

# Annual Public Health Report 2020

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

Transcript: Ian (52) Unemployed, lives in Newmarket

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

**Ian:** It hasn't really impacted my life really because I was homeless before I got this flat in Newmarket. Yeah so I was living on the street. So, but I suppose getting the flat has helped me because I'm able to stay in now. Instead of having to be out on the street all the time, do you understand what I'm saying? Yeah so, at the moment things are good for me because I got the flat obviously.

Yeah basically so the pandemic coming out has been good for me, because it's got me my flat that I wanted, because I was homeless for about ten years. So really that was a good thing for me. So that having that corona thing was good for me even though it isn't good for other people, that was a good thing for me.

### **Q: How has the last few months affected your physical and mental health?**

**Ian:** I had to self-isolate at one point, because I felt I had the symptoms, but obviously that wasn't the case, I'm OK. I've put a lot more weight on than what I was before. So yeah I feel pretty good, I do feel pretty good.

### **Q: What has helped you?**

**Ian:** Turning Point, they've been ringing me quite a lot asking me how I am and that, and things like that making sure that I'm OK. And my key worker with the council they've been in contact with me and been coming to see me. You know making sure that I've got food. And making sure that I'm paying all my bills. That kind of thing, so yeah they've been quite supportive, yeah.

The only thing that could be good obviously is a job. But I suppose that will come in time when this pandemic thing is over with, you know? Hopefully I'll be able to get a job. Yeah well there's a lot more people getting laid off, redundancies and that. I watched a programme on the tele the other week about people, that have been made redundant and are out there looking for a job and apparently it's just ridiculous. You know people looking for jobs and that, there's about three, four hundred people going for one job. You know and that's crazy isn't it really. And I don't think there's a lot of opportunities for people that are homeless, and that have just come out of homelessness. You know they tend to give the jobs more to other people than people like me, and people that are homeless, you know.

