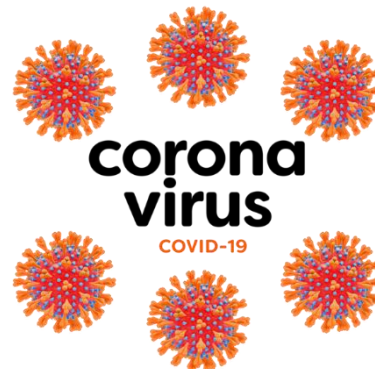








# What people think after the Covid-19 lockdown

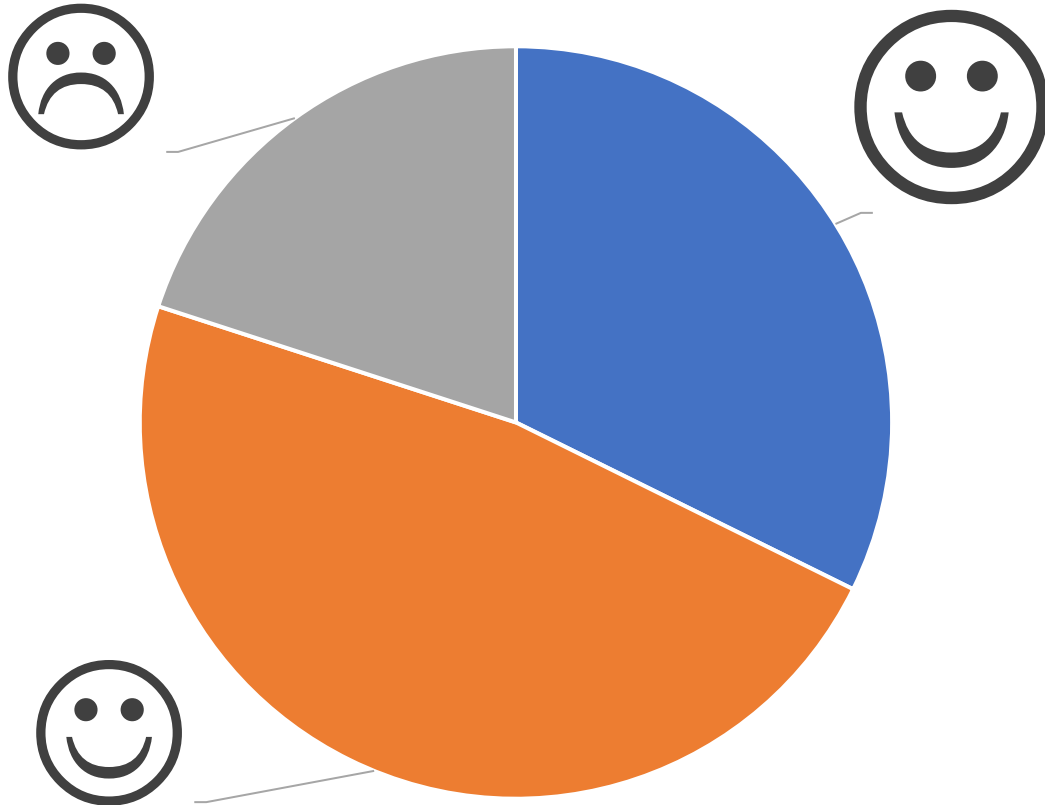


18 November 2020

	<h2>What people said after the Lockdown</h2>
	<p>"We miss our friends"</p>
	<p>"We miss our activities"</p>
	<p>We have stayed at home a lot</p>








## How well did your carers cope?



Most carers coped well,  
1 in 5 said they had problems

	<h2>What people did during the Lockdown</h2>
	<p>Walking</p>
	<p>Gardening</p>
	<p>Playing games</p>
	<p>Helping at home</p>

	<p>Going out with support</p>
	<p>Puzzles</p>
	<p>Colouring</p>
	<p><b>What makes a good day now</b></p>
	<p>Speaking to my family</p>
	<p>Going for walks</p>

	<p>Music</p>
	<p>Keeping active</p>
	<p><b>What do we think about the future</b></p>
	<p>We will be bored if there is nothing to do</p>
	<p>I'm worried I will be lonely</p>



I'm worried about keeping well



We need to be safe



**I want to**



See my friends by



Meeting 1 or 2 people?



Day trips?



Going out for a meal?



If you want to read the full report contact Lucy from the Good Day team on 01495 742440 or by email at [lucy.leigh@torfaen.gov.uk](mailto:lucy.leigh@torfaen.gov.uk)

Version 1  
18 November 2020

