

# Annual Public Health Report 2020

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

Transcript: Nickname: Smart (34), Black African, from South West Africa. Lives in Ipswich - has lived in Suffolk for 10 months.

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

**Smart:** For me it's not affected me much, because...with my situation right now.. it don't affect me because I am not doing anything... I'm at home.

All I do is...I'm just with my family so I feel that it is not really affecting me because I am with my family. I am ok.

I just see on the news it is happening. But yes, it has affected me in terms of school because I cannot go to school to attend the face-to-face classes. Maybe that way that is the only way it has affected me. And also my small child and also that I have to go on a virtual...attending classes, so maybe also that way has affected my family.

I think in terms of school, yes it has really affected us in that way.

We are living in a world of anything can come up so, ah yeah I understand... there is a, it's a pandemic, so but it's very sad the way it has come into the world the way it has come, and we don't have a treatment for it, that was the biggest things which worried me, to say if a sickness or disease comes like that and there's no treatment about it, so it's much dangerous and that, if in case I start feeling some symptoms on myself, then it means, maybe I'm finished, I would say so. So, that is where it has really affected us, really. We have developed a fear that anything can happen to us.

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

**Smart:** Mental health, it has affected us because, we have developed a fear. So, as fear has come, then you know, that's what's brought, shut down everything because we could not able to see the GPs, though we had other sickness, which we will get repeated on, so, um. We lost hope of everything now because we can't see our GP and then, really the stress, it has really, it has really increased our stress.

### **Q: Have you or your family generally experienced good or poor health and what has contributed to this?**

**Smart:** Because we never contracted the virus, though we had some symptoms and so, but, we got tested recently but we never had the, we were cleared that we don't



have the coronavirus. So, I don't think it has something because infected impacted bad health or something.

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

**Smart:** It's never, affected us with how much we have or how we live. It's never affected us. But, but, but, but, the thing which happened here is, as we live here we do not go anywhere, we don't feel that much the heavy or the impact of the coronavirus, we don't. The only thing we have is the fear of it. That is the only thing we have because we are not going anywhere, moving around, in the house only a little, go outside and come back, so we are not that bad affected as others do.

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

**Smart:** It's just a solution to the pandemic, that will help us to improve our health. And also especially, since now the GPs are not operating, and we have already sicknesses which we needed the GPs to assist us. Now the GPs are closed, we cannot see, we cannot go ahead with other tests. Especially like for me, I had been booked for, for the endoscopy, and I could not see, I had to be stopped to see the GP because of the coronavirus, and I think it's on, on, on, suspended now, my booking for the endoscopy because of the coronavirus. So, if only that if the solution can come earlier so that we can go ahead with our health – find a solution to our health for the sicknesses which we are having already.

