so none of us needed to self isolate. However, my Grandma lives with us so I was extremely worried about her as she is high risk. Fortunately she was okay. We were so lucky and I'm extremely grateful with how lucky we were. Slowly my taste came back along with my sense of smell, but there are some times where I can't smell certain things. This happens randomly and can be any sort of smell. I often struggle to smell and taste coffee"

CAITLIN, 2021.

# Zelie's

## Nurse/Beauty Therapist Story

Zelie is a district nurse/beauty and holistic therapist based on the Isle of Wight. Zelie also runs her own business, Zelies Beauty and talks about her experiences of working as a key worker and trying to keep her business afloat.

*“As a district nurse our team were anxious in the beginning. Going into peoples houses you had to assume everyone could have it. I worried I would take it home. Some patients needed a lot of reassurance to begin with when we started turning up in all the PPE. One upside for us community nurses was the empty roads in lockdown! Meant we could get to patients more quickly. People’s reaction to seeing us out changed though. I remember walking down a road to a visit and this lady who saw me coming towards her in uniform practically jumped under a car to avoid any contact with me. I felt like a leper.*

*My husband, Del did some nights in ITU in the first wave. He works in the pain clinic at St. Mary’s Hospital, Isle of Wight. Not in the red zone, but I remember seeing him off to work being really worried. Losing one of our*

*patients last April was awful. Knowing he was on his own in ITU with no family allowed to be with him. He was a lovely man. Still think of him a lot. 30 years nursing and that part never gets easier” ZELIE, 2021.*

### “As a beauty/holistic therapist

*Not being able to run my business during lockdown has been a struggle. I’ve worked so hard for the past 13 years to build a good client base. After the first one ended I was so pleased to be back seeing and treating everyone. Was also overwhelmed by the fact I was still booking new clients and that all my regulars returned. During lockdown I was genuinely worried about my clients who have holistic treatments for anxiety/mental health issues. I used to send messages regularly and used my Facebook page to maintain contact with clients.*



ZELIE'S THERAPY ROOM  
GODSHILL, ISLE OF WIGHT  
PHOTOGRAPHED BY ZELIE

*I was eligible for some of the grants for small businesses which helped a little. However the most recent lockdown was awful. It coincided with Christmas and the grant wasn't paid out until April when I started back. I literally had no money coming in at all from Dec until reopening. Watching my hard earned money just disappear over those months was tough.*

*I've always followed the government guidelines regarding PPE and extra precautions and with my experience as a nurse I wasn't too concerned about the risks. I knew I was following the correct procedures. Being a solo worker and only doing one to one treatments I felt fortunate as I can limit the footfall” ZELIE, 2021.*



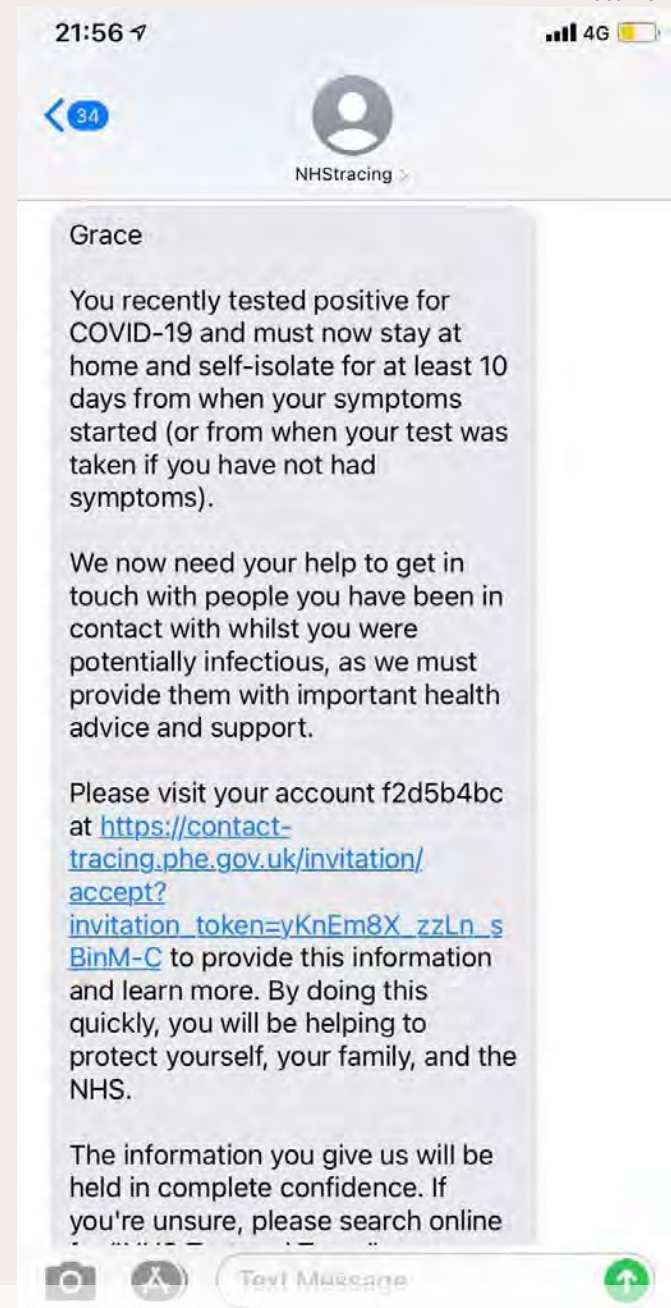
# Grace's

## COVID-19 Survivor Story

Grace is a student based in Southampton. Grace was tested positive for COVID-19 and survived and wanted to share her story of what it was like to have the Coronavirus as a young person.

*"I received the dreaded text 'you have tested positive for COVID-19' and the panic instantly hit me. Not only feeling intense waves of anxiety on whether I was going to end up in hospital or whether my oxygen levels were low but who I'd passed it on to and the guilt of knowing it was me that could of made someone seriously ill. After the fear settled in then came the symptoms, I began feeling so under the weather, my body ached so much to the point I couldn't even get up to go to the toilet.*

*I think for me it was anxiety that was the worst, not knowing whether suddenly I'd feel even worse and need to be hospitalised or how I'd cope with getting back to normal after spending 10 days quite literally locked up in my flat and whether I could socialise with people again. And to top it all off I tested positive on the 23rd of December, so my plans to reunite with family 300 miles away for Christmas Day were ruined. But I can still consider myself lucky compared with some poor people of whom didn't recover from COVID19" GRACE, 2021.*



TEXT GRACE RECEIVED FROM THE NHS  
PHOTOGRAPHED BY GRACE, 2020.



# Jaz Connell's

## Music Career Story

Jaz, 22 is based on the Isle of Wight. Jaz wanted to share her story of dealing with the changes to the music industry and the effects lockdown has had on her career as a growing musical artist.

"Hello I am Jaz Connell, a singer-songwriter/artist from the Isle of Wight. My music is inspired by blends of country, Americana and pop to create my own sound, which can be found on Spotify, YouTube and any other streaming platforms.

Let me set the scene...2019, what an amazing year. I had released two debut singles, along with cinematic music videos, photo shoots, press, gigs and festivals. I worked so hard to build a strong foundation for my career and had invested a lot of my time and money and others involved. 2020 was going to be the breakthrough year for me, I had new festival slots, gigs, I graduated with a Masters Degree with a Merit Classification in Music Business and Enterprise. It all looked super promising, however with the MAJOR knock on effect with Coronavirus it made my entire world stand

still. Everything got cancelled, everything. I was the only female artist to get through the competition 'Hot Vox | New Blood Competition', which is a competition to play the main stage at Isle of Wight Festival...My band and I were working extremely hard for this and had my sound perfected and we were ready to play...just five days before the gig it got cancelled. I believe I could have succeeded at the competition, taking me to the next level of my career. Due to the feeling of being let down several times with funding, it made me feel unclear with what I was supposed to be doing, I took up new hobbies like running and went full circle by drawing again, I was doing everything but playing my guitar or singing. However, I fell in love again with writing (I write all my own songs) this was amazing for me! It then made me want to start being a songwriter for other artists so, I messaged a

JAZ CONNELL  
ISLE OF WIGHT  
PHOTOGRAPHED BY HOLLY CADE, 2019

friend called Vic Allen, a UK country artist and we did a Zoom song writing session, this was amazing and it was great to feel productive again! I missed live music like crazy and if you ask me, the live streams that clogged our feeds up just wasn't good enough for me. I wanted the real thing. It was hard not being able to rehearse with my band, seeing friends and hearing live music..I kinda lost my sense of

purpose somewhere down the line. Fortunately, I can say today I have one festival booked for this year and perhaps a few local gigs, this is fine with me. I am planning to come back bigger and better than before. I now go to the gym four times a week, which helps keep me motivated and fit ready to be playing shows again! SO, what I'm saying is...watch this space!!!" J, CONNELL, 2021.

# Sam's

## Mother & Business Story

Sam, 44 is based in Aldershot, England. Sam is a mother of 2 young boys who also runs her own business from home "Crafty Little Somethings." Sam explains what it has been like juggling a small business and two young children throughout lockdown.

*"As a parent to 2 Primary School aged children, my main concern has been how lockdown is impacting them. They really miss their friends and the activities they would normally be doing. Homeschooling is a poor substitute for having time with their teachers and class mates, and it's only been possible to do a couple of hours of school a day as I need to work too. As a working parent there is the feeling of not doing enough school, not doing enough of my own work, not doing enough craft/baking etc, not going out for enough exercise. Literally everything feels like it's not enough, but there are only so many hours in the day. Lockdown with children has it's upsides as we get to spend more time together than we normally would, but it is also exhausting, and sometimes feels a bit endless. We've mostly been plodding along ok, but there are times that I have felt really fed up with it*

*all. Having family living so far away has also meant that I haven't seen my parents and siblings for around 15 months now, which makes me extremely sad. Having to stay away from them for so long has been difficult, and can at times make me feel very low."*



SAM'S SON DOING HOME SCHOOLING  
ALDERSHOT, ENGLAND  
PHOTOGRAPHED BY SAM 2020



SAM'S WORK, CRAFTY LITTLE SOMETHINGS  
ALDERSHOT, ENGLAND  
PHOTOGRAPHED BY SAM 2020

*"As a small business owner I have found lockdown to be a bit of a mixed bag of positives and negatives. I work from home and sell online, so I've been lucky enough to be able to continue working throughout. The closure of high street shops, and increase in online purchases, has actually benefited me in the respect that my business is busier than it's ever been, for which I am hugely grateful. On the downside I've had some issues with slower*

*delivery times. Trying to source alternative supplies can be extremely time consuming and costly. There is also the issue of having the children home from school, and the impact that that has on my working hours. Primary school aged children cannot home school themselves! Juggling running a business with looking after young children means that inevitably I've been burning the candle at both ends, which can be utterly exhausting."*

# CHAPTER 6

## *Vulnerable*



This chapter explains why some people were classed people as “vulnerable” during the pandemic and what it was like to not only be in lockdown but to be completely isolated from everybody and stuck in their homes for weeks.

## Extremely Vulnerable

.....

**People who were classed as 'clinically extremely vulnerable' are listed here.**

**These people were urged to isolate for 3 months during the first wave of COVID-19.**

People who have/had:

- Organ transplant.
- Chemotherapy.
- Radiotherapy.
- Immunotherapy.
- Blood Cancer.
- Bone Marrow Cancer.
- Bone Marrow or Stem Cell transplant.
- Severe lung conditions.
- Weak immune system or diseases such as Sickle Cell.
- Steroids.
- Heart Condition.
- Spleen issues.
- Spleen removal.
- Downs syndrome.
- Long term kidney disease.

- Cardiovascular disease.
  - Heart disease.
  - Motor-neuron disease.
- The list was so specific that lots of people felt unsafe to leave the house. Even if people weren't on the list, some people would still be worried that whatever illness they had would mean if they caught the Coronavirus they would be effected really badly.

## Vulnerable

.....

**People who were classed as 'vulnerable' are listed here.**

**These people were urged to isolate for during the first wave of COVID-19.**

People who have/are:

- Diabetic.
- 70 years old and over.
- Pregnant.
- Chronic neurological conditions such as Parkinsons & MS.
- HIV or AIDS.
- Severely Obese.

“Shielding has affected my **mental health** because I feel distant and **cut off** from society”

Lorraine

***“Everyday  
was the  
same”***

Grace

“It is a **blessing** that my family have gotten through it despite **sacrificing** time with them”

Jude

***“More me  
time”***

Kelly



“Having my  
food  
shopping  
delivered  
was a real  
blessing.  
I am so  
grateful  
for the key  
workers  
who  
delivered  
my food  
every week”

*Maureen*



“  
It’s caused  
**depression** to return  
along with wanting to **self**  
**harm**”

Amelia

“  
There are some friends  
I haven’t seen for **over a**  
**year** now and I **miss**  
**them** so much”

Graham

“**Video  
calls have  
been a  
blessing**”

Frank

“  
Seeing how **everyone**  
**supports** each other”

Mabel



*Entertainment*

Those  
shielding  
did these  
things  
to keep  
them  
occupied:

- Gardening
- Embroidery
- Sewing
- Crochet
- Cooking
- Baking
- Arts&Crafts
- Cleaning
- Knitting



CROCHET CREATIONS, TOOLS AND WOOL  
EAST COWES, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

•  
 •  
 • “  
 • *Not being able to see*  
 • **friends and**  
 • **family”**  
 •  
 •  
 • *Brenda*  
 •  
 • .....  
 •  
 • “**The**  
 • **anxiety**  
 • **of having**  
 • **to wear a**  
 • **mask”**  
 •  
 •  
 • *Kay*

•  
 •  
 • “  
 • *I live alone and I really*  
 • miss **face to face**  
 • **company** of friends and  
 • **”**  
 • family  
 •  
 •  
 • *John*  
 •  
 • .....  
 •  
 • “  
 • *Whenever I leave the*  
 • house to do the **essential**  
 • **shop** and see a long queue  
 • outside, my anxiety goes  
 • through the roof **”**  
 •  
 •  
 • *Evelyn*

: “Mainly  
 : feelings of  
 : loneliness.  
 : During the  
 : first  
 : lockdown,  
 : I was  
 : shielding  
 : for 133  
 : days where  
 : I couldn’t  
 : go out or  
 : see anyone  
 : at all”

Eileen





# Diana's Isolation Story

Diana, 79 is based on the Isle of Wight. Diana wanted to share her story on how it has been to be physically disabled, retired and living alone during lockdown.

.....

*"My personal experience of lockdown has been sad. Being indoors all the time has hit everybody hard but it has hit me even harder as I am so vulnerable to catching the virus, I couldn't even go out for walks or to go to the shops. The lack of human contact changed my life as the only people who were allowed to visit me were my carers. I missed seeing and talking my family and friends so much.*

*I really missed doing my weekly shop and talking to people on the bus and at the supermarket. I was extremely anxious about leaving the house due to my condition so I got all my food delivered to my home. I am so grateful for all the people who put their lives at risk to help me but I wish I could have gone to the shops myself. It was one of the days during the week I would be able to go out into the world and interact with others.*

*Not having that interaction was tough and it did take its toll on my mental health. I felt so lonely and isolated from the world.*

*Due to not being able to leave the house, my entertainment was very limited. I would do word searches and cross words but the thing that really took over was the TV. I spent so many more hours watching the news everyday than I did before, watching the cases go up and up. It made me so anxious seeing how many people have died and the devastating times different families have had to endure. I am so grateful that my family are well but I miss my children and grand kids so much. Its times like these that make you realise you didn't spend as much time as you should have with your loved ones. Before COVID, my friends and family would come and visit me every week. Unfortunately, 2 of my friends*



DIANA IN HER HOME  
GODSHILL, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

*contracted the virus and had to self isolate so I couldn't see them for a while. The worry of if they were going to be ok was horrible and I couldn't distract myself or get away from this worry as COVID was all over the news all the time.*

*After a few months of shielding I was able to see my children from a distance with their masks on. I was so tempted to hug them as I hadn't seen them for so long but as I was so vulnerable and one of them was a key worker, it was too risky. It felt so impersonal and it was such a strange feeling to not be as affectionate as we would normally be with one another but we both understood that's what had to be done.*

*When I slowly started to get out into the world again, I noticed people were much less chatty than before. People were a lot less likely to have a conversation or even say good morning*

*or afternoon to each other. I understood the reason for this was to not be in close proximity to people for a long time but not saying hello seemed strange to me. After months of not interacting with people, it was sad once I was able to, people weren't willing to talk as much as before.*

*It is hard to imagine the world going back to the way it was before, everyone smiling and hugging and being friendly again. It is sad to think that maybe the world will never be the same as it once was.*

*However, this time definitely made me appreciate my family a lot more. I had more time sit with myself and reflect on what is important and I felt more relaxed. I remember thinking how lucky I am to have a family that are all healthy." DIANA, 2021.*

# Ann's Family Carer Story

Ann, 45 is based on the Isle of Wight. Ann wanted to share her story on how it was caring for her parents during lockdown, losing her dad and how her parents coped with it all.

“It was very difficult for my mum and dad to be isolating, they felt like prisoners in their own home. I definitely think not getting out for fresh air and sunshine affected their well being. My dad's health deteriorated as his mobility suffered until he was unable to move around and I believe this led to his passing. Mum was scared when she was finally allowed to go out and had lost her confidence around others. The world changed around them without then knowing what was happening. I had to keep reminding mum for her not to be too close to others, to walk a certain way round a shop and wear a mask. My parents missed seeing their other children and grandchildren on the mainland. I felt a lot of pressure and responsibility to care for my parents, getting them food, medicine and queueing for a long time outside of shops. I was so scared I could possibly pass on the virus

without even knowing I had it, as I was still working in the care community. But I had to support them as there was no one else. I also worried if I became ill, who would look after them if I had to isolate for 10 days? Mum found it really hard that she couldn't see a doctor in lockdown as it was done all over the phone. This is not what she has been used to all her life. Mum also got diagnosed with Alzheimer's during lockdown. Her memory had been deteriorating for years, but losing her husband and being isolated definitely made this worse. She was also forced to stop driving, so lost even more independence. My parents didn't see other people either. I feel it is so important to have human contact with others for our emotion well being. Christmas was particularly hard as Boris Johnson said people could travel and both my brothers family and sisters family were due to be here for the first



ANN & HER PARENTS  
ISLE OF WIGHT  
2016

Christmas without my dad to support my mum. At the last minute Boris Johnson changed his mind, which was very disappointing to us all.

On top of all that, my 9 year old daughter ended up in a leg cast the first day we were

allowed to go out for our 1 hour exercise!

Living in a flat with no garden and home schooling whilst juggling working and caring for my folks, was extremely hard. I would spend what little time I had in bed worrying about everything” ANN, 2021.



# Jo's Hairdresser Story

Jo 50, is a mobile hairdresser who suffers with Fibromyalgia based on the Isle of Wight. The majority of her clients are elderly and vulnerable. Jo tells us what it has been like going into peoples homes during the pandemic and the changes the lockdown has made to her career and her clients.

*“Going back to work was hard as I had all of my customers wanting their hair done at once! It was difficult trying to space them out so that I wasn't overdoing things. I was worried that it would cause flare ups going from not working at all to suddenly full on.*

*There was also the extra worry and time spent on preparing PPE for each person. Everything I used that was disposable had to be thrown away. It was a lot of plastic waste! Every cape had to be washed on a high temperature and equipment had to be cleaned and then sterilised between customers.*

*Wearing a mask took a while to get used to. I used to feel light headed and sick after a few hours of constant talking with one on.*

*Most of my customers are 70+ so were at a high risk of catching the virus so I would be extra vigilant. Only taking equipment in to their houses I needed in a disposable bag.*

*No blow drying, colours or perms to start with so as not to be in close contact for too long. Every customer had to wash their own hair before I arrived and I wore fresh disposable gloves and an apron each time.*

*I only went to 4 houses in one day plus everything I had worn was put in the washing machine and shoes sprayed with antibacterial spray.*

*Quite a few of my customers struggled breathing with a mask on so more often than not wouldn't wear one which made me anxious.*



JO CUTTING A CLIENTS HAIR  
EAST COWES, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.

*Most of my customers were more than happy for me to come into their homes after going so long without having their hair cut. There were some that were so frightened though that they waited another month until having someone come into their home. I was certainly greeted with some challenges after 5months! It was so satisfying though helping all of them feel and look their old selves again. The boost it gave people was rewarding. After 4 months though we were in lockdown again for a month which was so disheartening as November is one of my busiest months of the year. Once allowed to go back to work I had 3weeks to catch up and sort everyone out for Christmas. My fibromyalgia flared up again so it wasn't easy.*

*Even though I was busy I had still lost money which was very frustrating. Unfortunately from Christmas until April we were in full lockdown again which everyone found harder I think as it was winter time.*

*People felt cheated to be forced into another lengthy lockdown worrying about their livelihoods. The furlough scheme and the grants have helped but the amount is nowhere near what you have lost financially. It has been so nice to be back the last few months hairdressing again, seeing my customers and chatting about our lives. Fingers crossed it continues that way!” JO, 2021.*

# CHAPTER 7

## *Difficulties*



This chapter focuses on the things people have found difficult to deal with throughout lockdown. These are real quotes from people who have lived through 3 national lockdowns.

“It’s difficult to stay positive. I’ve found it difficult to see into the future and realising what I wanted to achieve is possibly either not going to be accomplished or be **hugely delayed**”

Annie

“Not being able to be **physically there** when people are struggling and not being able to **hug** people”

Daniel

“The most difficult part of lockdown has been not being able to see family and friends. My nephew was **born** during the first lockdown and I can count how many **cuddles** I have had with him on one hand”

Emma

“Losing my granddad to **cancer** and not being able to visit him in **hospital** before he passed”

Bella



“ Not being able to take  
my **son** to places he  
enjoys ”

Jordan

“ The **monotony** of  
most days being the same ”

Cat

“ Not having people  
over during  
**Christmas** ”

Jess

“ Seeing colleagues and  
their families suffer with the  
**Coronavirus** ”

Emily

“ **Not  
having  
freedom** ”

Lee

“ Not being able to eat out  
or **travel** ”

Zack

•  
•  
• **“Being  
kind to  
myself”**  
•  
•

• Freya  
•  
•  
•  
•

• .....  
•  
• **“**  
• *Being inside a flat with*  
• **no garden 24/7”**  
•  
•

• Alison  
•  
•  
•  
•  
•

• .....  
•  
• **“I went  
into  
hospital  
with  
COVID”**  
•  
•

• Alan  
•

**"Thinking, is it necessary to  
leave the house?"**

**MICHELLE, 2021.**

**“Not being able to  
celebrate  
birthdays”**

Fred

**“No  
hair  
cuts”**

Ashley

***“The fact that everywhere was closed”***

Sophia

STAY SAFE

**We'll be  
back soon**

In the meantime, we're still here for you  
at hm.com



Scan to go to [hm.com](http://hm.com)

safe and take care of one another

# Chloe's

## Giving Birth Story

Chloe 25, gave birth to her 4th child during lockdown. Chloe talks about the difficulties she went through looking after her children and the traumatic birth she had.

.....


*"During lockdown, compared to my other pregnancies, it was very hard. It was very isolating to not be able to have the support of my friends and family like I had previously. It was difficult to have to attend appointments alone, especially for my partner who missed nearly all of the appointments.*

*This time around I struggled to feel the excitement of another baby. I wasn't able to go around shops and find cute baby clothes and prepare for my little one to arrive. Instead I was limited to internet shopping and I had to hope what was bought would be alright.*

*When lockdown was lifted in August 2020, I was able to get out a little to see some family. We met in a public space a few times, the first instance I had an anxiety attack and left. The second, I asked for some space due to*

*being pregnant and extremely vulnerable, to which the lady in question shouted at me in the middle of a coffee shop. Because of these interactions, I avoided going out unless I really had to. I was really glad my partner got to see our little girl at the 20 week scan. Before that, he was finding it hard to bond or even comprehend that there was a baby there.*

*At 5 in the morning I asked for someone to check me over because the contractions were now very strong and I felt like I needed Tom. The midwife refused, told me to have a bath and we will see what's happening after. I called Tom from the bath. While there, some midwives came in as they could hear me crying from the end of the corridor. They got me out of the bath, walked me through the corridor to my room with a towel barely covering me, and then did a quick examination. I had progressed from 2cm to 7cm in 30 minutes.*



CHLOE HOLDING HER BABY GIRL, LILY.  
COWES, ISLE OF WIGHT.  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.

*I called Tom and told him to get there quickly. I was rushed to labour ward and gave birth 10 minutes later. Tom missed it. "The midwives apologised and said they should have known it'd be quick as it was my 4th baby. So, because of lockdown restrictions, my partner missed the birth of our daughter. None of this would have happened with my previous pregnancies. Going through that with three people who I didn't know, was traumatic*

*enough let alone without my partner. I had no one there to advocate that for me. I was alone and scared. I'm sure this contributed to my postnatal depression being as bad as it was. It been hard not having family members able to meet the new addition to our family. I know she won't remember it, but I'll always feel guilty that they didn't have the chance to hold our tiny 6lb4 baby or to see her grow into her personality" CHLOE, 2021.*

# CHAPTER 8

## *Key Workers*

.....

This chapter focuses on the amazing things key workers did for us. This includes a list of key workers and quotes from key workers on their experience of working throughout lockdown.



Key Workers

Key worker:

“Public sector employee who is considered to provide an essential service.”  
TNIK, 2021.

Here is a list of people who were classed as key workers throughout lockdown.

- NHS & Social Care
- Prison Staff
- Charity Workers
- Journalists
- Broadcasters
- Emergency Services
- Teachers & TA's
- Nursery Staff
- Social Workers
- Supermarket Staff
- Postal Service
- Oil, gas, electric & water sectors
- Refuse Collectors
- Public Transport Staff
- Border Force
- Army & Maritime
- Financial Services



KEY WORKER AT MORRISONS  
LAKE, ISLE OF WIGHT.  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.

“It’s  
been a  
testing  
time for  
all of us”

Vicky

“My partner, as another  
**key worker**, has been  
at work from the start. We  
had our wobbly moments,  
where I was enduring such a  
**roller-coaster of**  
**emotions**, but we’ve  
come out of it a stronger  
couple”

Sam

“Not being able to see my  
family and working crazy  
hours as a **key worker**  
has really taken a hit with  
my mental health. Customers  
at work do not understand  
social distancing and many  
don’t wear masks, it feels like  
it will **never end**”

Holly

“Lockdown effected my  
mental health badly as I am  
living in a constant state of  
**stress** as I am a key worker  
and **worried** about  
catching the Coronavirus”

Matt

“Due to working for the NHS, it has made me a lot more stressed and unable to unwind after work”

*Sophie*



NHS NURSE  
GODSHILL, ISLE OF WIGHT  
2021

“ Working on the shop floor  
of a **supermarket**  
during a pandemic while most  
people were sat safely in their  
homes was hard. I had  
accepted that I was going to  
catch the Coronavirus as I was  
touching so many products  
that colleagues and members  
of the public had touched.  
The first lockdown was the  
**scariest** as COVID-19 was  
so new that I **feared the**  
**unknown**. I didn't want  
to go to work and catch it and  
bring it back to my brother  
who had a weak immune  
system at the time. It was very  
stressful.”

Lucy





“Not  
feeling  
safe in  
public”

Kelsey

“Seeing colleagues  
and their families **suffer** with  
the Coronavirus”

Camilla

“Having  
to wear  
a mask  
all day”

Tom.



TRAINEE BAKER AT MORRISONS  
LAKE, ISLE OF WIGHT.  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.



KEY WORKER AT MORRISONS  
LAKE, ISLE OF WIGHT.  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.



## Clap for Carers

‘Clap for carers’ was a campaign that started in March 2020. The purpose was to clap for the NHS and carers who were working tirelessly throughout the peak of the COVID-19 pandemic in the UK. People would stand outside their front doors, open their windows or stand on their balconies and clap, cheer, ring bells, set off fireworks, bang pots and pans to show their appreciation for all their hard work. The first ‘Clap for Carers’ movement was carried out on the 26th of March 2020 and happened every Thursday evening until 28th of May 2020. On the 2nd of April, ‘Clap for Carers’ was extended to all key workers including supermarket staff, public transport staff, emergency services etc.



CLAP FOR KEY WORKERS  
PHOTOGRAPHED BY DAVID ROGERS 2020



NHS NURSE CLAPPING FOR HER COLLEAGUES  
REUTERS, 2020

# Grant's Poem

Grant, a key worker wrote this poem about life during the first lockdown of 2020.  
It encapsulates what happened and how we came together to get through these hard times.



KEY WORKER AT MORRISONS  
LAKE, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON, 2021

*"Ladies and Gentlemen, the time has come to stand united, as a kingdom, as one.*

*Great Britain has changed over night.*

*But we're British we are strong and my god we will fight.*

*At first we all panicked when that first story was told,*

*but we didn't buy essentials, we bought all the loo rolls,*

*and now the shelves are empty and the elderly's cupboards are bare,*

*we acted like animals, no one willing to share,*

*but we soon got our acts together and we started showing our best,*

*thousands volunteered to help the NHS,*

*those brave men and women were sent to the front line,*

*to fight an enemy not seen by the naked eye.*

*As the infections began to rise and the deaths began to soar,*

*the governments advice was simple, just stay indoors.*

*If you do have to travel and there is no other way,*

*then make sure it's essential and get home without delay.*

*Now the Great British people, we are so determined and full of grit,*

*we will face this pandemic with our famous stiff upper lip.*

*This country has been through many dark times*

*so we'll roll up our sleeves, we'll dig in and we will shine.*

*We will fight this on the beaches and we will never surrender.*

*We owe this to our dead who we will always remember."*

GRANT, 2020.



# Jack's Key Worker Story

Jack 39, shares his experience of being a key worker in a busy office. Jack explains the impact working remotely had on his mental health.

.....

*"The part of the business in which I work comprises of members of staff in an office with satellite workers within the building overseen by a manager.*

*When the pandemic struck it was a shock to all workers and we found that our business was struggling to gather all information from external businesses.*

*This had an impact on my job role and I found myself becoming both busier and frustrated at the same time.*

*Management decided for the benefit of the business and the staff, that the team would be split into 'two bubbles'.*

*This meant that one team would work at home while the other team worked from the office.*

*This changed weekly to try and maintain continuity within the office structure.*

*This became a challenge within itself, as our house does not have an office and was a whole new experience which was alien to my working practice.*

*Although the business tried to provide necessary equipment that was required for home, 90% of my role could only be done from the office. This made the situation more stressful to a point that it was almost impossible for me to complete my tasks found one resolution to enable me to complete my tasks, was to work in the office for a few hours during the weeks that I was working from home, when everyone else had left the building. This had a detrimental effect on my mental health and well being as it was both intense and exhausting.*



WORKING REMOTELY  
PHOTOGRAPHED BY TOA HEFTIBA, 2018

*Management realised that the situation could not continue like this and it was decided that I should return to working from the office.*

*This created another problem as I was not permitted to mix with staff from the other bubble during their week in the office.*

*The only resolution for me at this time, was to work alone from an isolated office within the building.*

*After a few days I found this having a negative effect on my mental health and well being, I felt extremely alone, it was like serving 8 hours in solitary confinement.*

*At times during the pandemic, I felt completely overwhelmed; things didn't seem real, it was like being in a bad dream.*

*I became fearful and anxious and it had a negative effect of me going to work to do a job which I love.*

*My home life was suffering, and I found myself exhausted and on a 'very short fuse'.*

*Things are now gladly getting better and 'normality' is slowly returning.*

*We are now all back working in the office and some changes that were made will stay and maybe have improved my working practice"*  
JACK, 2021.

# Georgia's

## Vet Receptionist Story

Georgia works as a receptionist at a veterinary practice on the Isle of Wight. Georgia shares her experience of working in a busy practice throughout the pandemic.

*"To understand my experience, I will go into some detail of the start. I got the job back in March 2020, it was a new start for me and something I was looking forward too. But it wasn't a normal start to a job, it was at the start of the COVID-19 pandemic. I had a total of two weeks with everyone working together and to get some basic training in until the national lockdown hit. Because of my start date, I was not eligible for paid furlough, yet everyone else was in the practice. I had a choice, furlough with no pay, or work through the pandemic, silly question really, I wanted to make a good impression and people need to pay their bills, right? So, our practice that normally holds practice manager, clinical director and head vet, 4 vets, 3 RVNs, 2 PCAs, 10 receptionists went down to me as the only receptionist, 2 vets and our practice manager. To say it was overwhelming is an understatement. not only had I only just*

*started this job, but I was also now left to my own devices and literally thrown into the deep end.*

*At the beginning most people were understanding, we were limited to emergency care only, but this didn't make things easier, it meant the workload was more intense on the vets. The tiring days they would spend with no breaks or even time for food, you would see them start to burn out and it was awful. Not to mention the phones, they were so intense. My manager would help me as well but because people were panicking they would call up for the smallest bits of advice, which is fine I'm always happy to help, but it meant the voice mails would pile up. One day I remember listening to them and I had a total of 137 voice mails, now on a normal day to day basis we normally keep on top of it and get maybe 10 maximum. We would have days*

*where we were so tired, we didn't have the energy to clean and we would come in earlier the next day to tackle it.*

*Now, clients were mostly understanding, but some did test your patience and quite frankly your sanity. I will never forget one of the clients who rung up for an appointment, bearing in mind we were down one vet as it came out that diabetic people needed to isolate, so we were even more short staffed. I gently explained this to the client and his response was very questionable, he didn't believe in the pandemic or our rules, and when I explained that the vet who was isolating was diabetic his response was... "Well he may as well go die then..." and this was to soon be a regular occurrence of the abuse we would get as the lockdown was extended, and still to the day I'm writing this. But they weren't all bad, we would get clients bring us flowers and chocolate biscuits to keep us going and I don't know if they knew how much that meant to us. But unfortunately, there aren't that many*

*good experiences from it all, apart from it was a blessing for me as I really proved to my manager that I could cope, and she was extremely impressed with how quickly I picked up things. I got a full-time contract with them, and she says if I can manage during the pandemic, I will soar through normal life there. But it hasn't returned to normal life within the veterinary industry, now more than ever more people own pets. Before the pandemic in 2019 pet ownership was around 54% and now its at 70% yet due to COVID-19. EU vets leaving the UK, difficulties recruiting and burnout created the perfect storm.*

*There's not much more to say apart from I hope it gets better for everyone, and that people really need to be kind to one another, as people's mental health can be effected immensely. I'd like to say good-bye to COVID but I think its sticking around for a bit longer..." GEORGIA, 2021.*

GEORGIA IN HER UNIFORM  
NEWPORT, ISLE OF WIGHT



# Jane's Key Worker Story

Jane, 50 is a mother and a key worker based on the Isle of Wight. This interview gives a unique perspective of a mother going through divorce and being a key worker in a busy supermarket.

.....

*"My experience of lockdown was traumatic at first, not having a choice but to work all through it. Scary as well in the beginning, frightened. Every shift was traumatic. Trying to stay away from customers in fear you'd contract the virus and give it to others. I could take it home to my daughter. Didn't see my friends or son. Thankfully we always messaged. I ended up doubling my blood pressure dosage and being put on anti depressants to get me through work. after a while of going to work as full time I had to just try and think of it as a normal day even though it wasn't... Seeing the shelves stripped of food was frightening, wondering if there would be any food left for me to buy after work. It's good now we can see people but still doing the lateral flow test. Knowing I'm safe when serving customers especially the elderly makes me feel better about being at work.*

*Being apart from my son for a long time after coming out of a marriage was upsetting and then not seeing him was heartbreaking. I didn't have a lot of time to myself, as I worked full time throughout lockdown. When I got home, I felt drained and had no energy or enthusiasm to do anything. Working and not seeing friends and relatives was difficult. My mum was taken into hospital. She lives in London and I wasn't able to see her due to the catamaran not being in service so I couldn't get to the mainland easily even if I wanted to. I can't think of anything that has been a blessing throughout lockdown and I don't think the world will ever be the same after this pandemic. I miss going out, meeting friends, standing at a bar and chatting to stranger's. As a single person trying to get on with life and meet someone it somewhat put a block on that. I've also missed walking into somewhere*



EMPTY SHELVES  
2020

*without a mask on and hugging friends. It was lovely that customers were saying thank you for being here....well, we didn't have a choice. So although nice it was heart wrenching.... Felt like lamb's to the slaughter. Doesn't matter about us... We're just supermarket employees... I know the supermarket has done as much as they can to try and protect us but it still was not an option to not go to work. Some life lessons I've learnt throughout lockdown are Not to take family and friends for granted, tomorrow is never promised and to enjoy as*

*much of my life as I can and never put off tomorrow what you can do today. My advice for generations to come who may have to deal with a lockdown in the future is make sure you've got Netflix. Also, try not to be alone for lockdown and make sure you keep in contact and support your friends and family, together you'll get through it. It'll only be temporary and life will go on. Finally, we need to learn to live with the Coronavirus. It is always going to be around. Life can't stop forever, it's not a life if it does" JANE, 2021.*

# Doctor's Interview

Tom, a Biochemical Doctor at North Hampshire Hospital also agreed to be interviewed. This gives a unique perspective on how the pandemic effected biochemical doctors.

**How did the increased volume of people coming into the hospital affect you physically, mentally and emotionally?**

*"There was a monster of a 2 week period in March 2020 where all routine work was still coming in along side the new massive influx of COVID-19 samples before we manage to get extra staff in to help. It was tiring and draining trying to keep the service running at a reasonable speed and deal with the extra work."*

**Were there any moments in particular that were really difficult to deal with?**

*"The start of the pandemic was the worst. The Coronavirus was too new to have any guidance on how to handle and test the samples. It seemed almost daily there were*

*new rules to implement. This understandable lack of direction along with the increased workload resulted in people starting early and finishing late. Everyone was tired."*

**Were there any moments in particular that were positive?**

*"It was very satisfying when we managed to get a COVID-19 test for in-house testing along with extra staff to help manage. It felt like we were a normal functional department again rather than feeling like we were straining to keep afloat."*

**Were/are you scared of catching COVID-19?**

*"I was nervous to catch it and spread it as my parents are in their 60's and my mother*

NHS POSTER  
NEWPORT, ISLE OF WIGHT  
PHOTOGRAPHED BY LUCY THOMPSON

*is asthmatic. Also, our workplace was not designed for social distancing and we were aware how easily it could spread if someone caught it."*

**Have you had COVID-19? If so what was that like?**

*"I was completely Asymptomatic, didn't discover I had it until I got an antibody test at the hospital. I consider myself very lucky."*

**Did the clap for NHS and NHS rainbows help boost morale?**

*"It did boost morale, it was nice to know that so many people were aware of the work everyone in the NHS was doing."*

**Do you think that 3 lockdowns were necessary?**

*"Yes. The number of cases we had in the population lockdown's were necessary to spot further spread of COVID-19."*

**How has lockdown affected your personal life?**

*"I miss hanging out with friends and going on days out. However, with the increase in video calls it has meant I have been more in touch with university friends that I would usually only see once or twice a year, which has been great. Me and some friends have regular virtual cinema nights which has help keep the social life alive." TOM, 2021.*



# Infection Doctor Interview

An infection doctor from Hampshire agreed to do an interview for this book. This gives an especially unique story on how the pandemic effected people working within the NHS on the front line.

**How did the increased volume of people coming into the hospital affect you physically, mentally and emotionally?**

*"The increase in numbers of people falling ill and dying surprised me as an infection specialist because I thought it is likely to be like swine flu for example. As the pandemic unfolded I was surprised by how fearless I have been this time round compared to the swine flu. I felt something switched on and I wanted to help as many people as possible. The most challenging part was the psychological support I had to offer to others in UK and internationally. My workload increased significantly and I am chronically fatigued. I lost so many relatives, friends and colleagues in the UK and overseas and that was hard to cope with. Some were my age and COVID death disproportionately affected people like*

*me who are from a black and minority ethnic background and that seemed unfair. I am physically, mentally and emotionally exhausted right now."*

**Were there any moments in particular that were really difficult to deal with?**

*"At a personal level it was losing two older siblings and not being able to attend their funerals due to restrictions. At a professional level it was seeing some competitive behaviour among colleagues meant that the pandemic brought a lot of good out of people but also some bad with few individuals seeing this as an opportunity to expand their research repertoire or clinical skills while excluding others."*

**Were there any moments in particular that were positive?**

*"Being energised to help junior doctors and managing to put together support mechanisms for them. Knowing that I can step up to the challenge and be resilient in the face of it restored my confidence. I feel proud to be a doctor working for the wonderful NHS."*

**Were/are you scared of the catching the COVID-19 ?**

*"I did catch COVID but was not scared of catching it beforehand."*

**Have you had the COVID-19 ? If so what was that like?**

*"Thankfully it was mild and I recovered quickly and without needing to be admitted to hospital."*

**Did the clap for NHS and NHS rainbows help boost morale?**

*"Not at all. We are not heroes we are professionals trained and paid to do a job. Better support and funding for the NHS and our patients would mean a lot more to me."*

**Do you think that 3 lockdowns were necessary?**

*"No at all. A robust test and trace managed by the NHS not private companies and a health campaign would have been better. The lockdowns were all after the event and a bit late."*



#CLAPFOROURCARERS CAMPAIGN  
STARTED BY ANNEMARIE PLAS

**How has lockdown affected your personal life?**

*"Yes of course. It took away things I enjoy and look forward to like travel, theatre, cinema and shopping. It made me realise the importance of human contact even with total strangers we meet when out and about. However, I did and still enjoy the quietness of working from home and I managed to attend a lot more conferences and meeting in 2020/2021 than ever before due to them being virtual." INFECTION DR., 2021.*

# CHAPTER 9

## *Home Schooling*



This chapter focuses on how parents and guardians felt about home schooling their children. This chapter also includes stories from a teacher and nursery practitioner.



“Home  
schooling  
3 kids was  
challenging”

Harriet

“I really **struggle** with  
home schooling as I am not very  
good at maths and I have  
dyslexia too. It made me feel like  
I’m letting my kids down which  
has **upset me** as a parent”

Vanessa



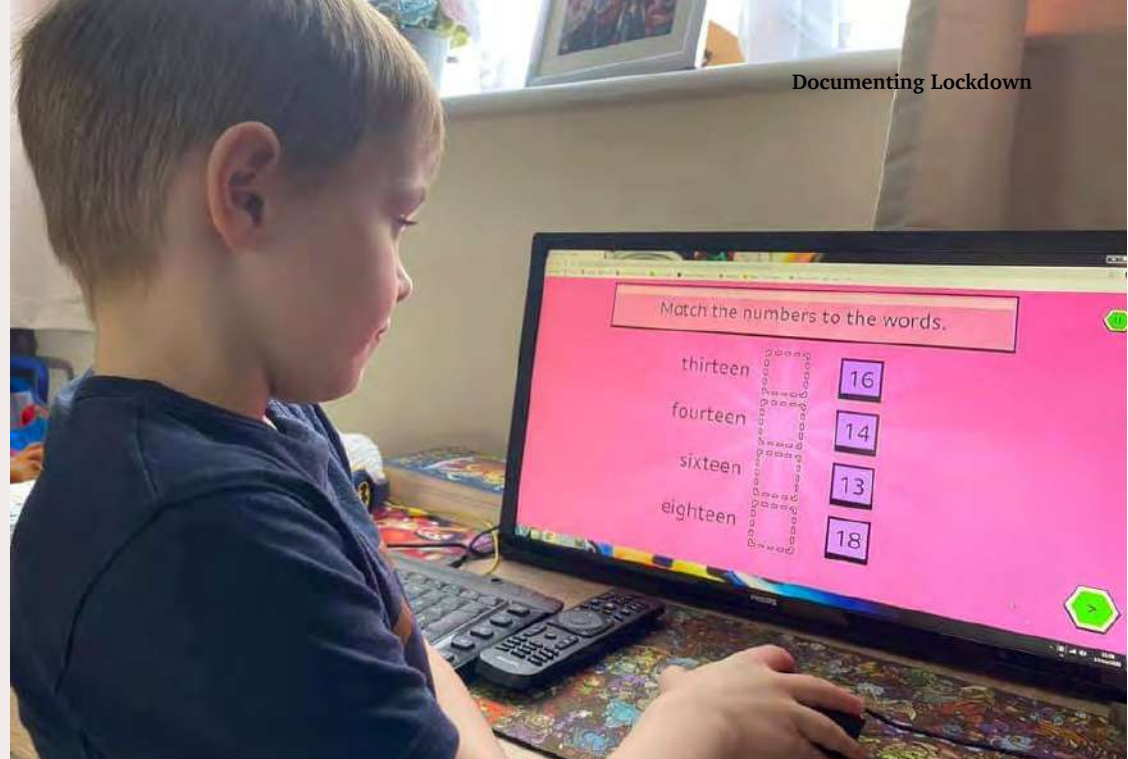
CHILD DOING SCHOOL WORK FROM HOME  
ALDERSHOT,  
PHOTOGRAPHED BY SAM P, 2021

“I am **frustrated** about  
how much school my children  
are **missing**”

Matt

“**Sometimes  
it has been  
stressful  
to home  
school my  
children**”

Danielle



CHILD DOING ONLINE SCHOOL WORK FROM HOME  
ALDERSHOT,  
PHOTOGRAPHED BY SAM P, 2020



KEY WORKER RAINBOW ARTWORK  
ALDERSHOT,  
PHOTOGRAPHED BY SAM P, 2020



“  
I feel anxious about how lockdown  
is **effecting** my children’s **social**  
**development** and education”

Sam

“  
It’s been hard home schooling  
**three kids** and trying to  
run a house and care for my  
grandfather **takes**  
**its toll**”

Chloe



CHILD DOING SCHOOL WORK FROM HOME  
ALDERSHOT,  
PHOTOGRAPHED BY SAM P, 2020



CHILDRENS ARTWORK  
ALDERSHOT,  
PHOTOGRAPHED BY SAM P, 2020

# Louise's

## Nursery Practitioner Story

Louise, 48 is a nursery practitioner based on the Isle of Wight. Louise tells her story of how she has coped with lockdown, being furloughed and looking after her family.

*"During the first lockdown I was furloughed as our pre-school was shut. Although I really enjoyed the first lockdown due to being able to spend more time with my immediate family, I was left feeling really anxious as I still had to go out to do our weekly food shopping as well as my elderly parents shopping. During the first lockdown none of us had received our first vaccinations so was more worried about catching the virus and passing it on to them!"*

*During the second lockdown I had to work as the government had announced all pre-schools/nurseries should remain open. Although my elderly parents had received their vaccinations I had not and so therefore this time around I was more worried for myself as I was mixing with a lot more people than before.*

*I think the relationships within the family have become stronger as we've been able to spend more quality time together and also it's made us realise that you should never take anything for granted, that situations in life can change so quickly and we can't control that!*

*I have started running which has been great for my mental and physical health. As an alternative to meeting up with family face to face we have been doing family quiz nights over Zoom which has been a lot of fun and a great way to stay in touch. I've also been doing a lot of DIY around the house, getting round to things that I haven't had time for due to work.*

*It's been difficult not being able to meet up with family and friends. Unable to go out for a meal and drinks. Unable to go on a holiday*

LOUISE IN HER UNIFORM  
EAST COWES, ISLE OF WIGHT

*outside of the UK. However, it has been a blessing to be able to spend more time with my immediate family. I miss being relaxed when going shopping, whereas now I am constantly worried about being too close to someone, or having to remember to wear a mask.*

*I am a key worker in a Nursery, it has been particularly challenging as any new children that are attending are finding it difficult to settle. This is because they have spent so much longer at home with their parents due to lockdown, many of these children have never left their parents or even been looked after by grandparents. Therefore the attachments these children have with their parents are so much*

*stronger than normal making it difficult for them to attend the Nursery.*

*Parents are finding it equally as difficult and are generally more anxious about leaving their children in our care and returning to work.*

*A life lesson I have learnt throughout lockdown is to never take anything for granted. I would advise everyone who goes through a lockdown to follow Government guidelines and stick to the rules, take each day at a time and don't over think things. Enjoy the time with your family, find new hobbies that you can all enjoy" LOUISE, 2021.*



# Louise's

## Virtual Teaching Story

Louise, a teacher is based on the Isle of Wight. Louise tells her stories of her and her students adjusting to virtual teaching during lockdown.

.....

*"I have been teaching remotely, on and off, for the past 13 months. It is hard to believe it has been that length of time. It really has flown by. I left the College with just a carrier bag of notes, my diary and log in details for my computer to continue the practice of educating remotely from my front room. Graphic design is fortunately an easy subject to deliver remotely as it is primarily digital based. Providing the students had access to the correct software and hardware they continued to successfully work online. Teams was the communicator used and all students adapted very quickly to a method of teaching that similarly represented what they were used to in a classroom environment. The only difference being the distance between us. File sharing allowed for full critique to occur and video calls, information directly uploaded to their chat feeds allowed them to feed off notes,*

*essay, briefs etc. provided. Students had to remain positive and motivated and occasionally this was difficult and extremely exhausting to keep teaching "buoyant."*

*Remote teaching is very full on and there is not the general daily distraction of working within an office of staff – works begins at 8.45 and quite often does not finish for the day until 8.00pm as there is the tendency to "just finish that last bit". It can also feel very isolating. However, I am currently working with a group of Finnish students, each from their own homes in Finland, so this really does put remote teaching to the test!*

ZOOM CALL WITH COFFEE  
PHOTOGRAPHED BY CHRIS MONTGOMERY, 2020

*I feel that my students have not been compromised within their studies, but it is very much a case of shared responsibility - they have to be on board from day one. I have enjoyed working from home, but equally pleased to be returning to some form of normality over the coming weeks" LOUISE, 2021.*



# CHAPTER 10

## *Blessings*



This chapter focuses on the things we were grateful for throughout lockdown. Our public survey asked “What has been a blessing throughout lockdown?” and this is what they responded with.



“  
A reduction in the  
**comparison** between  
my life and others. Your  
twentys are hugely  
**confusing**, with so  
many people at different  
stages in life to one another.

I'm 23, I still live at home,  
only starting my career, not  
engaged/married, nor am I  
starting a family.

I feel **less guilty** for not  
being further in life. I feel  
like the pandemic has  
provided an **excuse** for  
that”

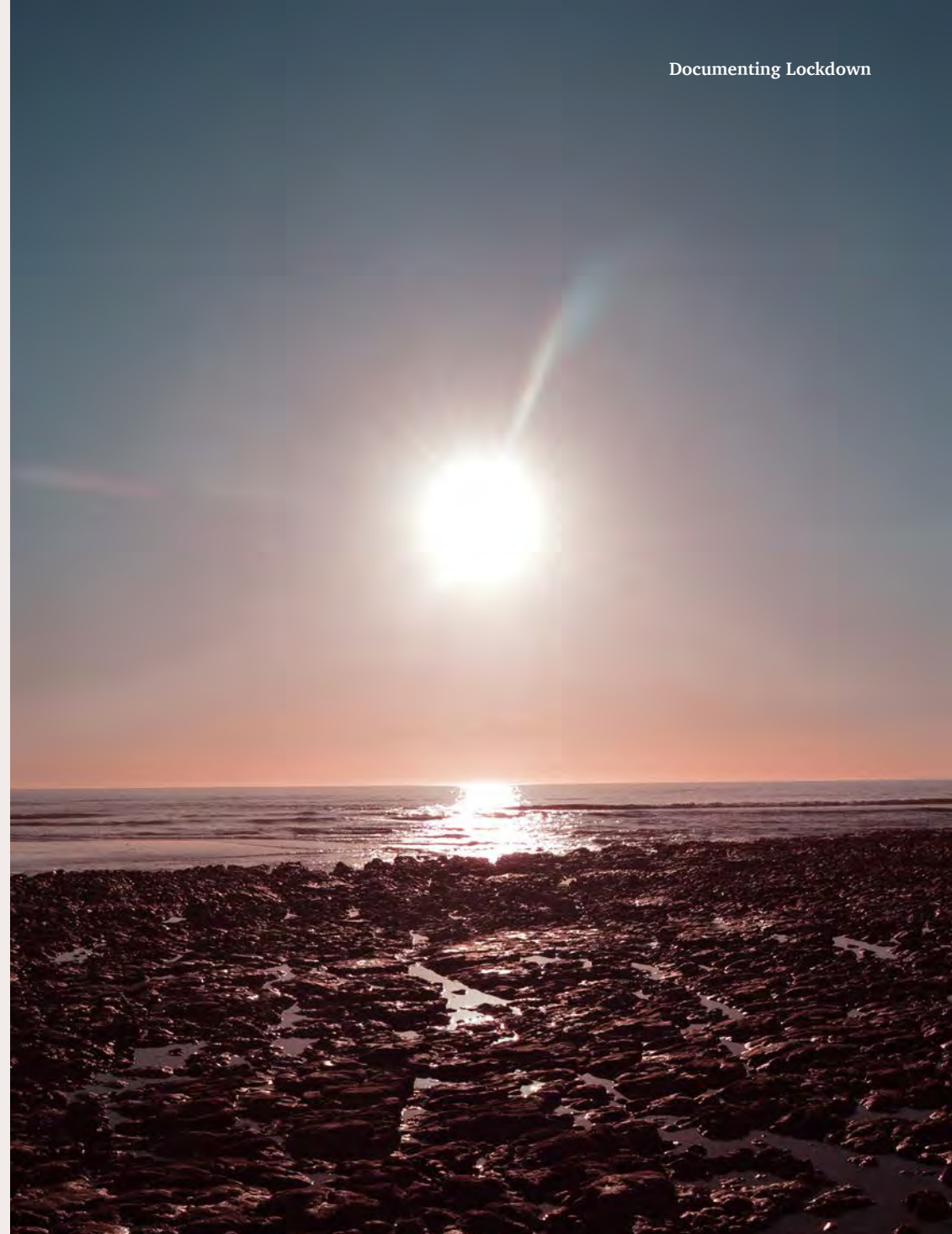
Ella



“ We have been able to **take a break** from work and decorate our house to sell which we sold in October 2020.

• We have been able to  
• move closer to the sea.  
• All of which probably  
• **wouldn't have**  
• **happened** if we were  
• ”  
• working

Gill



BROOK BAY  
FRESHWATER, ISLE OF WIGHT.  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.



•  
 • “  
 • My **daughters** have  
 • been my rocks. My 8 year  
 • old cheers me up with hugs  
 • and tells me I am a great  
 • mum.  
 •  
 • My eldest girl doesn't live  
 • with us anymore but we  
 • have **2-3 hours**  
 • **chatting on the**  
 • **phone** every week. These  
 • girls deserve a medal for  
 • their **kindness** towards  
 • me ”  
 •  
 • Gina

•  
 • “I  
 • learnt the  
 • value of  
 • spending  
 • time with  
 • the people  
 • I love”  
 •  
 • Lauren  
 • .....  
 •  
 • “  
 • My family, friends  
 • and partner keeping me  
 • grounded”  
 •  
 • William

.  
 .  
 . “  
 . The internet and phones.  
 .  
 . They have allowed us to  
 .  
 . **communicate** and  
 .  
 . stay in touch in a **safe**  
 .  
 . ”  
 . way

Jenna

.....

.  
 .  
 . “**Realising**  
 .  
 . **what is**  
 .  
 . **important**  
 .  
 . **in life”**

Daisy

"We have all been forced to  
 slow down, the world has almost  
 stopped to appreciate things a  
 lot more. We will appreciate  
 spending time with friends and  
 family a lot so much more"

ASH, 2021.

“ Having more time to  
focus on what I want in life  
and **learning new  
skills**. I’ve had time to  
really **appreciate** what  
is important and how much  
we take the small things for  
granted ”

Shelia

“The  
selfless  
acts of  
kindness”

Taylor

“Discovering  
new lovely  
walks”

Hannah

“Spending  
time with  
my kids”

Kelly

“Saving  
money”

Jack





# CHAPTER 11

## *Advice*



In this chapter the people who have lived through the lockdowns share advice to future generations on what to do if lockdowns should happen in the future.

“Be **mindful** and considerate towards others, even if others don’t do the same. We are all human at the end of the day and we all have needs, feelings, ideas (etc.) We need to **look out for one another** rather than just hoarding stuff for ourselves”

Leigh

“There is no need to go outside because you can get **everything online**”

Christopher

“**Make the best out of a bad situation**”

Charlie

“**Don’t stock pile, there is enough for everyone**”

Alice

“Always worth keeping an extra pack of **pasta and loo roll** in!”

Paul

“Do what you are supposed to. Wear your mask, stay socially distanced, **stay indoors** when possible. Yes it seems difficult, and it is, however, the quicker you do as you're told, the shorter amount of time you will have to deal with the side effects of a global pandemic. **Family is everything**, check up on your loved ones and remember you are not the only one feeling the way you do, if you feel your **mental health** is deteriorating and you are being affected by the pandemic, ensure you talk to someone (loved ones or professionals). Someone always cares”

Lily



STAY AT HOME POSTER  
SHANKLIN, ISLE OF WIGHT.  
PHOTOGRAPHED BY LUCY THOMPSON, 2021.

·  
 · **“Obey the**  
 · **rules and**  
 · **restrictions**  
 · **and keep**  
 · **others safe”**  
 ·

· Hayley

· .....

·  
 · **“Please**  
 · **please**  
 · **abide by**  
 · **the rules...**  
 · **it may just**  
 · **save your**  
 · **life and the**  
 · **lives of**  
 · **others”**  
 ·

· John

"Lock down will be hard, but  
 it is necessary to save lives.  
 Restriction will pass when it  
 safe to do so. Be strong and  
 support each other"

SARAH, 2021.



“ Always remember that  
 it is not all about just you.  
**Think of others** and  
 how their lives are being  
 disrupted and possibly  
 changed forever through  
 what is happening. Find out  
 as much information as you  
 can about what is going on  
 around you. **Follow**  
**advice** that is given as  
 much as you can, but also  
 follow your gut instinct as  
 to what you should and  
 shouldn't do. Try not to be  
 swallowed up by  
 everyone's fear and to  
**think rationally**  
 about each situation ”

Victoria



BROOK BAY  
 FRESHWATER, ISLE OF WIGHT.  
 PHOTOGRAPHED BY LOUISE JULIEN, 2021.

“Try not to be alone  
for lockdown and make  
sure you keep in contact  
and **support your  
friends and  
family**, together you’ll  
get through it. It’ll only be  
**temporary** and life  
will go on”

Sam

.....

“Take each day at a time  
and **don’t over think**  
things. Enjoy the time with  
your family, find **new  
hobbies** that you  
can all enjoy.”

David

“Look out for friends and  
family. Set projects for  
yourself. **Keep  
yourself busy**  
and active”

Chloe

.....

“Make the most of your time  
with family and friends while  
you can, **material things  
don’t matter:** what you’ll  
miss are hugs and people”

Gill



So there you have it, a simple book about the ups  
and downs of lockdown written by the  
people who lived through it.

I hope you enjoyed reading this book and  
stay safe!

*Lucy*

## A SPECIAL THANKS TO...

.....

*Jo*

*Debbie*

*Sam*

*Jaz*

*Zelie*

*Ann*

*Louise*

*Myra*

*Chloe*

*Graham*



Want to learn or reminisce what it was like to be  
in lockdown during a global pandemic?

Well this book is packed with interviews, real  
quotes and stories from people who have lived  
through 3 national lockdowns during the  
COVID-19 pandemic.

This book explores the difficulties and blessings  
in respect of relationships and mental health.  
There are even exclusive interviews and stories  
from key workers working on the front line to  
keep Britain going.

This collection of primary data offers a unique  
insight into how lockdown effected the people of  
Hampshire and the Isle of Wight.

