**Video Transcript: Interview with Natalya**

**What has lockdown meant for you?**

So, financially, I am a videographer, I'm a freelance videographer. I mainly film events or, you know, shows, music shows, things like that. So yeah, basically I've had zero work since coronavirus hit, and I'm quite a new freelancer. So I wasn't applicable for a lot of the government schemes. But I did get a grant from the Arts Council to support.

In terms of health, physical health, I actually started regularly doing exercise over lockdown, which is a first, for me, for a long time. But I was probably still moving less than before, because my job is quite active anyway. As a videographer you know, you're running around with heavy equipment, and all of that.

**How has lockdown impacted your mental health?**

It wasn't horrific. To be honest in terms of mental health, I suffered quite badly when I was younger, and so I kind of have techniques that I use regularly to get me through things. But there were definitely times when I felt like I was going a bit insane just from being closed off in one room, and not really having space, and not really being able to do what you want to be doing, sort of thing. But on the other side, it was really nice not to have the pressure of like, oh, I've got to be earning money right now sort of thing, because I couldn't have been, you know.  
  
So yes, it's a bit of both sides.

**What priorities should the government set for young people moving forward?**  
  
One, they need to invest in the future of their citizens, which include young people, you know? If they let people suffer, economically, and generally in life, it's not going to help the country, it's not going to help our future, it's not going to help in any way at all. So I think it's very much, anti-austerity measures, like invest in welfare, social care. You know, organisations like Ignite, like you guys. Invest in taking care of citizens, because it is an investment, at the end of the day. And I think that we need a society that's much more involved.

I also think that the government should have put something in, like a universal basic income, rather than creating a whole set of different policies that help people in different ways, and are not necessarily what we need. Because over lockdown, who really needs two and a half grand in a month? No-one, you know? Like personally I think they should have covered everyone's rent. And then given people enough money to buy food and other living costs over lockdown, rather than the structure that they did, which meant that loads of people fell through the gaps, including myself. And loads of people just didn't have the finance to support themselves, and had to look for other grants, or whatever, and some people didn't find them. I was very lucky to have found a grant.  
  
Yeah, I think they need a lot more financial support. Definitely.  
  
I think they need to invest a lot more in health care. I mean, that’s very clear, but they’re kind of doing the opposite right now.