

Annual Public Health Report 2020

Time to Change: Working Towards Better Health For All in Suffolk

Transcript: Doreen (66) Woodbridge Retired, used to work in care sector. Lived in Suffolk for 32 years.

Q: How has COVID-19 affected your life?

Doreen: I had a couple of hospital appointments, which were cancelled. One was for glaucoma and I normally have a check for bowel cancer, as well. I've had a chest pain, and I had an examination, and an x-ray to show that I had an enlarged heart. And I'm going to have an appointment tomorrow for ultrasound as a follow up. I think it's not seeing my family and friends, mainly... it's just personal contact, because I think, as it stands some of my family haven't been very well and not visiting them in my main concern.

Q: Can you describe whether you have experienced good or poor health and what has contributed to this?

Doreen: Partly anxiety. And partly...when I go out, and go to the shops and places like that, the worry that if people have got it and you don't know they've got the virus because, seeing some people they're not following the rules. Frustrated. Worried, I say worrying in that respect and also, how long this will go on for if there may be another so called lockdown.

Q: Do you think your health is affected by who you are, where you live or how much money you have?

Doreen: Where I live is quiet. I'm quite healthy in that respect because I do a lot of exercise, I go to the gym, or used to go to the gym. I have lots of hobbies and I try and keep my mental health running in the sense that I'm always doing various... favourite hobbies as such. Very much so, because I used to live in London and I used to find that quite stressful but coming here, In the countryside, walking along the river... going to the theatre, going to the library, I feel very relaxed.

Q: What would help improve your health in the next few years?

Doreen: Having regular appointments and check ups, and the relationship you have with the doctor is important as well. Well I just hope that I can continue attending the gym for example, which is very important to me because I do yoga and Pilates, and that's helped me a great deal. I do like walking a lot and cycling. But, I love my garden, to do my garden as and when the season is. I like listening to music, a great deal. And current affairs on the radio. All benefits with health, in that respect.

