

## The effect of Covid on Families in Nottinghamshire

Survey Results October 2021

### FINDINGS REPORT: The effect of Covid on your family consultation

This consultation ran from 02/08/2021 to 12/09/2021 (to account for it being over the school summer holidays) on Citizen Space.

Questions were devised by a small Task and Finish Group, consisting of colleagues from within the Council and other stakeholder organisations.

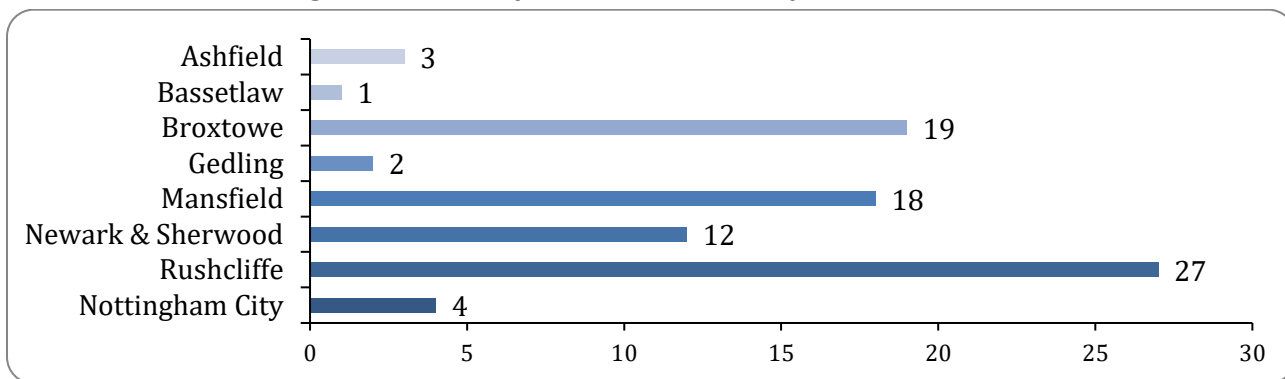
The consultation was promoted to parents through a wide range of stakeholder organisations and networks. Paper copies of the questionnaire, or support to complete the on-line questionnaire was provided to families unable to access the Citizen Space platform directly themselves.

There were 86 total responses to the survey and the vast majority (87%) of respondents were women.

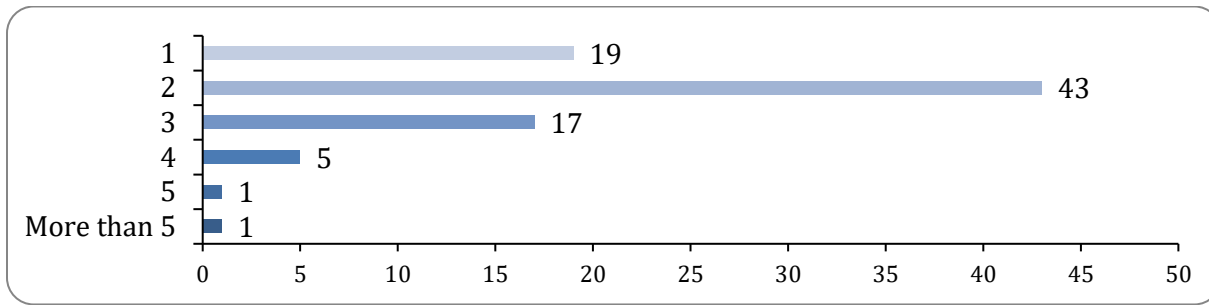
29 respondents (34%) reported they, their partner or their child had a disability, with 56 (65%) not having a disability. 92% of respondents were White British.

The majority (67 78%) were from two parent households, with 18 (21%) single parents responding. (1 parent did not answer this question.)

#### Which area of Nottinghamshire do you live in? (86 responses)



### How many children do you have? (86 responses)



Most respondents (53) had children aged between 5 and 11 years of age, with 16 pre-school, 8 secondary age and 9 over 16 years of age.

### Do you think the Covid pandemic has impacted on your pregnancy?

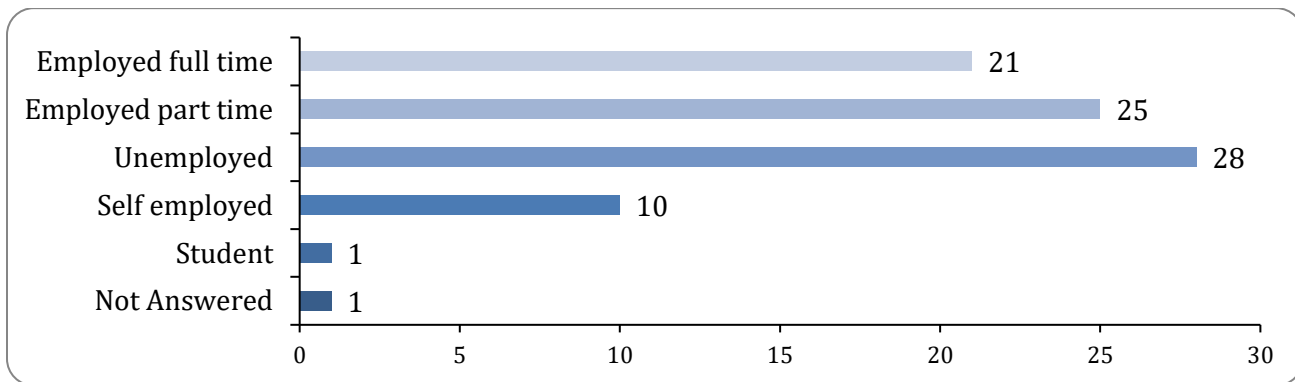
There were 9 responses to this part of the question – that's 100% of parents who responded, with children of the relevant age. 5 out of 9 (56%) felt there had been a negative impact.

### Do you think the Covid pandemic has impacted on you and your new baby / toddler?

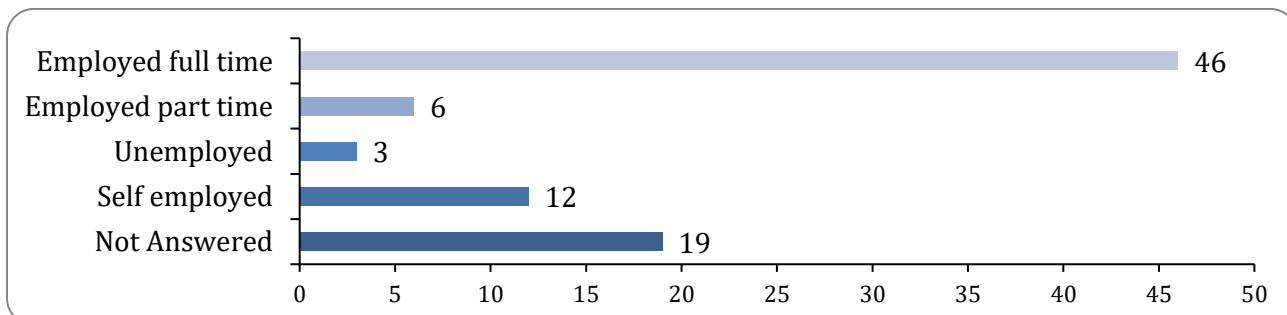
There were 8 responses to this part of the question and 100% of respondents felt it had been a negative impact.

### Do you or your partner work?

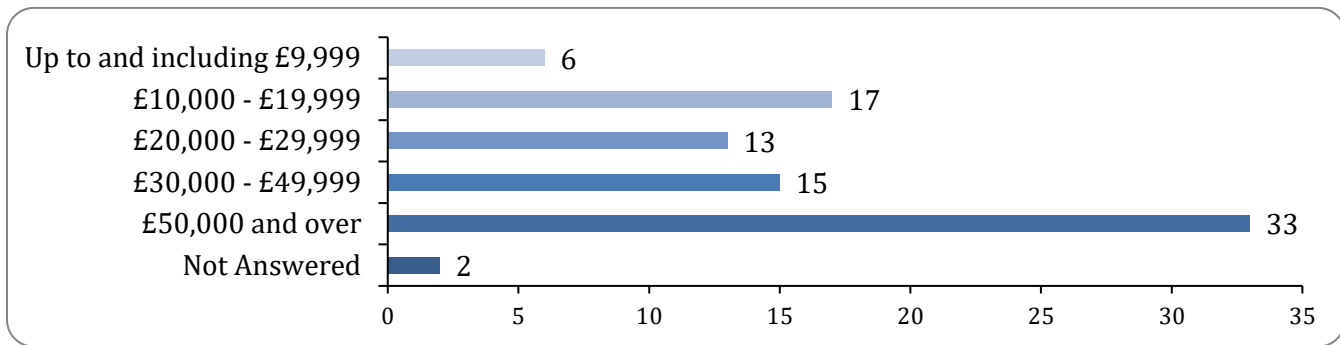
**You** (85 responses) – two thirds of respondents worked with one third not currently working.



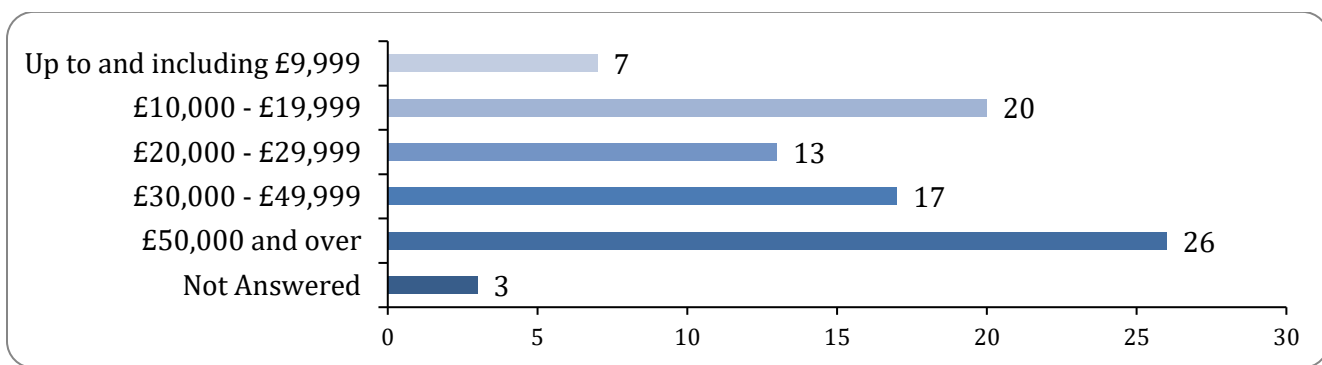
**Your partner** (67 responses) – almost all were employed, with just 3.5% unemployed, although several did not answer this question



**What was your household income before Covid? (84 responses)**



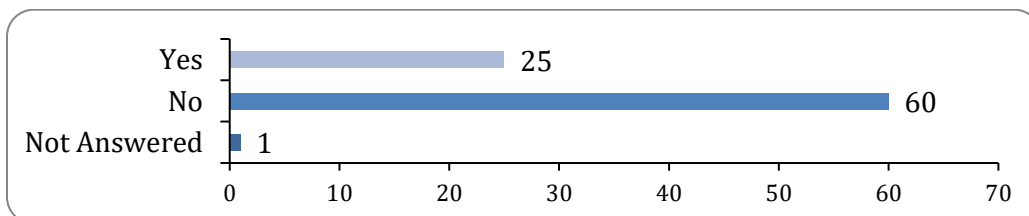
**What was your household income during the pandemic? (83 responses)**



The largest variance (reduction) between those earning over £50k before and after pandemic, followed by those in the £10K to £20K bracket:

	Pre-pandemic		During-pandemic		
	Count	Percentage	Count	Percentage	
<b>Up to and including £9,999</b>	6	6.98%	7	8.14%	+1.16
<b>£10,000 - £19,999</b>	17	19.77%	20	23.26%	+3.49
<b>£20,000 - £29,999</b>	13	15.12%	13	15.12%	-
<b>£30,000 - £49,999</b>	15	17.44%	17	19.77%	+2.33
<b>£50,000 and over</b>	33	38.37%	26	30.23%	-8.14
<b>Not Answered</b>	2	2.33%	3	3.49%	+1.16

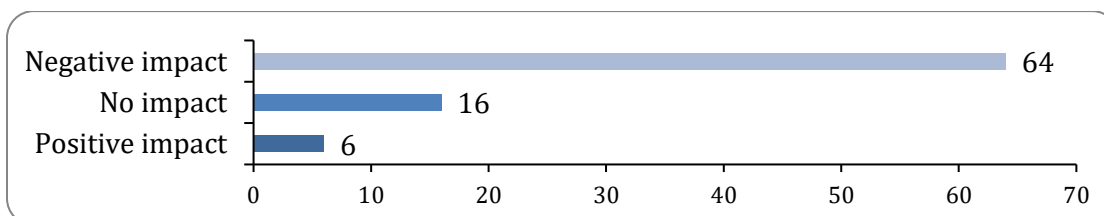
**Did you access any form of childcare for your child/children/young person during the pandemic? (85 responses)**



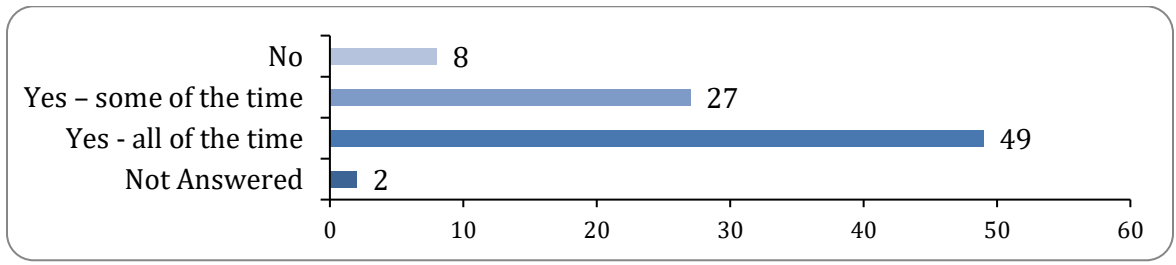
**If your use of childcare changed during the pandemic, please tell us why. (17 responses)**

Nursery wasn't always open which caused work issues with me and my partner.
Changed to family care from private nursery
Husband dropped some hours so as to reduce hours of kids going to nursery/school and after school clubs
School wasn't available
working
Mum went back to work after maternity leave so child started at nursery at 1 year old.
I work for the NHS and my partner is a self-employed builder. We both had to work, and family had to take care of our children
"Had to pay a student privately to supervise children during lockdown and home schooling. My son who has ADHD was provided with an excellent online live schooling provision but could not access this without physical support from an adult. My husband and I were both very busy working trying to keep our jobs / income."
There were times when we couldn't access childcare and had to manage by ourselves. This was a mixture of not using School wrap around care because of Covid and also not wanting to put grandparents at risk who were previously helping with childcare.
Short break provisions stopped.
Schools closed and both of us work for the emergency services. We were fortunately given spaces at our schools for the kids when we were at work so did a blended home learning and school days
I work in a school, but my daughters school shut a few times to sort out admin work for the lock downs so I had to find emergency childcare
"Nurseries shut for a period of time, and we waited a few weeks after they re-opened before our son went back. We might have occasionally used childcare from family members if the pandemic had not happened. During the pandemic we didn't do this to avoid risks of spreading Covid."
Being a frontline key worker
My son continued going to nursery
"I hadn't intended on sending my toddler to nursery until he was three. But due to the closure of groups and the massive lack of social contact my child was getting with other children I decided to access 2 year old funding and send him to nursery a year early. He is also mildly speech delayed and it has been suggested that a lack of socialisation could have played a part in this."
Only changes were when educational setting closed and we had to look after our children at home. thankfully being a key worker childcare remained open. If your use of childcare changed during the pandemic, please tell us why.

**Do you think that the pandemic has had an impact on your child's education/learning? (86 responses)**



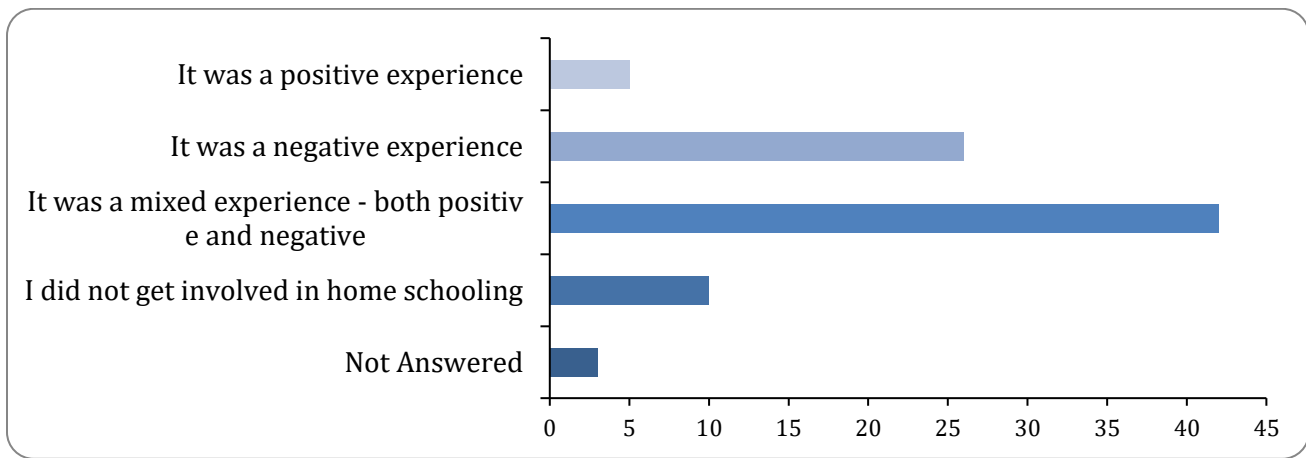
**Did your child /children/young person have access to a tablet, laptop or computer and wi-fi?** 84 responses) – Most had access all of the time but 9% did not have access at all – It should be noted that the highest number of responses were from Rushcliffe families. If there had been more responses from more disadvantaged districts, this response (in line with many others) could potentially be different.



**Your Child/Young Person: What were their experiences of home schooling?** (77 responses)

Option	Total	Percent
They found it a positive experience	8	9.30%
They found it a mixed experience - both positive and negative	39	45.35%
They found it a negative experience generally	26	30.23%
They found it had an impact on their emotional wellbeing	47	54.65%
They missed the social aspect of school – seeing friends, teachers etc	64	74.42%
They found being sent home to isolate disruptive, so preferred to work at home	7	8.14%
Not Answered	9	10.47%

**Parent/Carer: What were your experiences of home schooling?** (83 responses)



**Is there anything else you'd like to tell us about the Home-Schooling experience? (51 responses)**

<i>It not same as children being at school, I'm not a teacher but we did our best</i>
<i>Home schooling was poor at REDACTED Academy. All year groups in on lessons and many lessons not live.</i>
<i>We did not home school as my child was a newborn, but this survey forces me to answer questions as if we did, there is no n/a option for these questions about home schooling</i>
<i>Live aspects were not enough in my opinion</i>
<i>It was awful</i>
<i>There was an over reliance on technology therefore screen time. Additionally there seemed to be a distinct disadvantage versus children that were able to attend school, be that emotionally or even resources wise in that those children in school were able to attain a normal education in a formal setting from trained and qualified educators not to mention access to things like school meals and stationary which came at a cost to us in a time of already concerns for our finances.</i>
<i>Too IT based. Secondary school child sat on a computer all day. Not enough live or interactive lessons. Primary - Not aimed at the level of the child - set in a one size fits all. Better second time around</i>
<i>I worked from home so it was difficult to do both work and home schooling. I really enjoyed having my children at home, we had lots of time together which we wouldn't normally get.  I feel the this pandemic as highlighted how precious family time is and how much we take for granted holidays. I feel the government should re assess letting children having time out of school even if just a week for family holidays. As a single parent i can not afford holidays in school holidays.</i>
<i>Reliance on technology working and reliable</i>
<i>Not applicable</i>
<i>Very stressful. Found my 10 year old was easily distracted. 5 year old did no home schooling as wasn't available</i>
<i>During 2019-2020 academic year work was sent home. It was very taxing. During 2020-2021 school year, the new school did zoom lessons which gave much more structure</i>
<i>Whilst in some ways the first lockdown (Mar - Aug 2020) eased the pressure for my eldest son who was struggling with school it allowed us to take things at his own pace and in his own way. Also my daughter wasn't at school age so we explored things without a curriculum. By the next lockdown and homeschooling, the targets and need for schools to deliver measurable content massively increased our need for input, there was a lack of flexibility and it meant great pressure for everyone trying to home two school age children, one with SEN whilst holding down two jobs. That is why in the end we chose to pay privately for a student to come in on a part time short term basis to help us, but this impacted our already affected income. Whilst in some ways I wish I had resisted the online live schooling lessons which added to the pressure and my son hated by the end, I was also concerned that he is already behind in schooling and by not accessing the learning it would get worse.</i>
<i>Home schooling worked well for both children in the first lockdown as we had the freedom to tailor our learning to the current situation e.g if they were mentally exhausted, we had a break and picked up another time. We developed a routine that enabled us to work at their own</i>

*pace and with their needs.*

*The second time for our eldest was very prescriptive - zoom from 9-2. It was ridiculous, children are not designed to sit in front of a screen for that long. She was tired and irritable as a result and lost her motivation to learn. The school was praised by Notts Lea but they did not take into account the damage it was doing to mental health and their attitude to learning.*

*My other son's school was more trusting and we worked together to do the work set and had time to hone in on his areas of difficulty. He is now exceeding age expectations and was much happier.*

*Excellent when on zoom. Struggle when printing the work off to teach two children*

*The school did a brilliant job with providing resources for home-schooling; initially uploading worksheets and activities for the children to engage with, then latterly by delivering lessons via Zoom. We recognise it was a very exceptional circumstance and do not fault the school at all, believing that they did all they could to respond to the sudden changes they faced.*

*Of our two school age children, one is more academic and self-motivated, so she accessed and engaged with the lessons more readily than our son from the outset. Our son engaged better when the Zoom lessons began but is less focused so wouldn't always stay on task. As my wife and worked during most of the pandemic, it wasn't always possible to stay with our son to help keep him focused.*

*Both children missed the social aspect of school, of being in the presence of their peers and school staff both in the learning environment and during their downtime, ie playtime/lunchtime. This is what had the most effect on them.*

*I'm a primary teacher, so could confidently help my children to learn and develop. My daughter's emotional well-being improved due to 1:1 support and tailored learning and the lack of pressure (time and peers) that she can often feel in school to complete tasks. Trying to work and home-school was incredibly difficult. We had the option, as keyworkers, to send our children into school but chose not to to protect them and their teachers from Covid. Difficulties included having to share IT hardware, being able to fully supervise the children all of the time and being able to support both children of different ages. My children enjoyed home learning, although they did miss their peers and teachers at times.*

*Home schooling 2 children who both have a full-time TA funded through EHCP was impossible (I cannot be 2 full-time TA's at once. Schooling the third child was initially OK but became impossible because she resisted home schooling because the other 2 were not doing any.*

*Bloody awful  
Really mixed level of quality  
Too much work or too little for primary  
Secondary was minimum live teaching.*

*Great to be able to explore nature as part of their learning during lockdown 1, but only possible as I wasn't having to work. Also the novelty of learning g together at home quickly wore off on us all!*

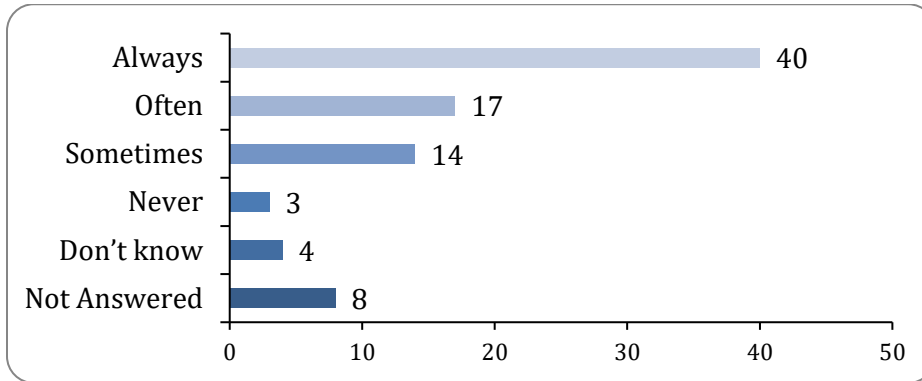
*I found it easier to deal with when I was briefly furloughed, as they really ineffectual time supervision. When I was working, it was hard having a child working next to you with the constant interruptions and the one who had to work downstairs alone, felt like they were less well supported. The school and teachers did amazingly well but some of the websites they had to go on did not work well for tablets and it was extremely frustrating all round.*

<i>REDACTED Juniors did an excellent job of home schooling. They maintained a school day routine and remained with their class teachers wherever possible. However not having a printer or access to a printer resulted in a lot of additional work for myself &amp; my daughter in order to get the work done every day.</i>
<i>They had self-motivation and got on with what the school asked them Working from home as well as helping with homework did not work for us No interaction with others causing low self esteem</i>
<i>My kids found it difficult to concentrate at home with distractions. I couldn't work because my child's school wouldn't allow them to go into school. I'm not a teacher and found the whole experience very stressful</i>
<i>We had to buy devices to complete work which was an expense that we were not expecting. We had just moved into a new home and then trying to find time to balance all demands and find a way to make what should be a home and fun with being a school was difficult. Had to find a new routine that worked for both kids as they had different work due to being in different years.</i>
<i>With 3 children in different years it was a challenge. Whilst we were safe together it was a sad solitary learning experience.</i>
<i>I'm a single mum of five two have disabilities a third has autism and behavioral issues it was a struggle to try do everything and then deal everything else on top</i>
<i>The first lockdown was difficult trying to work and teach the children. However, during the second lockdown the school did zoom teaching which was great.</i>
<i>Trying to teach 3 children was extremely difficult and especially when you have ones with challenging behaviours</i>
<i>My daughter was at home during the first lockdown but then later was offered a place in school due to her additional needs.</i>
<i>I couldn't get my son to engage with any of it all he'd say was I do school, so taught him life skills baking cooking cleaning washing whilst cleaning him colours counting etc.</i>
<i>No formal home-schooling as my older child is only nursery age. I think the things he missed out most on were interactions with other children and adults.</i>
<i>Hard to work and home school at the same time Children missed the social aspects of school and things like sport - competitions</i>
<i>It was difficult managing work and school, my son found it hard returning to school after so long off</i>
<i>I have twins one of whom is autistic. Home schooling was impossible. An autistic child with learning delays who runs around all day was disruptive to my other child who also finds school challenging. I had complete refusal to learn along with meltdowns and negative behaviour towards homeschooling. I'm not a teacher and the whole experience was negative.</i>
<i>1st stage of pandemic was full ho.e schooling g due to both parents furlough. 2nd school closure children were at school some days due to being key worker.</i>
<i>I had to work from home. Home schooling was very hard to balance with work.</i>
<i>Highly stressful when working full time.</i>
<i>We were very lucky to have a very supportive school that provided a lot of content and support online. We were fortunate that I had a very understanding employer and to some extent fortunate that my partner was made redundant so he could pick up a lot of the home</i>

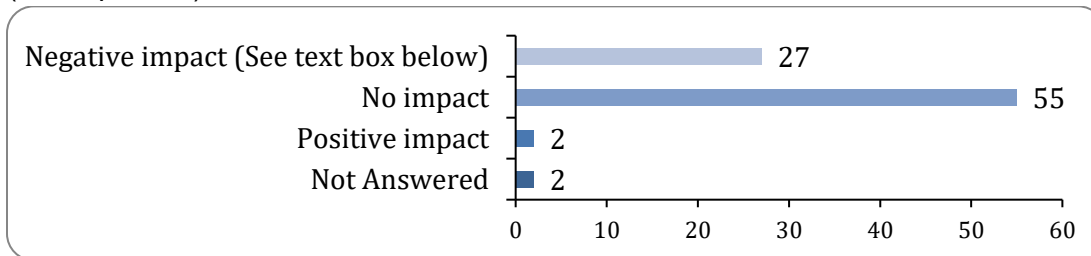


<i>schooling... I'm aware others in our position were not as fortunate either with support from their school or their employers</i>
<i>My child preferred to be in school, they like routine and home is supposed to be where they have fun and unwind, not do schooling.</i>
<i>The demand for academical work was too high and no/ little demand or thought for mental health until very late on in the lockdowns</i>
<i>It was very hard, as being a key worker and doing homeschooling.</i>
<i>I found it hard as a mum that at the time was pregnant and my husband was at work, so it was hard for me homeschooling 2 children of different ages and different abilities</i>
<i>I felt overwhelmed with it all. Felt like I was having a negative impact on my child</i>
<i>Really difficult trying to work and support the learning of 3 children. Easier than others as our children are older, but quite a challenge. Schools initially set too high expectations in terms of quantity expected although adjusted this and this helped. Virtual lessons were significantly well received by my eldest in contrast with initially little support and an expectation to work autonomously.</i>
<i>Working with technology was only as effective as the broadband was. Being key workers meant that schoolwork could not be completed if both of us were working, since work is paying for our livelihoods, schoolwork had to take a backseat. The social aspects of schooling were missing and had a detrimental effect on children.</i>
<i>I was working from home (secondary teacher) and home schooling. It was hard to use my daughter's tablets for work and I was having to use my own laptop myself. My daughter's primary were exceptional and made regular contact. They were concerned about mental wellbeing and did not apply pressure to complete work. My daughters had to attend some key worker school when my husband was working and I was supervising my own school's key worker session. It was frustrating that some parents took advantage of school places when they weren't eligible (not me speculating about eligibility, I know they were taking advantage from speaking to them).</i>
<i>My 18 month old. Has bad social fear. Doesn't understand shearing. He has fallen behind a lot with not being able to go to play group. He's now 2 and yet nothing has been offered to help me or him catch up. We are not poor enough for the 2 year old funding but we are neither rich enough to pay for him to go to nursery or do the social things. When there back up and running a £1.50 ay group will have to do because. Children than come from working families that aren't rich get forgotten about.</i>
<i>It's hard to expect children to learn from a video or computer programme ie Hegerty Maths; a lot of children need face to face learning</i>
<i>I couldn't give my child the attention and support required because I had a young child who was disruptive. Myself and my partner worked but was not allowed to access key worker places at school because an elderly relative was home. They couldn't help with the home schooling either.</i>

**Did your child's /children's school/early years provider (s) provide learning ideas, resources and support for home schooling? (78 responses)**



**Were your living standards (e.g. home, repairs, heating, co-habiting, etc.) affected by the pandemic? (84 responses)**



**If your living standards have been negatively affected, please explain why (optional) (23 responses)**

<i>The pandemic affects our household income. Which made it hard to find monies for big home repairs, we tried to cut back where we could too save every penny to help with other things.</i>
<i>Maintenance was not coming out to do repairs and I still have a leak in the bathroom and a bathroom full of mold</i>
<i>Stalled renovations due to materials shortages</i>
<i>There was an increased usage of utilities including central heating, food consumption was up which also increased costs and also stationary - these were given priority over other costs as the need was more immediate</i>
<i>I noticed more and more things that needed to be done in my home which affected my mental health.</i>
<i>Council weren't doing any scheduled or non-urgent work</i>
<i>Money &amp; cost due to being at home more.</i>
<i>As a self-employed musician and music educator I had no work.</i>
<i>Increased costs to heating and increased data needs for all 4 of us needing online access. Increased pressure from all living together 24/7 in the house.</i>
<i>As a bank nurse on zero hours contract my hours were very variable as I generally work nights (I formed a childcare bubble with relatives who work in the day) but then had to support homeschooling during the day. However when having to isolate due to my daughter or myself being a contact or being sick ourselves I receive absolutely no employment income (which</i>

<i>accounts for approximately 8 weeks in the last 4 months) this has left us financially in a very difficult situation as we already live hand to mouth on a week to week bases. When I contacted Rushcliffe borough council for help I was advised that I was not eligible for help, no further advice. I think it's very disappointing and shameful.</i>
<i>All repairs were put on hold unless an emergency</i>
<i>We had to shield so could not have people in the house for home repairs.</i>
<i>Was hard for the children and myself being stuck in the house all the time more arguments and my mental health suffered</i>
<i>Difficult to get repairs done. Also, problems with neighbours complaining as my daughter was at home more and they didn't like the noise.</i>
<i>Higher bills</i>
<i>We used a lot more Electricity and food, so it was more costly for us as a Family to have the children at home we had no financial help due to Husband working. My child had missed a year of Free government funded school meals and now going back to school I will have to provide pack lunches as I can't afford the cooked School meals.</i>
<i>It was hard as we live in a flat so there was no space for my kids to concentrate and no garden to do outdoor activities or learning</i>
<i>Higher energy bills, not being able to find work.</i>
<i>Furlough impacted on being able to complete and start necessary household repairs. Our modest two car household became a one car household. A bathroom, roofing issue and porch needed urgent repairs.</i>
<i>Bills here higher. Kids got bored and broke things</i>
<i>We had to live with bare brick walls for the entirety of the first lockdown due to landlord not getting workmen in. Total of 9 months with no board or plaster on the walls</i>
<i>We were renovating our house and it should have been done before baby was born. Because of the pandemic and various lockdown this was not possible.</i>
<i>unable to get repairs done due to engineers not being available so had to manage.</i>

**Was your job (and/or your partner's job if you have one) affected by the pandemic? (82 responses)**

<b>Option</b>	<b>Total</b>	<b>Percent</b>
<b>Yes</b>	44	51.16%
<b>No</b>	38	44.19%
<b>Not Answered</b>	4	4.65%

**If your job (and/or your partner's if you have one) was affected by the pandemic, please tell us what this change was. – Me (35 responses)**

<b>Option</b>	<b>Total</b>	<b>Percent</b>
Lost job	1	1.16%
Reduced hours	3	3.49%
Furloughed	12	13.95%
Increased hours	5	5.81%

Accessed the Self Employed Income Support Scheme (grant)	2	2.33%
Other	12	13.95%
Not Answered	51	59.30%

**If your job (and/or your partner’s if you have one) was affected by the pandemic, please tell us what this change was - My partner (35 responses)**

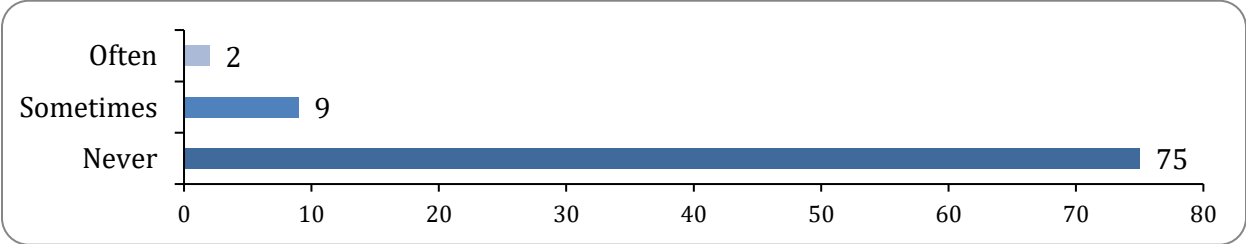
Option	Total	Percent
Lost job	4	4.65%
Reduced hours	6	6.98%
Furloughed	8	9.30%
Increased hours	4	4.65%
Accessed the Self Employed Income Support Scheme (grant)	2	2.33%
Other	11	12.79%
Not Answered	51	59.30%

**Did you worry about having the money to buy food for you and your family during the pandemic?**

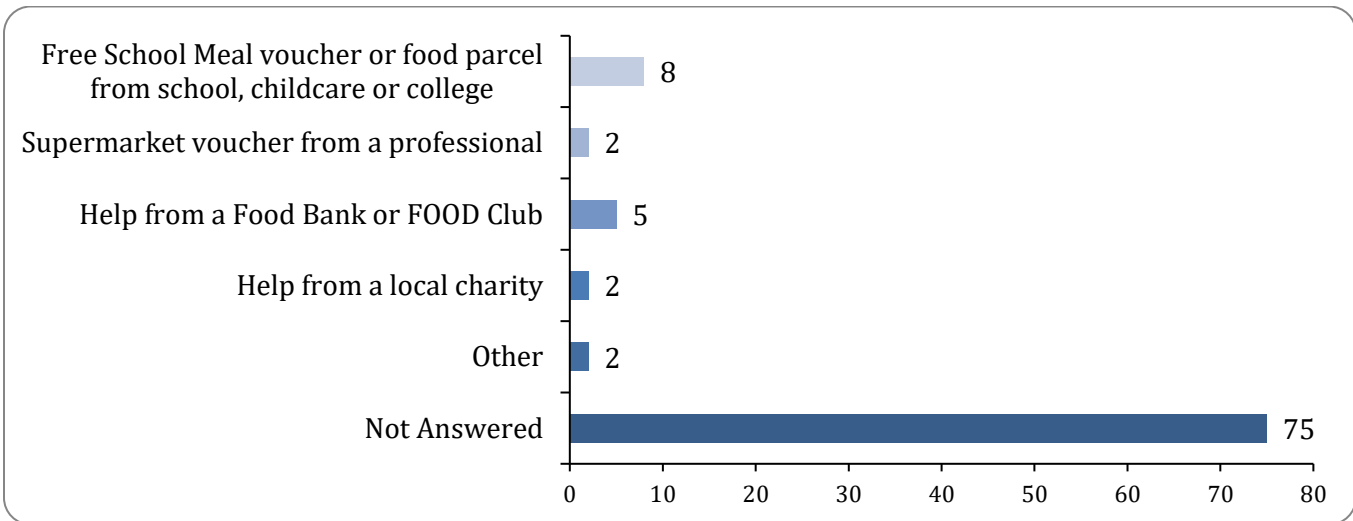
There were 86 responses to this part of the question.

Option	Total	Percent
<b>Often</b>	19	22.09%
<b>Sometimes</b>	15	17.44%
<b>Never</b>	52	60.47%

**Did you use a Food Bank or other support to get food for your family? (86 responses)**



**What sort of support did you receive? (11 responses)**

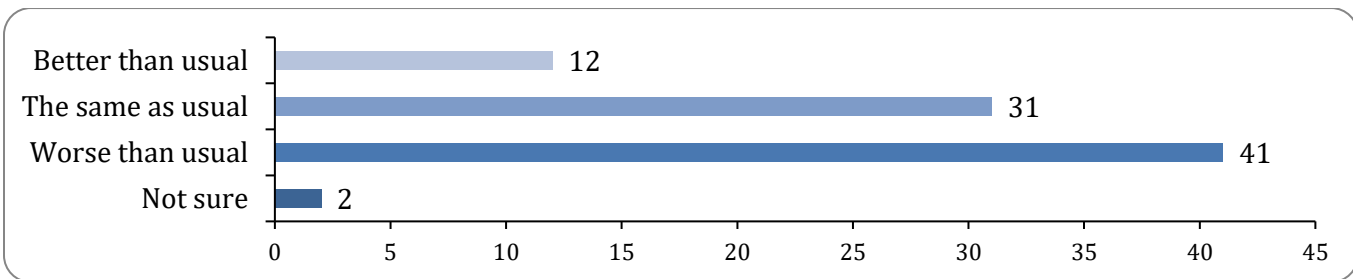


**If you accessed support to get food for you and your family can you tell us what the experience was like for you?**

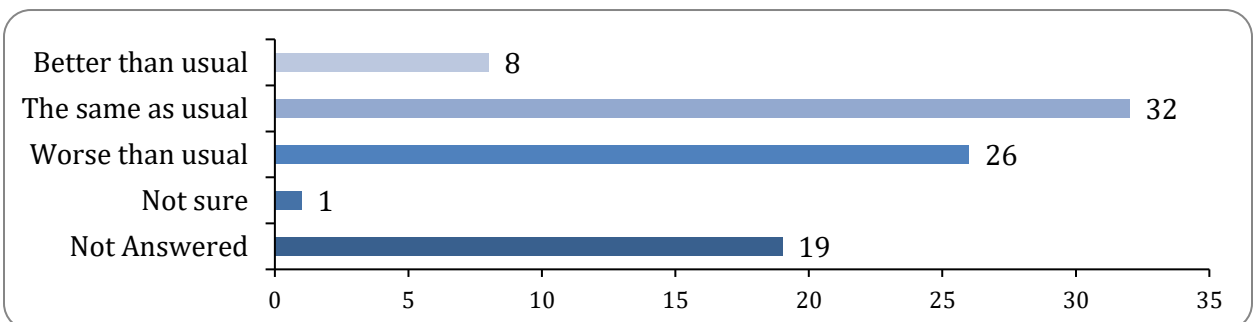
*Despite struggling financially, I am not eligible and all of the schemes in place in my area require you to be recognised as on a low income. Does not support people or families on varied incomes or whose work opportunities have been affected by the lack of childcare options & availability of shifts.*

*Good*

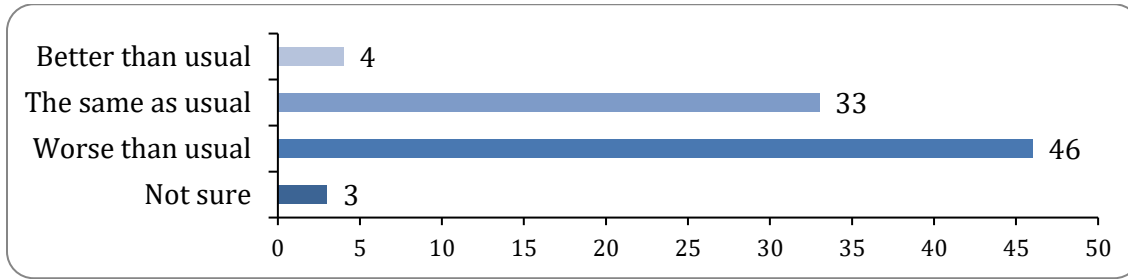
**How was your family’s physical health and activity levels during the pandemic? – You (86 responses)**



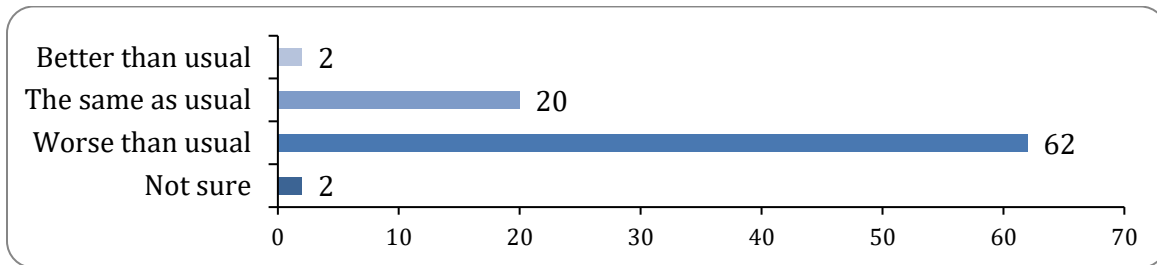
**How was your family’s physical health and activity levels during the pandemic? - Your partner (if you have one) (67 responses)**



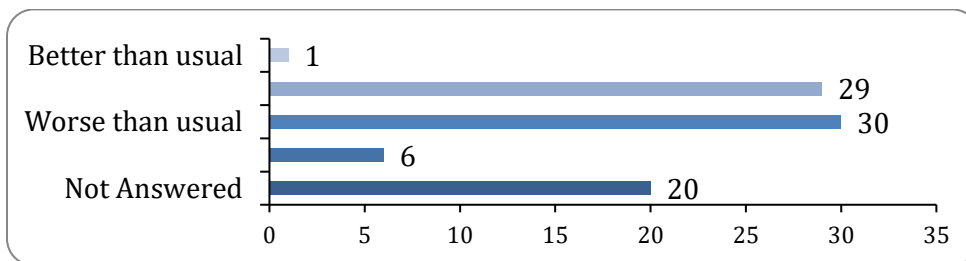
**How was your family's physical health and activity levels during the pandemic? - Your child/children (86 responses)**



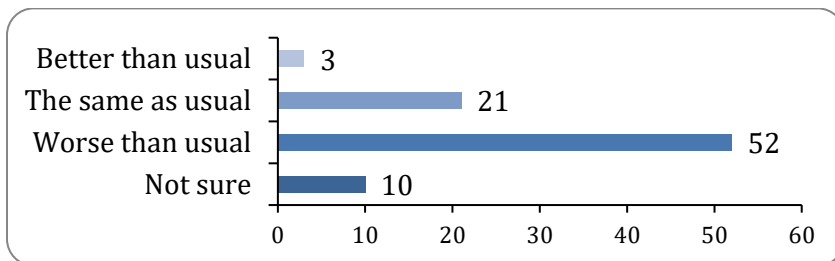
**How was your family's emotional health and wellbeing during the pandemic? – You (86 responses)**



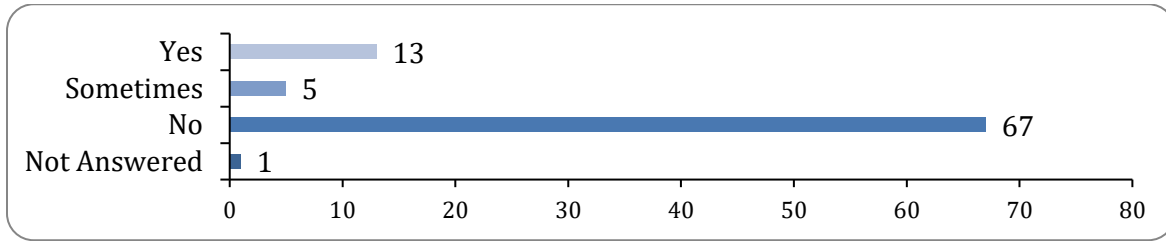
**How was your family's emotional health and wellbeing during the pandemic? - Your partner (if you have one) (66 responses)**



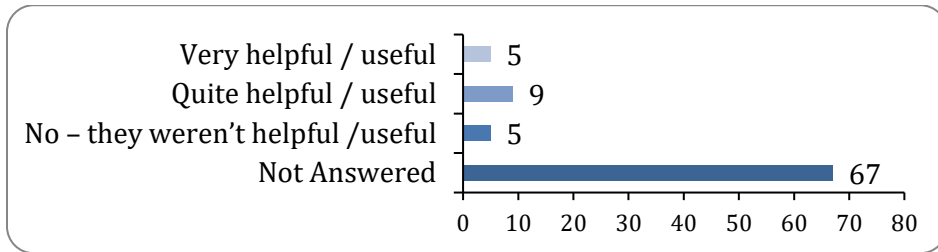
**How was your family's emotional health and wellbeing during the pandemic? - Your child/children (86 responses)**



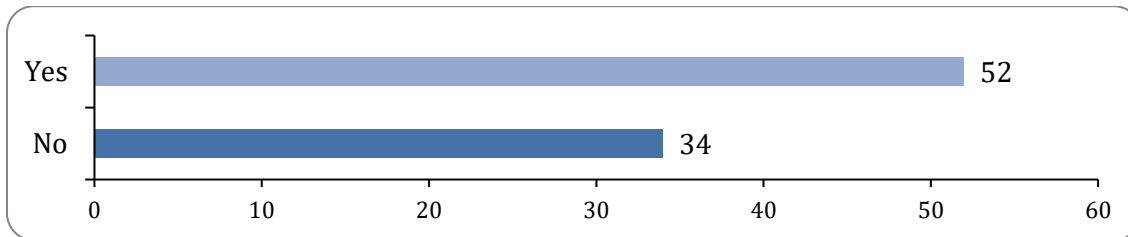
**During the pandemic, have you needed to ask for extra help from an organisation/service you wouldn't usually use? (85 responses)**



**If yes or sometimes, did you find them useful / helpful? (19 responses)**



**Have you seen any positives for your family during the Pandemic? (86 responses)**



**If yes, please tell us about any positives for your family (eg more time together, time to cook healthier meals, etc.) (52 responses)**

<i>More bonding time</i>
<i>The family has had more time to interact together.</i>
<i>More time together</i>
<i>Very much had quality time together, the 4 of us. I counted a total of almost 12 straight days of us being at home, with a short walk outside only. But kids seemed to really flourish during this period.</i>
<i>Far more time to teach my children life skills- cooking, cleaning, washing. More energy left for working on physical fitness for all of us.</i>
<i>Time together and understand more about what they learn at school</i>
<i>More time together.</i>
<i>Working from home has given me a better work/life balance and I have enjoyed more family time. I have also felt that I was better able to keep my family safe.</i>

<p><i>To be involved in schooling give a great insight to what he is learning which i wouldn't have got to see at all. Extra family time together.</i></p>
<p><i>More time spent at home together.</i></p>
<p><i>Spending more time together</i></p>
<p><i>All of the above and more walking!</i></p>
<p><i>The first lockdown allowed the pressure of schooling to be removed for my son and take learning at his own pace.</i></p> <p><i>We didn't have more time together, or able to cook healthier meals as there was so much pressure for work and schooling that the quality time and quality meals were reduced.</i></p>
<p><i>We had more time together. More time to work with the children on things they wanted to learn or find out about. During the first lockdown they actually found that they could love learning again!</i></p> <p><i>We also had more time for them to learn things they don't have time for because of school restrictions and a curriculum that seeks to teach them things just to pass tests or assessments and not for them to actually do well at life.</i></p> <p><i>For example, They can now cook a simple meal, work a washing machine and change duvets!</i></p>
<p><i>Spending more time together, especially at meal time</i></p>
<p><i>Our youngest child was born in November 2019; we had to stop working during the first lockdown, but this allowed us more time to enjoy with him. Being self employed, we only allowed ourselves two weeks leave when he was born for financial reasons so the forced closure allowed the maternity leave my wife missed initially and I enjoyed more time than I would normally have for paternity leave.</i></p> <p><i>With our older two children, we were able to enjoy more time together, e.g. playing games together and exploring new places when out walking.</i></p>
<p><i>More time together. Less time travelling to and from work meant we could eat dinner together every day as a family and cook healthier/home-cooked meals more often. More time spent in our home and garden. Money saved from going out less etc.</i></p>
<p><i>The eldest read her way through the first lockdown improving her reading age from 7.5 to 9.25. at home, she was happy to read books at her academic age, whereas at school she likes to look like others so "fakes" reading during tutor reading time. (Her chronological age is 13.). During the mini lockdown and the winter lockdown, she was selected for in-school provision in the Support area. The high-level of TA support helped her progress and increased her confidence.</i></p> <p><i>The middle child was provided early on with in-school provision as we very soon came very close to family break-down. The informal setting helped her social skills and provided a setting where she could regress and fill some gaps she had missed before she was out into a Special School setting.</i></p> <p><i>The youngest child was considered vulnerable by her school due to the situation with her sisters and attended school full-time during the last lockdown. Being in this small setting had an amazing effect on her maths skills and confidence, which continued once all the class returned.</i></p>
<p><i>More time together but sometimes too much.</i></p>



<i>Saved money</i>
<i>More time together, being resourceful and resilient, learning new skills.</i>
<i>More walks together as a family, helping us to see more places on our doorstep that we'd never been to. I got to see how well their teachers taught them and how amazingly patient they were with the children.</i>
<i>There were definitely some positives of the first lockdown which was freedom to spend time together, finding imaginative ways to learn together &amp; community craft projects.</i>
<i>Spent a lot more time with children which we all enjoyed</i>
<i>We were safe together</i>
<i>We did enjoy the family time, as a working family usually things can be rushed, never having time to eat together, so it was nice to enjoy those little things</i>
<i>More time together</i>
<i>Family time.</i>
<i>Enjoyed more time together during lockdowns, especially the first.</i>
<i>The demands on the kids reduced they have ADHD and Autism and online learning benefited them hugely. Removing the social demands and uniforms and placing them in a calm less crowded environment was super positive</i>
<i>My son's speech has improved greatly not enough for him not to still need support but a lot</i>
<i>Reduced commuting for my partner's meant that he's had a lot more time with our little boy as well as with our daughter who was born Feb 2021.</i>
<i>Husband working from home</i>
<i>Family time Long dog walks Communicating in different ways</i>
<i>More time together, more time to enjoy being outside, better work life balance</i>
<i>Family time, cooking together.</i>
<i>More time together as a family. Realising benefits of working from home.</i>
<i>More time together. Experiencing home learning and the activities school set.</i>
<i>Increased time together was the main positive. Pre pandemic we had to use breakfast and after school clubs as we both worked in offices nowhere near the school. The pandemic meant we actually had more time as a family during the week. We went for walks together daily and at weekends and spent time playing board games etc which we wouldn't usually have had the time for.</i>
<i>My children understood the "pandemic" is over exaggerated</i>
<i>Definitely more time together.</i>
<i>Spending more quality time together and learning new things like teaching younger ones to cook or grow veg</i>
<i>More time together and sit and talk more about how we feel</i>
<i>Sharing more quality time raising my young son. Stronger bond as always together.</i>
<i>Spending time together as a family unit</i>

<i>More time together the kids loved it.</i>
<i>More time together, understanding their schoolwork as we supported its completion and a team approach to getting through the challenges that the pandemic brought. I truly believe our resilience was strengthened</i>
<i>Daughters are closer. Daughters recognise the importance of maintaining good mental health and talking about worries.</i>
<i>More family time and activities together</i>
<i>More time together</i>
<i>My partner lost his job but this meant he was at home for 3 months when our baby was born. But obviously gave us the added stress financially. But he never would normally have got that much time.</i>
<i>Accessed more parks and outside spaces. less travelling around as stayed at home more.</i>

**Thinking about your life since the pandemic started in March 2020, what have been your biggest worries? (78 responses)**

<i>My family's mental health, the pandemic has been very stressful and been very worrying because of the unknown.</i>
<i>Children</i>
<i>Due to serious Heath condition of myself and children the anxiety of catching Covid. Concerns over the children's lost education. and lack or support from the secondary school. The Primary school Berry Hill Primary was amazing.</i>
<i>How it would affect my newborn and how it could affect me and my partner if it made us seriously ill. My partner was off sick with injury for many months and money was a worry and felt like jobs were hard to come by for a change</i>
<i>Loved ones dying from covid.</i>
<i>No services for my newborn son. No self-weigh health visitor appointments. No breast-feeding support so I failed to breastfeed. No support groups for new parents No family support Challenges with adjusting to motherhood in isolation. Limited visitors in hospital after birth- having an emergency c-section but husband couldn't stay to take care of the baby and I was unable to move to feed/care for baby. No socialisation for baby.</i>
<i>Mental health for me and kids Fear of kids missing out on social aspects</i>
<i>The impact on my children not being able see family or interact with other children at preschool or play groups.</i>
<i>Actually, getting food was the most worrying at first. My Son was shielded so I was advised not to go out- but getting delivery slots was hard until we got priority passes. Also, food prices went up, child maintenance stopped due to lack of staff and as a I am on legacy benefits there was no uplift.</i>
<i>Money mental health education</i>

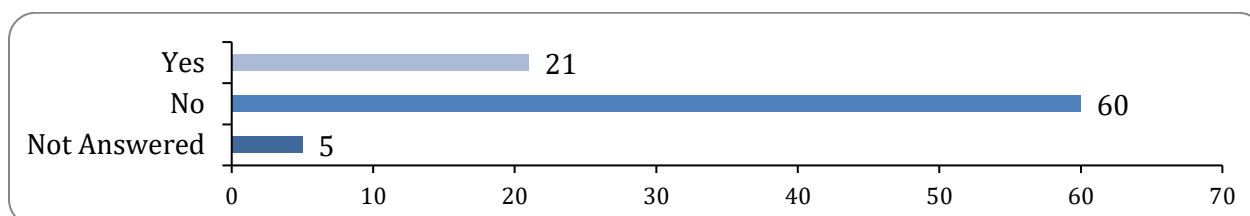
<i>The long-term impact of isolation on mental health</i>
<i>Money, own health and health of others</i>
<i>Mental health</i>
<i>Not seeing family. Noticing problems in the house but having no money to fix these. My children's emotional health and wellbeing.</i>
<i>Money and food Keeping safe Not passing the virus onto vulnerable family who usually support me and my family</i>
<i>Family being unwell or dying</i>
<i>Health and the impact on the wider community. Not being able to see family. Impact on children 0-4 long term.</i>
<i>Worrying about older family members getting covid.</i>
<i>Health. Families health. The NHS not managing. My child's education.</i>
<i>Health Mental well-being Education lost for my kids Social interaction lost for my kids Money worries Long term impact generally</i>
<i>Would life go back to normal</i>
<i>The mental health of my children and ability to cope with changing situations, removal of schooling, pressure of online schooling. Keeping my job.</i>
<i>My children's mental health</i>
<i>Children falling behind in education. Son not playing football. Daughter missing her friends.</i>
<i>Mainly financial. My wife and I are self-employed childminders and none of our mindees parents were eligible to access childcare at the start of lockdown in March 2020 meaning we had to stop working. As things eased in June of last year, we were able to offer childcare once again but not all families needed us, so our income was greatly reduced. It wasn't until April this year that we fully resumed caring for all children who were with us before the start of the pandemic. This was worsened by the fact we were not eligible for the first three grants as we didn't meet the criteria.</i>
<i>Our other main concern was the impact on our mental wellbeing. I'm an introvert so easily adapted to the reduced social contact and guidance to stay at home. My wife and children are much more sociable and found it harder, particularly as time went on. We all missed seeing extended family - both sides of our families live locally and it was upsetting not to see them properly for such a (comparatively) long time.</i>
<i>Being a keyworker, having to continue to go to work and therefore be at a higher risk worried me. School staff should have had better protection and guidance throughout from central government. The children have had to spend a lot of time on computers and online, sometimes with little supervision whilst we have also been working. Reduction in socialising affected us all emotionally and not being able to do our usual hobbies/exercise meant a reduction in physical exercise and mental well-being.</i>

<i>Stresses of work and working excessive hours, including worrying about the well-being of our pupils/students and their families.</i>
<i>Collapse of the family unit.</i>
<i>Their education going down the pan and all the unnecessary testing in school and isolations. Masks outside school in the open air totally unnecessary and only contributed to a climate of fear.</i>
<i>Kids getting sent home because they have a cough - utterly disgraceful</i>
<i>Kids not seeing friends or doing social activities</i>
<i>How long it would last, whether we'd get Covid, especially when kids were in school.</i>
<i>Not being able to see friends and family, attend church, worried about the future of the museum service where I work, without visitors coming in and worried for the self-employed, those who live alone and the state of the economy and the high street.</i>
<i>Financial security, lack of support for key workers who are working throughout but often on low incomes but don't qualify for any additional support despite the increased living costs. As previously mentioned, working for the NHS on a zero hours contract receive no income when unable to work due to isolation/sickness/COVID +ve and no help. The emotional, mental stress for myself &amp; family with again no support.</i>
<i>Not seeing family overseas</i>
<i>Work</i>
<i>The amount of tax that will be taken from our salary to pay off the furlough scheme</i>
<i>Feeding my kids, possibly losing my job, if the kids were mentally OK</i>
<i>That the children would lose a parent or grandparent</i>
<i>Children losing their childhood and becoming reliant on devices.</i>
<i>Being able to buy food and job security</i>
<i>My kids getting ill, the affect it had on them not being able to see family</i>
<i>Children returning to school, partner works in hospital</i>
<i>Death</i>
<i>myself and child are clinically vulnerable to covid due to underlying health issues and they are too young to be vaccinated.</i>
<i>I think that If my mental health got worse and how would i cope with no support network</i>
<i>Keeping family safe</i>
<i>Catching covid</i>
<i>Isolation, feeling very alone with no support. It was hard to get help with my daughters' issues as no face to face hospital appointments. Problems with downstairs neighbours were a big worry and led to us being harassed. My daughter already struggled socially due to her ASD and that has become much worse.</i>
<i>Losing family members, I lost my dad (not due to covid19) but couldn't go to hospital didn't see him or my mum for 6 wks before he died and he died alone plus could go to comfort my mum after</i>
<i>Worries about the impact of restrictions on my son's wellbeing and development, and trying to balance this with the risk posed by Covid.</i>
<i>I was pregnant during the pandemic, so there were some restrictions in place that affected antenatal care (e.g. who could attend appointments). This was especially worrying when the pregnancy wasn't straightforward. Worries about how the virus might affect my baby before</i>

<i>she was born, and then when she was very young. And also, about how the restrictions would affect things when she was born (i.e. would we be able to see/get support from family, etc.).</i>
<i>Biggest worry was about giving birth during the pandemic</i>
<i>Not having enough money to live in things went up in price during the pandemic and that if my husband caught COVID we may have lost him</i>
<i>Social aspect for the children</i>
<i>Childrens mental health they both suffered and found it very hard</i>
<i>I was self-employed at the start of the pandemic and lost clients who I couldn't replace i also couldn't claim any grants or furlough myself</i>
<i>Not being able to care for my mum who was dying of cancer and not being able to visit her in hospital. Not being able to access healthcare. Will my children be able to catch up with their education.</i>
<i>Son missing out on social interactions with friends</i>
<i>Ensuring we keep our families safe and our jobs secure so we can continue to provide.</i>
<i>Health - staying free of covid</i>
<i>Money. Bills</i>
<i>Mental health of children because of loss of social interaction with peers.</i>
<i>Job security. Health.</i>
<i>Partner getting another job. We don't qualify for any extra financial help, so money has been stretched.</i>
<i>School- whether our daughter would go back in her progress thankfully this wasn't the case and she has performed well in assessments since being back. Social and physical activities for our daughter were limited and as an only child we were concerned about the isolation from friends and extended family. Work- my husband was made redundant just before the pandemic hit and it was an incredibly difficult time in terms of him finding work as no one was hiring and jobs opportunities seemed to disappear overnight the concern was having to survive on one income for an extended period of time</i>
<i>That the government aren't trying to protect us. Quite the opposite</i>
<i>Money, lack of freedom.</i>
<i>Social and anxiety issues not having enough exercise</i>
<i>Living in constant uncertainties and working in very demanding area</i>
<i>Me or my children getting ill</i>
<i>Lost my job, not qualifying for benefits, savings nearly gone, social life impacted, isolated and alone.</i>
<i>When are people going to realise it's all a big hoax</i>
<i>Catching covid</i>
<i>Isolation of the children not seeing their friends and the impact of their mental health in relation to school attendance stopping abruptly, remote learning and a return to school after a significant period of learning at home. Also, presentations of anxiety where this was previously not problematic.</i>
<i>That freedoms to go about one's daily life have been curtailed. That furlough has meant a reduction in service everywhere.</i>

<i>The fear pumped daily, including public services has meant urgent matters like getting through to departments anywhere by phone</i>
<i>Family getting poorly. Physical health due to putting on weight.</i>
<i>Money worry and the mental health of the children not being able to socialise</i>
<i>Food. And children's emotional development. My own mental health</i>
<i>Everything has stopped. I am not progressing as an individual and not is my family. My husband started a new business 4 weeks for the pandemic and due to its nature, we have not been able to progress with it. Due to the level of activity in the house I haven't been able to find the time or space to progress my career either. We have been in limbo on universal credit for too long and it is very depressing</i>
<i>Being ill with Covid and not having anybody to look after my son</i>
<i>Death</i>
<i>How covid would affect my pregnancy. How covid would affect a newborn. Going to hospital appointments when pregnant without my partner. My partner was not allowed in for the early stages of labour. Worried about finances. Worried about family or friends getting ill. Worried about my baby not socialising enough. Worried about family members overseas. Worried about mental health and the effects on my relationship. I was diagnosed with a serious illness as well and I worried how covid would affect my care and hospital appointments. Worried as during my maternity leave, I didn't get to go to baby groups and do normal things, the impact this will have on me and my family. Worried about the panic buying and lack of food and lack of baby milk. Visits by health visitors were reduced/cancelled, worried whether this would impact on my baby.</i>
<i>getting the virus impact this is having on my child's health (unknown) and social skills being away from other young children. I'm less social due to large group settings now.</i>

**Is there anything else you'd like to tell us about how the Covid pandemic has impacted on your family?(81 responses)**



**If yes, please tell us anything else about how your family has been impacted by the pandemic (22 responses)**

<i>Wanted our holiday!</i>
<i>Whilst I was in hospital having only 1 hour of visiting was mentally exhausting and emotional. This has a massive impact on the children who had to all go to Bristol for heart surgery.</i>
<i>Close family member died from covid</i>

<p><i>When help for children is requested - healthy families team and secondary school counselling for example waiting lists too long. Help not provided at the time of need.</i></p> <p><i>No support to help transition back into school this has been very difficult for secondary aged child- no help to return and manage stresses of returning to a busy classroom and school environment.</i></p>
<p><i>At times I felt thoroughly abandoned</i></p> <p><i>Being in a village in the north of the county less services seemed to get here</i></p> <p><i>We did have the fire service bringing food parcels one day</i></p>
<p><i>Death of a parent (children's grandparent) due to Covid-19</i></p>
<p><i>Health visitors not actually visiting.</i></p> <p><i>Children's centre effectively closing meant that our child was not able to interact with other children (which is clearly important for their development).</i></p> <p><i>Unable to access other services (e.g. dentist).</i></p>
<p><i>The pandemic has had both positive and negative effects for us, individually and as a collective. It has put many things into perspective and highlighted what and who is most important to us. My daughter has thrived in smaller class bubbles and being able to work at her own pace and choose her own learning journey at home. My son has missed out on the play and social interaction that is so important at his age and on making friendships in his first year at school.</i></p> <p><i>We are now very cautious about being in public places, using public transport and being in crowds. I feel more anxious about these things and now prefer to be at home.</i></p>
<p><i>Kids have not progressed with their school work.</i></p> <p><i>There should be NO MORE disruption or sending homes and NO MORE TESTING ON THEM</i></p>
<p><i>My Mum is not good with technology, so we couldn't do video calls with her which was frustrating.</i></p>
<p><i>This isn't going away so please do better in supporting people.</i></p>
<p><i>Having a baby during the pandemic has meant I have had no/little support as no family close. Lack of support from healthcare workers, can't see a dr to get any reassurance and as a first time mum this would have been valuable.</i></p> <p><i>No mum and baby groups where I could have also found support and people in similar situations.</i></p> <p><i>Trying to find a nursery was very difficult and dropping them off for the first day and being unable to go in or reassure my child was gut wrenching.</i></p> <p><i>Leaving my baby to return to work ( which was a must for my household to survive) was hard and very distressing for myself, my husband and my 9month old which lead to delayed post-natal depression within myself and anxiety and separation issues for both myself and my son</i></p>
<p><i>I think we are all sadder than we used to be.</i></p>
<p><i>Children's mental health negatively affected by the pandemic and having to shield and not be able to socialise.</i></p>
<p><i>The constant shutting of schools and disruption of their routine</i></p>
<p><i>My now 19 yr olds mental health was greatly affected especially not being able to pay his respects to his late grandfather due to age restrictions at Mansfield crematorium at the time</i></p>
<p><i>Home schooling is very difficult when also working full time. Working from home has an impact on own mental health and workload has increased due to less travel time.</i></p>
<p><i>There is no help for the working family, if your partner works, you own your own home, you get no financial help. No free school meals, not all working families have a huge income, and</i></p>

*those government funded meals for children up to the age of 7 helps, and now because of covid my child missed out on those, even though schools was sending out free school meals it was only to the families they deemed vulnerable. But who is to say one family is more vulnerable than another just because they can potentially organise money better? We don't drink or smoke, we go without, so our children have everything they need. It's just a shame that no one thinks about the working families.*

*Grandparents also didn't catch cancer in time due to refused NHS ...*

*It has been an extremely isolating experience.*

*The government needs to wake up and realise that not every child that is on free school meals is worse off than the ones that are not. 21k income before tax. N.I. pension and the £30 a week petrol it costs. That wage is to provide 5 people, but we are forgotten about because we work. Yet have far less than the ones that are receiving all the top ups. £15 a week in vouchers would mean my children could of gotten a healthy meal but instead 14p noodles and 49p pizza had to do.*

*Overall, I feel we have had positives and negatives as a result of the pandemic but in general there is a feeling of depression about the whole situation*