



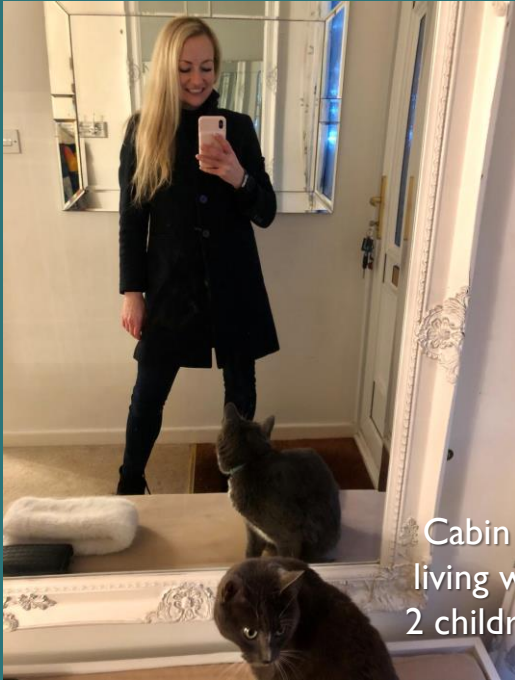
ONEMS
MINUTE SILENCE



LIFTING OUR SPIRITS IN LOCKDOWN

11 MAY 2020

COMMUNITY SNAPSHOT



ANGELA, 39

Cabin crew for Virgin,
living with her partner,
2 children and their cat

I'm obviously furloughed, so I've had time to spend with the children – I feel more relaxed without any social commitments



KAREN, 52

Works in the pastoral team
in a school and has two
children

The plus side of lockdown is enjoying a walk every day, which I never seemed to find time for before, and I've read 2 books, which is usually a holiday thing

JAMES, 37



A sales manager, used to
travelling across the country,
living with his partner and
their young son



I've got no work... no football... no new TV, just re-runs, no shopping (just online). But I've spent time with my son and done a load of jobs that needed doing!



TREATS COME IN MANY GUISES

REWARD

 *In times like this we all need the odd treat.
We need something to look forward to* 



Andy, Retired

ME TIME

 *My treat takes on a different meaning. Everyday things are now special. A walk along the river is now special* 

Jared, No kids

TOGETHERNESS

 *I've been doing manicures for myself and my daughter, that's a treat for me and her* 

Rachel, older family

TREATS ARE ESSENTIAL PLEASURES IN AN UNCERTAIN WORLD

└ A healthy-ish dinner warrants a dessert treat ┐

DEBIT: CREDIT

└ Going out for a walk, milk chocolate peanuts for an energy kick! ┐

└ White chocolate after two hours of ironing ┐

└ Feeling stressed so a glass of wine to help me relax ┐

REWARD

WE'VE MOVED BEYOND 'PEAK TREAT'



In the first week of lockdown we were like Pacman, eating every treat in sight

Things have now settled down. We are trying to limit our treats and not treat 'boredom'

Angela, older family

SWEET TREATS AN IMPORTANT PART OF THE DAY : PLANNED RATHER THAN SPONTANEOUS

I get something in so I'm not tempted to go to the shops unnecessarily

Rhiannon, younger family

There's more of a sod it attitude, we've definitely been eating more chocolate

Stella, younger family



MISSING TAKEAWAY COFFEE BUT ENJOYING NOT SPENDING

**Missing the takeaway ritual
: the experience, the share**



**In home machines to the
rescue**



**Experimenting and
compensating : online
ordering**



TIME FOR WINE?



Wind down wine down

“Definitely drinking more in the week : I start a bit earlier and drinking longer drinks “

Very social distancing

“ Online quizzing means a glass of wine in hand”

No substitute for the pub

“As soon as pubs are open I’m going back to normal and meeting up with my mates!”

SYMBOLISM OF THE ROAST IS IMPORTANT

Going all in : making it special with all the trimmings



Missing the sociability of the roast (pubs and extended family)



Using the roast as a way to connect during lockdown, making roasts for neighbours



It's what a roast symbolises more than what's in it that matters. We're still having our roasts but with a severe lack of company
Adrian, older family



Next week we will focus on spending habits in Lockdown.

For more information on this, and our other lockdown publications.
debbie@one-ms.com



Annual Conference 2016
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Best Overall Contribution



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