



# The Lockdown Blues



Easy read  
booklet

# The Lockdown Blues project



# Who we are and what we do



We are **Charlotte, Olly** and **Fred**. We work at the **University of Exeter**. This booklet tells you about our **Lockdown Blues** project.

We worked on this project with



- **The Wellcome Centre for Cultures and Environments of Health.** They look at health and wellbeing.

exeter **phoenix**

- The **Exeter Phoenix** which has art galleries, art studios, dance studios and a theatre.

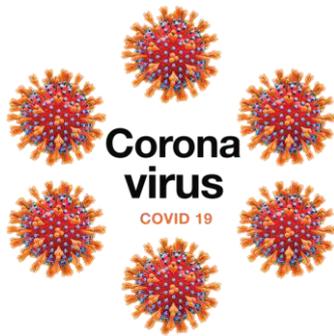


- **Devon Libraries.** They want to share ideas and knowledge with people and communities.



- **Darren Shaddick.** He made the beautiful art on the cover of this booklet.

# The Lockdown Blues project



This is a project about **loneliness** during **Covid-19** in South West England. **COVID-19** is a new illness affecting people all over the world.



**Loneliness** is hard to talk about. It's a feeling that's different for everyone. It can mean you feel empty, alone or unwanted.



Because of Covid-19 we had to go into **lockdown**. **Lockdown** is when we have to stay in our homes to stop Covid-19 spreading.



Lockdown might have made you feel more lonely than before because you

- live alone
- couldn't see friends or family
- couldn't be close to others



The **Lockdown Blues** project is a website where anyone can share their thoughts and feelings about loneliness during Covid-19.



We call it our **online scrapbook**. A **scrapbook** is lots of ideas in one place.



We want to hear from you so you can be part of our online scrapbook. There are lots of ways to do this.



You can send a short sentence, letter, poem, song, essay, painting, sketch, photo, video, meme or any other ideas you have.



You can look at what other people have sent in. We'd love to hear from you and think that others would too.

# How you can be part of the online scrapbook



Send an email to  
[hello@lockdownblues.co.uk](mailto:hello@lockdownblues.co.uk)



Use the form on our website  
[lockdownblues.co.uk/submit](https://lockdownblues.co.uk/submit)



If you want to post us something  
we can tell you our address if you  
send an email to  
[hello@lockdownblues.co.uk](mailto:hello@lockdownblues.co.uk)



You can find us on social media  
using the hashtag [#lonelycovid](#)



We will check what you send us before we put it in our online scrapbook.



Once we have checked it we will put it in the online scrapbook part of our website.



Everything in the online scrapbook will be **anonymous** unless you want your name to be shown.



**Anonymous** means without your name or any information that tells other people who you are.



We want to show some of the scrapbook in public when we can.

# What you should know before you send us your ideas



If you are not from the South West you can still join in. If you have a connection with the area, we'd love to hear about it.



The online scrapbook is about loneliness but you can tell us about other thoughts and feelings too.



You can also tell us about good things like friendship, belonging or community.



This is a safe and supportive place for everyone. We will **not** put anything in our online scrapbook that is unkind or mean to others.



Don't send us photographs or **personal details** of other people without asking them first.



**Personal details** are things like their name.



You can ask for your work to be taken off the online scrapbook at any time. To do this send an email to [hello@lockdownblues.co.uk](mailto:hello@lockdownblues.co.uk)



Loneliness and COVID-19 mean different things to all of us. What you send us could be anything!



Have fun and get creative!

# Contact us



We would love to hear from you!  
Contact us if you have any questions.



Send an email to  
[hello@lockdownblues.co.uk](mailto:hello@lockdownblues.co.uk)



We will try to answer you in a few days.



Thank you to A2i for the words  
[www.a2i.co.uk](http://www.a2i.co.uk) (reference 32793)

The full version of this document is called  
**"The Lockdown Blues"**