

Life in lockdown

Ashby de la Zouch



It's what we do



Ashby de la Zouch

At Co-op, we've always believed in the power of community. So earlier this year, we asked the people of Ashby de la Zouch to share their lockdown stories, poems and pictures and we were blown away by the response.

When Coronavirus arrived in the UK, our spirit was put to the test. But all over the country, people just like you stood up and showed the world how to spread a little love.

So here's to all the frontline workers, the full-time carers, and the FaceTime callers. Here's to the next-door neighbours, the brand-new bakers and the cup-of-tea makers. Here's to all the local heroes.

We might have missed a few, but this book is for you.

Co-op



"I learnt to cook restaurant-style curry during lockdown."

Giles G, 46

"Lockdown has given me time to think about how I can help others. On Father's Day, 21 June, Sands United FC Ashby was born.

This new football club exists to help men who have been bereaved by the loss of a baby through miscarriage, stillbirth or neo-natal death.

The team will be unique in the local area in that it is more than just a football team - it is unity and support for men and their mental health. I am determined to keep this movement going locally and support as many men as possible **#SandsUnited** **#MentalHealthMatters"**

Matt B, 32





"My little niece was born on the first Friday of lockdown so we saw her for the first time through the conservatory window. It was such an amazing moment to finally meet her but so sad that we couldn't give her the cuddles and love we were so desperate to give.

We continued to visit a couple of times a week on our daily walks and see her through the window, speaking using our mobile phone speaker as we couldn't hear through the closed windows. We were all so proud of both my sister and brother-in-law who adapted so well to becoming first-time parents without help from anyone.

We really feel for all parents whose babies were born in those first few weeks of lockdown as they missed out on sharing their babies with their family and friends. A tough time for all but a story to tell them when they are older."

Rebecca C, 39

"As a member of several groups including Ashby Methodist Church, I have been compiling and sending out quizzes, which has helped to relieve stress over the past few months."

Barbara W, 83



"During lockdown my six-year old daughter has cycled 100 miles around Ashby and raised over £1600 for Birmingham Queen Elizabeth Hospital to raise money for the hospital that cared for her granny. She is only six and called Clarissa G. She has been a true inspiration for so many others."

Felicity G, 25



"I cross-stitched a birth sampler for my first great granddaughter!"

Jenny H, 73

"Me and my 2-year-old daughter Marnie have been busy making cakes, crafting and learning so much! We've been busy learning all the colours of the rainbow and counting!"

Mummy is working hard from home but we are trying to do as much together as we can and staying safe!"

Alana S, 28



Lockdown fun

"Sleeping in the tent
Bacon for breakfast
In a bread bun

Clapping for carers
Baking playing games
Staying home keeping
safe and
Thanking uniform wearers

Corona strikes,
I'm hot! I'm cold!
Can't breathe it's
getting scary
The symptoms
beginning to unfold

Stuck to the sofa
Nowhere to go
Sleeping for days
Can't smell any aroma

Covid has got me
I'm scared for my life
Too young for a test
My God I'm a mess!

Getting better
Asleep all the time
I'm baking and playing
But I still can't rhyme!"

Niki D, 12

"Whilst in lockdown, I've been learning a number of new skills:

Languages: Spanish. So that I can use it when I go on holiday to Spain one day.

Sport: Couch-to-5k. I have been learning how to run short distances. I'm aiming to be able to run 5k for when we can do park runs again."

Nadine P, 53



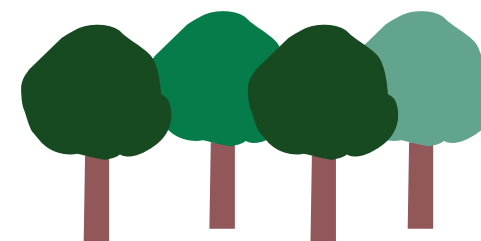
"Since lockdown I've taken up diamond painting. I've enjoyed it so much my daughter has also done some."

Lisa C, 52



"I have formed a WhatsApp group which has come together organically over lockdown. It is called '**out of the woods**' and the idea is that everyone creates their interpretation of the tree of life with roots and new growth in whatever format or media they feel they want to express it in."

After lockdown and we come '**out of the woods**' we are going to meet each other for the first time and display our creative pieces in a mini exhibition."



Carla H, 33

"I am an artist and a printmaker from Swadlincote, and to keep myself and others sane whilst we were stuck at home, I decided to set up an art swap. The idea was for printmakers to make a postcard print which would then get sent to others who applied.

18 people got involved including people from England, Scotland, Australia and Bulgaria.

Here are some of the prints, including one by myself."

Emily W, 27





Then they will be added to a bedspread and joined together and held in place with traditional quilting.

This is a long-term project. I have sent a few photos to give you some idea of the work involved."

"I am very busy due to lockdown as I have started "My Life in Textiles".

I am taking significant segments throughout my life in picture form, starting with my birth.

In Cornwall, I am hand-painting on silk and then quilting the pictures with wadding and embroidery.

Angela S, 69



"Hi there, my name is Paula. I live with my two gorgeous dogs. I was furloughed from work on 23rd March, unable to see any of my family or friends. It was a novelty at first not having to rush around all day, I cleaned the house from top to bottom and did all the jobs I didn't have time to do normally. After week two, the novelty wore off quickly, although I did count my blessings every day that my family and friends are all well and healthy.

I'm touching wood as I speak. I was slowly heading into a depression. One morning, I got up and decided to clear out the shed and found all my old paints and pebbles and remembered how I loved making pebble pictures. I'm actually back at work now and have around 30 pictures finished."

Paula, 57



Marmaduke de la Mouse and Kevin's Adventures...

Marmaduke de la Mouse had just finished cleaning St. Helen's Church and was reading the Ashby Times.

"What's up Dad?" asked Kevin staring up at the picture of the yellow haired man on the front of the local paper.

"Apparently there's a virus going around which means everyone is going to have to stay inside" replied Marmaduke.

"Is that man the virus thingy?" asked Kevin.

"No!" laughed his Dad "that's Boris, our Prime Minister. He's going to see us through this.

Don't they teach you anything at school?"

Kevin thought this quite funny seeing as his Mum was the local school teacher but said nothing more and wandered off to find some cheese.



Sharn S, 56



Kevin and Maude wandered down the street to see what was happening.

"CK Mouse is closed ..no Chinese!" said Kevin "That's going to be awful"



The Town Hall only had the fruit and veg stall open...



..and there was no-one at the Ashby Picture Framers.

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Market Street was almost empty. Big orange safety barriers wound their way down both sides of the street and an eerie quiet hovered over the town. As they approached the Co-Op they noticed the people queuing outside.

"Wow", whispered Kevin from behind the rubbish bin, "everyone's wearing a ninja mask!"

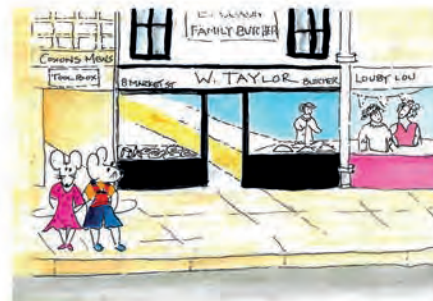
"They are face masks Kevin" said Mandy "to keep out the virus. The peoples have to wear them"

"Oh" replied Kevin rather disappointed "What's Magic Paper then?" pointing to the sign on the window. "Magic Paper £50 per Roll"

"Something the peoples need for the virus apparently" said Maude "they are buying loads of it. We should get some and see what it does"

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Sharn S, 56



Most of the shops in the high street were closed. It felt very sad to see it so empty.

"Look Maude!" squeaked Kevin "the butcher's almost run out of food!."

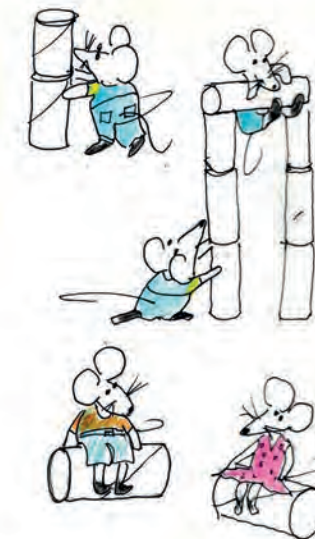


As they crossed the road, they saw Marmaduke heading toward the Co-Op with his shopping cart. "Look Key-There's Dad!" said Maude pointing up the road.

"Quick Maude, let's go and ask him to stock up on Jelly Babies", said Kevin "If they run out of them it will be horrible for all of us".

And a few minutes later they were all heading home laden with a cart full of Jelly Babies and a very happy Kevin.

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They found lots of exciting ways to use the Magic Paper rolls...



...And Kevin decided not to take any chances by keeping extremely clean..

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Sharn S, 56

"As we said goodbye at 3:15pm on March 20th 2020, we were all unsure of what was to come. Opening the doors on the following Monday for the keyworkers' children felt surreal. 200 children working, playing and laughing was sadly replaced with quiet and silent classrooms. Yet we had a new way of learning: exercising through a screen, creating thank you messages for our community and using our forest area to invent imaginative artwork. Teachers delivered lessons from home, read stories and set physical challenges and the children responded well by sending in their work, videos and new skills.

The school kitchen staff continued to cook meals which were delivered to our families isolating or shielding. Mrs Palumbo started a family fun quiz night via the school's YouTube channel. Miss Longmore, our ELSA, ran 'Funky Fridays' complete with exercises. Fridays became TikTok fun, led by Mrs Jones, our Headteacher. This time has made us stronger; we will look back on it with pride."



Karen P, 40



"After a few weeks of lockdown, my family began to get on each other's nerves; I had just moved back from uni, my Gran had moved in with us and my mother was also working from home. Life became hectic and we weren't spending much time together. So we decided to do a Come Dine With Me event - every night for a week one family member cooks a themed meal. We have had Grease, Nursery Rhymes, Twilight, Sexy Stuff and Love Island! It brought us together and allowed us to live together peacefully!"

Tatum, 20

"I'm a staff nurse working on the stroke ward at Good Hope Hospital, keeping myself sane by crocheting these bears. It's totally addictive and I have been giving them away to friends and colleagues."



Deb, 54

"I was due to move house on 25th March, but the move was put on hold on the 24th. I was furloughed from work and living out of boxes, so I needed something to do! I have always wanted to paint and always intended to learn, but have never had the time. Lockdown gave me the time!

I began by following online tutorials to learn the basics. Painting has definitely got me through lockdown, and I feel really pleased with some of the results I have achieved. I'll definitely continue to paint, especially as I have now decided to retire!"



Janet R, 66

"When restrictions were eased, we decided to set our daughter (who is 16-years-old after finishing with a 1st at Agriculture college) up with her dream of owning and farming her own flock of sheep. We set out to find a field to rent and were lucky enough to find one in Packington, where we make a monthly donation to Hospice Hope Charity.

We learnt what we legally needed to do to own the sheep, set up our holding number and learnt how to fence a field, trim their feet and helped shearing. Lizzie is now the proud owner of 14 Ryeland sheep.

Jacqui and Elizabeth W, 41

Ryelands are one of the oldest breeds of sheep in Britain, thought to be descendants of the Spanish Merino sheep that came over with the Romans. The breed was given their name by the monks of Leominster in Hereford where they were grazing the copious amounts of rye grass over seven centuries ago and are capable of producing good lamb and wool. The wool is said to be good for spinning and we are looking forward to trying the lamb meat."



"During lockdown (10 weeks) I ran a weekly online arts and crafts competition for children in my family, friends and neighbours aged up to 12.

If you want to know more, there is a write-up called Heart to Art in the latest copy of Ashby Community Voice. The project was called ART WALL.

31 children participated and 176 pieces of art were submitted over 10 weeks."

Alison B, 72

To download our digital 'Life in lockdown' book, scan the QR code below or visit coop.co.uk/stories



Together, we can get through anything.

Thank you Ashby.



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It's what we do