

# Annual Public Health Report 2020

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

Transcript: Hannah (20) Student at Norwich University of the Arts

### **Q: How has COVID-19 affected your life?**

**Hannah:** It's made my education really difficult because I have a very practical course. And I don't get the contact that I need, doing photography you need like constant feedback and you need access to the equipment. So doing an arts degree online is really hard. But, we try our best and the University does support us really well.

Yeah it's been really difficult because I'm really close to my family, and I can't pop home when I want or see my Mum or my Grandma very often. I think that's the hardest thing, not being able to see my Grandma. Friends-wise, you can still go for walks and stuff but it's not got the same social aspect and you kind of miss being able to just give someone a hug, and just spend time with anyone without having to think 'Oh I need to be two meters from them, I can't do so and so' It is a lot of change, but we're getting used to it now I guess.

I find it quite hard to remember what it was like, before. I know it's not been in the grand scheme of things a very long time. But, having to change so much like thinking before you meet someone, like you automatically go to greet someone in a certain way and I still find it hard to check, what I'm doing and think 'Oh I need to remember my mask, hand sanitiser' I can't touch that or I can't go near this person. It's a lot of extra thinking and planning, so yeah I have been struggling with it but, it's gotten a bit easier as restrictions have lifted, but obviously we're back in another lockdown so it's starting to, go back to how it was in March.

### **Q: How has COVID-19 affected you as a student?**

**Hannah:** I think we have kind of been forgotten, quite a lot, in the sense that we don't really have as much support as businesses and everything. Like as students we've been, well I don't really know how to put it. With schools there have been very clear instructions, but with universities, there's not been any clear rules.

Personally my Uni has been quite good. But it has been difficult for them, because we obviously want answers from the tutors, but if the tutors don't have answers from the universities then we're all kind of stuck in this loop of asking questions. So it's been quite difficult trying to get the answers you want when they're not really available and the university is always having to try and find stuff out for you and it's quite a long process. But I think in the grand scheme of things they have been really good to us



and they've kept us updated, like with the travelling home restrictions. They've allowed us to go online for the final week so we can all get home safely.

**Q: How has your health been affected during this time?**

**Hannah:** I think physically I haven't noticed a lot of change because, I mean we're not moving around as much because obviously we can't go outside, and I think not being able to go outside as much is difficult because I used to always be outside going for walks. But we still kind of do that to an extent, but you feel a lot more restricted in the physical activity and that.

But it has impacted my mental health quite a lot because I am quite a people person, like I'm a hugger as well. And I really enjoy going into Uni, I enjoy just randomly going and having plans with people and like, just being able to nip round people's houses for a catch up and that. So I think being inside a lot, it has impacted on my mental health but as it's opened up a bit and it's the change in the season as well. There's lots of factors but I think, like as everything's opened up and getting a bit back to normality. I felt it's got a bit easier.

**Q: Have you generally experienced good or poor health and what might have contributed to that?**

**Hannah:** I've always experienced relatively good health, never really had any issues other than, common cold or anything- that's not really an issue [laughs]. Like my Grandma has quite a few health issues and so does my uncle, so I worry about them a lot. But in the grand scheme of things we're all relatively healthy. It's not been... I don't think my health is that bad. Compared to other people anyway, definitely not. Yeah I don't overly worry.

**Q: To what extent do you think people's health is affected by factors such as where they live, who they are or how much money they have?**

**Hannah:** I think they definitely do, I think if people have access, it's all about access really, like if people have more money they can access the private healthcare whereas, we have to go through NHS and there's a wait list and it's a bit more of a long-winded process if you, compare to those who can just go private. But I don't... for me personally I very rarely go to the hospital or doctors, because I don't need to. Unless there's something really pressing I won't go because I think someone else will always need it more than me. But it's like 111 isn't as good, like anything that we really don't know about then we either just search it or, we'll find it out our own way rather than wasting resources.



**Q: What would help you improve your health and that of your family in the next few years?**

**Hannah:** I think, possibly more support. Not really for me, I don't particularly need anything, but for my Grandma she's recently been able to get access to nurses. I think that would have been nicer to have had sooner, because she has mobility issues. So, she had a lot of help but then I feel like she could have had more help with her walking and everything. But then also if we don't ask we don't get, so it's a difficult one because you need to ask but also there's not as much availability as I would like there to be, I guess. But yeah so I guess more support for people in general, rather than just those that can afford it.

