

Annual Public Health Report 2020

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

Transcript

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.

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.

Kris: 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.

Nathen: I just go through the day just, blanking everything. If I blank it, I'm not going to worry about it. And I do my best just today. Just about. I forget about tomorrow.

Q: What impact has this had on your physical and mental health?

Jill: I'm a person who lives long terms with epilepsy. From quite a young age it was helpful for me to be out of the house and doing things, and not being at home. So I've worked all the way through my life, and although I'm still working now, and I'm not furloughed, I'm actually finding it difficult to not having that interaction with people and going places.

Becky: If we had somewhere to live and you know... [groans] that's just, it'll be so you know... it'll make our lives so much, better. And the COVID has made it so much, well more difficult because... all the helps sort of gone.

Darcey: I was with my Mum and my Dad but, I wasn't with all those people that I had such a great time with in my first year at University. So... It just didn't, [laughing] yeah it really affected my mental health.

Nathen: Everybody says it's bad nerves... Bad nerves that's what we call it in the family, that thing. Nothing else is mentioned. Because we all know what it is, and what it can cause.



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

Hannah: 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.

June: We live in a beautiful village but it is isolated. And most people need cars to get there.

Stephanie: And not all old people have got the use of a computer, I've only got a laptop. Since corona because Sarah had a spare one, and brought up for me and showed me how to use. So there must be a lot of old people around, who feel like this.

Jill: I just think it's not about how many years you live, but it's the quality of your life. That, we have to take responsibility for it as well rather than people waiting for somebody else to do it for you. So for me it's like a 50/50 thing you know. I need to do something, what's on offer, they offer, do I want it, and you sort of enter into that together.

