

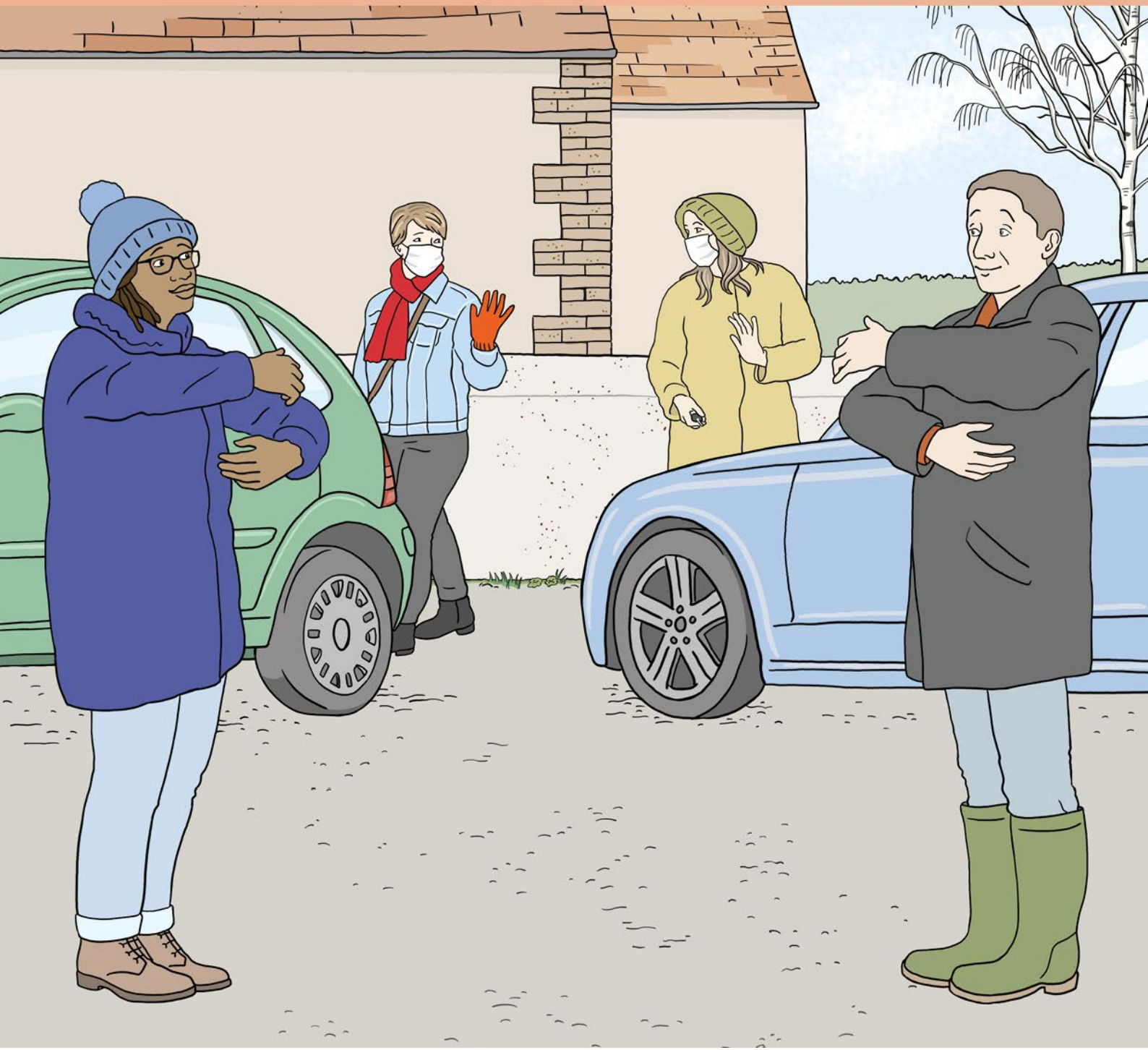


Beyond Words
empowering people through pictures



Love in Lockdown

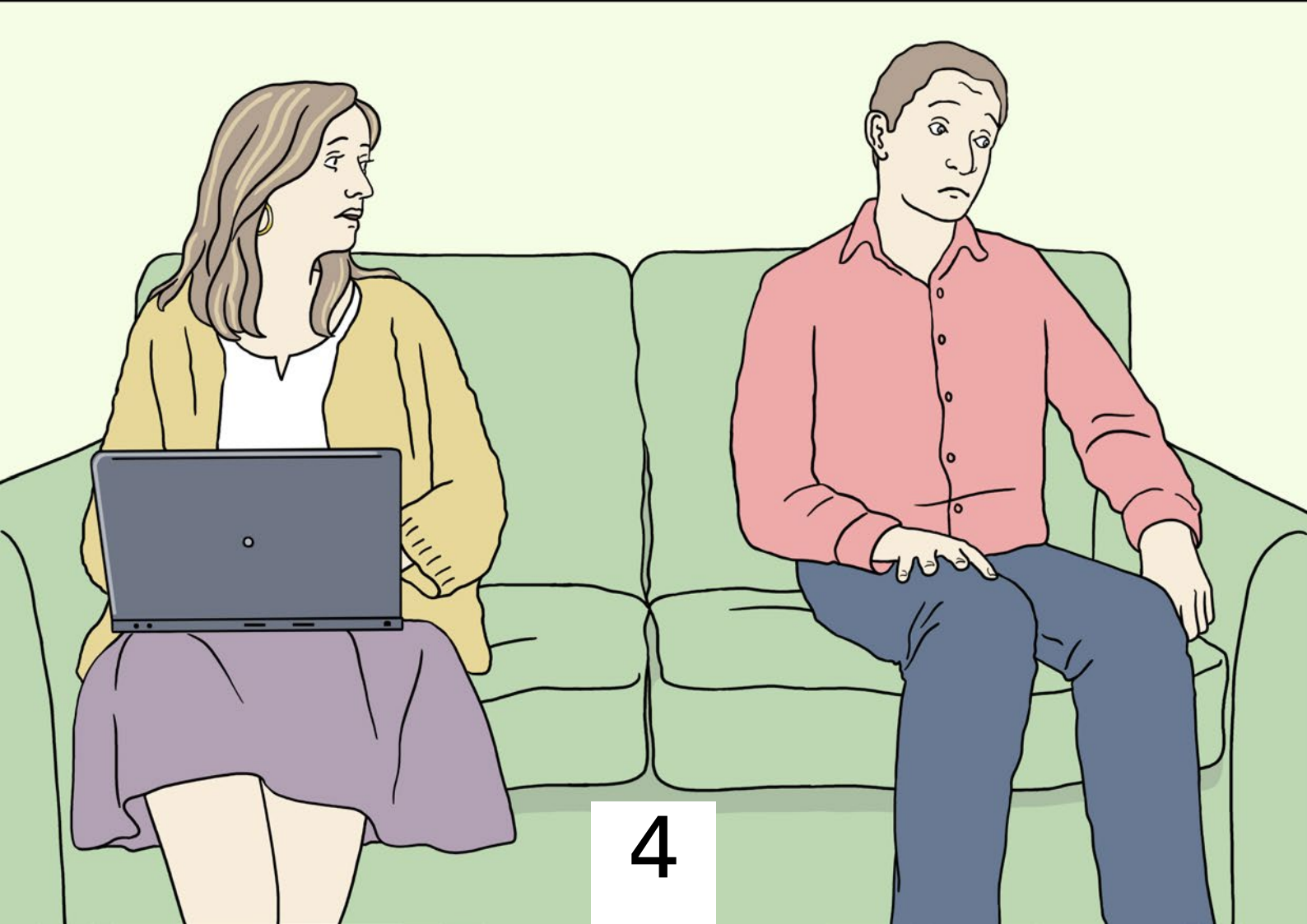
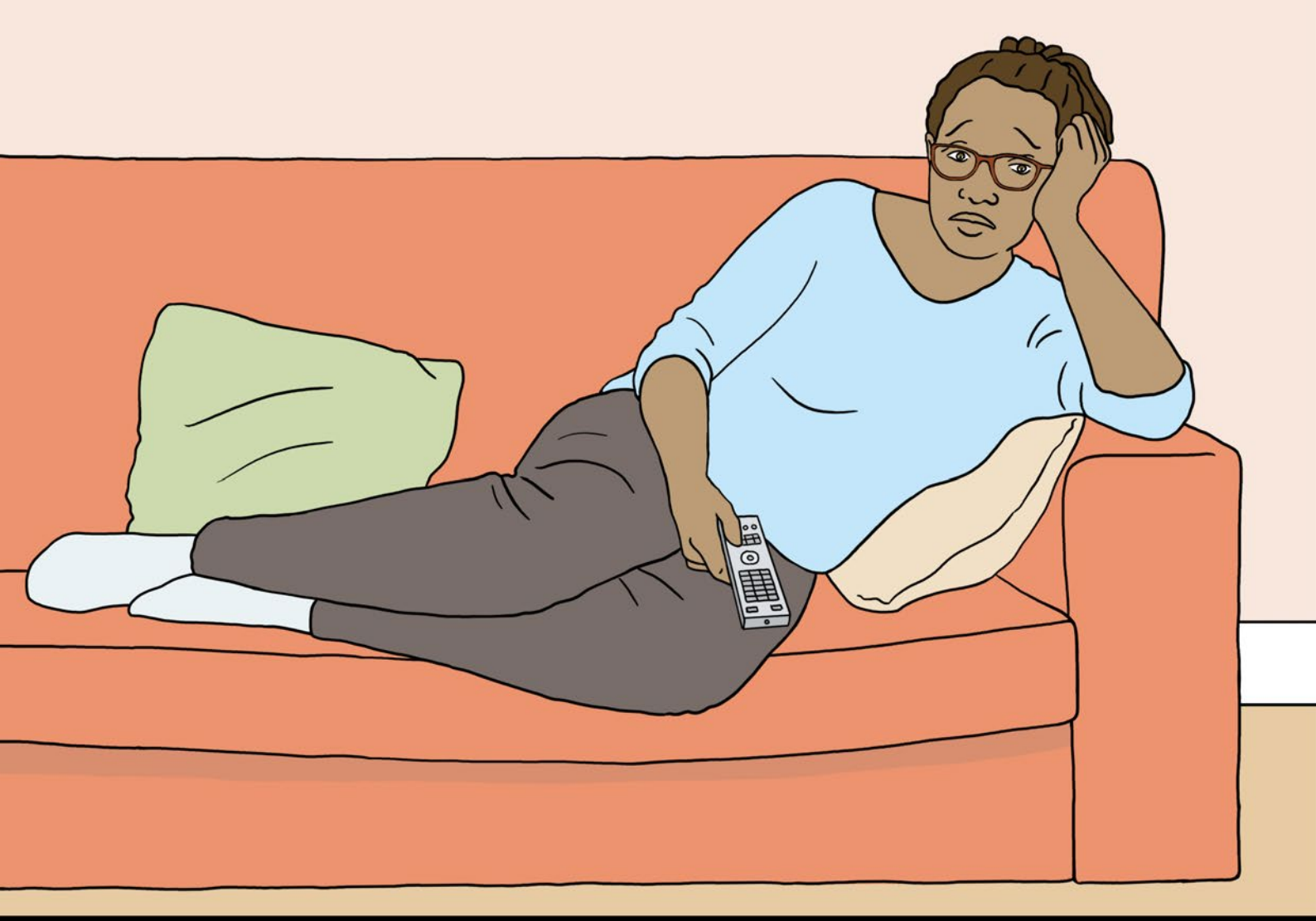
By Sheila Hollins and Nigel Hollins
illustrated by Lucy Bergonzi

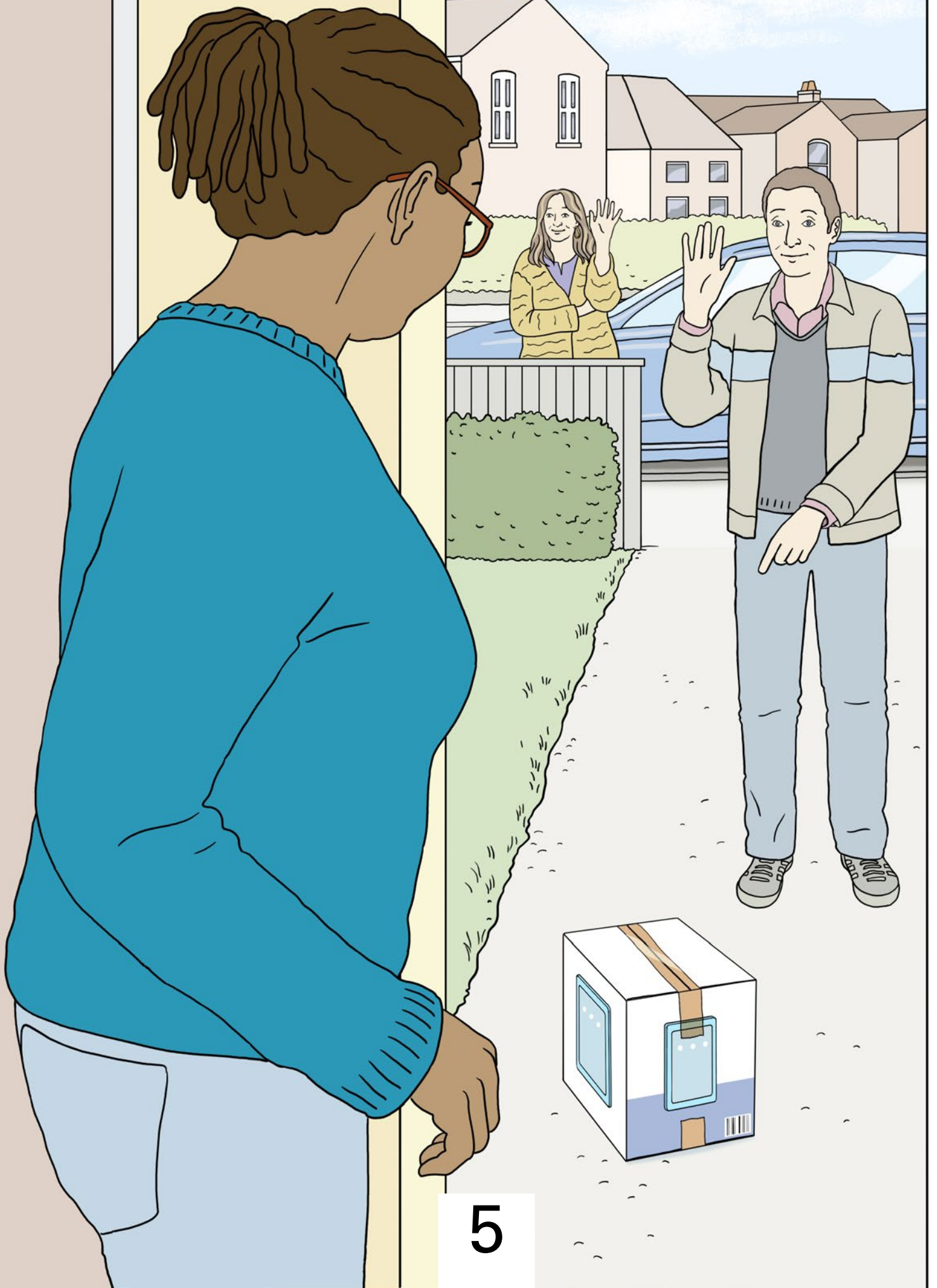








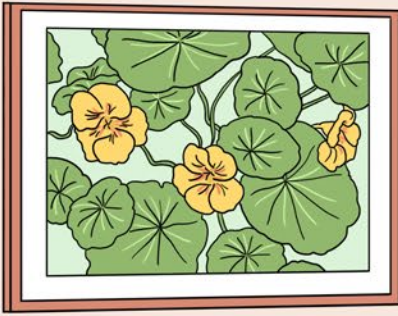




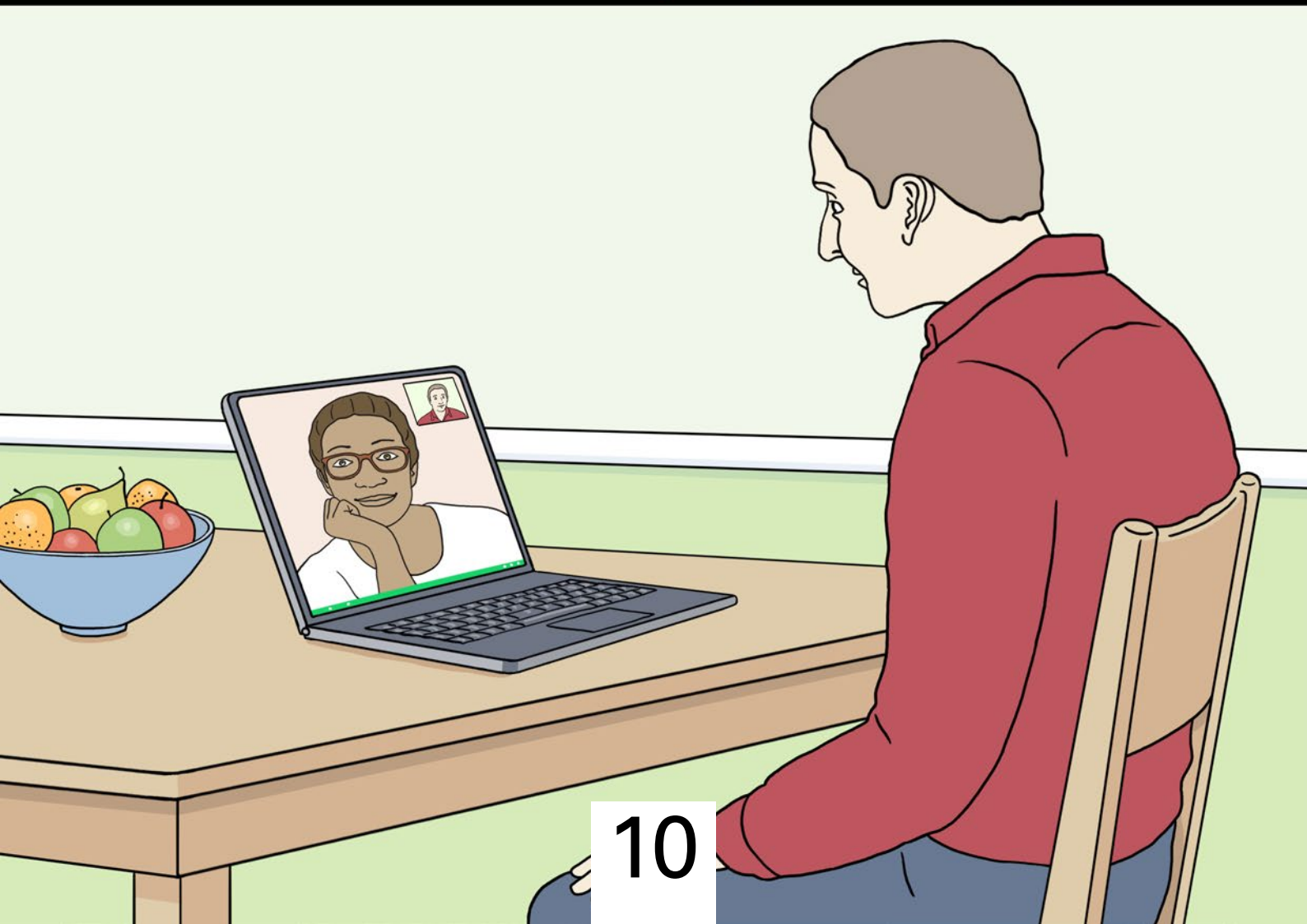


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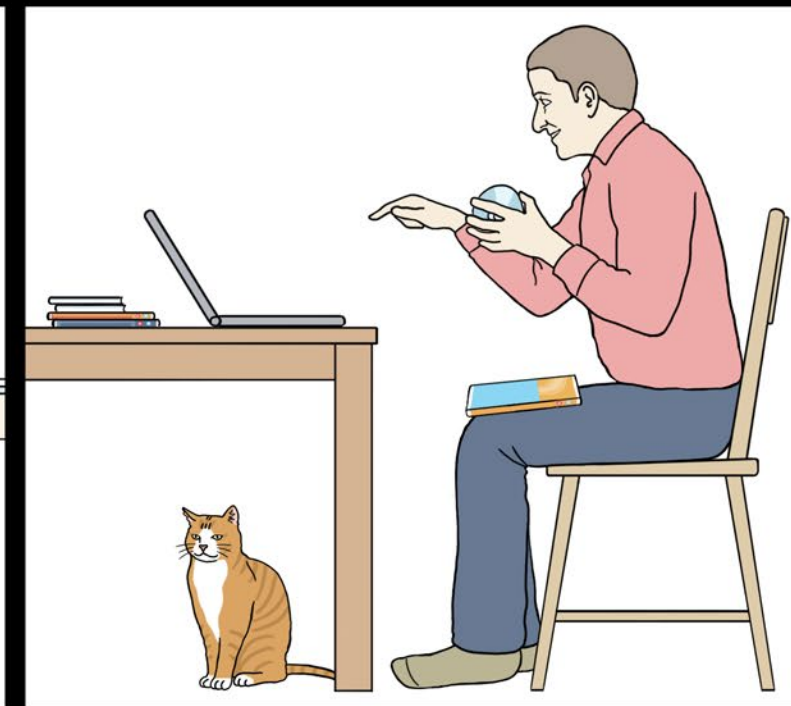
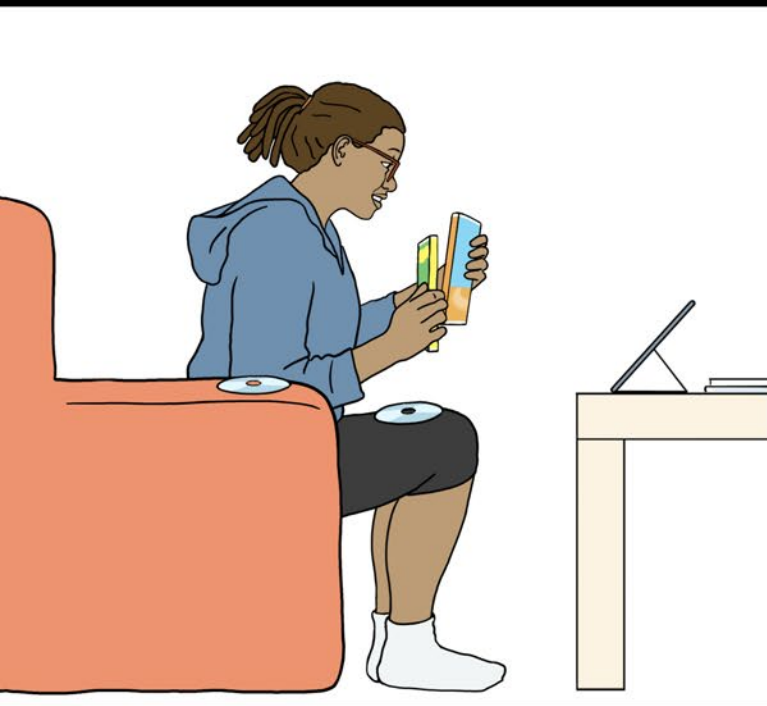
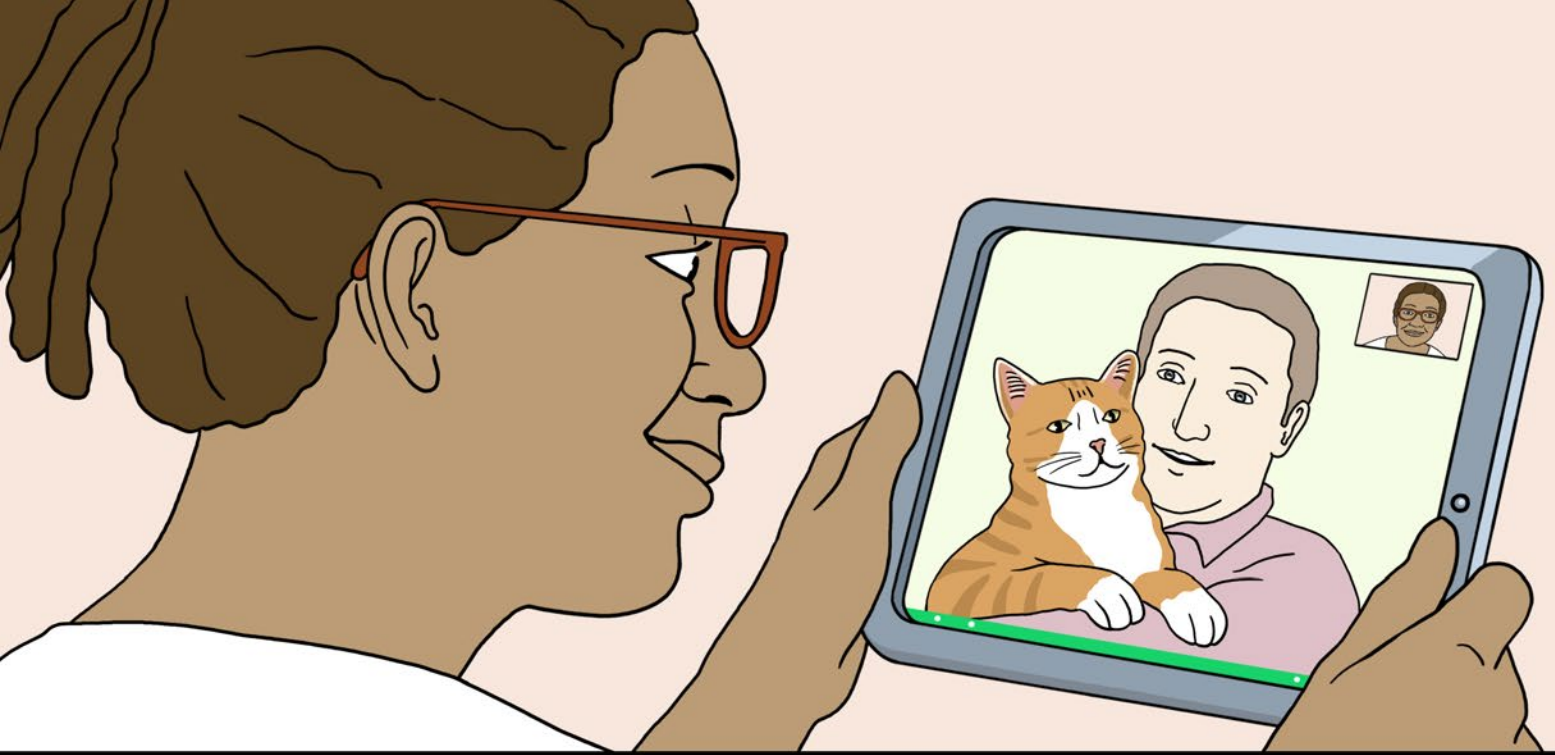
















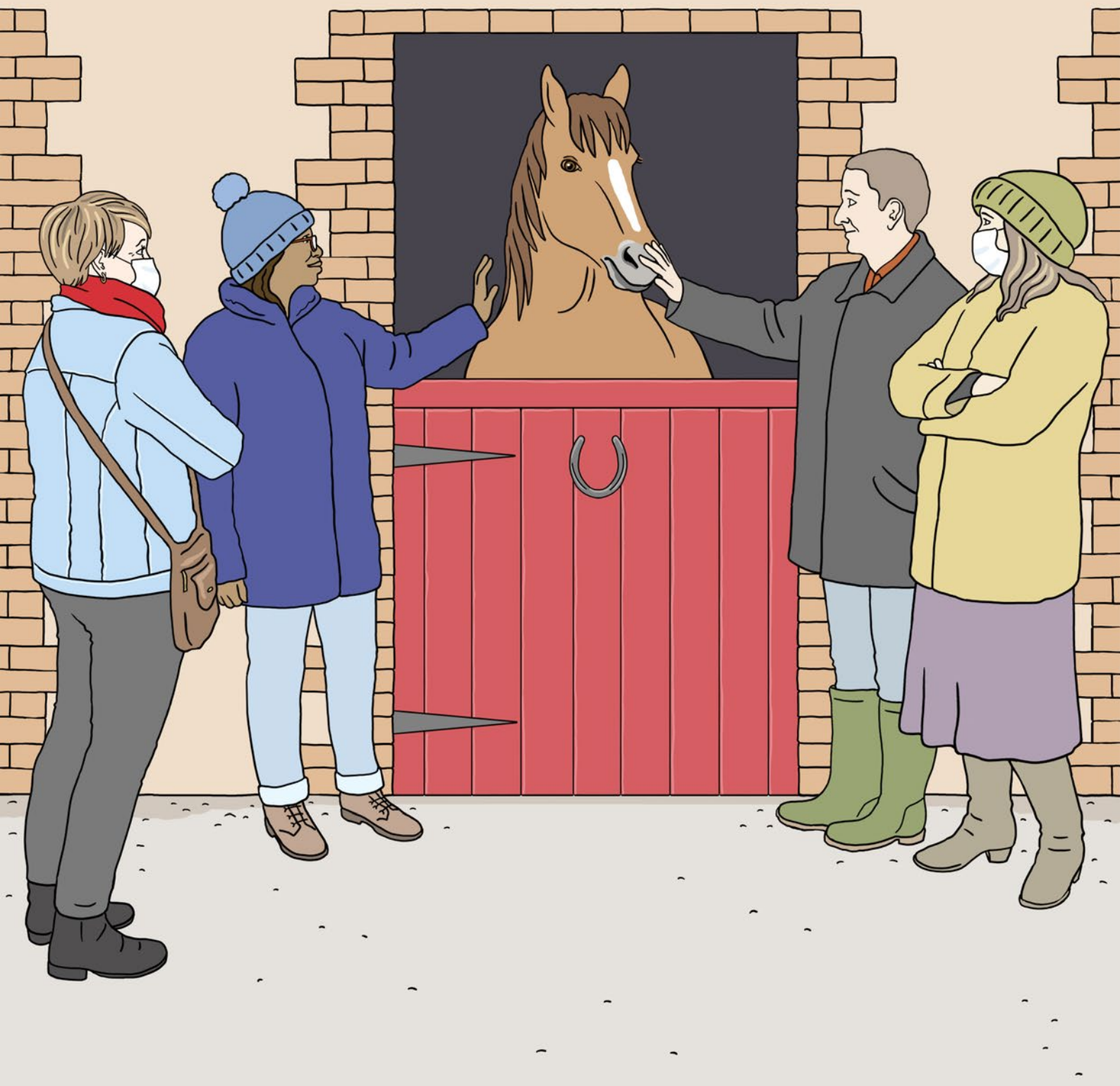










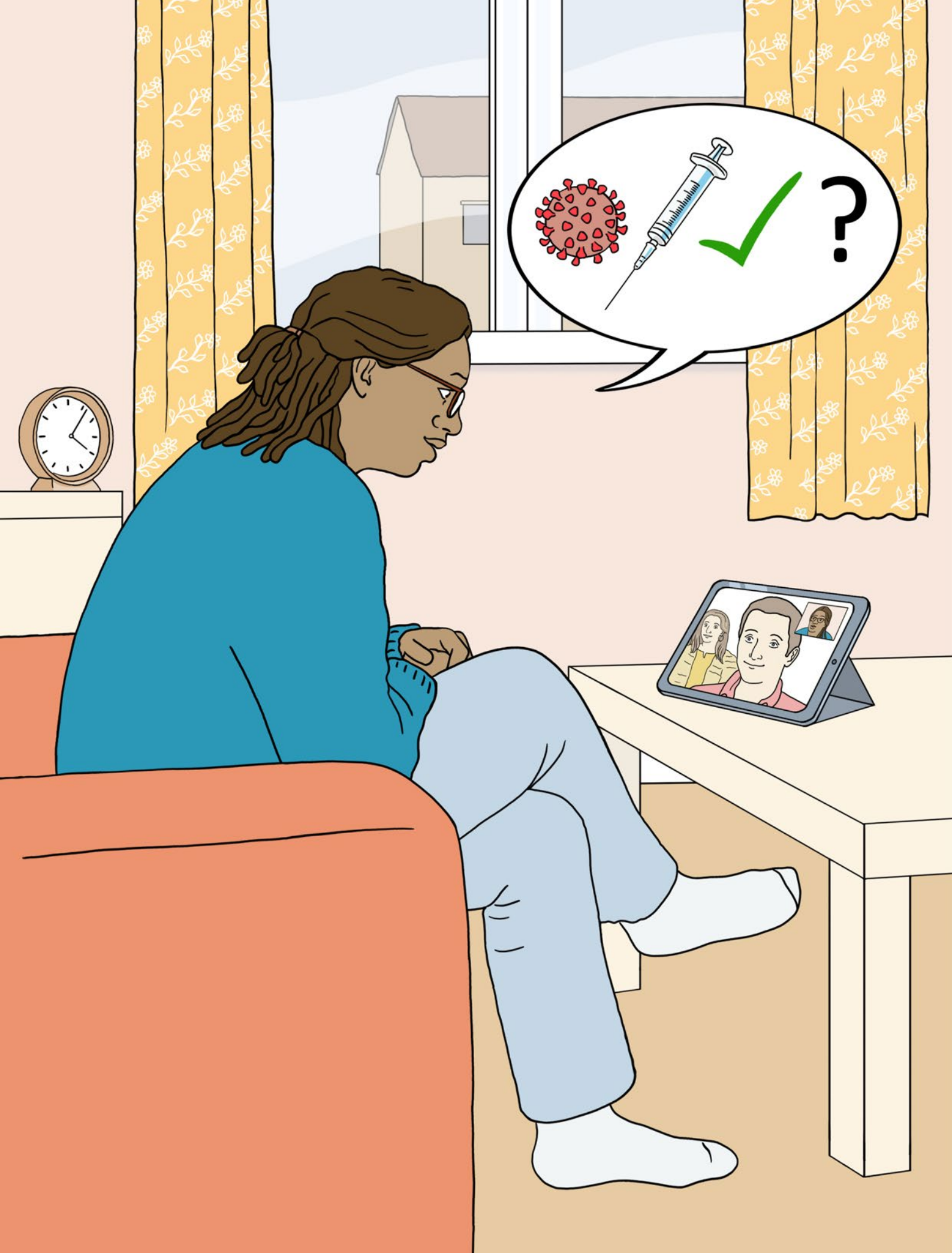


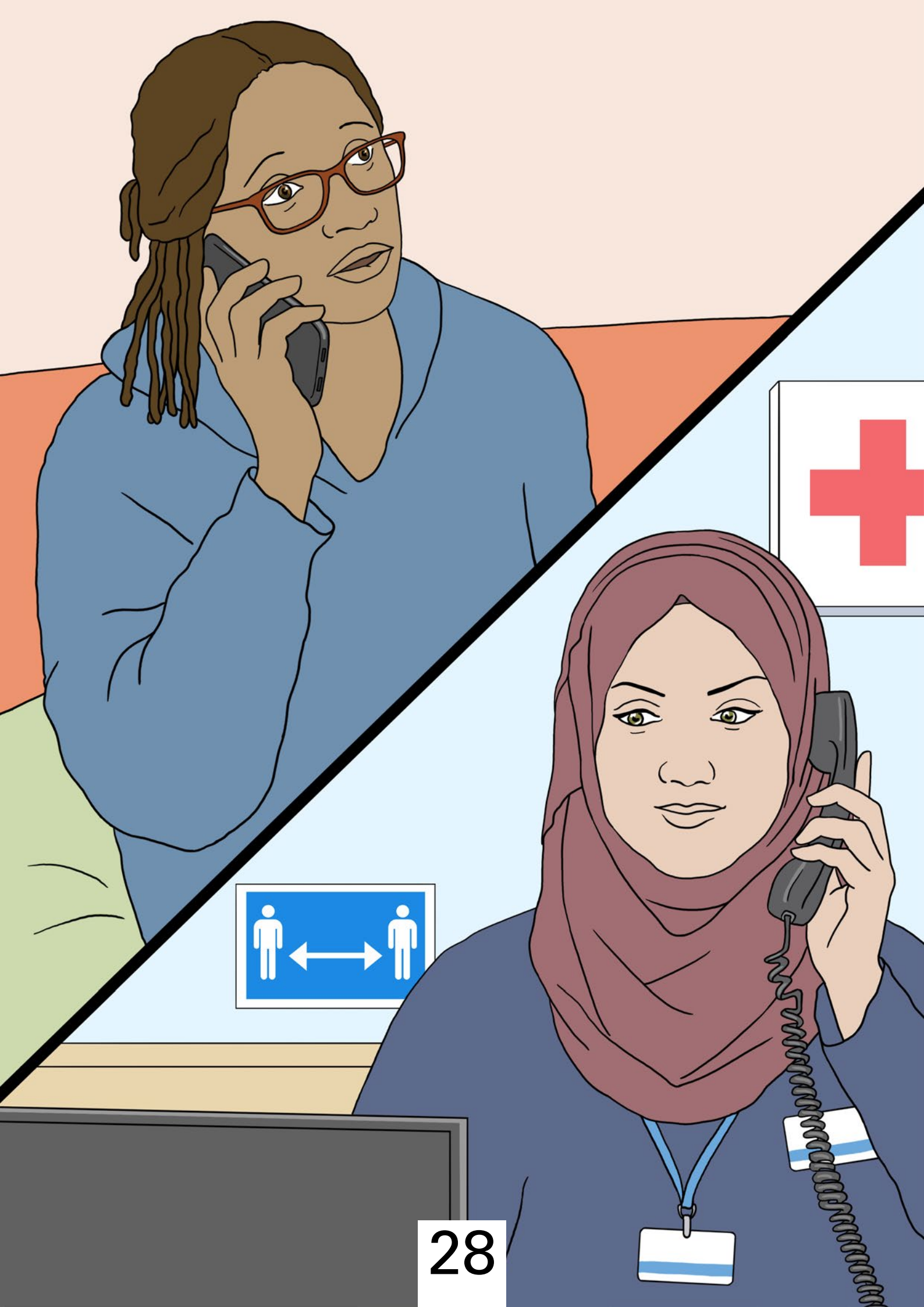


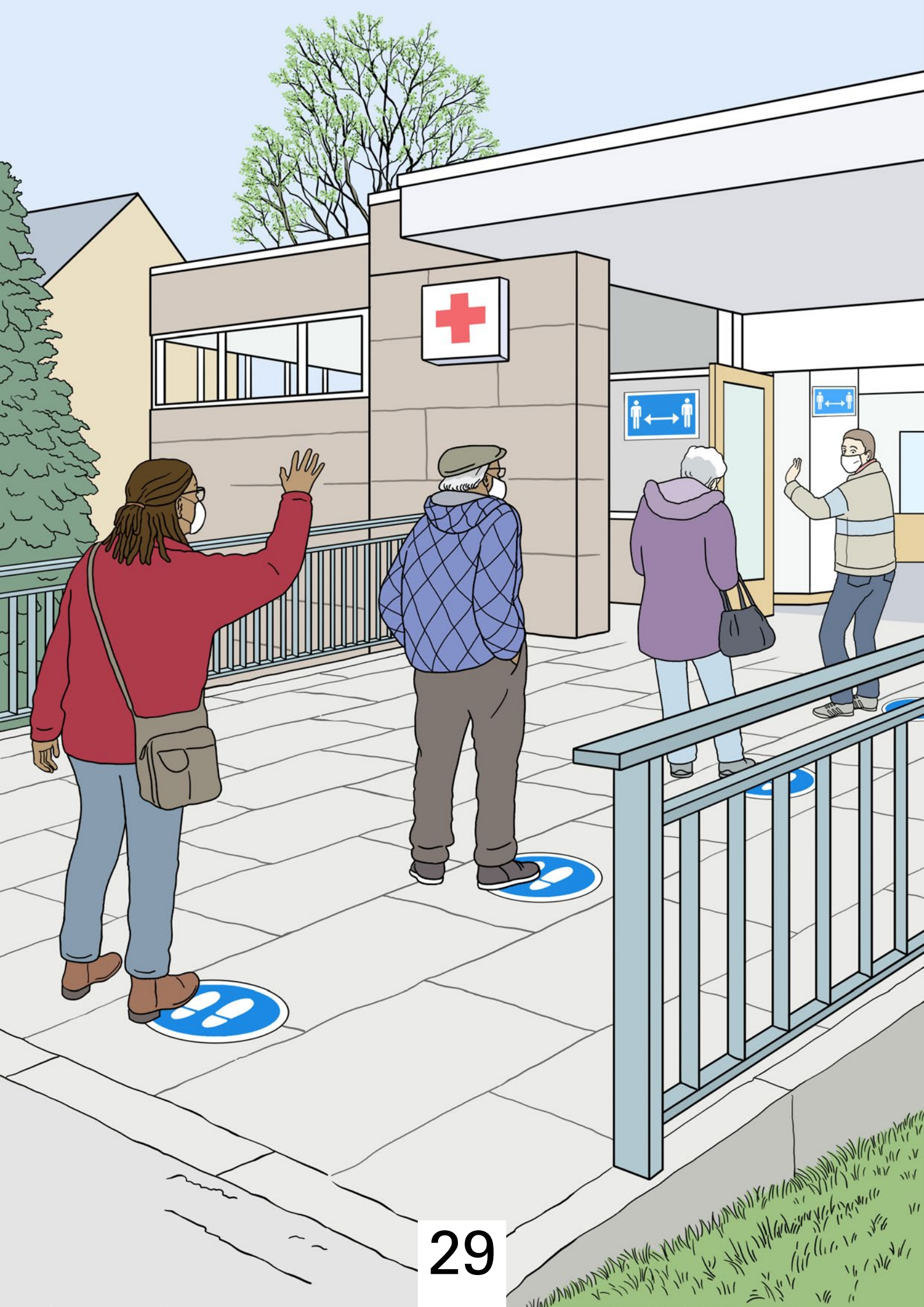


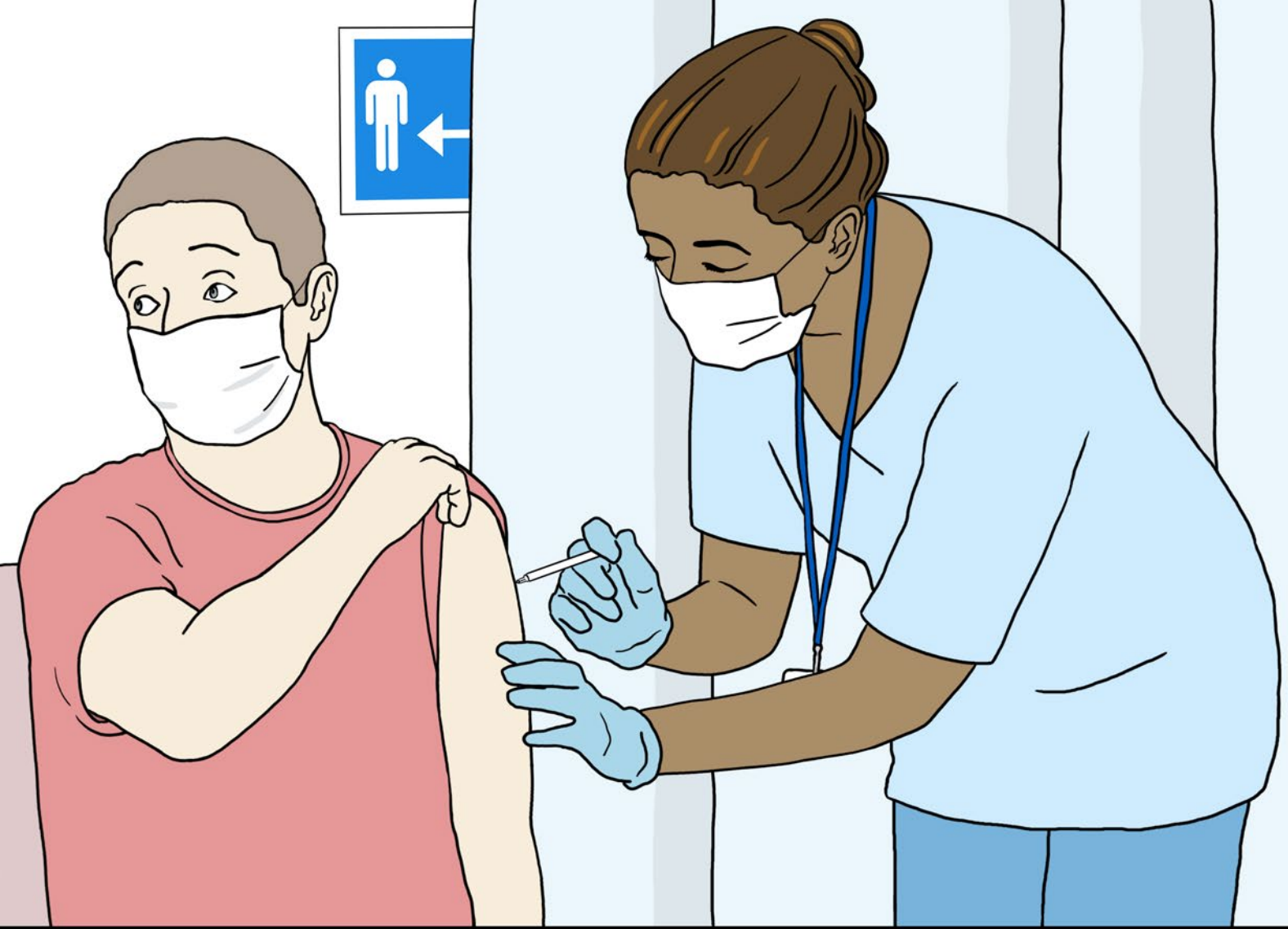




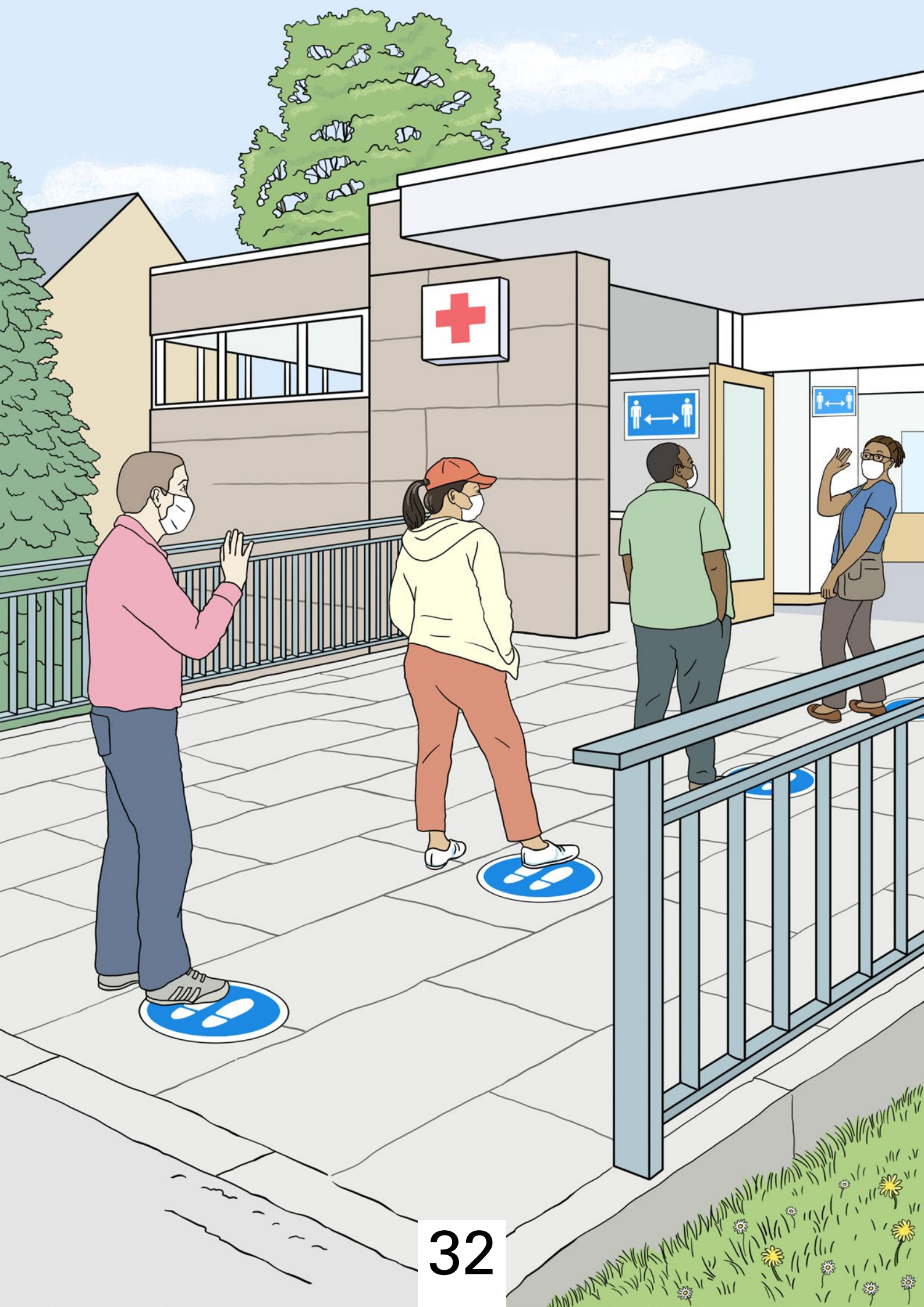






















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A possible storyline

The following words are provided for readers and supporters who want some ideas about one possible story. Most readers make their own story up from the pictures.

1. Kali's feeling a bit low. She hasn't seen her boyfriend, Stefan, in a really long time because of the virus.
2. She decides to give him a call.
3. They chat on the phone. It's good to hear each other's voices.
4. Kali and Stefan miss seeing each other. Talking on the phone is nice, but it isn't the same!
5. A few days later, Kali answers her front door. Stefan has left a parcel on her doorstep. What could it be?
6. Kali opens the box. It's a brand new tablet!
7. Erica arrives at Kali's house. Maybe she can help Kali with the tablet?
8. They sit in the kitchen. Erica shows Kali how the tablet works.
9. Kali tries the tablet for herself.
10. She has a videocall with Stefan. He uses a laptop. It's great to see each other when they talk.
11. Kali put some dates on her calendar. She likes to have things to look forward to, like her videocalls with Stefan.
12. It is harder to keep active in lockdown. Kali joins a dance class using her new tablet. She has fun and feels great!

13. Kali checks her clock and smiles. It's time...
14. It's videocall time! Sometimes they talk about their pets. Sometimes they watch movies together. Sometimes they bake. Sometimes they paint.
15. Stefan invites Kali to join him and his friends at their online book club.
16. The pictures from the book come on the screen and they talk about them together. It's fun making up the story together!
17. Kali has a copy of the book they read in the book club. She reads the story again by herself.
18. Erica arrives with some shopping for Kali.
19. Kali misses Stefan. Videocalls are good, but she wishes they could meet in person.
20. Erica calls Stefan's house. She talks to Molly who supports Stefan. They make some plans.
21. Erica goes with Kali to meet Stefan and Molly at the stables.
22. They stand either side of the stable door. Kali hasn't stroked a horse before and she's a bit nervous. Stefan shows her it's ok.
23. Stefan brushes the horse and Kali feeds him some carrots.
24. Kali feels more confident. She decides to ride the horse. Stefan leads the horse around slowly.
25. What a great day! They can't get too close, so they say goodbye with an air hug.
26. Kali watches the news. It says there is a new vaccine to stop people getting ill from coronavirus.

27. Kali has a videocall with Stefan. They talk about the vaccine and how it makes them feel. Kali thinks the vaccine is a good idea to keep people safe. Injections make Stefan feel nervous, but he thinks the vaccine is important.
28. Kali gets a call from her GP surgery. They ask if she wants to have the coronavirus vaccine. Kali says, "Yes," and makes an appointment.
29. Kali goes to have her first vaccine. She sees Stefan in the queue. He is getting his vaccine, too!
30. Kali and Stefan both have the vaccine. It's very quick.
31. Kali and Stefan meet up to go for walks outside. They still have to keep 2 metres apart.
32. Kali and Stefan go back for their second dose of the vaccine.
33. The nurses give them their second vaccine.
34. Kali and Stefan still have to be careful, even though they have each had two doses of the vaccine. They meet outside for walks in the fresh air.
35. Sometimes, they go back to the stables to groom and feed the horses. They enjoy spending more time together.
36. It's a while since Kali and Stefan had their second vaccines. Shops and cafés are open now. They sit together in their favourite café. They feel happy that they can get close to each other again. It's been a long time!
37. Things are back to normal. Kali and Stefan cuddle on the sofa and watch a film together.

How to read this story

This is a story for people who find pictures easier to understand than words. It is not necessary to be able to read any words at all.

1. Start at the beginning and read the story in each picture. Encourage the reader to turn the pages at their own pace.
2. Whether you are reading the book with one person or a group, encourage people to tell the story in their own words. You will discover what each person thinks are happening, what they already know, and how they feel. You may think something different is happening in the pictures yourself, but that doesn't matter. Wait to see if their ideas change as the story develops. Watch, wait and wonder.
3. It can help to prompt the people you are supporting, gradually going deeper into the meaning, for example:
 - I wonder who that is?
 - I wonder what is happening?
 - What is he or she doing now?
 - I wonder how he or she is feeling?
 - Do you feel like that? Has it happened to you/ your friend/ your family?
4. Some people will not be able to follow the story, but they may be able to understand some of the pictures. Stay a little longer with the pictures that interest them.

Useful resources in the UK

Free coronavirus resources from Beyond Words

- Beating the Virus
- Having a Test for Coronavirus
- Good Days and Bad Days During Lockdown
- Jack plans ahead for coronavirus: a guide for carers and family
- When someone dies of coronavirus: a guide for carers and family
- Let's talk about...when someone is ill or dies from coronavirus: online support for people with learning disabilities
- When it's not safe to stay at home: guide to supporting people at risk of abuse at home during coronavirus
- Understanding COVID-19 in Secure Settings

All are available to read online and download for free:

www.booksbeyondwords.co.uk/coping-with-coronavirus

Take the COVID-19 Vaccine Campaign is a community-based campaign to encourage people to take the vaccine. The website gives information and answers many frequently asked questions about the COVID-19 vaccines.

<https://takethecovid19vaccine.com>

More information on the coronavirus (COVID-19) vaccine can be found on the **NHS** website.

www.nhs.uk/covidvaccination

Public Health England has published easy read information about the coronavirus vaccine.

www.gov.uk/government/publications/covid-19-vaccination-easy-read-resources

Author and artist

Sheila Hollins is a cross bench life peer in the House of Lords, Emeritus Professor of Psychiatry at St George's, University of London. She was initially a GP then a Consultant Psychiatrist, teacher, researcher and policy maker in intellectual disability. She is the founder and chair of the charity, Beyond Words, formed to use wordless stories to inform and empower people who prefer pictures over words about life and health. She has been President of the Royal College of Psychiatrists, President and Chair of the Board of Science of the British Medical Association. She is currently President of the Royal College of Occupational Therapists.

Nigel Hollins was the original inspiration for Books Beyond Words. He is one of the team of self-advocates who co-create the stories, taking a leading role advising on those stories of which he has personal experience. Nigel is also an amateur actor and appeared (very briefly!) as an extra in Hugh Grant's 'The Rewrite'.

Lucy Bergonzi has worked as a muralist, theatre designer and community artist. For many years she worked in the voluntary and community sector, with wide experience of supporting people with learning disabilities. She is the illustrator of *Beating the Virus*, *Having a Test for Coronavirus*, *Choosing My First Job*, *A Day at the Beach*, *Going to Church* and *Belonging* for Books Beyond Words. Lucy's website is www.lucybergonzi.co.uk.

Acknowledgments

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Ray, Andrew, Marc, Diana, Sarah, Lisa and Sue G; Deal international online book club: Julie, Katie, Helen, Marc, Paul, William, Ian, Taimi, Anne and Mark; Amanda, Mike, Andrew, Chris and Maura.

About Books Beyond Words

There are more than 60 wordless (and therefore non-language dependent) stories in the Books Beyond Words series, all co-created with people who find pictures easier to understand than words. All are available as paperbacks and eBooks: www.booksbeyondwords.co.uk.

The stories have also been broken down into 400 searchable snippets in the [BW Story App](#) for smartphones and tablets. You can download a free version (with a few sample short stories) from the App Store or the Google Play Store.

If you are new to Books Beyond Words, you can learn how to get the best out of the stories in our e-learning modules: www.booksbeyondwords.co.uk/elearning