



# THE An E-Zine LOCKDOWN LOWDOWN

Our Corona Diaries...

March/April 20



# Who are we?



**The Hangleton  
& Knoll Project**  
Working for a better community

We are a group of young people from the  
Hangleton and Knoll Project.

It is April 2020 and we are in lockdown.

We wanted to make this E-Zine for other young  
people; to share our experiences, give information  
and advice, and help other young people feel  
supported through this difficult time.





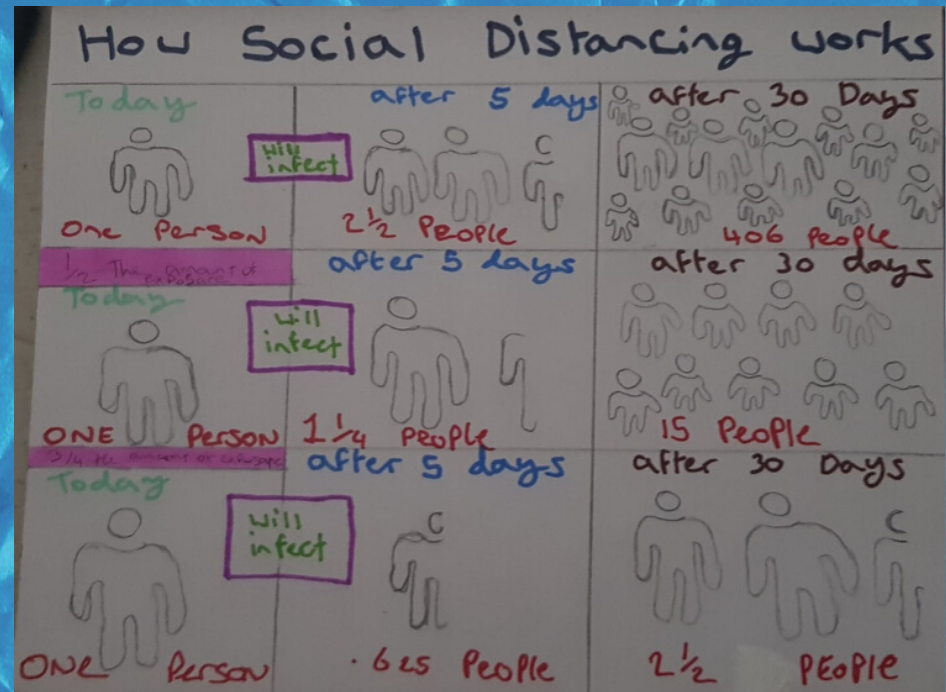
# Social Distancing

Social distancing is important. We know it may be hard at the moment, but in order to keep your loved ones safe, it is important to follow the governments advice of staying at home and only going out if essential, such as shopping for food or exercise. You should only go out with members of your house hold

Remember, if you are a key worker, we are all in this together and we can get through this!



## DO YOUR BIT



By AC & AS

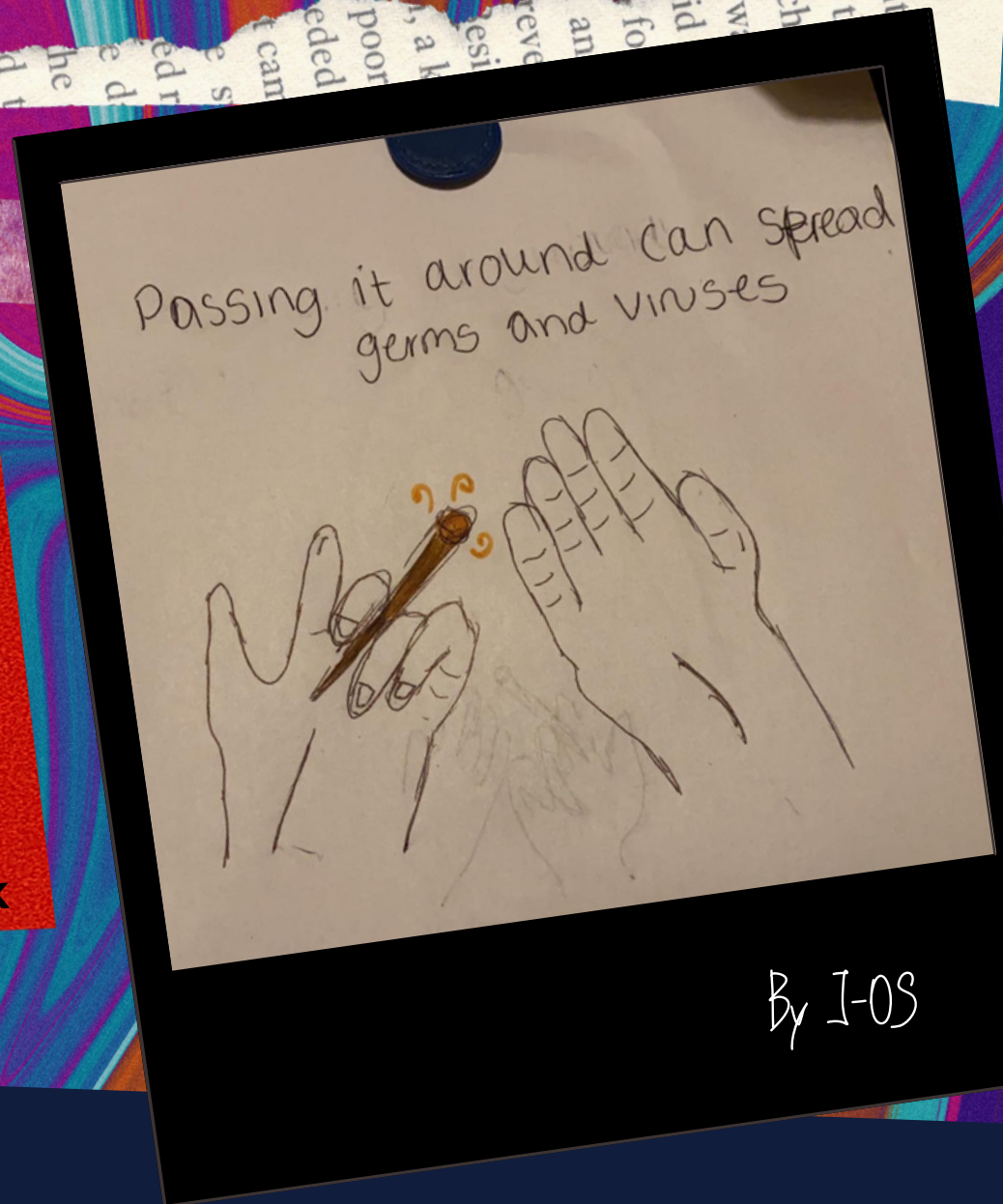


# Social Distancing

Smokers are more likely to be vulnerable because if you share the same cigarette or joint, then it could cause cross contamination through mouth to mouth and hand to mouth. To avoid this, avoid sharing or rolling for another person.

If you are worried about your substance use during lockdown, find more info here:

<http://www.ruokservice.co.uk>



By I-OS

## DO YOUR BIT





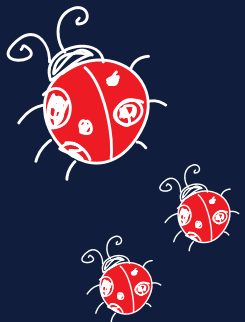
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Please remember that social distancing is important, especially at the moment, to stop this nasty virus from spreading.



This photo is called  
"Chilling In  
Nature". It was taken  
from my school field.  
I am lucky I get to go  
to school because both my  
parents are keyworkers. We  
did a photography  
competition for nature and  
this is the picture I took.  
It was really hard to  
capture the woodlouse in the  
branch, but with patience it  
was a success.



BY J-OS



# THANK YOU NHS



Let me start by saying thank you,  
To the health care staff going forward to  
help you,

On the front line against Covid-19,

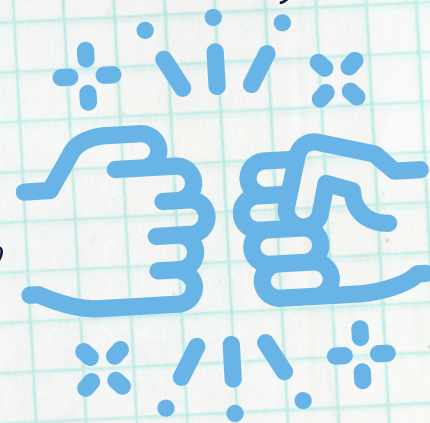
Doctors, nurses, paramedics - the life giving  
human beings,

From the young to the old,

We must stay bold,

And say thank you NHS for helping us all.

BY CLC.





# MY STORY BY LH

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Lockdown has been a bit stressful and has taken a while to adjust, as I am a key worker. I am also looking after mum and being extra safe as she is vulnerable, but apart from being extra vigilant nothing's changed really.

I'm missing social interaction more than anything, a friendly face or hug.

My tips for surviving lockdown:

- Stay at home, but make sure you're going on your daily exercise.
- Try to go to bed at a reasonable time.
- Eat and drink plenty!

Self - care is important.





**Music can help  
you chill out.  
Check out  
these top feel  
good tunes.**

**Top Tip...**



1) Radioactive - Imagine Dragons

2) Bubbly-Colbie Caillat

3) Don't Worry Be Happy -Bob  
Marley

4) Breathe - James Arthur

5) The Git Up - Blanco Brown

6) Dance Monkey - Tones and I

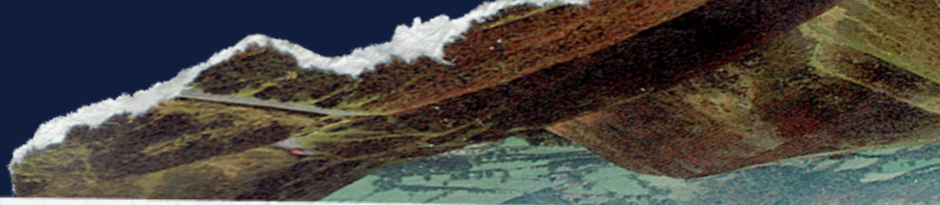
7) 10,000 Hours - Dan & Shay and  
Justin Bieber



By AS



# MY STORY BY AC



I work within the retail industry and the store noticed that as the threat of the Coronavirus grew, the amount of people panic buying also grew, meaning that supplies were in more demand. As the weeks went on, the shelves had stock returned. After 2 weeks of people panic buying the online orders were increasing, as a result of the government asking people to do their shopping online.

My shifts that normally start at 5.30am, were all over the place, including a one am start as there were 80 orders. On the other side to this I have also experienced loss of work, from my other job and the death of a family friend, but this will not defeat me from getting through this, as I have still got my shape up exercise class and step out youth group meetings which take place over zoom.



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Our Top Tips...

# Keep positive...

"Be someone's sunshine when  
their skies are grey."

"If you're struggling  
tonight, please know you are  
not alone, you matter very  
much, please don't give up."





# MY STORY BY SS

I'm still finding lockdown a bit hard, with my mental health. I just take everyday as it goes now, as some days I wake up in a good mood, and some days I just want to lay in bed and forget everything. It's hard because I feel like I'm failing as a mum as well. I am getting out more, and we have been walking up on the downs, and we've been walking down to the One Stop. People don't realise how tough it is day to day, and people just ignoring everything and just thinking it's just a joke, so they still go out and meet friends!

XXXXXX





# Looking after your mental health and wellbeing in lockdown

Our Top Tips...

1) Think of creative things to do at home  
such as baking or making things.

Pizza dough recipe here →

2) Learn something new like origami or new  
drawing techniques.

3) Call or message friends and family. Stay  
connected safely.



4) Do some exercise in your garden or in  
your 1 hour exercise time. Keep motivated  
and healthy.

## Recipe for no yeast dough

- 350g flour
- 2 + 3/4 tsp of baking powder
- 1 tsp salt
- 1 tbsp oil
- toppings of your choice

Mix in a bowl, add 170ml water or more until soft but not sticky. Knead on a floured surface, and flatten out. Add toppings and bake for 15 mins.



# Looking after your mental health and wellbeing in lockdown

Q) How are you coping with your mental health?  
Do you have any tips for other young people?

Well, it was quite difficult at first, but I'm getting there now.

If I had to give any tips to anyone; find a hobby and set your mind to things. Keep yourself active and positive and that's how you will forget about things around you. Just try and block out

all the bad things going on and see the positives in it.

Like, when it's night lay out in your back garden and look out at the stars, just anything you enjoy to try and set your mind at ease.

If you're struggling... talk to a friend, or trusted adult like a parent/carer, youth worker, or teacher.

**Other support:**

**Childline:** 08001111

**YoungMinds**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Samaritans**

[www.samaritans.org](http://www.samaritans.org)  
call: 116 123

By ID



# Covid-19

By CG

## Myth

Antibiotics are effective in treating coronavirus.

Corona virus only affects older people.

I can hold my breath for 10 seconds or more without coughing, so I don't have the virus.

## Vrs

## Fact

**Antibiotics do not work against viruses, only bacteria.**

**People of all ages can be affected by the new coronavirus.**

**The most common symptoms are dry cough, tiredness and fever, but only a test will confirm it.**



# MY STORY BY J-OS

So we are in lockdown and it's been really hard. Its really affected me because I am a very social person and I like being at youth clubs and at my sister's and I cant. What I'm thankful for is how the youth workers are now online and I can talk to them about everything going on.

I'm not really coping well with the whole situation and I'm still processing everything.

An experience I do want to share is about me still being able to go into school, and how different it's been. So both my parents are keyworkers so I am still going to school. There are only 10 of us that go and it's been really quiet and chilled. I definitely find it easier in these environments because I struggle with school generally.

I really miss my sister and friends and youth workers, but I can still Face Time them and stay in contact. Although this is all weird and scary you've got to look at the positives.

If we all stay safe, stay home and keep socially distancing then we will be able to see all our loved ones again soon, and it's not the end of the world (panic over haha).

I know at the moment it might seem all dark and gloomy, but if you stay positive and stay safe brighter days will come soon. The world will be at peace soon. Stay safe and healthy everyone.





- I really badly need a haircut, so that's the first thing I am going to be doing!

- Going to see my nan is the first thing I will do. I miss her, and I hate the thought that she is alone.

- Going to the park with my family.

## Things we are looking forward to after lockdown...

- Seeing youth workers, and going to youth club.
- Meeting up with my friends!
- For one, being able to be free and do community work, as I miss it lots.
- Having a life, going clubbing and not being arrested for being out!



# THANK YOU!

This E-Zine has been made with  from young people of the Step Out group: Aaron, Robbie, Jamie, Arwen, Conner & Jade, supported by Nina (Youth Worker).

A massive shout out to other HKP young people for their brilliant contributions: Carl, Lexi, Jadzia, Steph and Michael. Young people involved in the making of this E-Zine, are aged between 14-22 years.



**The Hangleton  
& Knoll Project**

Working for a better community

Stay safe, stay home, protect the  
NHS 