

Life in lockdown

Honiton



It's what we do



Honiton

At Co-op, we've always believed in the power of community. So earlier this year, we asked the people of Honiton 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

Additional Needs Sports and Social Group

"I am the founder of the Additional Needs Sports and Social group in Honiton.

Since Covid struck in March, the families who would usually attend our group have not been able to access inclusive sports, sensory play or social activities. With this in mind, it was incredibly important to me to support the families who were now unable to benefit from our sessions.



I approached **Honiton Health Matters** who kindly funded a list of sports and sensory equipment so that I could create bespoke care packages based on the individual child's needs.

I created and delivered the packages within a couple of weeks, and I believe they have been beneficial to them."



Lea B, 35

"I have been translating articles from English to Spanish every day. I am able to use grammar that I have learned over the past 29 years of study. When I have felt a bit stir-crazy these uplifting stories have helped me immensely. The site I work for is www.nderf.org, I don't get paid."

Susan M, 58

"Honiton Carers Support Group, who usually meet twice a month and have various outings in between, have been unable to meet due to Covid-19. Instead, I have for the past 4 months, been telephoning all the carers weekly to make sure they are coping and have everything they need. I have referred them to other services, made sure they all know who their local volunteer for shopping and medication is, and generally tried to keep the group together. I love our weekly chats and much enjoy getting to know the individual carers so much better, which is often difficult when we meet as a group due to lack of time and being busy with speakers and other activities. I shall keep phoning the carers weekly until we can safely meet again. Carers are often lonely and isolated due to the nature of their circumstances so hopefully a weekly call has helped to keep their spirits up. I am told the carers look forward to my call as much as I look forward to speaking with the carers."

Winnie C, 75

I'm disabled and only go out into town once a week.

"I use a mobility scooter and my husband is my full-time carer.

I knit a lot for charity, mostly premmie baby things.

I love doing this, I don't know what I would do without this small group of friends.



Bea R, 67



We have a Facebook page which we all use to chat.

I also paint with watercolour and I do cross-stitch. My hands are always busy, this helps to keep arthritis in check."



Thank you Honiton.



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