



Lockdown Experiences

The experiences of 22 children in care aged between 12 and 18 years captured between 23rd June and 7th July 2020

What would you usually be doing if we were not in lockdown?

74% of young people talked about seeing family and friends

'Going on activities, college, meeting friends'

'We would be doing different activities such as going to the cinema, bowling and indoor trampolining'

60% of young people talked about education

74% of young people talked about activities and hobbies

'Spending time more time with friends, one night stay at my mums'

'I would be going to the gym and swimming daily. I would also be attending boxing and would be able to go fishing. I have started going fishing again but it was really bad when lockdown first started as I couldn't do anything it seemed and this was hard to cope with'

'Dance, school, Guides, ice-skating'

'Seeing family, seeing friends, going shopping, education, hairdressers, lashes & eyebrows as well as the gym with my sister'

'Cheerleading, going to school, seeing family, seeing my girlfriend/friends'

How are you coping with isolation that can come with lockdown?

42% of young people felt they were coping ok

'Coping with it and putting up with it. I am enjoying exercise and Xbox and playing football'

'I feel really angry because I cant see half of my mates'

52% of young people talked about finding lockdown difficult

79% of young people talked about missing their usual lives

'It's hard as you can't do the things you usually do. It's very different from my normal life'

'Finding it hard to be stuck in and not having face to face contact with my family at first but I can have social distancing contact now so this has been better for me'

'It was a 'mare' only spent time with staff and other YP'

'I am missing all of my afterschool clubs and I have left my guitar at school and we are not aloud to go into the main school. We have to go to 6th form if we go to school'

'Fine because I go to school'

Has anything positive come out of lockdown for you?

'my handwriting has got a lot better and I have got better at spelling'

'Given me time to get my life back together and rethink my college course'

'I feel closer to staff now as we have been spending a great deal of time together'

'It's taught me that I should be more grateful for the little things & the things that I normally take for granted are luxuries. It has also made me much more aware'

'I don't have to wake up early for college so I can sleep in a little'

'Yeah the shops and we might be allowed out by ourselves'

'I was going to say nothing but that's not true, we have a new trampoline and more things to do in the garden and staff have been really good at finding things to keep us entertained'

'I've not been running off as much since I've been allowed to see my mates'

'Nothing really'

Key Themes

- Social relationships and activities are very important to young people including education, maintaining contact with family members and taking part in activities
- Friendships are key to young people's wellbeing and some young people are struggling without their usual social contact
- Most of the young people we heard from are missing their 'normal' lives and around half are finding this difficult
- The restrictions of lockdown have helped some young people create stronger relationships with their carers
- Most of the young people we spoke to have found something positive in lockdown such as developing a skill, having new equipment where they live and feeling more grateful for their freedom and things they have