

# Citizen Scientists - Summary of findings

# What did we ask you to do?

We asked you to carry out two tasks as Citizen Scientists throughout this process:

**Between events  
1 and 2**

**Citizen Scientist Part 1: Tell us how COVID-19 affected your life.**

**Between events  
2 and 3**

**Citizen Scientist Part 2: Ask other people in Camden about their experiences. It might be a family member, neighbour, postal worker, refuse collector, a delivery driver and/or your work colleague. You decide whom you want to ask.**

You responded with some interesting and insightful pieces, including written accounts of the Covid-19 pandemic, poems, presentations and video diaries.

*But still, we rose, to meet this test.  
The problems posed, we best addressed.  
We came together, worked as one.  
The problems shared, solutions won.*

*Keeping community gardens going*



## Citizen Scientist- Part 1

MY EXPERIENCE OF THE  
COVID-19 PANDEMIC and LOCKDOWN

# 1. How Covid-19 has impacted your lives negatively

As residents, you outlined the **negative implications** of the Covid-19 pandemic on your lives:

Really worried about my employment prospects and the impact on my mental health and wellbeing

Lockdown has allowed me to be a hermit

During lockdown, the day centre i was attending was locked down...i had to spend a lot of time alone at home, watching TV and having contact by phone

The impact of Covid-19 in my life was not too hard, but disturbing...when it was the lockdown i was pregnant. My husband couldn't attend my last appointment with me and could not be in the hospital when i was giving birth.

I found being a long way from my children hard, having them closer by in case of an emergency would of helped.

My pregnant daughter shares my home, and was also deemed "vulnerable". The difference between what to do and not to do if self isolating or shielding wasn't always obvious.

I lost contact with some friends because they were unable to use the phone.

The exaggerated avoidance of coming within 15 feet of one another, plotting a diverging course from far off, was and still is an occurrence that literally spoils my day when I go out...the well known British coldness, aloofness, will now be enhanced by this pandemic!

At the beginning of lockdown, i was very frustrated because i was told, as a vulnerable (disabled) person, not to go outdoors and i required support, especially for shopping.

## 2. How Covid-19 has impacted your lives positively

Some residents also commented on the **positive changes** that have occurred during their Covid-19 lockdown experience:

Fortunately...Highgate Community Centre organised a hot meals delivery at lunchtime and for 4 days a week they delivered food to my door. The price of each meal was very low, and the food was excellent.

Once i could see other people coping well, i relaxed. I am amazed at how well and how quickly people in all age groups did cope and adapt...the elderly people i spoke to were universally stoic, and the younger people were accepting of their clipped wings.

Some good thoughts: Cleaner air, reflection, peace and quiet, zoom, free online content – culture, art,museums, courses, reading, slowing down

Clapping for key workers during coronavirus...this was an opportunity for us to show our gratitude.

It was wonderful to see the speed with which innovation and community spirit kicked in. Posters on lamp posts offering to deliver you food, walk your dog, or just chat. Restaurants giving a take-away service, yoga on youtube and school lessons on Zoom.

The lockdown has put an end to my commute to work, albeit for a short period...it has enabled me to work from home, hence starting work at a much earlier time and finishing earlier in the afternoon.

# 3. Actions to stay healthy, safe and well

The citizen science work you have done clearly showed that **you are interested in ways to stay healthy, safe and well - particularly around mental health and wellbeing.**

Below are some of the ways you are trying to stay healthy, safe and well:

- Working in community gardens
- Growing your own fruits and vegetables
- Free online yoga classes
- Using online platforms (such as zoom) to talk to friends and relatives
- Regular walks / exercise of some form
- Shopping for vulnerable neighbours
- Cooking

On bad days, i feel tired and wonder when it will ever be over. My ways of getting myself out of that are to exercise, get a job done off my to-do list or meet a friend.

We have a very long corridor, longer than 4 meters. Every morning I would walk briskly at least 2 times. Then I have a large bath towel which I roll and bend and twist. Then I have a pair of boxing gloves which I use for shadow boxing.

# 4. Feedback from your neighbours, family, friends and colleagues

Our friends, family, colleagues, neighbours and other residents in the Camden borough reported **similar experiences**:

X states that the impact of the crisis on his relationship and home environment cannot be underestimated...according to X, he is finding the whole situation very stressful on a financial, physical and mental level.

My best friend, who uses a manual wheelchair, for example needs support to go out and at the beginning he struggled to stay home, alone all the time, because his carer was unavailable.

Not a single one of the people that i spoke to took up a new hobby or learnt a new skill - not even cooking. But what they all did was explore their own area more, with very satisfying results. They had not realised how many interesting things and beautiful areas were on their own doorsteps.

Life in lockdown for my elderly parents has been very difficult, not seeing their children or grandchildren when they were used to daily visits. Ordinary things like visiting the GP has changed. At the same time there are positives - my parents are trying to learn new skills such as using a smartphone, making video calls and sending pictures.

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Everyone was making more phone calls than normal

Everyone missed their close family members, the student and the office worker also missed their friends

# Thank you!

We will cover the emerging themes of the Citizen Scientist work in our final session on 26th September.