

Life in Lockdown
2020



HOPE

In March 2020 the Monday drop in met for the last time before Lockdown. We agreed that we would keep in touch by a weekly newsletter. This was good, but something more was needed to help pass the days and the weeks and the months... And so the idea of a 'Life in Lockdown' book came into being. It was an opportunity for everyone in the group to create something good and permanent from a challenging time. The following pages are the Lockdown stories of those who felt able to take part.

Love Me Love My Mind
St Barnabas Church
Temple Road
Epsom KT19 8HA

November 2020

Poppy

Coronavirus

Then the deadly coronavirus came and knocked us for 6!
And the rules of normality seemed somehow swept away. No closeness and standing 2 metres apart!
No kissing or hugging, not even a handshake in this new cold, frightened world! We felt numb and bewildered.

But slowly we fought back with kindness.

Front line workers and the N.H.S. who were taken for granted became heroes overnight.

Phoning texts, zooms and other internet ~~commu~~ stepped in, in the most unimaginable way! to save the day!

And the world fought back! And is still fighting back; which makes me proud.

We are learning a new way to connect with each other. Never forgetting that we will get back to the closeness that we all ^{and} know love.

Andrew



Lockdown - what it's done for me - Muriel

When I first heard about Lockdown, I thought 12 weeks whatever shall I do - all on my son - I did nothing for the first 2 weeks and then I got up one morning and started going through my wardrobe - tidying and turning out - my 'mojo' had returned! Week by week I have been going thru shelves cupboards tidying and throwing out, my black wheelie bin has been full (and heavy) week after week. I now have a pile of stuff that is of no further use to me ready for when the charity shops open again. Some things belonging to my youngest son - ie his golf clubs and he left home some 20 years ago, he says he may take up golf again now!! I heard of someone who makes things out of tins and found quite a few for them. Some articles to go to a Christmas Fair - this year or next! I cleared the cupboard under the stairs - which my family call my 'left space' as I am unable these days to get up there - I can now see floor space - a lot went into the black bin. Then I tackled the garage, what I thought I needed to keep 10 years ago I realize I don't need ie rusty old tools for one - which a neighbour took to the dump as they were so heavy. All this has taken 10 weeks keeping me busy.

Thus I have had more time to think about what to cook. I even made a "Spoty Dick" a pudding I haven't cooked for years, when the boys were young. Discovered the delight of a large Bramley oven baked apple, with dried fruit sugar and syrup.

My son Neil has done most of my shopping plus a grandson and his wife, and very helpful neighbours

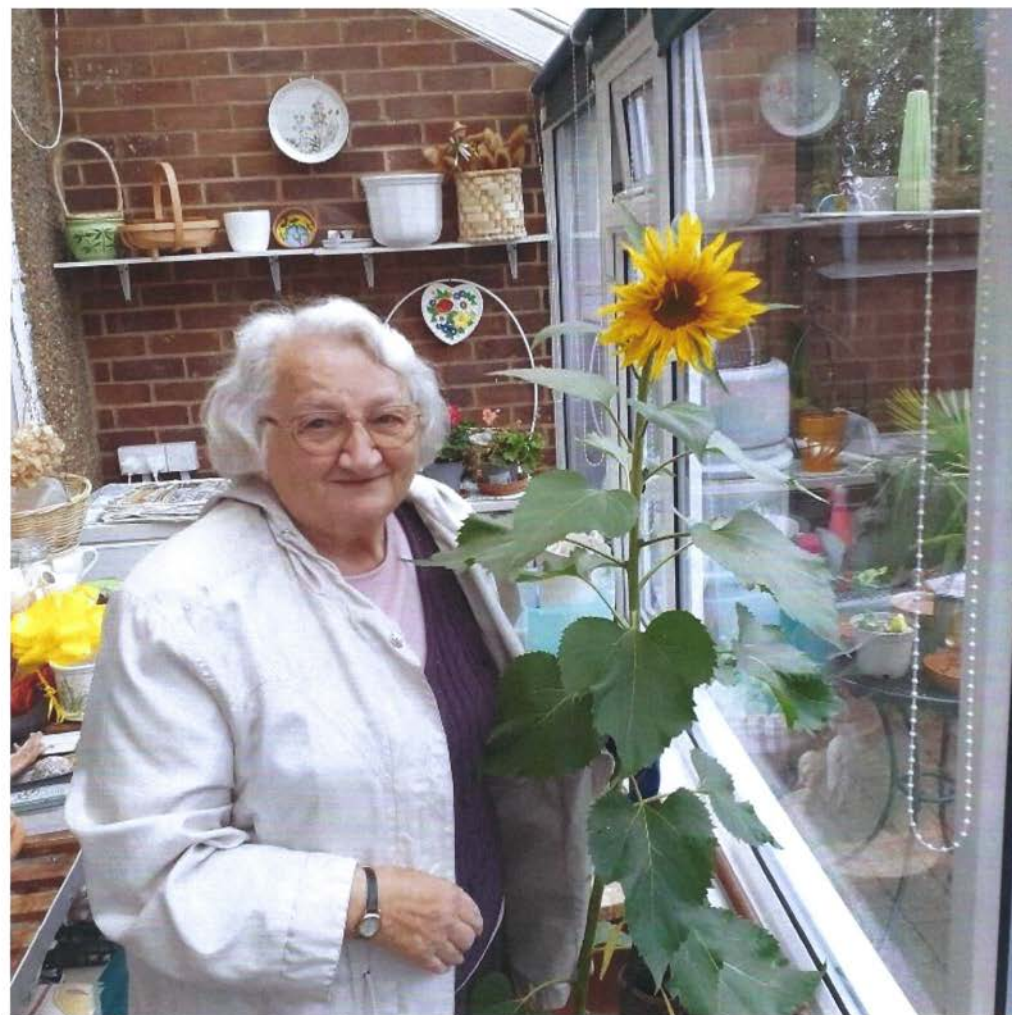
when Neil and family had to go in to Lockdown when his daughter got coronavirus when ~~she~~ she was nursing them with ^{our} proper uniform, ~~then~~ ^{then} my kind neighbours helped me out. They are still helping me, like when I am unable to undo a bottle top or fail to open a tin.

I haven't been in my garden most days doing something, when the weather allows. I still have a list of things to do - like cleaning the inside of the windows, clearing some brass items I have and of course I have kept the house work and lots of extra washing going inbetween. I have made lots of phone calls and received lots of lovely ones too. One call was to tell me my second great grandson had arrived on the 8th June just 2 days late. He is called Remy (his french I am told comes from his grandmothers side of the family) he was just 6lb 2oz and he came to see me on the 11th I just saw in his car seat through the window. One day I shall be able to have a cuddle. So for me it's been quite a good experience having a project to do - I have lived in this house since I got married 63 years ago. What a good thing it is summer I think it would have been so much harder in winter! But we still don't know when writing this, how much longer the Lockdown will continue. When will the Drop In be allowed to start again? When will the Church services will start again? The Baraban people have kept in touch and especially Sue who has been working endlessly keeping in touch with us all of Drop In. See you all soon hopefully - keep strong & well

Muriel

P.S.

I had a birthday recently and a friend
gave me a large box of ~~Cadbury's~~ ^{CADBURY'S} Milk Tray
and because I am on my own even Neil
didn't come in to the house — I ~~did~~ ^{had} to eat
them all on my own he! he! he! and I
don't feel guilty.



Violet



Pam and Kate

— How are we looking after our environment? Nature has the power to destroy by disease, tornados, floods, climate change, if humans try to be ABOVE Nature, instead of working WITH nature. We have been given a beautiful Creation — let's enjoy it and nurture it instead of trying to selfishly control it.

— Thinking of what + who we've missed most. Maybe family and special friends? Perhaps we'll learn to value PEOPLE more importantly than THINGS, in the future.

Life in Lockdown for me.

"Boring."

Tom Roberts Pandemic Poem 2020 The Great Realisation

Tell me the one about the virus again, then I'll go to bed
 But, my boy, you're growing weary, sleepy thoughts about your head.
 Please! That one's my favourite. I promise, just once more....
 Okay, snuggle down my boy, though I know you know full well,
 The story starts before then, in a world I once would dwell.
 It was a world of waste and wonder. Of poverty and plenty.
 Back before we understood why hindsight's 2020.
 You see, the people came up with companies to trade across all lands.
 But they swelled and got much bigger than we ever could have of planned.
 We'd always had our wants, but now it got so quick.
 You could have anything you dreamed of in a day and with a click.
 We noticed families had stopped talking. That's not to say they never spoke.
 But the meaning must have melted and the work life balance broke.
 And the children's eyes grew squarer and every toddler had a phone.
 They filtered out the imperfections but amidst the noise, they felt alone.
 And every day, the skies grew thicker, till you couldn't see the stars.
 So, we flew in planes to find them while down below, we filled our cars.
 We'd drive around all day in circles. We'd forgotten how to run.
 We swapped the grass for tarmac, shrunk the parks, til there were none.
 We filled the sea with plastic because our waste was never capped.
 Until each day when you went fishing, you'd pull them out already wrapped.
 And while we drank and smoked and gambled, our leaders taught us why,
 It's best to not upset the lobbies, more convenient to die.
 But then, in 2020, a new virus came our way.
 The governments reacted and told us all to hide away.
 But while we all were hidden, amidst the fear and all the while,
 The people dusted off their instincts.
 They remembered how to smile.
 They started clapping to say thank you. And calling up their mums.
 And while the car keys gathered dust they would look forward to their runs.
 And with the skies less full of voyagers, the earth began to breathe.
 And the beaches bore new wildlife, which scuttled off into the seas.
 Some people started dancing, some were singing, some were baking.
 We'd grown so used to bad news but some good news was in the making.
 And so when we found the cure, and were allowed to go outside,
 We all preferred the world we found to the one we'd left behind.
 Old habits became extinct and they made way for the new.
 And every simple act of kindness was now given it's due.
 But why did it take a virus to bring the people back together?
 Well, sometimes you're got to get sick my boy, Before you start feeling better.
 Now lie down and dream of tomorrow, and all the things that we can do.
 And who knows, if you dream hard enough, maybe some of them will come true. We call it
 The Great Realisation. And yes, since then, there have been many.
 But that's the story of how it started, and why hindsight's 2020.

Helen



Carole

Dear Lord we praise the N.H.S
For their courage & success,
And shout & scream & bash our pans.
Their lives are like a rocking boat
Sometimes so hard to stay afloat.
They have heart rending tales to tell,
So please dear Lord keep them well.
We all try to do our best,
It's really put us to the test.
But we mustn't hesitate to wash our hands & isolate
- Dear Lord please grant the happy day
When we can all come out to play.

Hilda

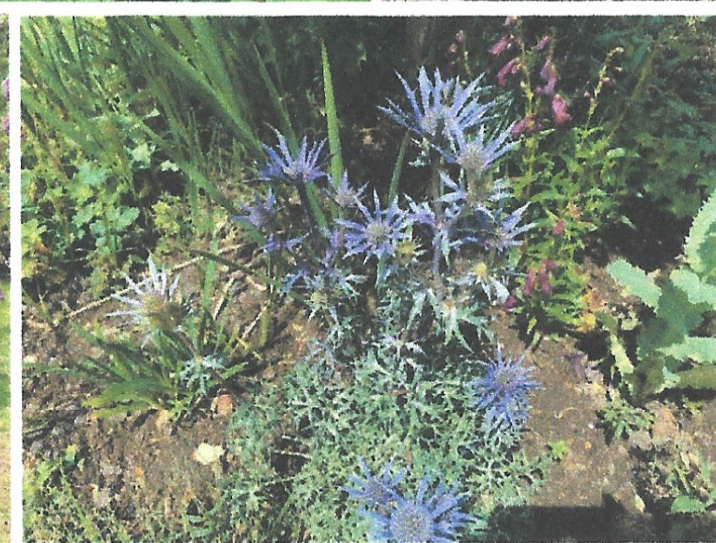


Jackie

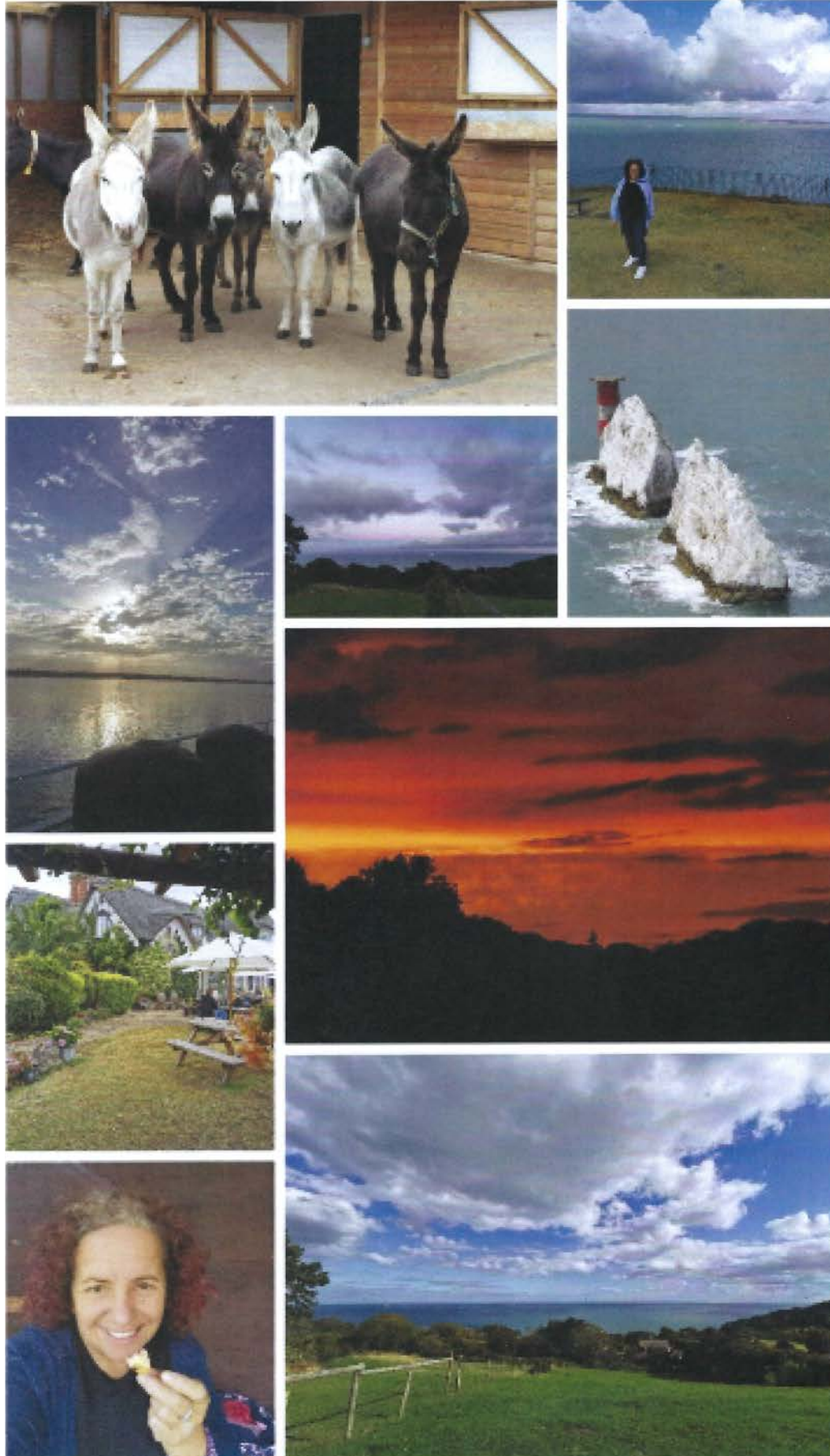
I thought everything was going ok and then lockdown happened. For me, nothing really changed, it was just more sitting on the sofa not really doing much. You see, that's how I spent my life, so whilst other people were struggling with social isolation and not being able to go out, I just carried on as normal. Lockdown made me realise my life has fallen into a rut. With the exception of monday night drop in I don't really get out and socialise often. Lockdown has made me realise that I must make more of an effort to change, do more things, meet my friends more often, of whom I have some really good ones. There was a positive side to lockdown for me, because my life hadn't changed that much my mental health wasn't further impacted more than it already is. So there is always a positive if you look hard enough, in every situation you will find one. So I guess, after this virus business settles down, I will look at my life choices and make some big changes, I've already started with smaller changes but it's definitely time to hit the refresh button.



Anne's
Garden
June 2020



Lynne



Sue's doggies

Photos taken on my
phone during lockdown.

'A personal journey through
Lockdown' - by Elaine Goodhand.

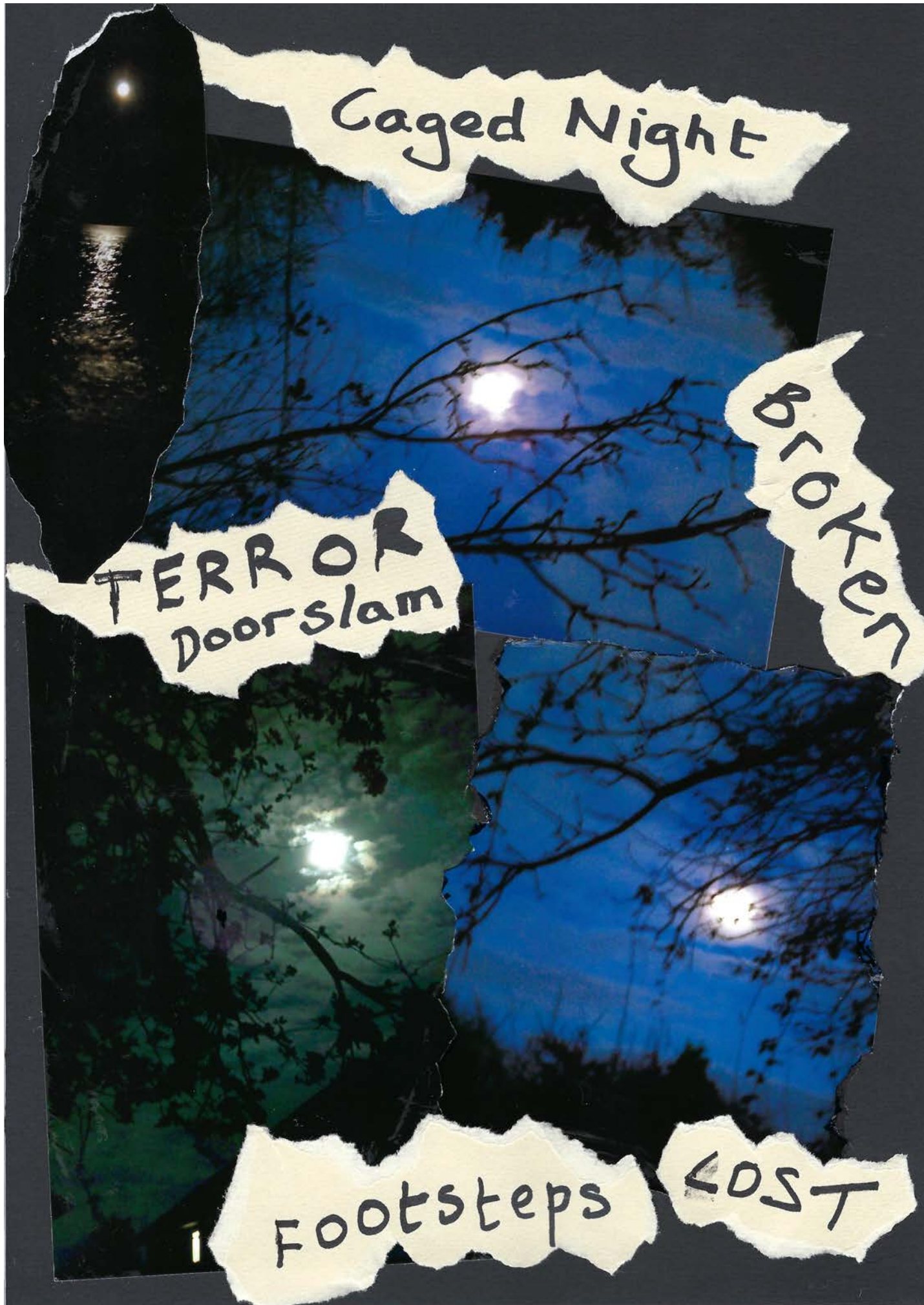
photos taken at Langley Green
Hospital - Crawley
Abraham Cowley Unit - Chertsey.
Epsom Common
My Garden in Epsom
Pevensey Bay - Sussex
Epsom Downs

lockdown
Locked up

Masked
Faceless
Desperate
Broken
LOST

Imprisoned.

Through my window



Pathway through
the woods



Hold my hand.

Freedom



Sunrise



Sunlight



Listening on
the Sea



My favourite places



Epsom
Common
&
Pevensey
Bay
Sussex

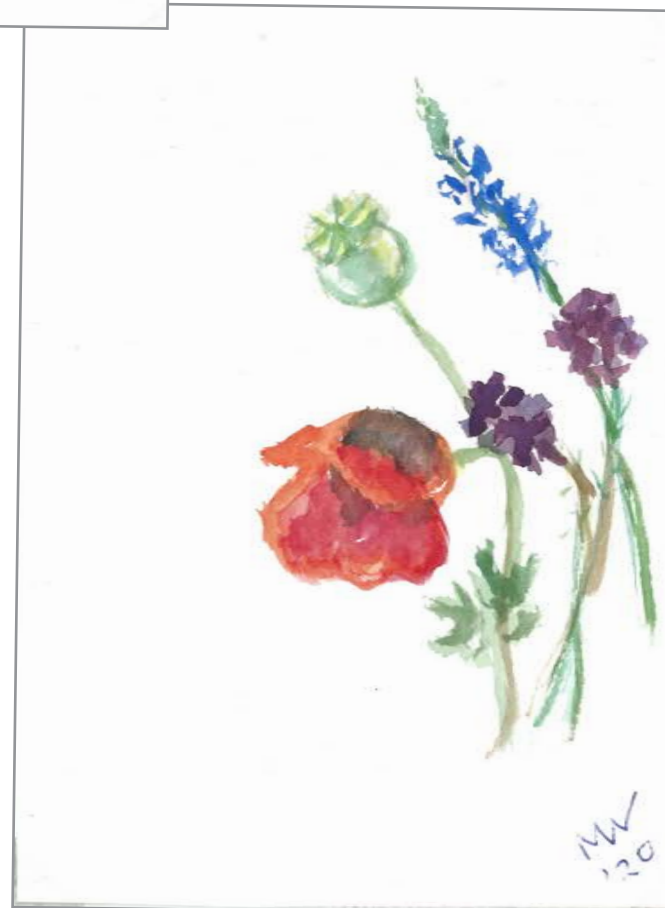
My garden.



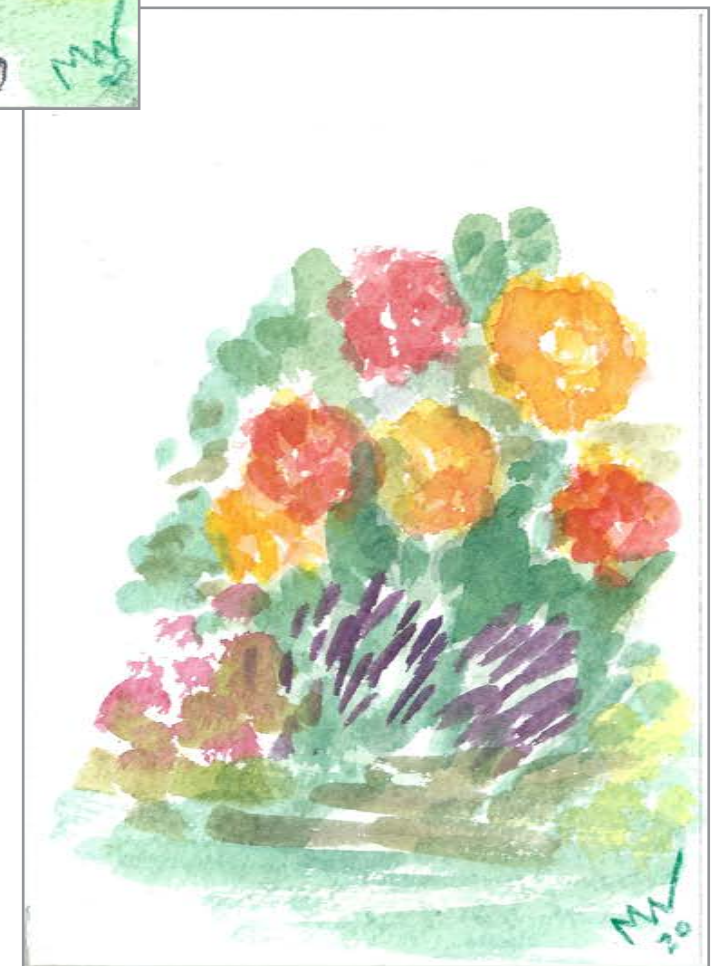
'The
Tiger Fox
Came to
Tea'!



Mary



Mary



Mary

The Unskilled.

We are the unskilled,
at the other end of the curve from you.
Most of the time you don't notice us.

as we do what we do, silently stitching
the fragile fabric that holds your life,
we are the unskilled, ghosting through.

early mornings and late nights.
so you can muse on higher things
in the comfort that you are accustomed to

There's not much need to take heed
of us as we prop up the pillars
of your day for you.

for we are the unskilled.

We grease the axles of your world for you.
but Kindness perseverance

and determination too
are not quite deemed to be the same
as having letters after your name

Yes we are the unskilled,
preparing, cleaning, polishing the board.
on which you play your game.

Joshua Seigal.

Copied from facebook by Mary Wood.

Valerie

Let the past go

Let the past go.
You're allowed to move on, move forward, find fun.

Learn to say 'No'
to what's holding you back.
Move miserable memories, mistakes and heartaches
to a place you don't visit again.
Make the past go.

New people may come. Let old people go.
No longer hold on. They left your life long ago.

Learn to say 'Yes'.
Say 'Yes' to the good things you must find through today,
the flower bud that opens,
the rain on your face,
the wind in your hair, the song of a bird.
Search such things out and make yourself smile.
Try smiling again -
go over the good things in your thoughts, in your mind.

Learn to move on.
Learn to be strong
with a day full of good things you found for yourself.
Look for more good things - new places to go, nice things to do,
A few smiles to share, some people to cheer.

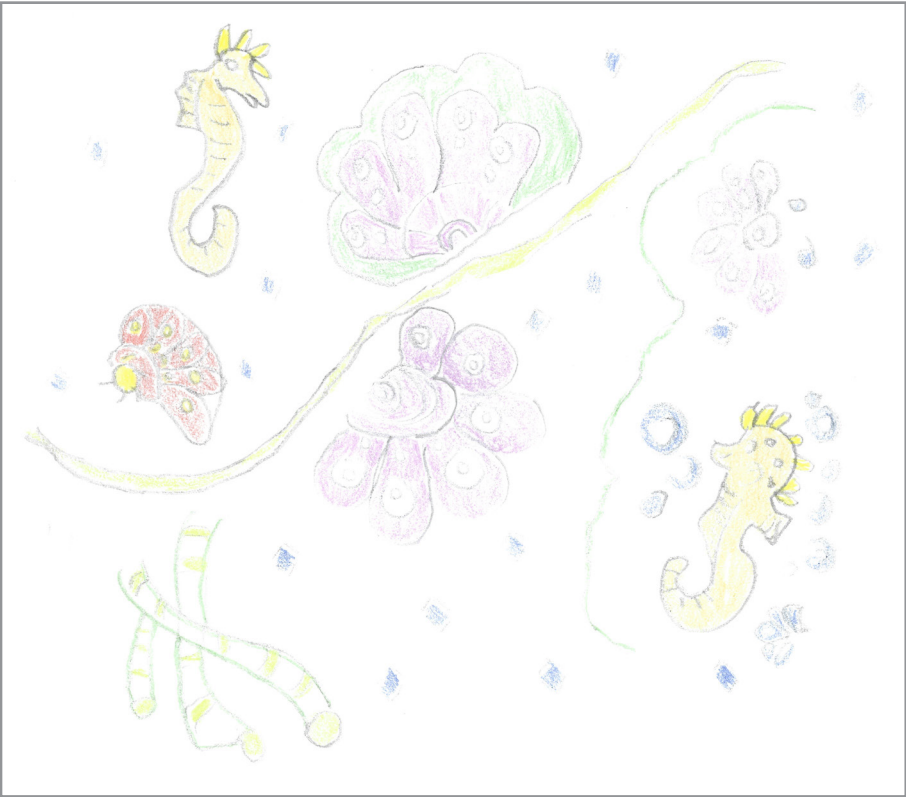
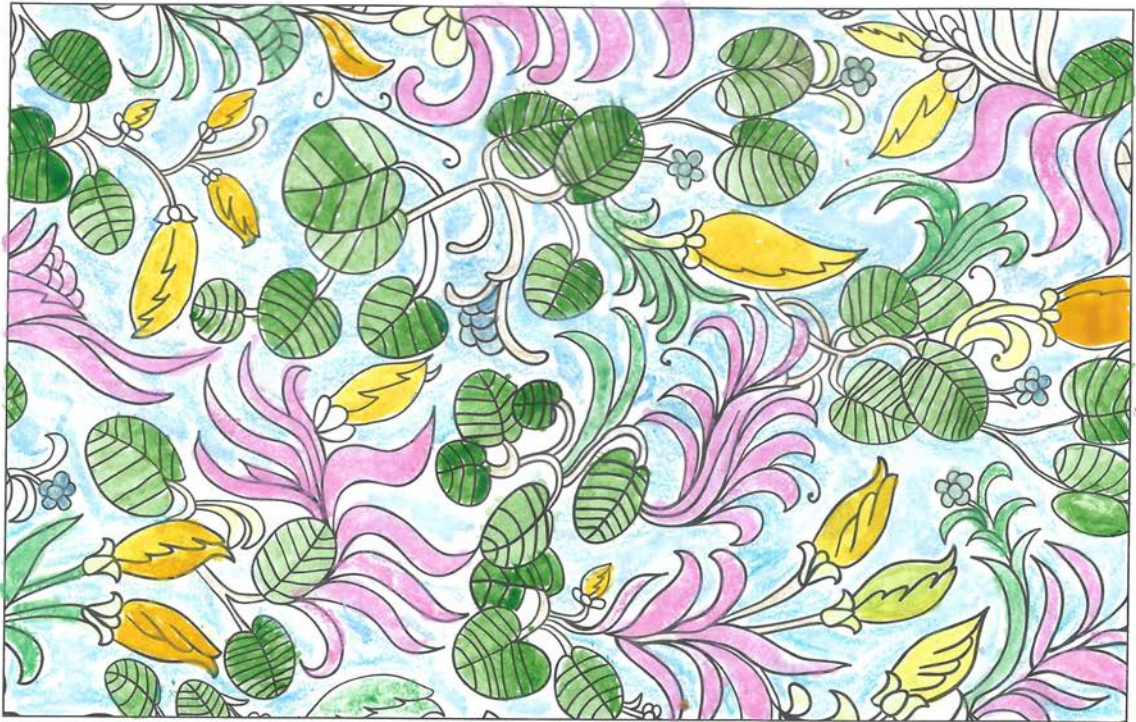
Look to the good things.

Look to the good things now you've let the past go.

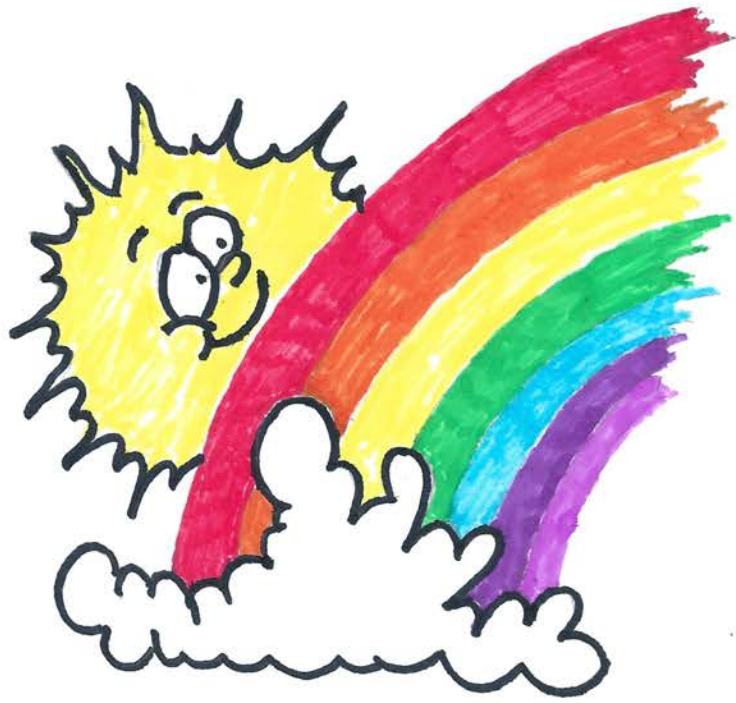
Elizabeth



Elizabeth



Michael



I shed a tear or two, through the good
and bad times, while putting on a brave smile.

I waited in line, two meters apart and did
my ten minute clap, to show I was proud of
those who are helping us get through this
tough time.

I wish someone would kindly wake me
from this dream and tell me
that I can get back to
normal life again.

Written by and draw by
Michael



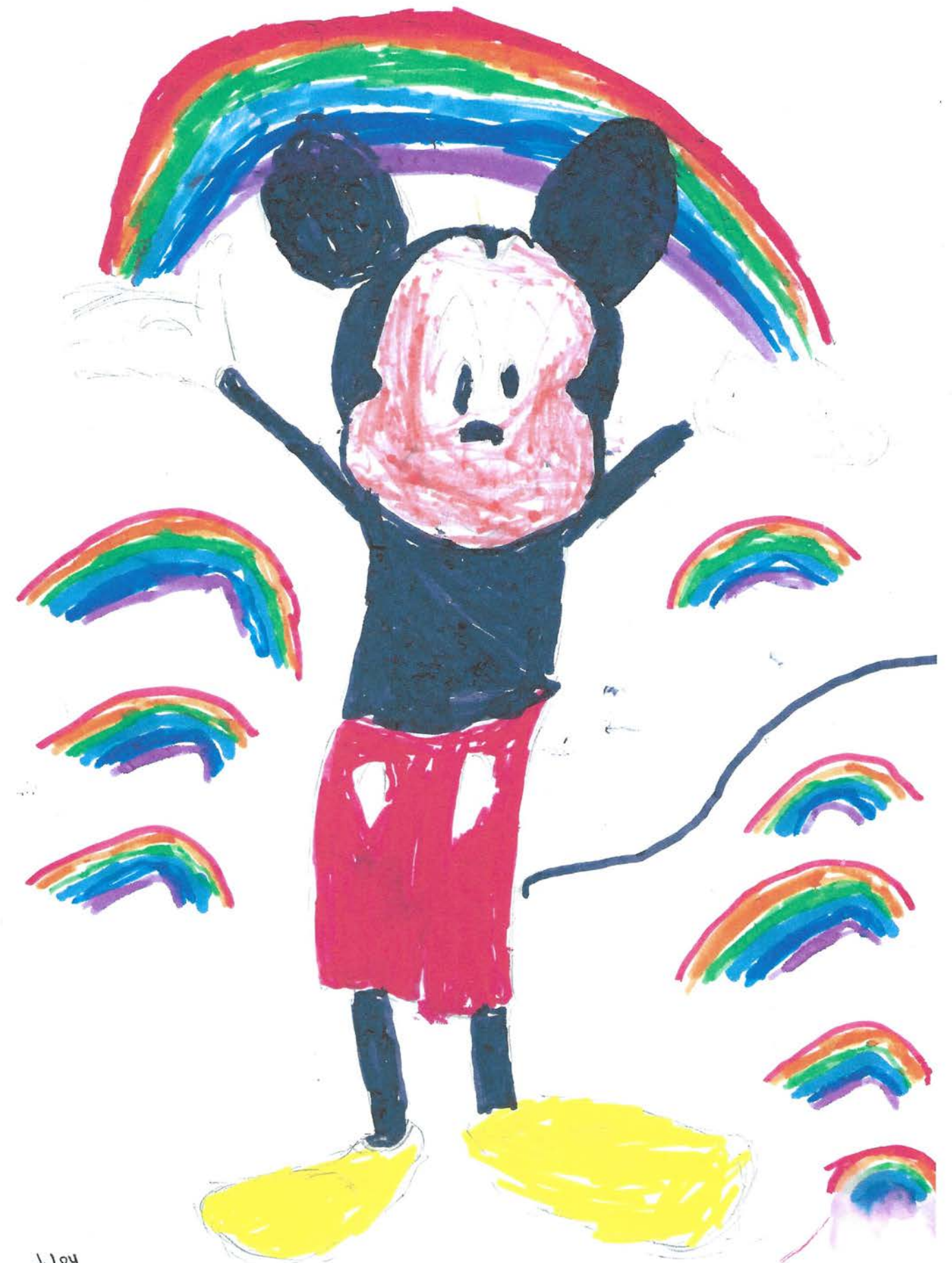
Caroline



Alisha



Ashley



Aluia



Famida

Life in Lockdown

The days are long
Gone are the endless hustle and bustle
A cessation of the daily rat race
Replaced by life's little mundane tasks
Jostling and clamouring for attention
The nights are disturbed and dreamless-
Seemingly merging from one to another
I awake from slumber to face a new day
With hope as bright as the golden sun's rays

Life since lockdown has been tough
The many rules and restrictions
Schools and clubs, pubs and public places
Shut up tight
Staying in is the new going out
The frail and the vulnerable
For many a daily flight
Distanced from family and friends in isolation
At times the cause of desperation and desolation
An enemy among us so virulent and illness
It does spread
Fills us with worry and dread.



Still, there is God
Have faith in your lord
Our many superheroes-braving the days
And nights
To provide support and care
For the unfortunate stricken
A just cause in their plight

Let's take a moment to remember
Those that lost a family member
Or our colleagues who didn't make it through
A moment of reflection
So as to not all be in vain
In our thoughts, words and all that we do
There is always light and hope
At the end of the tunnel
Depending on which way, we tend to sway.

By Famida

Punch and Judy

"Good morning Punch" (nickname Mr Kick)

"We are having a party tomorrow.
Judy is making the cakes.
Sue is making the jelly.
Lots of friends are coming."

We were all there. Mr Kick and girlfriend Judy,
Mr Jolly and his son who is called Licorice Allsort.
Mr Jelly and jelly baby.
Buddy Red Teddy.

Bill and Ben came. They played Hide and Seek
with Little Weed and friends.

Punch and Judy and Friends were real for just one day.
They had a lovely day.



When lockdown started I was sad because I thought I would not see or have much contact with anybody except my family by phone. My son lives locally but my daughters and families are in Dorset.

*First thing I did was to make my hair into plaits and cut the ends.
for cancer wigs
I learned how to facetime with my family.*

*I sorted out my garden and painted some gnomes.
I put some teddies in my garden (under cover) to keep me company.*

*I looked after my cat who wants to come upstairs at night.
I always put him out but sometimes he manages to squeeze in. my bedroom.*

I got shopping from a lady at the Church and another friend did some extra. I was sent some plants by my Church to put in my garden.

That second friend facetimed me most days and loaned me a portable DVD so that I could watch my favourite films. She also helped me write memories of my childhood to send to my grandchildren.

I saved crisp bags for making blankets for homeless people. They are all sown together and backed with material.

*I made facemasks for my family and two friends.
I also made one for an elderly man called Alan who goes to the Evergreen Church Club in Banstead.*

When we were allowed to go out I went to Esom Downs with my friend for a cup of tea at the Kiosk. We went in separate cars. We ended up having lunch sitting two metres apart. We watched the nearly empty buses going back and forward to Epsom. The most in one bus was four people. The majority were empty or had only one passenger. That was a lovely outing.

I have been lonely but other people have helped by keeping in touch. They made a difference.

"We are learning a new way to connect
with each other. Never forgetting that we
will get back to the closeness
that we all ^{and} love."



Epsom Mental Health and Well-Being Festival is organised by Love Me Love My Mind, a charity dedicated to promoting understanding about mental health issues. Registered charity no:1177683



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