# Year 8 student account of Lockdown July2020

**"** **My Mum and I are shielding. We have been pretty much since the school's closed down. Mum had stopped going out a few weeks before that.**

My Dad lives a few streets away and to start with I didn't see him much. He was still working (he works in construction as a manager), so he was still having contact with other people and me and Mum needed to reduce the risks of catching the virus.

My Mum is disabled and has health issues. **I'm not a carer exactly, although I do have to give her a lot of help when she is feeling bad or has a lot of pain.** I worry a lot about her. My Mum has also been working all through the lockdown. She works from home and she also does a lot of voluntary work, so she has been keeping busy and has a lot of online meetings and phone calls.
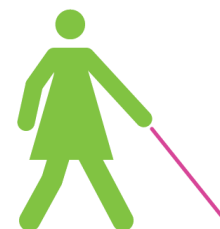
When Dad was furloughed, a few weeks into lockdown, I was able to see him more. He wasn't in contact with other people so I was able to walk up and see him, or even stay over a few nights. This made me happy. We settled into a routine of home-working and home-schooling. Although my usual sleep pattern went right out of the window!
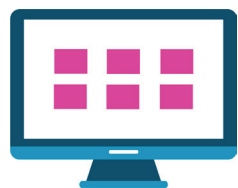
I like the google classroom set up that my school is using. In the beginning I was following my timetable in real time, more or less. I have to admit, I haven't really done any PE! But I did download a 7 minute workout app on my phone and I do this most days so I guess that can count?!

It feels weird, but good, to see my classmates comment on the work streams and class posts on google classroom. **I can sometimes feel quite lonely, even though I am with my Mum.** I can phone and facetime my friends but sometimes the conversations get a bit too crazy and when there is a group chat it just gets weird, so I don't stay connected.

It's not really ok to 'open up' about feelings and stuff with some of my friends. But there are one or two who I know I can talk to about more personal stuff. **I know that some of my friends have their own problems and struggle with their thoughts and feelings and I don't want to share mine in case it upsets them.**

Mum calls my Nan every day. My Nan and Grandad live in Hastings. They are both over 70. Mum is very close to Nan and Grandad and it has been really hard for them all to not see each other since February. I know Mum worries about Nan and Grandad. Especially Nan, she has Parkinsons Disease.

Me and Mum have been trying to help Nan to do video calls. **It has been really funny sometimes when all we can see is Nan's ear because she holds the phone next to her ear!** Nan's hands are very shaky because of her Parkinsons, so this makes the video calls tricky when the phone keeps wobbling. But we try to laugh about it and help Nan to stand the phone up against something like a mug to keep it still.

Mum couldn't get help with shopping so she goes out once a week or so. She either goes to the big Tesco to do a big shop, or to the little Co-Op down the road, to pick up a few things we need. I don't go with her because she says it isn't safe. Not sure why it is safer for her than for me?! She has a mask and always takes her stick and her hand gel. She gets quite stressed before she goes and is always really tired when she gets home. Sometimes she gets a headache too.

She says there are one-way arrows in the shops and they only let a few people in at a time. But some people ignore the arrows and get too close to other people. They should stay 2 metres apart but not everyone does. This stresses Mum out more! If I was a bit older and a bit bigger, I could probably do the shopping for her. But I'm just not really able to at the moment. **I wish I could help her more.**

I know I add to Mum's stress. **I have struggled with sleep during the lockdown.** I guess it's because I have so much floating around in my head. Plus. I'm not doing much activity or going out. So, I do the typical teenage thing ... I am on my phone / tablet a lot and watch or listen to stuff in the evenings. I think it helps me to relax and get to sleep. I should probably read more books. I used to read loads .... but I am reading less now that I have the phone and tablet.

I'm not sure what time I go to sleep. I usually go to bed between 9pm and 11pm, but I watch stuff for a while and sometimes it's midnight or 1am or 2am before I actually fall asleep. Then I don't wake up very early and I am really tired the next day.

Mum often wakes me up for school but I log in late because it takes me ages to wake up and get going! Sometimes I stay in my PJ's all day! This annoys Mum, but I don't see the point of getting dressed and washed when I'm not going out or doing anything or seeing anyone. It was fun to start with. I felt a bit naughty doing my school work in my PJ's! But I am getting a bit bored now. **I miss doing stuff, like going shopping and meeting my friends.**

I saw a lot of my Dad and we went out on some bike rides and stuff in April/May. But he's gone back to work now and I haven't seen him so much. **I miss seeing my Dad and my grandparents and my cousin and my other family so much.** They don't all live close by so we can't even see them through a window or in a garden. We would have to drive for an hour or more to see them and so far we haven't really been allowed to do that.

Now the lockdown is starting to be lifted and I'm not sure how I feel about that.

I am pleased in some ways because **I will be able to see my friends and my family again.** But Mum is quite stressed about the risks and I know that the virus is still affecting a lot of people. **I am scared that someone in my family will get ill** and maybe even die from it. Staying at home and staying away from other people feels safe. But I know we will have to start getting back to normal, gradually.

I have mostly been happy to stay at home and to be in lockdown, but there are things I have missed a lot.

healthwatch
West Sussex