health connections

The Invisible Occupation

Our Islands' Lockdown Journal

"An opportunity for your children to contribute to history"

In an age of social media, writing has become secondary to digital communication. For historians, nothing beats a good ol' journal to document ordinary lives during times of crisis, which is why Herm's head teacher, Mary Carey, has joined up with local charity Health Connections to initiate an Island Lockdown Journal project.

The Lockdown Journal is a way for islanders and especially children to add their voice to become part of history. In addition to the historical value of journaling, the act of writing things down or drawing pictures to express feelings is a great way for children to process thoughts and feelings especially now with their normal routine disrupted, friends kept at a distance, and concerns about how lockdown and social distancing might affect them and their loved ones.

Ms Carey said, "I initially came up with the idea for my classroom in Herm during the lockdown but the more I thought about it, the more it seemed like a great idea for all children. Health Connections were quick to get onboard and the idea just took off. We hope everyone will get involved and be part of history."

Journals can include just about anything you can think of to describe how you are getting through lockdown. Words, pictures, photos, collages, cuttings from newspapers or magazines are just a few suggestions. So, whatever the range of emotions you are feeling; whether you are appreciating the differences in the way we are spending our time or wishing it could go return to how things were, just write it down, or draw a picture, or make a collage!

Journals are like individuals, no two are alike but each one is special in its' own way. If you need tips to get you started or would like suggestions as to what you could include, email kate@healthconnections.gg, comment via the Health Connections Facebook page or @healthconnectguernseyshop on Instagram, and we will get in touch with you.

Although the initiative is directed to children, all Bailiwick residents are encouraged to join in and start their own journal.

During lockdown, everyone is invited to send photos of journal entries by email to kate@healthconnections.gg. If photographs are to be included in the final exhibits high

resolution images will be needed. After lockdown, original copies can be hand delivered to the Health Connections shop in a sealed envelope and marked Invisible Occupation Project. Please do not deliver any journal material to the Shop prior to the end of lockdown.

This project is supported by Guernsey Arts Commission, The Guernsey Literary Festival, Guernsey Museums and the Guille Allès Library.

Anyone wanting to support this project in reaching its potential should email kate@healthconnections.gg.

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Notes to Editor

Health Connections is a local charity whose mission is to enable all people in the Bailiwick of Guernsey to be connected to support and information that enables them to live happier, healthier and more fulfilling lives. Bella Farrell, CEO of Health Connections said "We are hoping this collection will serve as an important reminder of the need for compassionate communities which support people who ordinarily live in isolation due long term chronic illness, disability or frailty. We are committed to encouraging community co-production in service of upholding healthy, supportive and compassionate communities and hope that people will join in to support this project which will be of historical and social importance long after this period of lockdown ceases".