

C 34

Ymchwiliad i effaith Covid-19, a'r modd y mae'n cael ei reoli, ar iechyd a gofal cymdeithasol yng Nghymru
Inquiry into the impact of the Covid-19 outbreak, and its management, on health and social care in Wales
Ymateb gan unigolyn
Response from an individual

I get emails from Disability Wales and received one about the Senedd gathering info on the impact of Covid19 on Health in Wales.

Is there any specific questions the committee wants answers for?

I have been pretty much isolating at home since March. I have a friend in Cardiff who has been here with me. He is 80 year old man who lives on his own in Cardiff, I live on my own here in Bridgend so we decided to isolate together keep each other company rather than spend the entire lockdown period on our own. He was in Hospital over Christmas with 'flu like symptoms' and he thinks that he may have had Covid19 back then before it was officially made public. It's just an idea, but it may be possible that the virus was spreading in the UK before March.

As I don't work because of my disabilities, I don't think the lockdown has affected me as much as for people who usually go out to work. I often feel ignored by the various government departments I try to correspond with so the lockdown has not made a difference to my way of living.

I did have an ARC appointment in Bridgend (Mental Health Assessment) in March which has been postponed.

I was appealing a decision that affected my PIP entitlement, but that has also been postponed.

I did have a support worker for 2 hours a week, but that has been stopped due to virus.

I used to attend a Disability meeting in Bridgend once month but this will not start again for 2/3 months at least.

I also used to go to a Headway meeting once a month but I have not had any correspondence with them since before Christmas. I don't know why they no longer text or email me with any news.

I did not get a shielding letter from my GP at first but my sister rang my GP surgery because she thinks I should be shielding officially. I have breathing problems, my windpipe is smaller than it use to be and I can't cough so the virus would probably affect me severely. I have received a shielding letter from my GP surgery now recommending I stay at home for the next 12 weeks. So it is recommended I stay at home but I have not received any help or support when isolating at home. Hope that helps, let me know if you want any other ideas, I have lots more to talk about if it would be useful.

Many thanks,