

Joan Miller- 500 words – experience of Covid -19 lockdown- sent 9.9.2020

I am fortunate to be living with my 80 year old husband Derek, so we never felt lonely, having each other was a blessing. My daughter and her family live nearby so came past on their exercise outings and waved from the end of the front path, also did shopping when needed and put it in the front porch for me. We had several offers from various neighbours to do shopping, and we only live a 10 minute walk from Lidl supermarket, so on my exercise sessions I would put a rucksack on, and get some bits myself. Derek was unfortunate to have C19 the first week of lockdown, which he contracted at a concert singing with 2 choirs the Saturday before, several others were ill too, some of whom had positive tests and were very sick. We thought my husband just had flu as he was very cold, shivery, had no appetite and slept constantly. I had a cough, sore throat and headache for 3 days the second week of my husband's illness, but we both take supplements, and I was taking zinc/vit C lozenges each day, which was reported as being a good protection as it starts in the throat, I soon recovered. We are blessed to have our own house with no mortgage, both have a state and personal pension, so no money worries during this difficult time. The church we attend sent out daily service sheets by email, and we have a rota to ring vulnerable church members on lockdown. It was very rewarding to be able to help out several families we heard about in difficulty for various reasons. An elderly lady I've been looking out for in the last 12 years, hospital appointments etc., contracted C19 from contact with carers I think, they were going in 3 times a day. When she died, as her elderly brother was shielding I made all the arrangements, went to the cremation, and recently organised a memorial service, where some of her relatives and church friends could remember her. We were pleased to return to church in July, and give a lift to another church member every Sunday. What I was most pleased to return to when lockdown eased in July, was going to the gym 3/4 days a week to keep up my fitness levels.

Oddly enough we have benefitted from lockdown by working through our "to do" list, and being free from all the usual activities, as we are very involved in church, Girlguiding, Mothers Union, babysitting, local choral society, to name a few. Gardening has been a major enjoyment, and walks together that we rarely had time for pre- lockdown. We look forward to the day that a successful vaccine is developed, and until then, take all the usual precautions.

Joan Miller (nee Johnstone)

Set 400/ 1965-1969.

Staff nurse Cotton.

Married 1969

District Nurse training at Croydon Technical College.

Part time on the District until early retirement in 2000 to look after grandchildren.

Age: 73.