

## Annual Public Health Report 2020

### Time to Change: Working Towards Better Health For All in Suffolk

Transcript: Sindy (47). Unemployed, formerly a support worker. Lived in Ipswich all her life

#### **Q: How has COVID-19 affected your life?**

**Sindy:** My health hasn't been very great. Been in a lot of pain for a long time. I've got a bad hip, and I struggle to get to and from some places, and then with lockdown you can't really go far. I've been at stages where I've had to self-isolate. Because of my immune system being very weak, except for my mental health. I've missed out on physio, because they haven't been giving me any physio. I've not had no physio since March this year. We're just on a big low really, I just take lots of medication for the pain, and to sort of help the problem. But it doesn't seem to get any better. I've been off work for a year, I've not had much support from my company. I've just... just had enough really if I'm being, really honest. Two family members with COVID. I lost a very close man in my life, who was a bit like a father figure. But he died of cancer, he only got diagnosed five weeks and then passed away. That really hit me hard because he was a big role model in my life, he's someone I looked up to. Because I don't have my parents in my life. Life is so difficult, very difficult.

#### **Q: Has anything helped you with your physical and mental health over this?**

**Sindy:** I've had Suffolk Mind contact me, and I chat with the lady from there and she's quite pleasant. But generally, I don't seem to get nowhere, I'm in contact with my doctor and that but then there's no support with anything else I'm meant to be referred back to pain clinic again. That was referred in September, we're now in November. But I'm constantly not getting nowhere with nothing, nobody seems to know how I even get away with not being in pain. I've been off work for over a year, I'm a support worker. But the problem is that's sort of messed my hip up doing the job that I did, obviously now I don't feel like there's much I can do at the moment. I struggle. Luckily enough I've now been able to claim universal credit. Obviously with my husband being able to work, but I spent a whole year with no money at all because I don't know I could claim universal credit. And obviously my company stopped paying me sick pay and then there was no other money I could claim for anyone else so for nearly a whole year- about a year, I'd say about seven, eight months I had no money. It was, it was stressful because I've got teenage children. My son is 16 and my daughter is 15 and you know what they're like always wanting something, always wanting money. My son's wanting money, for bus fare, for most of the time college and stuff, so he doesn't get no money. Obviously I get child benefits for him because he goes to college but that's as much as it is. But at his age, nearly 17, they cost so much money.



**Q: Have you generally experienced good or poor health? What do you think has contributed to this?**

**Sindy:** I have had absolutely amazing health. I had, very, very good health. It wasn't until I started doing my job, because I don't drive I obviously walk and with my job they were sending me here, there and everywhere. And I think what I had done, I'd obviously overly walked, I've been walking too much. And then that's affected my hip, and that's the problem I've got, even under the actual what I've been told by the doctor that I've got, I was reading up on it and that does say, overly walking. And I was. So that's officially messed me up. Because I can only walk so far then I'm in chronic pain.

**Q: Do you think your health is affected by who you are, where you live and how much money you have?**

**Sindy:** I think if you're stressed... as well, and life is a bit, not good for people, and you're struggling financially, that can affect your health as well. I do believe that happens, because I believe if I'm stressed... my pain probably seems a lot worse.

