

Reflecting on lockdown

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I've learnt quite a lot about myself during the lockdown, it was a struggle at first because working from home was a huge change considering that much of my role as a Course Administrator is done in the office and requires face-to-face communication. I believe I have achieved a lot so far; I have shown resilience and determination to fight this virus, particularly as a person who is on the autism spectrum and has mental health issues. I have been fortunate that whilst social distancing and in lockdown, I have been able to spend more quality time with my four-year-old daughter and have been educating her about the virus (which she refers to as 'the bugs and germs'). Whilst I have not been able to send her to nursery or to my parents, she has been able to see her Dad. We have been telling her of the need to keep 2 metres apart and we have treated it like a game. This in the sense that where there are lines on the shop floor to keep 2 metres apart, she has been jumping into the next 2 metre zone and telling people that only one person can go into any 2 metre zone at any one time.

I am fortunate that she loves the outdoors and fresh air. Whilst I've been at my home desk, she has entertained me by acting, dancing and singing out to scenes from the countless Disney films that she enjoys. Fortunately, I have been able to go out running and walking and even though we are still social distancing, people are still talking to each other, even if it's just a hello. This makes such a positive impact on our walks. I have become more computer literate and learnt a lot about using Skype in a short space of time. IT have really helped me find my feet and allowed me to get a better sense of structure to my day.

On the positive side, I think lockdown has made me realise that our previous everyday lives had so much room for change, we were playing a part in causing issues in the environment, but now, the air quality is much better due to people not commuting to work (which I have to say I am not missing one single bit). How selfish and disrespectful of a society we had become but the NHS clapping and support people has shown people to be more respectful of one another. The nice Spring weather and people realising what our country has to offer. It has also made me realise that life's too short and that we should appreciate our loved ones more. On the negative side, I admit that I am missing the simple easiness of life, for me it being at the rugby clubhouse and watching the rugby on weekends, or popping to the shops without queuing to get in.

Ultimately, whilst I'm apart from the rest of my family and friends, thank goodness for the internet and social media. As the Queen said in her address, "We will be with our friends again and we will meet again and more importantly, we are defeating and will defeat this virus."

Whilst we are still working from home, I would like to thank my colleagues for the support they have provided me during these unusual times.

Best wishes take care and love one another.

Lindsay.