

Life in lockdown

Congleton



It's what we do



Congleton

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

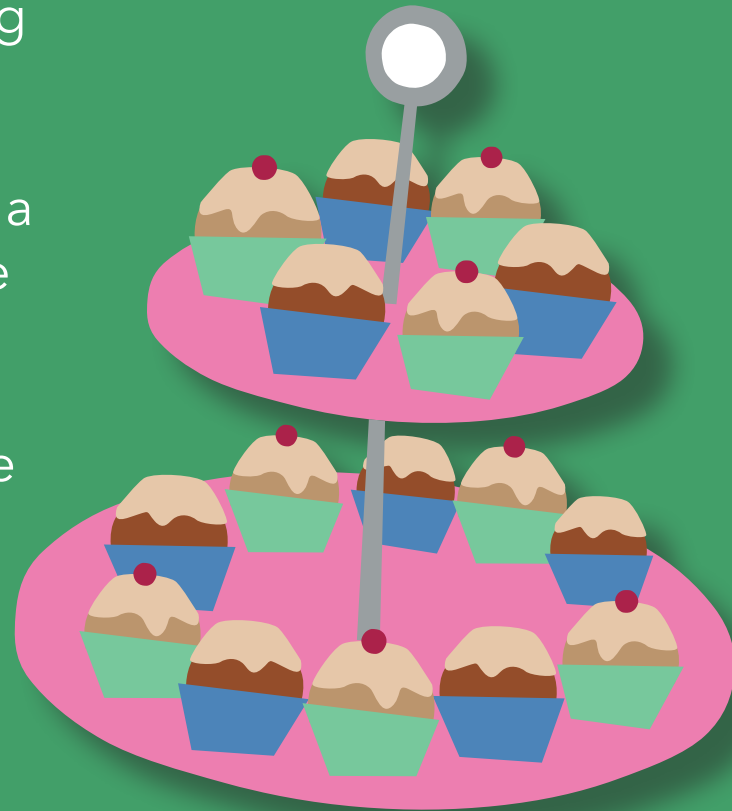
We might have missed a few, but this book is for you.

Co-op

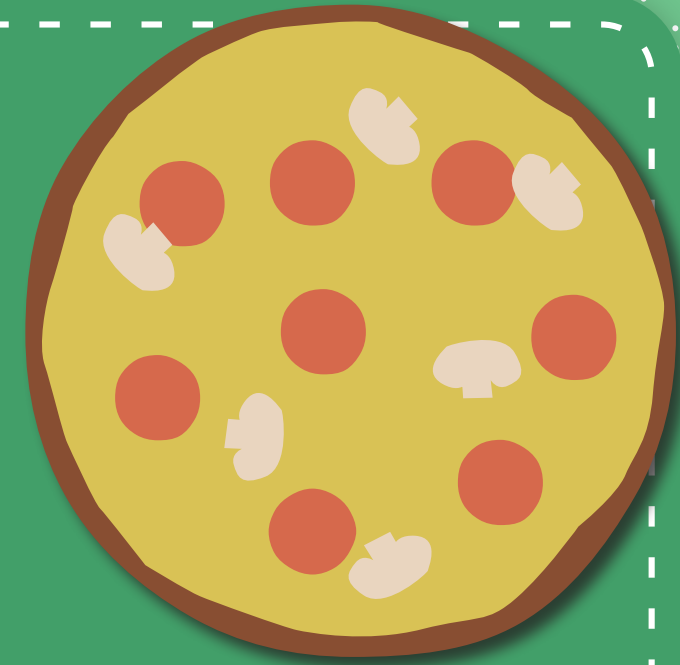
Home learning fun

"I have been at home teaching my little girl Lily.

We have learnt about lots of exciting topics. The thing that Lily has enjoyed the most has got to be cooking and baking. As a keen cook myself, I have enjoyed teaching my little girl how to do the basics in the kitchen. We have both thoroughly enjoyed our lovely times together making our scrumptious homemade food.



We have made a variety of things such as pizza, bread, cauliflower & broccoli bake, cinnamon buns, chocolate bananas, chocolate crispy cakes, cupcakes, banana bread, pink lemonade and strawberry ice lollies. We have made daddy's chocolate birthday cake, too!



Mummy made a homemade McDonald's for Lily's birthday during lockdown which was a nice treat. **All of this cooking has made Lily very confident in a kitchen environment."**

Emma H, 42

Busy Bees

"I am running a childcare setting and during lockdown me and my husband have been providing childcare for key workers.

We haven't been eligible for any of the grants available but have continued to work throughout to help others, despite financially hard times. I volunteered with the NHS and have been ringing people to check if they are ok and to give them some company.

This was a lovely experience and I made some new friends.



During lockdown we built a fence garden bar so that we could communicate with our neighbours from a safe distance.

I have been learning to play the guitar online and taking part in the Joe Wicks workout with the kids each day."



Susan M, 38

Friends for Leisure

"Cheshire East charity Friends for Leisure have been keeping in touch with their 230+ registered disabled young people and their families by sending them 'happy packs' filled with activities and ways to stay in touch with their youth group friends.

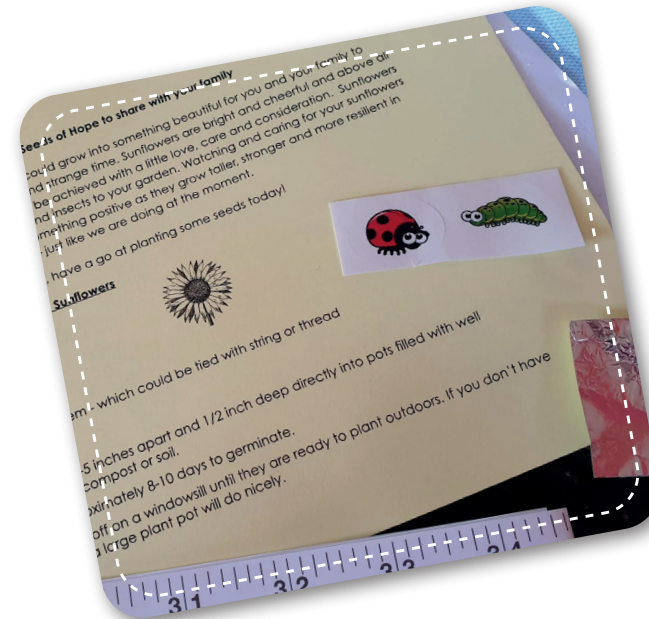
We have been running our youth groups virtually via Zoom, holding quizzes, bingo and talent shows. We also ran a Friday night online quiz for all the family each week. At the

Hannah G, 30



start of lockdown, all our families were sent some sunflower seeds in the post to plant and track their growing progress throughout the weeks.

We are so very proud of all of our young people for coping so well with the massive changes to routine and lifestyle and for always supporting their friends in the process."



To read all Life in Lockdown stories visit
coop.co.uk/stories.

Together, we can get through anything.

Thank you Congleton.



coop

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