

Life in Lockdown for a new business

April 2021

Working with East Grinstead Museum, we have a series of *Life in Lockdown studies* on our website that capture the pandemic experience and issues from the point of view of Businesses, Individuals, and Community Groups.

About the organisation



51 Degrees Design offer affordable and bespoke, graphic design, website design and social media to support local businesses.

<https://www.51degreesdesign.com/>

Business life in lockdown

51 Degree Design began during the first lockdown, due to losing my job. Initially it was a side-line, and this was moved forward. There are a *lot of people who have needed to move their side-line to become their principal income* due to the pandemic.

The business has continued to grow, the first month was slow but it has increased month-by-month. When lockdown began my wife, and I were preparing a 'downsize' house move. This meant we were both working from home and supporting our son's home schooling, so it was a little busy. But once we got into the rhythm of things, it was ok and not too stressful.

The work began to come in from social media - maybe someone needed a logo, or a website built. *I judge my success by how successful the business is I have supported.*

During COVID-19 we have been able to 'press pause' if needed but really there has not been too much change as *no family member has been affected by COVID-19.*

Life in Lockdown

Anyone who knows me knows I am a keen exerciser. During the first lockdown, and the amazing weather we had then I have continued to exercise. In fact, it became easier as *I was not having to commute and fit in exercise*. As a family we have been exercising and walking the dog daily *so am actually much fitter*.

I have found that ‘*working for myself*’ I am able to develop my own routine to incorporate exercise. I am training for a World Record - Lands’ End to John O’Groats cycle run. I have been running and chasing my own personal best. We have also purchased extra equipment for the garage. We are a very motivational house, so exercise is not hard.

August 2020 onwards there has not been any change to my motivation for my business *I may not know what work I have 2 weeks apart but I’m enjoying it*.

The one thing that lockdowns has made a little challenging personally is ensuring that the weekends and weekdays do not merge together. The range of projects and interests ensure this does not occur. Another change is *how often the dog has gone out for a walk*.

But I have a lot of projects and have variety of things to do which keeps me energised and motivated. For me, 51 Degrees ensures I have a good ‘*work life balance*’, which I am really positive about and am able to look after those closest to me and do the things that motivates me.



Life in Lockdown

East Grinstead Museum



East Grinstead Museum aims to spark a sense of place and belonging in East Grinstead's past, present and future, through the stories we share.

As part of our response to the COVID 19 Pandemic, we have documented life in lockdown. We want to capture diverse experiences - sad or joyful - and to reflect East Grinstead's diversity. Contributions are welcomed from people of all ages, backgrounds, and abilities.

To learn more about this exhibition email: info@eastgrinsteadmuseum.org.uk

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We have a simple ambition, at Healthwatch West Sussex... to make local health and social care services better for people that use them. We are here to listen, take action and influence positive change for local people living in West Sussex.

We record what people tell us and share this anonymously with those who make decisions about our health and care services.

You can contact us in several ways:

-  **Telephone** 0300 012 0122
-  **Email** helpdesk@healthwatchwestsussex.co.uk
-  **Website** www.healthwatchwestsussex.co.uk

You can also follow our social media channels to always be updated with the latest in health and social care news across West Sussex: [Facebook](#), [Twitter](#).

If you have questions about the content of this update, please either call 0300 012 0122 or email cheryl.berry@healthwatchwestsussex.co.uk

