



The Invisible Occupation.....Your Lockdown Journal

Project Guidelines.....suggestions about how to get started

Your Lockdown Journal.....What is it:

We want to hear from you all about your experiences during this crazy time of the Bailiwick and the wider world being in lockdown. We would like you to jot down your thoughts and feelings in a journal which can take any shape you choose.

Your Lockdown Journal.....What to use:

You could use a spare notebook you already have; make one out of different coloured paper pages; or use a mix of wrapping paper, wallpaper, card and ordinary paper. You can also produce digital artwork or written content. Write or draw in your journal or add to your digital content daily, a few times a week or just every now and then,

Your Lockdown Journal.....How to do it:

Your lockdown journal can include words, pictures, drawings, photos, collages, cuttings from newspapers or magazines to describe what you are doing during lockdown and how you feel about social distancing.

You can also email us pages or images from your journal for us to post online. Anything you send us will inspire others and help give everyone more great ideas!

Send to kate@healthconnections.gg, Facebook and tag Health Connections, or Instagram @healthconnectguernseyshop. Don't worry if you can't submit anything online, we will be collecting journals at the Health Connections shop after lockdown has ended.

So.... stick, scribble, paint, write and draw some of that good stuff – and some of the not so good stuff - in your journal so we can look back on this time and be amazed at everything that happened and how we got through it together. Be as artistic as you want or just use words all the time, either will be brilliant.

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Keep an eye on our social media and we will give you hints, tips and ideas about what you could add to your journal. We might carry on a bit longer than the end of lockdown, it would be great to hear what you think about getting back to normal too. This is not a competition.....we just want you all to be your own wonderful and individual selves.

This Is Open To Everyone:

We would absolutely love the wider Bailiwick population to contribute to this as well. Please use all of this information to guide your own journal or do it completely your own way. We are all unique but we are definitely in this together and remember to stay connected to support that matters to you.

From The Health Connections Team

Contact by emailing: kate@healthconnections.gg