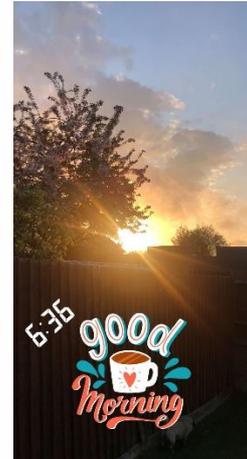


## Berni's Isolation Diary

I woke up early today at 6am. I think I was anxious as I would be doing the weekly supermarket shop. I had a cuppa to start the day and put the TV on just to see the 'Every Mind Matters' COVID 19 campaign being talked about! Well, how topical, I thought, they must have been listening in to our Time to Change Zoom meeting yesterday! Maybe we could all be on Cabinet I thought to myself we are ahead of the game! I took the dogs for a quick walk and it was a fab sunrise this morning. Mother Nature make you feel great and it was so peaceful. I like this as there are less people about.



Off to the supermarket, there was hardly a queue so that pleasing. I did a sort of trolley dash around the aisles and then I saw my granddaughter going in on my way out so I waved from a distance. I haven't seen her properly for 4 weeks now which feels like forever. She waved from her buggy and smiled which made me feel good. I then dropped some groceries off to my mum and dad and chatted through the open window and then arrived home to some bacon sarnies!

I watched a bit of TV and thought 'I'll just shut my eyes for a minute' and woke up an hour and a half later, with everyone saying 'Mum, you've been snoring!' I Face Timed my niece who was 21 today and laughed about her lockdown birthday - she's a real social animal at University so I said you are now getting a boring stay in adult! I had my exercise walk with my husband, we decided to go across the fields tonight and did the classic 'let's take a short cut across here' which resulted in a four and a half mile trek!! Pie and mash for dinner, I had the oven too hot and the pies sort of spilled out so looked a bit of a car crash when served up but everyone ate it so couldn't have been too bad! We tested ourselves watching "the chase" a bit of a family competition to see who gets more right answers. Tonight we will mainly watch Gogglebox and probably scan the channels to find something else we all agree to watch and then I guess fall asleep on the sofa and wake up when it's finished and then to go up to bed.

Stay safe and well everyone x



**time to change**  
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let's end mental health discrimination

'The Isolation Diaries' was an idea created by Time to Change Northamptonshire Champions with the aim to reduce loneliness and to make others aware it's OK to not be OK during these turbulent times! If you'd like to submit a 'Day in the Life of Isolation' you can send it to either [steph@ketteringmind.org.uk](mailto:steph@ketteringmind.org.uk) or [kizzym@teamworktrust.co.uk](mailto:kizzym@teamworktrust.co.uk) and we will circulate to other Champions. You can also attach photos too!