

1. *It's the contact actually with people, having someone to talk to*

It's a difficult time because I miss going to Archway (social group), the church for my meeting and all that. I cannot go anywhere because of the lockdown. Archway ring me every week. I talked with them and said okay. I was asking how other members (of Archway) are and all that. It's the contact actually with people, having someone to talk to.

I don't like to go out because I suffer from vertigo. Someone phones from Archway each week. It meant I had somebody to talk to me so I'm less anxious. We've chatted about all sorts of things, the weather, about when we can get back [to meeting in a social group], how other members are doing and all that. I caught up with how people are doing when I was going to the church actually, my friends, how they are doing. I wouldn't have heard if I hadn't been getting the phone call. If they were late, they didn't ring, I wondered why. I just wanted to have a chat with somebody, a bit of company.

I like the newsletter doing good words and the quizzes and all that. I'm looking forward to it. The quizzes have really helped during this time. There's a wordsearch and all that. It's helped me occupy the time. The phone numbers are useful as well. I haven't rung any numbers but it's good to know they're there. Yeah, (excited) I used to love the quizzes (at the group) but now I can have it from the letter.