

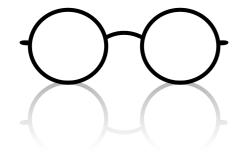
At Co-op, we've always believed in the power of community. So earlier this year, we asked the people of Crieff to share their lockdown stories, poems and pictures and we were blown away by the response.

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 managed to finish reading the whole of the Harry Potter series."

Douglas, 11

"During lockdown, I have learnt over 10 TikTok dances including the one to Blinding Lights."

Mya, 13

"I have learnt how to Skype and work a laptop."



Olivia, 91

"I have a greenhouse so I managed to grow some of my own fruit and veg in it."



Isabel, 59



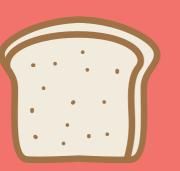
"I have been enjoying the lovely weather and practicing my BBQ skills."



"I painted the outside of my house and started preparing my kitchen to be renewed."

Lewis, 48

Hilary, 38



"I have practiced my baking skills and have finally mastered making bread. It only took me every day for three months to make the bread edible."

"I learnt how to knit. I have made lots of clothes for my grandchildren."

Mrs Smith, 65

Josephine, 59

"I am a teacher and have had to adapt to the new way of teaching through the internet."

"I've helped home-school my niece and we've enjoyed it a lot, especially learning about history and maths."

Kirsty, 29

Gina, 32

"I started a new job right before lockdown. It was quite an experience to try to adapt to not only the new job but the different way of doing the job."

Megan, 25

"I run a farm so it was all go during lockdown to keep everything running smoothly, especially during the lambing season."

Mary, 61

"The local young farmers organised a tractor run around the town for all the locals, we had a total of 40 tractors and 1 lorry. It was a great turnout and was enjoyed by many."

> "I have tried to bake every day and I gave all the cakes and bread to my neighbours to help cheer them up during these challenging times."

Alanna, 71

Hannah G, 20





"I have learnt during lockdown how much I enjoy gardening and have managed to successfully keep three rose bushes alive."

Elizabeth, 80

"Lockdown made me realise how much I appreciate the hairdressers and how hard the job is."

Donna, 43



"I have learnt to ride my bike today in the park. Also, I had a really nice ice pot."

"In lockdown I have learnt to cook fish and chips the real way!"

JoJo, 11

Ted B, 32

"I have learnt how to read without my reading glasses."

"I have really missed the hairdressers but I can now do my own hair."

Louise, 89

Emma, 19

"During lockdown, I became a grandma and although I didn't get to meet William (named after my late husband) in person, I managed to work FaceTime so I still got to see him."

"During lockdown, I have managed to redecorate my house and garden and have enjoyed every bit of it. It's a great start to my retirement, although I am not too sure what I will do next."

Wilma, 67

Graham, 65



"I still had to sit my exams which was a stressful experience. **Despite the worrying, I passed** with flying colours."

"I can now name almost every dinosaur that walked the planet, rrrraaaww"

Leanne, 19

Ross, 6

"I was walking through the local park when a young careless boy walked past me without a mask! I was horrified to say the least! So much so I stumbled backwards, avoiding the coronavirus particles that were

Judith G, 51

no doubt flying through the air at me. I tripped on the root of a tree and before you can say "antibacterial spray" was headfirst in the river."

"I managed to complete Couch to 5K."

Dana, 26

"I got a new scooter for Christmas and I have been practising using it during lockdown. I've blinged it up with a new number plate and pink handles."

"Just before lockdown I got a new car (Audi A5) and I love it. I have been keeping her nice and polished."



Poppy, 79

Tom, 40



"I have found love in gin and tonic once again. Thanks lockdown."

"I gave up smoking and feel so much better for it. This wouldn't have happened if there was no lockdown."

Cindy, 63

Belle, 60

"During lockdown I won £300 on scratch cards which I am planning to use when I go on a shopping spree when all the shops re-open." "At the beginning of lockdown I was very lonely, but when it began to be lifted I was allowed to see my grandchildren again."

Megan, 47

Sheila H, 72

"I've been learning how to play guitar over video chat with my boyfriend."



things with my mum."

Kirsty, 17



"I've learnt to bake loads of

"I watched all my favourite Disney movies."

Penelope, 11

"I completed my favourite Xbox game."

Freddie, 15

"I got stuck into operation polytunnel! | got overzealous with planting seeds which led to about 1000 plants being given away to the good people of Crieff. The joke is, I am not done yet! I have acquired another 60 packets of seeds (veg and flowers) that I haven't planted yet. I now need to get some extra room sorted out.

Handing the plants over, I felt that everyone had a story that they wanted to share from worrying about their dad being in hospital or simply being lonely during lockdown."

Susan S, 55



"I turned 63 during lockdown and was missing the company of my friends. What a lovely surprise when my buzzer went and two of my friends stood socially distanced dressed in daft hats singing Happy Birthday."



It made my day. Friends mean a lot. My hubby took the photo.

Matie M, 63

"I've been enjoying lockdown, tending to the garden and reading my books. My grandchildren have video-called me which has helped me a lot."

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



Thank you Crieff.

Eileen, 62

Together, we can get through anything.

