

Stories and Creative Feedback from Children & Young People

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Storm brewing in the East

This young person's account uses the analogy of a storm which depicts the impact of such an unknown force on this person's life.

December 2019, the storm brewing in the East ready to immerse itself into every continent was something no-one could've foreshadowed. I had just enrolled in my first year of college struggling to balance past relationships and heavy workload, the oncoming storm wreaked havoc and led to new friendships to deteriorate, motivation to disappear, anxiety to peak and hope lost. With no signs of the pandemic ending in the many months of quarantine I was reduced to constant hysteria. Worry over my future. What to do? What path to choose? The Storm had obscured all my choices and took away-life changing opportunities. Apart from personal conflicts the virus had taken many loved ones: healthy, young and innocent. Seeing the death toll rise exponentially struck fear and agitation across the world. No one was safe. But the light was there. We've passed the eye of the storm together. The front-line workers battled on and showed me the true heroes. The ones who risk everything for the safety of fellow brothers and sisters. Inspiring me of what I should do and what I can do to help and become the next generation to protect people from oncoming storms.

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Save us from this mess

A poem from an 11 year old girl which shows her observations on the world during lockdown and includes messages about doing the right thing to keep everyone safe and well.

The coronavirus is now worldwide,
Still people are being snide.
Just stay inside!
It's for your health!

Go into the shops, what do you see?
Nothing on the shelf.
Do you only care about yourself?
Stockpiling should be a crime,
It won't make you shine, it's not fine.

No more shaking hands,
Please don't touch your face.
Never stand too close, in a crowded place.
And last but not least,
Please don't forget your relatives.
Just because you can't see them face to face.

This world was, and will be, happy again.
So turn that frown upside down,
And thank the NHS
You don't need to guess
They will save us from this mess!

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Snapshot of feelings

We asked a few children some simple questions about how they felt during lockdown

1. Have you missed your friends in lockdown? - 5 said yes
2. Have you felt lonely at times in lockdown? - 2 yes 3 no
3. Have you spent your time looking after or caring for a family member? 2 yes 3 no
4. Has someone said something mean or not very nice to you online over the past 12 weeks? 2 yes 3 no
5. Have you have enjoyed spending time with your family? 5 yes
6. Are you scared about coronavirus? 1 yes 4 no
7. Have you followed the social distancing rules? 4 yes 1 no
8. Have you exercised three times each week? 5 yes
9. Do you have someone you can talk to, if you are worried or scared about something? 5 yes

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When the dancing stopped

A young person shares an insight into their life during lockdown, without the things they love doing.

This is my lockdown/quarantine story. It has been so much different to what I would usually do in my life as a dancer, year six pupil and as a friend. I haven't experienced anything like this before in my life where you're not allowed to see anyone go out unless it's for weekly shop or if you're going on a walk. You have to wear a mask whenever you go out and if you go to the shops you have to sanitise your hands on the way in or out.

It had been a bigger struggle for me because I'm a dancer and throughout this whole pandemic I haven't been able to dance and I have been very upset about that because when I first started to dance I was two years of age so dancing is a big part of me. I also have many friends at dance so I've been missing them too.

This year was my last year in primary school so there are a lot of things that I've missed such as signing shirts, leavers party and saying goodbye and thank you to every single teacher has taught me through the years and am very excited to go to high school!

I hope that soon this for all be over and we can be back to normal in a few months.

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How I coped during lockdown

How a student coped during this challenging time and found ways to develop hobbies and appreciate spending time with family

The coronavirus pandemic has had a huge impact on the way that individuals around the globe have experienced changes to their everyday lives including lockdown, social restrictions and social distancing regardless of age, gender, race, colour and religion. Through this difficult period, communities have come together to appreciate the work of front-line staff and the National Health Service.

I am currently a university student and thus when lockdown was announced, alongside many other students in the UK I experienced changes in the way our lectures were delivered from campus to online. I felt that this period did impact my health and wellbeing, as there were many uncertainties in the way that teaching would continue alongside the stresses of completing my exams at home where distractions were the norm, as well as the fast spread of the coronavirus and the global increase in death rates.

To cope with the pressures of exams alongside the uncertainties of the coronavirus I dedicated time to drawing, painting, exercising, gardening and reading. For me these are activities that I enjoy however I was unable to make time for due to my busy schedule. I thus learnt to manage my time more effectively by ensuring I was studying as well as appreciating the time I spent improving myself and spending more time with my family.

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Uni life in a pandemic

This account depicts the ups and downs of life in 2020; some positives and some things that were not so good.

I was studying in my first year of university when it was cut short by the corona virus pandemic. I had to do alternative assessments instead of exams which was kind of blessed to be fair. My last night out was in March, word of lockdown was starting to be mentioned but I didn't take it too seriously as I thought any lock down would probably only last a couple of weeks. At that point there wasn't much coverage or statistics being shared and Information I was hearing was that it wasn't really affecting young people. So I came home that weekend with just a suitcase and left pretty much all my belongings in my Uni accommodation, but lock down came into effect.

When it was announced that everything was closed I had an 'emotional rollercoaster' of feelings. Having no friends to be able to meet up with was hard and being at home doing nothing was boring. Reliving the same day was draining mentally so I pretty much spent my time just sleeping. I had to order things from Amazon to try and keep my mind occupied. Once things relaxed a little it wasn't too bad, so my mental health improved.

I had to go collect all my clothes from my accommodation and didn't get a chance to celebrate the end of my first year with my friends. I am feeling happier now things are more relaxed and I am keeping to the rules. I tried not to dwell on the whole thing as that might have made it even harder to manage the isolation. But It feels strange going into shops, like I am doing something wrong. It's like it feels illegal to be out and picking things up again in shops.

I don't watch the full news coverage but do read the updates on what I can and can't do. I haven't been able to go to my dentist appointment yet and I am not sure when that will be available but I have been able to speak to my GP and have a telephone appointment. To be honest I would prefer telephone appointments to continue instead of having to go to the surgery for mild issues.

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A young child

This gives a little insight into the effect of the Covid-19 outbreak on this child's life and how they picked up on the worry about going to hospital during these uncertain times.

"not being able to see my friends has made me upset. I have missed going to cubs until they started Zoom calls. Near the start of quarantine, I had an accident I didn't want to be put in the hospital because I didn't want to get sick. This has change my lifestyle"