**Video Transcript: Interview with Shelby**

**What has lockdown meant for you?**

So, I think family throughout lockdown has obviously been a positive in terms of being able to spend more time with them. Especially as well, like my dad’s currently not working so I’ve been able to spend a lot of time with him, which obviously I wouldn't usually do, if you’re at school and your parents’ll be at work.

Obviously on the other side the downside there's not being able to see, like obviously because of lockdown, couldn't see like, you know your nan or your aunt or whoever. But it's good that now we’re out of lockdown, that you can see people again.

Finances for me, I mean, obviously having two jobs was good but I was on furlough for both of my jobs, so it was pretty much going into savings, because I had nothing to spend it on, because I wasn’t, obviously being in lockdown, I wasn't driving anywhere or anything, so I wasn’t really paying for petrol or anything so that’s been pretty much just going to savings for me.

Social life, in terms of friends, I feel like during lockdown I managed to reach out to a lot of people, and I feel like communication was very key for me during lockdown making sure that I had that support network around me, actually checking up on everyone else as well, making sure everyone was alright. Like,
we was doing quiz nights with my friends and stuff like that over Zoom just to keep in contact with each other all the time.

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

I think mental health has been very good because I’ve been able to like have different ways to express myself. Like I got into a lot of like, physically, being able to, I think we got lucky with the weather actually be allowed to go on walks and actually have that time away and have that space that I needed during my day. And being able to do things like colouring and, like, art, and writing and things like that like different ways to obviously like, I have a big love for theatre and things like that. Obviously that being closed has led me to like doing a lot of writing things to actually express how I felt in different ways, especially not being able to go out and about and do things that you'd usually do to like help your mental health.

I’m a big cricket player and that does a lot for me in terms of physical and mental health, because it gives me a timeout, but also allows me to like build physical health.

And actually bringing the community back together and having that social time has like, has had a really good impact on my mental health actually.

**What priorities should the government set for young people moving forward?**

Something that the government needs to look at really well coming out of this is like, how we can support the younger generation through different organisations and different like networks that are out there, and doing things like the roundtable was really good because it allowed us to express our feelings and actually bounce off each other and talk to other young people and actually see that it was okay to feel that way during lockdown and that different people felt different ways.

But I mean on the NHS side, mentally, I think the government needs to put the services out there and make sure services for different things like CALM and Tavistock and MIND and all these organisations that like help people through their daily lives are actually there, or even if there's like live chats and things because obviously, now with a massive backup of appointments and clinics and all this and that. It's moving that forward quickly, but obviously they're gonna prioritise. People well, obviously everyone's mental health is as important as the next person.

Second big one’s education, it’s a big one which the government do need to look at. I feel like the government have just chucked young people out the way a little bit, and I feel like now they do need to be at the forefront, because there's a lot of things that affect them. And I think there’s a lot of uncertainty in education system, especially for next year and where that lies for a lot of people in further education and college.

Third thing that it needs to look at is things like keeping active. And, you know, making sure that everyone has that, because people might not want to go back to the gym, or might not want to play sport, or, it's looking at like how safe people feel coming out of this lockdown and making sure that everyone is on the same page, and that there are things in place so that if we do have a second wave, people’s social, mental, or physical health is still at the top of their game.

I think the government now needs to look a more into where we can put jobs in our market, and how more people can get into these jobs, even if they don't have the qualification and things, so that people can work because it does have a massive impact on what that means, on not just them but like their families and their support around them. Like, I feel like there's a lot of short term things in place, but I don't think there's a lot of long term things. I think there's a lot of things that need looking at in terms of the bigger picture from the long term. I think it’s great that they’re sorting out the short term for now and actually getting the community and, you know, the economy back up and running, but I think once that's sorted towards the end of the year they need to start looking at things in the long term and how. Especially for young people, because where we're just starting our life and starting our career path and starting our journey, I think it does affect us in the long term.