

# Annual Public Health Report 2020

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

Transcript: Sarah (38), Carl (10) and Kris (10) Mum and two sons living in Carlton Colville

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

**Kris:** They said we don't get to do the stuff we usually do. And it's probably impacted families like ours the most because, my mum has breast cancer and it's very hard for us to cope with that and coronavirus on top of it.

**Sarah:** Yeah it's- Kris being autistic has struggled a lot more, what with me being ill also with the coronavirus on top because, not being able to fully understand it, not being able to do the usual things that you can usually do. And, you know general things like that, you know he struggles... with everything, because it's so different. And very challenging for him. Yep, very stressful. Yeah so Kris isn't coping very well, he doesn't like school very much anyway. But it's better for him to have been at school rather than home schooling him because he doesn't understand, why mum's home schooling him or... anything like that and it's not very good actually these two being home schooled together, 'cos they're actually in different classes in school because, they sort of compete against each other and they compare themselves against each other and... one doesn't want to do one thing, and one doesn't want to do the other so it's... it was quite stressful, trying to teach them. Or do home schooling to the pair of them.

I was in contact with the school and they did try and ask 'CAMHS' and 'CISS' to try and help with Kris, because he struggles more on the mental, social side of it. And there wasn't nobody seen to be coming forward to offer any help with that, which I found quite hard.

### **Q: How has your health been affected over the past few months?**

**Sarah:** Yeah it has been a struggle because you worry because of the coronavirus about, whether or not you're going to get it, whether your children are going to get it, these two actually do have asthma problems as well so, there was a big worry at one point that they might get it bad. A lot of the family here we're quite chesty people so we worry. And then when you find out you've got breast cancer and you have to go to hospital and you have to get it treated, then that was a big worry because, you worry if you're going to actually be OK with it all and everything's going to be OK. I mean luckily I think we are good round here. In Suffolk with, the Sandra Chapman unit they are still giving treatment and they are brilliant, they are excellent and that is a little bit less of a worry, but you do worry because you've got to try and... you know I'm self-



isolating and trying to keep myself to myself although children have still got to go to school, but... you worry that when they come home with a bit of a snuffle or whatever whether it will be anything or not. You're anxious all the time, you know you're worried all the time.

**Q: What has contributed to your health in recent years?**

**Sarah:** Really, truly.. I've been quite, me myself personally I've been in quite good health. Like I say, the kids, it's only been really their asthma and the boys' mental health really that I get more concerned at, because of, with Kris with autism, with his mental health, he struggles a lot with that. Carl, it then does have a reflection on Carl as well because being a twin brother. You know sometimes Kris may take it out on him or her has to... has to sort of look after him at school or whatever and there's been a lot of pressure on Carl as well so I think it does effect Carl's mental health as it does Kris. So you know, with all those things... it's been hard because I've never noticed so much really about mental health in such young children before as I have done over the last few years.

**Carl:** And also, I haven't got any allergies or disorders or anything like that so I always think I'm fine. But a lot of the time I'm a bit pressured. So I get to know like what other people go through maybe.

**Q: How did you feel when the schools closed earlier this year?**

**Carl:** Yeah it was very sad, because I have way too many close friends. And I mean way too many. And I never even got to see them. And I... they might have affected certain friendships. Not all of them but... because one time I had a fall out with someone but we were friends again after it all. Because we knew what happened and why it happened and we thought it was a bit ridiculous so...

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

**Sarah:** Yeah it can do definitely, sometimes if you... you don't think you're possibly as well of with others, as others, and you know with the coronavirus it affected a lot of people and you weren't getting your usual income and things like that. So, you know it does put a strain on everything, yeah.

