

IDEAS ALLIANCE

COVID Reflections - Then, Now and The Future

Activity Description

Many people have suggested that, although we may have all been in the same storm during this pandemic, we haven't all been in the same boat. Some people weren't even in boats. Our experiences of COVID-19 are as nuanced and as different as we all are as people, yet this shared event is also something that connects us. This activity invites you to listen to people's experiences of the COVID-19 pandemic and then to reflect on your own experiences.

The activity should take between 15 and 30 minutes to complete.

What you will need:

- A laptop, tablet or smartphone with Internet access
- Note-making materials (optional)
- Headphones (optional)

What you need to do:

1. Click on the links below to listen to one or more of the audio stories:
 - *Sophie's Story:* <https://ideas-alliance.org.uk/health-conference-tutorial-video/health-conference-sophies-story/>
Sophie is a freelance journalist based in Wakefield. In her story, she shares her experiences of work, health and being a single mum during the pandemic.
 - *Tony's Story:* <https://ideas-alliance.org.uk/health-conference-tutorial-video/health-conference-tonys-story/>
Tony lives in East London and is a Consultant Participatory Facilitator and Trainer, and has a non-binary, vegan kitten. Tony talks about finding a better work-life balance and what helped with the uncertainty during the pandemic.
 - *Sarah's Story:* <https://ideas-alliance.org.uk/health-conference-tutorial-video/health-conference-sarahs-story/>
Sarah is a freelance copywriter, project manager at a charity and mother to two toddlers. In her story, she talks about struggling with childcare during the pandemic and things that helped her find balance in life.
2. After you have listened to a story, spend about 5 - 10 minutes reflecting on the following questions:
 - *What were the key points made by the storyteller in their story?*
 - *How did their story resonate (or not) with your own experiences?*
 - *What has reflecting on the story and your own experiences left you thinking and/or feeling? Have you learned anything?*

You may choose to note down your answers.

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Sharing your reflections:

We've set-up a Mentimeter to collate a snapshot of people's reflections when doing this activity. If you'd like to get involved, all you need to do is:

1. Go to: <https://www.menti.com/wa7dn598r2>
Or via QR code:



2. Follow the instructions on the Mentimeter to submit a key word or short phrase that summarises how you felt at the end of this activity. *E.g., Hopeful, Loss, Uncertain*

You can submit multiple times if you want to enter multiple words/phrases

The Conference team will produce a Word Cloud that brings together different people's reflections after the Conference.