

Interview Transcripts

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Family Interview - 01

Participants	A36F - 36yrs, White, Female, Master's Degree, Pre-Lockdown Not in Paid Employment, During Lockdown Not in Paid Employment C10F - 10yrs, Mixed-Race, Female, No Schooling Completed
House Details	Semi Detached Rent Privately Private Garden

R - Uh, is it little icebreaker questions to get you in the flow. How did you come to live in this house?

A36F - This is for me or C10F or both.

R - Both of you at all the questions and both of you. Whoever wants to pipe in.

A36F - Do you wanna do it?

C10F— What was the question?

A36F – how did we come to live here.

R - How did you come to live here?

C10F- In the house? I don't know

A36F - You don't know. So before we were here, we lived in a house that my step brother owned and just down the road. But then my mom lives directly over the road from here from the one I'm in now and the land the landlord was refurbishing it. And so when I noticed him doing that, I went straight it over and I was like are you going to rent it out? 'cause it would be amazing to live over the road for mum and and yeah he said yeah and that's how we ended up here and that was six years ago.

R - Oh so you being there awhile?

A36F - Yeah

R - So. Let's have a look. I'll share my screen. Hopefully you should be able to see some of the pictures that you sent. I picked out some of my favorites.

A36F - yeah, I just sent you a whole load of.

R - Yeah, so I picked out some of my favourites it could. We could see some of the different things you were doing during lockdown, but also we could see little bits of your house. I don't mind who wants to go first, but does someone want to pick a picture? Go on then C10F which picture?

C10F— The fourth one

R – this one with both of you.

C10F- Yeah.

R - OK then, let's open that one. My computer always scores really slow when I don't want it to. Right so. There we go. Can you tell me what's going on here.

C10F- The this is when we first started.

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A36F - No, this was the 2nd lockdown. This is a second. This is the beginning of the year.

C10F- The second lockdown Yeah, Oh yes. The second lockdown and I just got a selfie stick and I took a picture of us like at the computer working.

R - So mummy's working and you're doing your schoolwork are you?

C10F- Yeah.

R - So what did you feel about it? Was it good working there or did you not like doing your schoolwork there? What's it like?

C10F- I prefer doing in the front room.

R - Yeah, why? Why do you like it in the front room better?

C10F- it's a lot quieter and there is more space I guess

R - Yeah, and not mums not there to look over shoulder.

A36F - And she would have the tele on while she's working.

C10F- just a little bit!

R - All right? Did you also work in that space as well?

A36F - me?

R - Yeah.

A36F - Yeah, so it's funny actually. Watch it looking at this photo because this was I think it was January. You know when we went into that full lockdown and this was the like. Height of the stress. When we took this photo because last year, the first lockdown was amazing because I was unemployed at the time. It worked out quite well, so I wasn't then able to look for work because I was home schooled C10F was in year four and the work she was given the applications that she was using on her computer where we're really fun and engaging, and it was. It was just really good. Like it's quite a novelty at 1st and. So we did lots of fun activities and did loads of fun things. But then at by this point C10F had gone into your 5. The work was so stressful I was stressed 'cause I'd started my work and and it was just an absolute nightmare.

R - Yeah, trying to fit all of that into that little space.

A36F - Yeah. It's just so difficult.

R - And so has always been in office, or was it? Did you change it into one because of lockdown?

A36F - My corner, I've always had my little corner there, although I did purchase the bigger screen to add to my office space because I was just working from home all the time and C10F is using the laptop mainly. But then it was it that was difficult because the voice notes wouldn't open on the laptop. So then she would have to take over my workspace and use the PC.

R - So it was a bit of a lot of chopping change for depending on what work she had to do.

A36F - Yeah, definitely. Definitely, but the first lockdown when I wasn't working it was just it was great. It was nice and relaxed and you know I could sit with C10F most of the time and help her and we sort of worked together. Whereas once are started work and she was working. Her work was quite difficult so I was having to learn her work first to be able to help her.

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R - Yeah, I feel your pain with that one. So How come you chose to put you both in that room for home schooling? Is it the smallest room in the house or does it face a particular way? Or

A36F - Thought was because she was needing a lot of help. So I need her next to me so that I could check the work that she was doing. Uh, but after a few weeks I just got to the point where I just was told that go in the front room and let crack on with it and submit it to the teachers and if anything needed changing then we would work through it.

R - And C10F who's this? Who the little fuzzy Beastie down there?

A36F – he looks like a doughnut

C10F- Yeah, that's my pet Bunny

R - And it bunny come and do home schooling with you all the time.

C10F- Yeah.

R - So to make sure bunny is involved in the home schooling to you know rabbits need a good education.

A36F - And he likes to eat the work, yes.

R - Oh, that's a good excuse.

A36F - It is.

C10F- If you need any sort of paper on the floor and there's bunny is nearby, he'll eat it.

R - Oh my goodness, that is a great excuse. I didn't do my homework, the rabbit ate it.

C10F- And we had because I'm my laptop. It's got like a plug in mouse and even if I left that on the fly he would eat the wire.

R - Oh dear, so everything has to be up off the floor, so it's rabbit proof. So, did you do use that room for anything else? Or was it just work/school space?

A36F - Yeah it work/school space but also meals as well. I mean that table. Yeah. we tend to eat. I will eat at my desk and C10F eats at that that table.

R - Yeah, just 'cause rather than taking that break away or so, you could get it over and done with quicker.

A36F - Yeah, just like there wasn't, there wasn't really anywhere else to eat. Although she did in the first lockdown. She had like a child's desk like a school desk in the front room with little chairs, which was great, but then I didn't realize we were going to go into another lockdown and I gave the table away 'cause I thought she's getting quite big now. I gave the table away to an asylum-seeking family 'cause they need is a table for their kids.

R - Yeah. So is that also your Dining room, that space as well.

A36F - Yeah, yeah, so that's our dining table where C10F sat on the picture. That's our dining room table.

C10F– and this is our front room *[shows picture from workbook]*

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R - Ah, I love it. So would you normally eat like if lockdown hadn't occurred, would you normally eat in there?

A36F - Yeah. it tends to be the same I will eat at my desk and C10F eats at that table.

R - Yeah, so it's quite a multifunctional space.

A36F - Yeah, we do eat in the front room as well sometimes and that just depends on whether I finish my work. If I finish my work and now it's time to watch the telly, then I'll will eat in front room.

C10F— I eat in my bedroom sometimes

A36F - Sometimes she not really allowed to eat upstairs

R - Lockdown ruined all the rules didn't it

A36F - Yes.

R- Also, is that room downstairs as well?

A36F - This is downstairs, yeah. So, it's like the this is like, uh, the middle like dining room.

R - You've answered all my questions without me having to answer them, and so do you still use that space the same where now as you did during lockdown.

A36F - Yeah, apart from C10F is not there doing her work.

R - so C10F doesn't do that homework on an evening in there.

A36F - No no.

R – Ok then, cool, lets choose another picture then. [A36F] Do you want to choose one?

A36F – I'll choose the garden

C10F- Our garden has changed a lot!

R - It has? has it what since lockdown. Well, what have you done?

A36F - just with the seasons and the planting, lots of flowers. I did a lot of gardening.

R- Just 'cause you have the time.

C10F— is that out garden?

A36F - Yeah, it's a nice. It's quite therapeutic, especially when doing a PhD like. Just a bit of a break, get out and do some gardening.

R - So is that kind of has it changed quite dramatically then from say before like this time last year?

A36F - Yeah, well yeah we garden flowers. Yeah 'cause it's absolutely full of. I've got sun flowers everywhere I've got like yeah there's quite a lot of flowers that borders full. Right now this must have. I think this was like this must have been March time at the beginning. Yeah, 'cause when it was lockdown, that's when I bought that bow and arrow set. 'cause I was like we need stuff to do.

R - And so did the garden become like a space that you guys enjoyed or and or a space you sort of avoided.

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A36F - We definitely spent a lot more time in the garden during lockdown. Then we did before lockdown or after. It was good that we had the nice weather, we had a really good early summer last year. But because you just confined to the household couldn't go anywhere. We couldn't do anything and so we just like we did activities in the garden, or we sat out there. We did that and like the chinks and C10F did stuff like that. I ordered quite a lot of stuff online.

R - So C10F what kind of stuff did you do in the garden?

C10F— practice my gymnastics

R - Is it good? Is it good for gymnastics the garden? It's a big enough.

C10F- Yeah. But I don't like the feel of the grass. And when my grandad came round Only if you are like in lockdown, he wouldn't come over, yeah, but then he started coming up on Sunday 'cause he was on on so he was part of our bubble

R - So he's part your bubble?

C10F- then we will play like football and what's that called?

A36F – bow and arrow, archery, archery

C10F— Archery and sometimes if we played like with the ball like a little ball, tennis balls, it would go over the fence or it would break something.

R - Oh dear. And then did you have to have a shout the neighbours and say can I my ball back?

C10F- I accidentally threw four over the backyard over the garden. Oh yeah, and when me and my friend went up to my bedroom and we looked out our now window to see if the ball is still there and my neighbour was juggling.

R - Well, at least they got to have some fun as well then.

A36F - It was actually interesting because where that back fence is, there's a little boy that lives over there and last year because we were out so much in the garden. C10F sort of developed this friendship with this little boy and they used. They were playing together quite a lot like through the fence. Uh, but then that sort of just phased out let you know as everything went back to normal. Now C10F rarely goes out in the garden. But yeah, during that time there's not a built up that friendship, and then there were like messaging each other on the phones and. Yeah, that's yeah it was quite interesting actually.

R - And why do you think you don't use the garden as much now? You're not in lockdown.

C10F— possibly because now we are out of lockdown I can have friends over, and I have a phone now, and an iPad.

R - That's it, we got to the age where technology is more interesting than outside.

C10F- Sometimes if I go outside and play with my bunny

R - Yeah, so just bunny like the garden as well.

C10F- Yes, he likes to eat everything.

R - And does he get to run around all over? Or does he have a special space?

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C10F- Sometimes in the summer guest doing about anywhere but one time it was really hot and bunny escaped under the fence and he went under my neighbour's car.

R - Oh dear.

C10F- but we got him out.

R - So which bits bunny's favourite bit then? Does he have a favourite bit to hide in?

C10F- maybe that bit [points to photo]

A36F - the rockery

C10F- He likes to go behind.

R - And what about you? What's your favourite bit?

C10F- A little path. 'cause when I'm on my bike or my scooter I go fast

R - can you get some good speed up?

C10F- Yeah. And then at the end, when near the shed is like a little ramp. And when I'm on my skateboard I go woosh

R - Nice, like a good drop off the little ramp.

C10F- Yeah.

A36F - I think I actually like going out in the garden. I think 'cause I initiate is quite a lot of it. It was like a novelty. At first, I was like, oh, you know, get the archery set. I was like, come on, let's go outside and do this activity and do that activity that I think that was more engaging and then when I started working in October it all kind of fizzled out 'cause I, I was just working all the time now.

R - Yeah, and it's that kind of needing that up to do things together rather than it being like an independent space

A36F - Yeah.

R - So it was it very much like the garden was where you went out and did things together.

A36F - Yeah, like June, June lockdown. Yeah definitely. Whereas now it's like I'll go out there and if the weather is alright, I'll go out and sit on the swinging chair and with a cup of tea. But C10F is not interested in coming out. It's only if I was playing a game with her outside then she'll come out, but otherwise she's not that interested.

R - Yeah because we got you go other places now in like.

A36F - Yeah, but like I said, you know like friends she can meet like a friends can come over and.

C10F- And I also find it a little tiny bit boring when you are sat in the sun

A36F - she finds it boring If we are sat in the sun.

R - I mean, that's fair. That's totally fair. And did you do anything in the garden at different times of the day? Like did you do anything in the evening or at night-time?

A36F - No we were usually in by late afternoon.

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We had to routine off where we would do activities, do schoolwork, play in the garden. We'd go out for a walk like afternoon late afternoon. We'd always go out for a walk for about an hour and then that was it. That would be used in in to get tea started. And then that was it.

R - Yeah, no worries. That sounds cool. Right, we've covered everything, on that one. Should we pick one more picture?

C10F- Yeah.

R – C10F do you want to pick. So, this one, this one, or that one, that one.

A36F – so that one has a good story not to influence your decision.

C10F– the front please

R - The outside another outside one.

A36F - 'cause a bit of a story that goes with that one, yeah.

R - Go on, then tell me the story.

C10F– So it all started with the lockdown. You know for the NHS we were all drawing rainbows. Instead of just sitting there looking at my poor lonely crayons, I decided to go out on my front and draw rainbows everywhere

R - Cool, did people see your rainbows when they walk past your house?

A36F - Yeah they did a lot of attention, didn't it? Well, but the old lady who walks the dog.

C10F- This is lady. He walks her dog and she always like walks past that house and look, and one time she stopped and said she liked it

R - Ah, cool, so was it a bit of a way of getting people to chat with you and when they were walking past.

C10F– kind of

A36F - It's all about like create generated conversation with people and then you'd see people like always looking over and from the front room. You could see people looking in and the old lady said she loved it. She loved to watch 'cause that we did, like the elephant that the picture of the elephant. I put that in the front window, and I'd like to change the display around the windows and make it a bit different.

C10F- And then we did a rainbow for the other room

A36F - We did it rainbow. That's where the shed is the window for the shed. We've got the rainbow up in there. So put a lot of things on display.

R - Well, that's nice. So, like in the front so that everyone could see it and they were walking past.

A36F - Yeah, like the rainbow in the sheds window, like the neighbours can see it, 'cause it's quite open at the back so the few neighbours along they can see it and they like. They gave us lots of complements about it. then the old lady who had mentioned about the like the front of the house. She was like hey it looks great. You know it looks lovely and it's always nice to see what see different things and then she left an Easter egg C10F

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C10F- Yeah

A36F - Uh, yeah, we went out and celebrated VE Day as well

R - So like outside of lockdown, would you normally you use your front garden at all?

A36F - No.

R - so during lockdown, you kind of was this your way of like Engaging with the outside world but still being in your house.

A36F – Yeah, Especially on VE day, like it's not my sort of thing. I'm not very social like parties and stuff I don't like. I don't like gatherings and things like that. But uh, like the neighbours, like on the day we are and with the NHS clapping when we used to go out. Like you get chatting to our other neighbours that we never saw and we actually. There's a lady up the street who we got quite friendly with didn't mean she's got 2 two children. Ah yeah, yeah. And it was, It was lovely getting to know them and chat into them. And then everyone you know add a drink and a meet up on VE day and I had a good celebration. It was, it was really fun. It was something that I probably wouldn't have done. It was sort of the atmosphere and in you appreciate it even more when you saw isolated. Like just that social contact with other people. When you stuck in so much and everything is uncertain and.

R - I mean, yeah, that's totally. And it's quite nice that that space could become more than just sort of decorative space like it actually had use, didn't it? That's really cool, so if we go what we'll do now is we'll go onto the questions. And if we have time, we'll come back and do another picture. Where am I OK? So, these questions are about sort of your wellbeing so. I'll add sort of ask the questions, but either of you can answer both of you, or neither of you if you if it's not relevant. And so how do you feel that your home supported your wellbeing?

A36F - Uh, yeah it was pretty much set up for what we needed it for. because I worked with children for a long time, so C10F is not as young, but like we've got. I've got cupboards of craft things and paints, playdough and like all sorts of things. I've got a piano that you know that's something else. If we get one that do something different, we can play the piano.

C10F- We play the piano.

A36F - And then C10F had the desk for her creative like activities in the other room. So, and the house is like just the right size. So, it wasn't too cramped. It was, you know, we had our own. and because it's just me and C10F like we weren't having weren't stuck in with like Lords of people. It was just me and C10F. Or we could just sort of do what we what we wanted. The 1st through the 1st Lock Down with it was like a happy time, but the second lock down was a lot more difficult when I was working.

R - Yeah, and the novelty and one off of it. So, what was there anything in your home do you think made it difficult or sort of stress you out at all.

A36F - Just the constant mess and housework like that is what you can't escape from that and let them or you're in the house the more mess that you end up making. And then it's like there's no, you can't go out and get a break

C10F- and my bedroom 'cause I know if I was doing my work, I wouldn't have time to tidy room. And then I will go to bed. I was like Oh no, this is so much mess!

R - So like mountain climb over all your stuff.

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C10F- Yeah. I got to jump on my bed like weee!

A36F - This is funny.

R - But overall it was quite nice, like right size for the two of you. Do you think it would if there was more of it would have been a bit cramped, would it?

A36F - Oh, definitely, if there was more of it. I just yeah, I think it would have been a completely different situation because I do like my space and my own thing. If more people getting under your feet and making more mess. And yeah, just.

R - So we were you able to kind of have your own spaces in the house?

A36F - Yeah yeah, so C10F was mainly in the front room and then I was in here. Or we could go out in the garden.

R - So did you make any changes and to support you like your family wellbeing so obviously you mentioned that you, uh, sort of adapted the dining table to become [child's] school and craft space. Were there any other changes? Did you any sort of decorating or moving furniture around or anything to change it up?

A36F - Putting her desk in the front room. That's one thing 'cause that had been in storage like just in the starred in a cupboard, so I've got that out just to try and make life a bit easier. Ordering a lot of stuff online. Activities, anything that was gonna sort of help us or give us things to do. Uh, I'm trying to think I'm always kind of moving stuff about, really. We only had the 11 city. We had one of the so for them and I've got two now but C10F had a desk in the front room.

R- you mentioned in the pictures. So as all of these wonderful drawings and things that that C10F did, did you use them to kind of brighten up?

A36F - Yeah, yeah, so just doing activities and things. And we add those dotted around, usually in the windows. So, like outside could see or in the kitchen. Yeah, just trying to keep our spirits up. I guess late during that time it's we like colour activities. Fun colour.

C10F— and I got a new bed.

A36F - Yeah Christmas, she got a new bed.

C10F- it's double on the bottom and single on the top

R - Ah, cool. So, what did you have before then?

C10F- I just had a single bed.

R - But now we've got three beds. You can fit three people in. So, which one do you normally sleep in the bottom one of the top one?

C10F— the bottom one, I just use the top one for my teddies

R - So now the teddies have a whole bed to themselves.

C10F- Yeah.

R – so is that just an excuse to get more teddies?

A36F - And if she has friends sleeping over.

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[knock at the door, A36F leave to answer]

A36F – you keep talking [to child]

C10F– it's my grandma, and so what was I saying again

R - So, so you're telling me about your bed so you like sleeping on the bottom.

C10F- Yeah, but I use. I use down like these this old bear, which is very special to me. I don't know like but and then. then I went to like this shop and I found a mini version of it.

R - Oh cool, so it's got like a little sibling now.

A36F - My mom went through delivery. That was another great thing during lockdown is at, my mum is over the road from she's got a car so she was just doing all I would 'cause she was like. We both actually signed up. Oh, that was another thing that we did. We both signed up for the coronavirus volunteers and groups C10F came with me to help deliver leaflets.

C10F– there was this lady, I don't want to say rude

A36F - a lady. Yeah, she came out the house and she was started shouting that was and she was like about you know 'cause we were posting little. It was just a little paper leaflet, but it had the support number on for people. You know we're trying to reach people who might not have access to the Internet. And so, she was like kicking off about it. Well, we were like, well, this is our only way that we can reach people who don't have the Internet and stuff so.

R - Yeah, well, some people find it something to complain about.

A36F - So yeah, so that was good. 'cause we got out to do that some days.

R - So what's the again, this might be something you don't wanna answer later. If it was there any sort of spaces in the House that sort of caused conflicts or tension between you and C10F

A36F - I suppose I would say my work area because this is my work area. And I'm the first, but I didn't have that problem. The first lockdown, but the second lock down was when I'm at the computer, which I usually I'm from getting up on a morning like I like to focus and concentrate on my work, but. When C10F needed help, when she's got a lot of work to do, like if she sat next to me, it's difficult because you know. She distracts me and... Asking questions or chattering on or you know one thing or another...

C10F– or fidgeting

A36F - ...fidgeting. But then if she's in the other room, if I tell her just to get on with it, she's in the other room and then shouting through. Like what does this mean or how do I do this? You know? So that's sort of for me, but that's a that's a me issue. That I just I feel like I just wanna crack on with my work, no distractions, but that's hard to do when you've got when you home schooling

C10F- and sometimes the laptop wouldn't work so id need to use my mams.

R - So then you would kind of on top of each other, trying to both work in the same space.

A36F – Yeah, yeah she was needing this computer and then I'd be print and stuff out for her. Which is all takes time and then I was when she was finished, I had to check it and then I was having to take photos of it and upload it to the school app. Yeah, I like my space. I like my own space.

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R - how did you get around those kind of constraints? Was there anything you did to kind of? Like you said, deal with when C10F was in the other room working.

C10F- Remember, and I have this friend called [friend's name] and we are in the same class so I. I think it was like the last lock down. I used to call, and we would help each other. So, like the whole time, so the whole day I'd be on call with [friend's name] and we would help each of us so I wouldn't distraction on them. And so, my mom could get on with stuff.

R - That's a good idea.

A36F - Yeah, so I would let her like have the telly on while she was working. As long as she was doing her work and then I gave in. And just because all through the first lockdown and partly through the 1st I wouldn't let it have a phone 'cause like no we need to get you worked on before you speak to your friends and stuff but actually, I gave in in the end and it worked out better because she was working alongside a friend like she would have done at school. and it made things a lot easier for me.

R - And that social aspect of of being able to talk to someone or on edge as well.

A36F - Yeah, definitely. 'cause you know like it being out school that surrounded by the peers and and then when there's just suddenly stuck at home all the time and she's just with me. And then we're we end up arguing all the things it's. It's not the same as when she gets to be with their friends or talk to her friends, or you know, getting to ask questions like the stuck on the work. So that actually worked out really well and I took the pressure off myself and C10F like at first, I was like, oh, you know what you mean? Year five, you need to be working really hard and getting this done and come on come on come on and then I was just like it's not worth it. We were so stressed out.

R - So just a case of almost that just. Not putting the pressure on and not sort of thinking. We've got to get all this done, but actually let's just work with what we've got.

A36F - Yeah exactly yeah.

R - Do you think you're gonna keep any of the changes that you've made? Like you say, with the garden, the flowers in the garden and having this kind of crafty space for C10F? And will you keep those kinds of things?

A36F - Yeah, I mean, I've just I keep adding to my workspace the tables. Luckily, it's just completely full of all my books and everything at the minute and now I've got a whiteboard there which I just bought the other day. So, my workspace is getting bigger and bigger and bigger.

R - So the so the dining space is getting smaller.

C10F- Gonna take over the whole house sooner.

A36F - Uh, yeah, so. And then I've got like a nested tables in the front room which just suppose what we're using for mealtimes. but I still have like the activity areas like activity stuff in the cupboard for things.

R - So let's go on to C10F little bit up. So you want to show me any of the drawings you've done.

C10F- Yeah. I'm not the best drawer. I just decorated them a little bit. the one where it says think back to lock down was there a place at home where you didn't like to be 'cause it didn't work well for you and your family. So I drew.

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A36F - So what's this?

C10F- Yes, that's the table, that's your office, there's a piano and then there's the bookshelves,

R - Ah, so it's this room that you're in now.

C10F- Yeah.

R - Right and why? Why didn't this one work very well then?

C10F- Keep it small and 'cause it's small, it echoes in little bit. And then whenever I was talking it would just go. [mines bouncing sounds]

R - it feels really noisy, does it in there?

C10F- it did.

R - Yeah.

C10F- Especially if I'm on video calls like with the teacher.

[A36F disagreeing]

R - they've got better hearing than we do so.

A36F - Possibly yeah. Think back to lockdown when you're at home. Where did you most like to be?

C10F- And this is the front room. That's the sofa. That's my little task and that's the lamp.

R - So what was it about the living room that made it really good?

C10F- Well I had my little desk there when I'm done and there's a TV, well, I forgot to draw the tv. But it's right there. So, when I'm done, I could just jump on this over like this.

R - And is it good comfy room?

C10F- Yeah, and. It's much bigger. There is not a noise. And I can see if there's anything going on outside.

R - Yeah, that sounds good. So, you can sort of be a bit noisy and see what people are doing.

C10F- one time there was like this crash on the Big Hill, and I was very noisy.

R - So what else did you do in the living room? I know it's one of your pictures and it was a picture of your colouring in your elephant in the living room.

C10F- Yes. We did that

A36F - What did we used to do on the morning? 9:00 o'clock in the morning. Joe Wick exercise.

R - oh, you did your exercise in in the living room did, yeah.

C10F- Yeah, and sometimes we even got to dress up

A36F - Yeah you did it in the frozen outfit once

R- That sounds awesome.

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A36F - Yeah, that's another thing. Yeah, 'cause we did that for quite a while. Joe Wicks and we do it together and then I started doing exercise in. In there I was determined to get fit. So, I would do like body combat and stuff in there.

C10F- I do I did boxing.

R - Oh cool says, is there enough space to do it where you don't end up bashing into each other?

A36F - Just about not anymore though, because there's two couches in there now, but at the time there was just the desk so I could move the desk and then we had quite a lot of floor space.

R - But you do not do your Wick stuff anymore.

A36F - No, it was. It was a novelty so once and then yeah that phased out. I think it when she started year 5 but that's when it all started. Went a bit pear shaped because I was 'cause I was working as well. He sees so it was pressure on me pressure on her. Not able to do anything else.

R - Right, so C10F was there any space and it was there any other spaces in your house that you? Where did you go? If you want it to be on your own and you want it a bit of privacy?

C10F- either sometimes. Sometimes I would like. I felt lonely. I'm going to make friends with them.

R - Cool. Like Harry Potter.

C10F- Yeah. I would just go like this. Hello, hoover would you wanna be my friends?

C10F- Ah, I would go in my bedroom.

A36F - You like to make den's don't you?

C10F- Yeah. Yeah, that's my ultimate favourite.

R - Where was the best then then tell me about the best only made.

C10F- Well. I used to make them with the chairs with like a blanket, but I had when I had my single bed. I had like these draws and stuff and I made a massive den and I slept in it.

A36F - Yeah you did. That was in the lockdown, wasn't it?

C10F- Yeah, 'cause I really, I didn't really have anything to do so I was just like I just use like pegs and stones to like hold it down and then I made myself a little door

R - Cool, so like it like camping.

C10F- Yeah, and then I took my bed sheets off and the pillows and I slept there for a few nights.

R - Awesome, well that's like being able to pretend that you're camping when we can't go anywhere. Did you do anything else like that? Pretending to be somewhere else?

C10F- I used to pretend I was on the moon in the front room. I said I used to jump off the couches and go. And then I used to think I was in like an action movie.

R - Cool, get all the sofa cushions out and do stunts.

C10F- 'cause I like with the pillows I used to put them in the floor, and then like stepping stone and then I had this plastic sword and I got wow wow.

R - And so you say, was it your dad that was part of your bubble?

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A36F - Yeah, so my dad was on his own. My dad lives on his own and so we were. He was part of our bubble so he would come on a Sunday. And then my mum was sort of like childcare bubble up but didn't need childcare. But my mom was always like. I mean I was doing during that time.

R - Social support.

A36F - I was having to 'cause I was part of the volunteer's group so we were going to the Food Bank on a Wednesday to pick up food for the [***] family and taking my mum like we would need the car so my mom would take me over there to drop the food off and so used to do that on a Wednesday so C10F used to stay with my step dad.

C10F- and sometimes it's normal like got really stressed, I would just go to my grandma. And I work with them to come back to normal after doing that.

A36F - Yeah she would. She would do some like some work with my mum.

R- So is that. Was that a way that you kind of dealt with, you know if you felt like everything was getting a bit on top of his boss, it was.

A36F - Yeah, and that's yeah definitely.

[unrelated chat about school]

R - I know it's. I know it's one of your pictures was in the kitchen as well. How did the kitchen work during lockdown? Was that? I know it looked like a science experiment.

C10F- Yeah, so then now home learning in science we have to make a volcano. like was it vinegar? MHMM, vinegar and salt.

A36F - Baking soda and so.

C10F- I don't think I wasn't the best 'cause we had like a big box and like a background of like birds and stuff. And then we like. Then we'd like to a bottle and then something around it, so make it look like volcano. Yeah, it was all just overall the crafty stuff that we add. We just... And we made like Sand type, didn't we?

A36F - Yeah it was. It was really good. We painted it we use the kitchen for a lot of activities. We did baking. And then C10F. I also use it to display work as well on the cupboard doors C10F got any certificates I put them up on the kitchen cupboard doors 'cause it's like open plan. The dining room and the kitchen is like an archway. There's no door, so let's just got loads of stuff up on the on the kitchen doors. And yeah, artwork and all over the fridge.

R - Yeah, so that's interesting. So downstairs you've got. Like an open plan, living room, kitchen and then that room that you're in now.

A36F No, uh, living room first. the dining room. Then the kitchen.

R - and then upstairs just the two bedrooms and a bathroom.

A36F - Yeah.

R - I'm just trying to think if there's anything else. So how did you get time alone if you wanted? Some kind of R&R away from work.

A36F - I didn't.

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R - That was that because there just wasn't the space or you don't have the time or.

A36F - Well, just nobody. Nobody to watch C10F really how mean she did go to my mom's if I needed to go out and do something. Now if I went to the food bank or something it's only but that was I was doing something for somebody else and it was wasn't very long. So that was my sort of escape really to being able to do that. But yeah, otherwise no. I didn't really get time, as she's got older, she doesn't go to bed, which are find the most difficult 'cause like you know, having the evening, there's a growing up to my own time and stuff and she's not bother. You know she's absolutely no bother at all, but it's just knowing that she's open needing to get to sleep and go to bed and stuff and Uhm, she's never been a great sleeper. She goes to sleep. It doesn't matter what time I tell her to go to bed. she's still look quite early on the morning.

R - So did you not use your bedroom for kind of where the bedroom is not really used? There's sort of alone time space or...

A36F - No, I don't know why because I've got quite a good size bedroom and. It's I always. I always think if I had a bit more space, I would like to put a desk in there. I have a like a reading corner or something like that, but I mean I could go up and read on my bed and I just don't. I'm fine, I'm just sort of glued to my little office space.

C10F- But we also have their if maybe we cleaned out. We could have like a like because like having a space there

A36F – Where? The attic, It's not accessible, really. There's no steps to get up there.

R - Yeah, so it's more just storage.

A36F - Yeah, I'll send the garden the garden really sort of my space. If the weather is nice.

R - Is there anything else you can think of that? Helped your, you and C10F caught with locked down to do with your home.

C10F- Uh, music?

R- did you have parties like play the music really loud.

C10F- I wish!

A36F - music on the radio on the radio is usually in the background.

C10F- If I'm working in the front room, I usually provide some tick tock music on

A36F - flowers at. I did get in. I've got in, started getting into sort of like artificial flowers, and I've got artificial flowers dotted around the house.

R - Is to bring that colour in.

A36F - Yeah, colour just right.

R - So can you not decorate their 'cause it's a rental house?

A36F - Yeah, I've done, uh, repainted some walls, but it's yeah, it's I'm not allowed to do anything 'cause it's rented.

C10F- you know I'm during home-school learning I gave I let my mom borrow my fidget toys and then they helped a lot.

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R - To keep your keep the stress levels down.

A36F - Yeah, yeah, photos also seemed to have a lot more pictures as times gone out. More flowers. More pictures up. colour artificial flowers candles.

R - Yeah, so it's sort of adapting the space 'cause you can't do anything structural like build things.

A36F - Yeah. And Like making it look nice and just trying to find that peace or a bit of like yeah. Space, and especially when you're stuck in all time. Trying to be happy through difficult times. quotes inspirational quotes. I've got them all over the place.

R - Cool, well thank you very much and I'll stop the recording now

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Participants	A41F - 41yrs, White, Female, Master's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A50M - 50yrs, White, Male, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Work from Home C11F -11yrs, White, Female, No Schooling Completed C9F - 9yrs, White, Female, No Schooling Completed C6M - 6yrs, White, Male, No Schooling Completed
House Details	4 Bedrooms Detached Mortgage/Loan Private Garden

A: they hadn't uploaded any pictures and they were chatty before I started recorded so I let it flow. In retrospect I should have asked more about challenging spaces/important spaces etc rather than focusing it on work

R: Yeah, that's no problem. I have started the recording...not sure. Yeah OK. So now it started. So yeah, I am all ears. Do you want me to ask, or do you want to talk about this?

A50M: Just a quick question. So, we are talking... which lockdown? says like the first lockdown and then the, that's after Christmas so there's two. It's a bit different... in the summer one we spent most of time out in the garden or the children did, and then in the winter it's more a ...we tried to keep this sort of lounge area more as relaxation... and then we tried to find other areas in the House to concentrate on work.

R: If yeah, I see. And of course, it makes a difference and if possible, it would be interested if we could talk a little bit about both so we can see how they were used differently.

A50M: We did move house in October, yeah, so maybe it's different between the two lockdowns.

R: Well, I see. OK then maybe you can choose... Which house you want to talk about?

A50M: I think... The first lockdown is one of the reasons we put it on the market because we wanted a bigger house, so we've got a bigger house for the second lock bag, luckily. And now is one big thing of lockdown... 'If we're going to be spending more time at home, we need a bigger house'.

R: Yeah, that's very interesting to hear. then you know, I think I would be interested to hear about the previous house that didn't really work for you because it...

A50M: well, yeah, we just had more separate rooms, than before to accommodate ... A41F and I both need an office to work in, and then the children need the two girls need a room to work separately and then C5M needs another room. So, you needed like three... and then you still need an area for time out, don't you?

R: Do you want to talk about like these two needs maybe, because like I have some kind of series of questions, in a way, about specific spaces... and do you want to talk about...maybe each one can talk

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about their personal space of work and how... you know I can ask you questions about that and then ...all of you could say about the common spaces.. does that sound interesting?

A50M: Should I start?

A41F: You start

A50M: So, I... in the first lockdown A41F had to work, so I had like the area designated as the office.

A41F: Sorry by that he means I was on site in my last job

A50M: yeah, on your last job you're working on cycling a lot. So, we had a sort of family office and that now A41F has the family office because she needs more privacy. And I I've been working at the children's playroom and then I've got my desk in there as well so I can shut myself away.

R: So, was that space only for you?

A50M: Yes, the children, could come in as soon as I finished work. Or like if I'm not on calls, they come in and use the space.

R: So yeah, so it still... was a playroom alongside.

A50M: Yeah, yes yeah. And then that's me anyway? Yeah, that's it.

R: Can I ask just a couple of more questions regarding that. So, before lockdown was a playroom, did you make any changes in order to adjust it to an office?

A50M: Put the desk. That's getting that and arrange the furniture, arrange the shelves so that it doesn't look like a playroom behind you. We did at one point there was like it was just where I was working in the kid's playroom and people comment 'Oh yeah, you're in the kid's playroom'. But yeah, people were understanding, weren't they, in the lockdown.

R: And I can't ask if you use this space now because you have moved. OK so yeah, sorry I interrupted you

A41F: Yeah, so in the last house I was working a lot on site and then I started this job for extra in October last year. The same week that we moved house actually. So yeah, for me it was... I was also I used to work for ***, hence why I no longer have my role. Yeah, because it's sort of literally all gone. So, I was obviously furloughed a little bit, but I find it really difficult trying to manage three children with A50M trying to work... and trying to keep them quiet. And meet all of their needs within the space that we had and like... by no means was our old house... you know... small or, you know... I feel really bad that we were even complaining about it, but... In the first lockdown C5M wasn't at school, so he was in the last part of Nursery and ... so they just said, well, there's nothing we can do that's it... He was left to his own devices for the whole of this time. And then the girls... They were given work that was online, and it was just [inaudible]... Unfortunately, the school furloughed their teachers, which really was an interesting move to... we're no longer at that school either. And that was why, because there wasn't enough to engage them, so they were all like you know... all hell was breaking loose. We were trying to work between different rooms and then someone would be up in their room so I couldn't supervise someone, then someone else will be out in the garden and we were just using... we weren't really using any particular space because we are having three of them and they were just all like so different not being occupied really...

R: So, where did home-schooling took place?

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A50M: We talk about home-school; there weren't light in their bedrooms. Yeah, so first I did it in the kitchen and then when we moved here where, luckily, we've got quite a large hallway, and we set a desk up in the hallway where the two girls did... they sat both on their computers on the same desk and did their work with earphones in and it worked brilliantly... because then the second school, which is...

A41F: Yeah, so yeah. So, they are with a different school who had online teams' meetings. We only had... yeah... all morning and then they even had clubs after school, so it was much better but ...

R: That was the second lockdown, right,

A41F: yeah. I don't know if you have seen on my email, my job is ***, so that means obviously my work is confidential and as I'm sure you can appreciate, it's not easy in academia at the moment, yeah?

R: Yes, I am aware...

A41F: Yeah, I thought you might be so yeah, so you can imagine someone who he's job is to see all those people who were struggling academics come through going on to online teaching. So, it it's not being terribly easy. Plus having to home school three children. So, I was trying to be in here with quite literally... occasionally... we could have all hell breaks loose out there.

R: So, what is this a room you are now in?

A41F: This is my office. So then out there we had some you know... I had to be near enough to them that if anything did happen I could just like break my call and go out... you know people were very understanding. So they were, like A50M said, in the hallway and then occasionally, despite the rule being if the door is shut don't come in unless it is a dire emergency, still have people coming in and out and telling me things.

R: Yeah. Privacy has been an issue during lockdowns. May I ask for the first house so A50M had his office and you mentioned that you were a little bit all over the place with the children. Did you have some kind of more personal/office space

A41F: No, because I wasn't... I was on site I could...

R: Yeah, we were on site, of course you mentioned.

A41F: Those days were really difficult because I worried about what was going on at home.

A50M: The weather was brilliant, and they spent most time in the garden.

R: So, who from the children wants to say some things about... Yeah! which was your favourite space

C11F: my bedroom because nobody came in and shouted at me and they never [inaudible] me yeah,

A41F: but you weren't working there because you were absolutely not allowed to have... The rule is no internet and devices in bedrooms.

R: OK, I see.

A41F: Yeah, so you were not allowed working there. So, we're talking about when you were doing schoolwork.

C11F: Yeah, my favourite space of doing schoolwork was probably down in the kitchen... And all tasks and... because it was really helpful, and it felt a bit more like school... [inaudible]

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R: So, the majority of home schooling was taking place in the kitchen, right? At the old house.

A50M, A41F: Yeah,

R: Did you make any changes because I assume that was your kitchen table. Did you still use to eat there? Did you make some changes?

C11F: I had to take my stuff off the table when it was tea and I had it like...sometimes underneath the... like one of us stools in the island.

A41F: Yeah, but if you remember our old house the night that lockdown was announced, we moved our kitchen table into the Conservatory.

A50M: Just to give us more space.

A41F: Give us more space and to also try to differentiate between the two areas because the difference... So, in our old house we had an island and... it was open plan living, which kind of I know everyone really wants, but during lockdown it does make it really difficult. So that's why we moved. So [to C11F] you were talking about the kitchen table, but it was actually the island, remember?

C11F: Yeah,

R: I see. And the kitchen table that was moved in the Conservatory... how was it used?

C11F: Yes, I when it was winter when it got a bit too cold in the conservatory, we couldn't go out in there because it was dripping wet half the time. Yeah, no when it is raining... we couldn't go out there, so we mainly used the island.

R: OK, I see, but when the weather was good you were working in the Conservatory on the kitchen table...?

C11F: yeah

R: Can I ask about their kitchen table in the Conservatory? Did you do any other activities there apart from home schooling and homework?

C11F: I did [inaudible] some jewellery... and stuff out there... and I kind of... so I was out there, and I just used to draw quite a lot and

A41F: and you did virtual brownie camp.

C11F: Yeah, I did virtual brownie camp. So, for school we had to make a river because we were learning about it and so we had to make a fake river and I used the kitchen table that.

R: OK, that's nice. So, apart from crafts did anything else happened there, did anyone else use the table or was it only for crafts and home schooling?

A41F: Yeah, that's all it was.

R: OK and again I can't ask because you have moved house. OK, does anyone else want to talk about that? Their spaces during lockdown?

A41F: [to C5M] You know, when you we were in lockdown,

R: on the previous house?

A41F: Yeah, in the old house in***.

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C5M: I loved the garden, the garden was so big

A50M: He spent most of this time outside.

A41F: Yeah, and we did... remember my...

A50M: gardening, we grew vegetables

A41F: when we did, your zoom calls from the trampoline... the school? Remember? when you were in Mrs ***** class remember?

C5M: Yeah.

R: So, where did the children spend most of the time during the day?

A41F: In the garden,

R: In the garden, of course. OK, do you want to add anything regarding this, or should we move to the next part about your well-being and changes you may have done and.

A41F: Yeah

R: Should I move? OK So I'm going to ask about how you think your home might have supported or hindered your family's well-being, and it's very interesting that you moved, so I assume there would have been some trouble there, and that's interesting to explore. So, by home we mean both the inside and the outside the garden, maybe the front step, wherever you would go during lockdown... not the park... You know around the house. And by well-being, you know there isn't the definition, but how satisfied you were with your life, how well you felt, how the communication between you was good or bad... How good it was... A general question to start: How did your family, all of you, whoever wants to answer, you're welcome to, felt during lockdown.

A50M: So yeah, you felt you were... [inaudible] and couldn't go out there wasn't much to do so we can say we started going out... A41F would need time to do stuff at that the house, so I took the girls off for long walks. We went up into the woods sometimes that you know... just to get away and leave A41F on her own for a bit so and uh... I go for walks on my own and...up into the countryside and with the dog... And, then decided, like most of the country I think, to do DIY because there's not a lot in the house. So, we started doing the garden. Then started painting the outside of the house. I fixed the chimney. And then we thought, well, actually, we've now done all the works of the house, shall we see what it's worth? And shall we think about moving? So that's where we put all our efforts, because we couldn't go anywhere weekends, we were putting all our effort into the house and doing things in the house. And then yeah, what happened is somebody came along straight away. Because we were, like 5 miles out of ***. That property prices were rising, because a lot of people that lived in the centre of Bristol within smaller houses wanted more space...and within the first week we had somebody that wanted to buy the house. So, it was like 'oh where do we go now?'

R: That's very interesting.

A41F: Yeah, but well-being C11F Is... [to C11F] it OK if I stay right? Yeah? Well-being and what what's happened and how you feel? [C11F nods] So we have had a very difficult time. Over the past, well, round seven years as a family and unfortunately, we've had multiple bereavements in both our families [explains the bereavements] So poor C11F here uhm she's got anxiety. And... [to C11F] is it ok to say the other issue you got? This is totally confidential, so she's got some other issue. Well, it does play really part... She's got an issue with ***** and we are in and at school you've been struggling before lockdown. So, this is... C11F they try to make things better for other people, right?

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So, what happened was, you were struggling when you're at school and then lockdown happened. We said, right, that's it, we're going to crack it and we cracked it, didn't we? Yeah, because you were at home. But the only thing was, because unfortunately I had to leave for work, every you know, three days a week I was working and not on furlough, poor C11F would get really worried about my safety and so... especially with COVID

A50M: [inaudible] the anxiety as well.

A41F: Yeah, she was thinking that I wasn't safe all day when we were at home. and so that was the main issue we had. And your sleep was a bit bad, wasn't it? Because of it and you were having some nasty nightmares, weren't you because of everything? And then when we did start going out, she got really frightened again because she's been in for so long

R: I really feel that. It was a very difficult time.

A50M: Oh yeah [inaudible] night.

A41F: And it is still, isn't it? Because have been told that the world is a really frightening place and then all of a sudden, we're letting people like...

A50M: Yeah...

A41F: ...and told that she is safe again. But when you been told for so long, it's so unsafe...

A50M: Yeah [inaudible]...stay 2 meters away from everyone at [inaudible] some people today,

A41F: And then of course I felt that I struggled more than I ever let on because I find being at home with three children plus in a job that was really unsecure because I was also a self-employed contractor... so therefore, I was more than aware of my vulnerabilities. [talks about work] I thought it's a case of jumping before I am being pushed.

R: Yeah, I can imagine your stress all this period, amongst everything else as well

A41F: I I know and having what we had as well makes things a lot harder. Because we had to keep thinking about how they were and... you know... So, I did feel that I got really upset and sometimes I would just walk out of the house and try and just go in the garden and sit on the steps and cry because I just thought there's nothing else and actually, I couldn't see a way out of any of it. I know that sounds really black, but I was thinking, you know, am I even going to survive this? I felt very vulnerable as well. I'm also disabled, so it meant that I couldn't even really go out of our old house, either because we were on a hill, so my mobility scooter doesn't get out. That's one of the other reasons we moved from... And so, I felt really confined and just like 'God, I've got these four walls and this garden and that is it.

R: Did you feel that the previous home somehow supported your well-being or made it worse?

A41F: I mean, of course it was in a beautiful location, as in we had the most amazing view, and we were so fortunate for that. And it had a reasonable outdoor space, and it had the park next door and a church right in front of us... So, it meant the children didn't only just have our garden, but because no one else was really out they have... They could always go in the churchyard, so they had... what, about two acres to run in? and then now we live on my grandad's old farm, and they've got 18 acres now to run in, so they are more fortunate than the majority.

A50M: Yeah, that's a lot better. Community is.

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A41F: Yeah, the communities a lot better here, yeah? So actually, when this happens here, I didn't feel as isolated. Because even though it's winter... I know we shouldn't probably be doing it... My friends ride their horses up and down the road, I can talk to them there. People go out on bikes and all day you could see people here.

A50M: We're sort of in the middle of the village, so like a walk... because I couldn't drive much... because too many people do in a circle of the village, like walking around every day. So, it used to like... You see so many people during lockdown here... stop and start talking together, gardening. And like, now it's gone back to... people going off back to work. I don't see so many people.

A41F: So, an issue we had here when moved... I don't know if you want to hear about here, but there's C5M's physical wellbeing really because... He was doing things while we were at work. We didn't realize he was doing so. He went and got his drone when he wasn't supposed to, and he flew it out onto the road and went straight out running out onto the road.

A50M: No health and safety but yeah...

A41F: And then like they were going out, on the outdoor toys obviously, and we didn't really realize where they were...

A50M: When they got stuck in the mud.

A41F: The girls went and got stuck in a muddy field. And C5M, he's got this like battery powered toy that was out in the garden with and he... I mean he only crashed into a bird feeder. That's like the least of my issues. Yeah, I just felt all the time... like God knows what I am doing really is trying to get these five people, including myself, to like you know, survive day today of course, and it was a case of literary survival, not thriving in both lockdowns. Regardless of which [inaudible] in you know, as long as everyone had eaten, and like literally that they were still alive at the end of each day.

R: Yes, I understand that. what about the inside of the house? Like did you feel that the rooms were adequate? Did you feel that you had privacy, both you and the children? Uhm, do you feel that I don't know... the opposite... that you didn't have enough space and that created tensions?

C11F: I did think... because occasionally... I mean, I have my privacy but then sometimes, like my sister would come in and... but apart from that, yeah, I would have my privacy to be honest.

R: OK, you were happy with that... we are talking about the old house now.

C11F: yeah yeah. And sometimes when I didn't feel that I got my own privacy at the new house I just went down... we've got a brook at the end of our garden

A41F: A big one.

C11F: A big one. and I just ran over the other side there and it's just like it... animal haven there and you just listen to the crickets and the sound of deer running.

R: Sounds like a very nice place. Did the rest feel you have enough privacy?

A41F: Yeah. Yeah, C5M did you feel like you could be on your own? Yeah again, yeah, that thing... I feel that they weren't, you know, sometimes they be playing and then you know... wanting to be on their own and then the other one wouldn't perhaps respect that... Say wanted to build a Lego we had and some of the Lego House, remember girls? So, the two girls were, you know, wanting spilled it like they wanted to build the Lego house, with all these you know, family here and garden here, whatever came along, and decided that an aeroplane needed to go through the middle of it and...

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That was it... All hell broke loose. But they wouldn't respect each other. He wants to play like this, we want to play like that. Go in another room, get your Lego there. But he wanted to be with them and probably I felt that a lot of the time as well was... they were so bored that they would like... literally start provoking each other.

R: Yeah, I see. Yeah, so where did this splay activity take place usually?

A41F: A Lego is always in the living room. because also in both our houses? We've had the log fire. I mean, even though our last house was quite near Bristol, it was still rural. So, in the winter lockdowns... so I don't know if you live rurally, but we've got oil heating. Yeah, so oil heating is really expensive, so to have the heating on all day to heat fairly large house, it's very costly. So, it's like, yeah, we lit the fire so they would come sit in front the living room fire... to do playing

R: So, it attracted and concentrated all activity around that. That's very interesting, yeah. Did you make any changes in order to support your well-being? Like how do you cope with different things that need to happen in the same place at the same time? Or how did you dissipate conflicts and tensions. Was it enough space, for example, to isolate oneself or not? Or did you make any changes regarding this?

A50M: Yeah, we did more in the garden, so we did work in the garden. And then, like we said, we moved the dining table.

R: Yeah, yeah, the conservatory...

A50M: And we all we changed our eating habits,

R:, why? Why did you move it in the conservatory?

A50M: Most space, separate eating area. And we started having sort of main meal at lunch time in the

R: In the Conservatory in the kitchen table? OK,

A50M: And then having a break, right here in the middle of the day, you know...

R: Any other changes?

A41F: we tied up a quite big space in the garden. Made a veg patch

A50M: Yeah, made a vegetable patch yes.

R: Do you think that these changes, like moving the kitchen table? For example, to the Conservatory or helped eventually with...You co-existing and communicating...and your well-being.

A41F: Yeah... Also, obviously with three together we need to have time off. I know this sounds really sad and disciplinarian, but so that if someone is really like bitten into someone else and done something dreadful, then at least I could take them away and have a bit of calm down time. And it was my decision to move the kitchen table and the first night. I did it because I was so worried that... obviously they were... you know they came home from school on the Friday night, and we sort of knew it's all going to happen. And then that was it. You know they were told you're not going to see your friends for a long time, and we really don't know how long this is going to be. So, I did it initially to try to distract them from what was going on... to say, 'right guys, this is going to be so exciting we're going to eat our dinner at the Conservatory and we're going to pretend it's a restaurant'.

Family Interview - 03

C11F: Yeah, and we went up. We didn't have any idea because we didn't really watch the news and we went up onto the... like on top of where we say... we went out to the airport. And we didn't have any idea, and then it's really silent. So, I asked Mummy and why is it so silent and she said I didn't actually tell you, but we are in lockdown.

EVERYONE TALKS AT ONCE- inaudible

A41F: So that was a real benefit of lockdown for us because we used to have all these airport parkers go up and down the road and... They were going... They used to drive really fast, and we hated them... And then during lockdown we realized how busy the road was and how we can go out on bikes or anything, or live this sort of life that you wanted to live... That's why we moved. So yeah, but the kitchen table... we went and moved it and so then occasionally we'd make like a bit of a thing of it... And so right... I've cooked a really posh meal and we're going somewhere at a restaurant, so we could do it. And, you know, like have it a bit different and have it, you know, sort of a different scene and we said, oh, it's like eating out in the garden because you're right in a conservatory and it's like... yeah...

C9F: He said like you had to do a quest [inaudible]... menus,

A41F: Yeah, we did restaurant menus didn't we?

C9F: Yeah,

R: If you have pictures of that... that would be great if you have taken any.

A41F: I think.

R: I mean, that's very interesting.

A41F: Do, you want to see pictures of our old house and its sets up. We've got the whole floor plan and everything. If you want...

R: We don't collect floor plans. But if you have any pictures of this, some your seats and table, preferably without people... And you don't have to find them now, you can send them to me afterwards as well... whenever it's more convenient. So, can I just ask one last question regarding this? When we discussed about, you know privacy and space, it seems that you managed. So why did you take the decision to go to bigger house? I mean apart from the obvious reason, that the bigger house is easier to live in. Was there any particular difficulty that made you to have this decision?

A41F: Well, the schools

A50M: The extra bathroom wasn't working, wasn't quite big enough.

A41F: So yeah, I can't see chat on this teams

R: I think the little bubble.

A41F: Yeah, it's not coming up. C11F see can you see where it is? Love

C11F: I know, you can share your screen if you want.

A41F: Yeah, if I share the screen then you can see what we're talking about now, is it? So, this is our old house.

R: Yeah, I can see the conservatory.

Family Interview - 03

A41F: That is the living room. And here is the island. Can you see the island there?

R: Yes, of course.

A41F: And there's a big picture of the island there.

C11F: And the kitchen table. There's the living room... are all bedrooms... there's the playroom

C9F: my old bedroom

A41F: So that was it. And that's how we're living and then... I can send you that if you'd be interested in that.

R: Yes, if it's publicly... you can send me the link and I can put the pictures in a folder

C11F: Do you know how to send an email?

A: Yes, thanks C11F, I know how to send an email. Yeah, I'll send it to you after this.

R: No problem. Can I ask you? The living room... It seems that all the activity was... actually... just so I have the right... Remind me again where the log fire was located.

A41F: It is in the living room

R: So basically, the two centres know of the house is the living room and the conservatory. Depending I guess on the weather,

A41F+A50M: Yeah

R: OK just to clarify.

A41F: And just can I say... it really didn't help because the old... that was another reason... so that the conservatory in our old house leaks and it needed replacing. We did also realize during lockdown that actually it's fairly impossible to live there without doing something big to it, so it's like... do we do this? Spend loads of money on it... Are we going to get the money back? Or shall we do the opposite and go with it? So, we decided to just... were at the stage and finally do it... We thought, well, it's funny... it did more than we ever thought... We get for it [inaudible] and so let's go for it. And also, we wanted to live more rurally than we were, and our plan was to move to *** but then I went for the most awful job going. I got down to the last two... Thank God, I didn't get it. And then, also the school thing was the other reason. Big reason, because we were obviously so annoyed that...trusted them there because they... we thought they would support the issues we had ongoing with some anxiety, and clearly, they happened because they had furloughed the teachers and it wasn't giving the children what they really needed. And then this school... We've even had music lessons and stuff, aren't you? Oh yeah, that's the other thing we've had is. So, like when A50M and I've been trying to work, we've had online music lessons going on.

R: That sounds exciting,

A41F: So, it was lovely. Yeah, so we've got... C11F plays a violin, C9F plays a saxophone, C5M plays a trumpet.

C5M: No, it's a cornet

R: My brother plays the cornet. It's lovely and I know how it is in the house.

A41F: Yeah, so it's a challenge

Family Interview - 03

R: And the last question regarding the changes in your well-being, were there any changes that you would like to have made but you couldn't for any reason? You may have thought of an idea that could help, but you couldn't do it for whatever reason?

A41F: C9F do not poke my eye... But when we were trying to do anything, it was just so difficult to get any tradesmen in.

R: Can you repeat that?

A41F: Any tradesman in to do anything?

A50M: it is quite hard.

R: Yeah, I see. If you don't have anything to add then we can move to the children's part if of course anyone wants to talk. But if you have anything to add to what we have discussed so far...

EVERYONE BEING SHY

R: Ok, for the children's part. Uhm, I want you to talk to me about your favourite place in the old house and your worst space that you didn't want to be, you didn't like at all. And I want you to tell me why you liked, or you didn't like what did you do there or wish you didn't do.

C11F: Can it be outside?

R: Yeah, of course in the garden. Yeah, of course.

A41F: Do you want to tell C11F

C11F: In the old house, the best place for me...we had this really old oak tree, at the back of the ... like in the drive and there... barely anybody would go out into drive and it's quiet and above it actually you could hear blue tits and robins.

R: That's really nice

C11F: it was really nice. And the worst place...

R: What did you do there? Why would you go to the tree?

C11F: Just sat there and I listened to birds because being inside with four people, it's a bit frustrating when ...

R: it was you little time alone, space, wasn't it?

C11F: [inaudible] to out when it's pouring rain and stuff so it's my special place. And then the worst, say... it was probably the lounge and the laundry room, because they're really kind of like... the laundry was really in and quite a lot of people went in there to feed the cats and get with the washing and microwaves and stuff, but was really annoying. Uh, once... That was four people in there at a time, and it was a little bit too much. And then should I say my new place at the new house?

R: Yeah, if you want

C11F: My nicest place in the new house... We've got a barn and there's a trampoline inside of it. C9F and C5M do not go on it but I like doing a lot of new tricks on it and learning how to do tricks, and I can [inaudible] flips and tricks which just kind of a separates me from being inside all the time and having to listen to arguments at... from accidentally all the time. Say it was kind of nice during online

Family Interview - 03

school when we got like 5-minute breaks [inaudible] uh, that's when I went. I felt like, when I was... cause looking at computer screen for so long, having to do maths that was pretty hard... and without the teacher being like [inaudible] looking over on my shoulder and helping me, it was a bit complex to do it, so I had to just...so that's how I did it. And it took my mind off... because I find maths the hardest subject in school [inaudible] so I just went outside to walk sometimes and, in the morning, as well

R: this is very nice.

C11F: [inaudible] going to be.

R: It's very important to have a little escape place, 'special place' as you called it... yes? OK, what about the other two? Does anyone want to share or if you have drawn something in... you can show me the drawing and talk about it. Whatever you want...

A41F: Uhm, can you see [showing the picture of C9F]

R: Yeah.

A41F: So that's the door. Uh, that's daddy's office door?

C9F: Yeah

A41F: and then that is the stairs going up and that's their desk, that is C9F sat at one end and C11F sat at the other, isn't it C9F? Yeah, do you want to speak and say?

R: It's OK if you don't want. I want don't want to push you

A41F: What happened... [to C9F] say what happens. Because that's the problem we had as well... was noise. So, when one was on an online lesson... [to C9F] what happened C9F when C11F was on an online lesson on mum's headphones, what happened?

C11F: I was like shouting because the teacher couldn't quite hear me. So, I was like. '92' and then it kind of picked up and C9F's computer, so she thought that at... say... her teacher though that she had got it wrong. And I just was trying to say the answer to my teacher.

R: That is funny.

A41F: So, we had to get two sets of headphones. Didn't we? to resolve our issue because trying to have them both work in the same space... There was a conflict... when we first tried. Because we thought that headphones will be a bit... of a distraction. We honestly hadn't considered that two [inaudible] things on the computers would be difficult, and then obviously we had to buy new IT equipment as well, to facilitate all of this, because we had anticipated that someone might be able to share, but no one ever share anything. I think they're so fractious.

A50M: to C5M what you gonna say? What was your best place...?

All together: [inaudible]...

A41F: [showing C5M's drawing] Right, so he's drawn a rainbow. He's drawn tractors. Oh, that's not that way [turns the picture 90 degrees] C5M do you want to come and say... where did you... Can you remember lock down? What were you doing...?

R: In the old house... Which was your favourite place... you really liked to be there?

C5M: In the lounge watching TV and the garden.

Family Interview - 03

R: why?

A41F: Why was it good in the lounge and the garden?

R: Why did you like it?

C5M: Because I loved it very much and so I wanted to do it.

A41F: Why did you like the lounge, what did you do in the lounge?

C5M: Watch TV

R: You enjoy this. Relaxing yeah?

A41F: What were the girls trying to do while you were watching TV? - Home school, so that was the difficulty with open plan living. If I was trying to distract him with the TV... and then the girls were... I was trying to help the girls... saying the girls would be like peering, turning over at the TV and won't concentrate.

R: Yeah. And what was your... the place that you didn't like at all? Why didn't you like it?

C5M: I loved my room.

C9F: No, what you didn't like!

C5M: I didn't like...

A41F: the loft?

C5M: the loft.

R: Why? Why you didn't like it

A50M: [inaudible]

A41F: You didn't go in the playroom much did you?

C5M: [inaudible] I loved the playroom

A41F: Yeah, you loved it because it had toys in, but it was cold, and it was stuck at the back of the house.

R: OK.

A50M: and we used that space, didn't we? [inaudible] the playroom

C5M: Part we did it for home school

C11F: had a bathroom [inaudible] extend.

A50M: Yeah, the bathroom led off of it. But uh, yeah it was. It is a room at the back of the house. It is darker.

R: Was that the playroom that you were using as an office as well?

A50M: No, that that's the one here. They've got some playroom, but I see, yeah.

A41F: Yeah, in the old house, he had the office.

C11F: Yeah, looks like another thing that helped us through lockdown was our pets.

Family Interview - 03

R: Yeah, I saw a nice little cat there. We have one, but she's sleeping up now so I can't get her

A41F: Yeah, and we've got a dog, haven't we?

C11F: Yeah, we got one dog three cats.

R: Oh, that's so nice. Pets are always nice and calming

A41F: Lovely apart from our cat... is ***... Isn't she at the moment... and that one that came in... on my shoulder? She's apparently suffering with stress, which has given her a bladder issue.

R: I see,

A41F: I feel that maybe she gets a little bit stressed out when... It all gets very tense here. They you can actually see that even they clear off... Of what was going on...

C11F: and C5M, he always picks him up and they don't really seem to like it. So, he ran downstairs and then he would just see the door open. And when someone's like putting out a bit of recycling...

C5M: Well, she loves me though...

C11F: Because they just don't like being inside with everybody... Well... shouting and like shouting at one another.

A41F: Well, [inaudible] torture chamber, yeah, but isn't anywhere you liked in our old house. Where didn't you like.

C5M: The lounge

A41F: You just said you like the lounge because it's got TV and it's nice and warm.

R: Maybe it is a love hate feeling!

C9F: I didn't like dad's office.

C11F: Yeah, that's scary.

C11F: I didn't like the hallway... very often I work as well. We had the door shut. There is a door into the lounge and kitchen and that was where most people kind of stay. And then it was really empty and then it was quite empty... there wasn't really much in. And then in dad's office it was really dark all the time and kind of more congested so... Say that's another place, I didn't really like.

R: That's interesting. And I don't have any more questions. If you want to ask me or add anything, I think I can close this interview.

A41F: C9F won't you say... what did you wanted to say.

C9F: Uh, I didn't like the ... office... Dad's office because it's dark and ...

A50M: at the back of the house

A41F: yeah

R: Were you allowed there?

C9F: Not really...

Family Interview - 03

C11F: It was like when I'm reading out my maths... And Mom, was not I had to go to dad's office, which is a bit more dark and... I didn't really like been there.

C9F: Yeah, and my favourite place was like this pine tree that you climb up and we put a tent there. Then me and C11F faked like there was.... extra where[inaudible] smiggol's chairs there. Yeah, there's like in this branch ...there's like this kind of seat and it's... and it looks a bit like the smiggol sign.

R: That's nice.

C5M: Well dad... [inaudible] top tree there... and there is a big tree and we put one.

A41F: Yeah, you had a treehouse.

C5M: Yeah, and he put wire [inaudible] up that tree... and we can't... We can't go on the edge of it. [inaudible] Because our dad...

A50M: Not finished it.

C5M: Yeah, we are wobble bit

A41F: Unfortunately, here health and safety has gone out the window long time ago...But don't tell anyone that I work with.

R: Yeah, of course no. But yeah, it was such an unprecedented time.

C9F: I was trying to fight my cousin... not really fighting but like trying to fake like I was...

A50M: Fall off the tree house...

A41F: Actually, yes, we had this thing, we had to also change the playroom. I suppose it wasn't during lockdown. So, when people come to stay afterwards. We've, you know may committed actively; we shouldn't have done and had people over because A41F's sister is a single mum. So, we had her to stay. So, we've had... We did convert the playroom.

R: To a spare room

A41F: ...to a bedroom when she came to stay with us some... because ..her son's autistic.. sitting there being alone with an autistic child is not easy

R: So do they stay with you during lockdown or afterwards?

A41F: Just after

[debrief]

Family Interview - 05

Participants	A44F - 44yrs, White, Female, Master's Degree, Pre-Lockdown Working Outside Home, During Lockdown Working from Home A45M -45yrs, White, Male, Master's Degree, Pre-Lockdown Working from Home, During Lockdown Working from Home C10F -10yrs, White, Female, No Schooling Completed
House Details	3 Bedrooms Tenement Mortgage/Loan No Outdoor Space

R: Hello. Hi, I can, I cannot see you or hear you. Hello hi. So sorry for this everything OK, yes, hopefully I tried to fix it so. I'm really sorry for that, that's OK. It's quite a bit. Uh. Yeah. OK so I will start with the UM, uh, sharing your photos.

R: So, we start with the first part of the interview and probably will be targeting each of you. We're talking about one photo that you shared. yeah I'll be sharing it now.

Adult: Are you ready? (to the child)

Child: Ready.

R: Right, so can you see my screen,

Adult: yeah? (*asking the child*)

R: So that's some I'll go through all the photos quickly and so you can like remember them. And then yeah. Uh, choose which photo that you would like to start with.

A44F: I didn't notice the bit that said no people in the pictures please haha. But yeah, sorry about that.

R: It's OK. So which one would you like to start with?

A44F: I don't know. Do you want? Do you want this time with trampoline one? (*asking the child*) OK, this is the one do you talk about that?

R (*asking the child*): Why did you choose this photo? Why is it important for you?

C10F: Because in the first lockdown that's where I worked, and whenever I wanted, I could just go and jump on the trampoline.

R: OK, so that's that was like a work and fun place for you.

C10F: Yep,

R: and uhm. How did it feel during this time? How do you feel? Did you feel about the kitchen, is that the kitchen right?

C10F: Yeah.

A44F: Can you remember back to the first lockdown? (*the mother asking the child*)

Family Interview - 05

No. Not really much,

R: so, you didn't use the during the second lock down the same way.

A44F: We did, but in the second lockdown [the child] had a desk in her room.

R: Uh-huh, yeah, I think I can see the photo here.

A44F: Yeah, yeah. So, in the first lockdown she was working in the kitchen and so was her dad

R: uh-huh,

A44F: so they were sharing the kitchen table. Yeah.

R: And why did you change this during the second lockdown?

C10F: I have had enough of daddy (laughing). OK, sometimes, and it was nice to be away from my mom and dad and school because I'm usually away from my mom and dad in school.

R: Yep. You needed a place for yourself?

C10F: Yeah.

R: And what did you do in the in the place in that place? Was it all the schoolwork? Or did you do other things in that new desk?

C10F: Mostly just schoolwork, and then I would come out to play on the trampoline in the kitchen. sometimes.

R: And what about the new place? Then your desk in the other lockdown, shall I share the other photo.

A: Yeah.

R: What about what about the new place? The new study place? So, what did you do there? Was it only studying, or did you do other things?

C10F: No, it was just like school.

A44F: They had lots of teams' meetings, more so in the second lockdown, and we weren't allowed to come into the room at all. I think that separation from school and mom and dad. Yeah, you had enough of us (to the child).

R: So, has it changed after the lock down? the way you used the new study space.

A44F: Well, you've not been given homework yet, have you? But sometimes you do come through when you want something by yourself.

R: What would you do during the... You know the time that you wanted to spend on your own when it's not school time.

C10F: what was the question?

A44F: What do you do there when it's not school time?

C10F: spend some time drawing? Just to look at my stuff. Like Oh yeah.

A44F: You like to organize.

Family Interview - 05

C10F: Yeah, Lego

A44F: and you like to organize your beats and your little things,

C10F: yeah.

R: OK, that's interesting. And what about? What about the kitchen, uhm? How's it used after the lockdown is it still used for work and play or is it the users are different now?

C10F: We don't have the trampoline in there anymore, So, that's usually where I watch stuff like on the TV. Yeah, on Netflix or I play games on my tablet. And I did quite a lot of stuff at the kitchen table. Like drawing as well.

R: And who would be there when you're doing this stuff?

C10F: Well, if Daddy's, I mean if Mommy is working then it's usually daddy just either sitting on the UM but sitting on the sofa or sitting at the table doing his work on his computer [at this big country].

R: And why do you choose watching in the kitchen?

C10F: 'cause it's an easier place to sit.

A44F: Yeah, we we've got a small flat so that kitchen. And there's a recess where we've got the sofa and the TV. We discourage [the child] from bringing her tablet to her room. Uh-huh we prefer she's with us when she's watching things.

R: OK. And so would you like to add anything more about the kitchen or the your study place? Is that your bedroom? Is the study place in your bedroom?

C10F: Yeah

R: yeah, so would you like to add anything else about both rooms, the kitchen or the bedroom?

C10F: I have bar there, well I have a beam behind the camera (The computer – where the video call is carried out was placed in the child's bedroom), like a beam that I can aaa..

A44F: gymnastics.

C10F: Yeah, gymnastics being more like a balance on and stuff, but I don't really use that a lot. And then I also do hand stands in the kitchen against the wall.

R: So, you do like active play at home?

C10F: yeah?

R: But you can't do it that much?

C10F: I do. I do hand stands a lot on the wall

R: uh-huh,

C10F: and like every time I get up from the sofa, yeah. I. Well, if the trampoline was still out then I would probably be going in on it a lot. Uhm...

R: So where is the trampoline?

C10F: Well, it was beside... It was like beside the window and the kitchen table

Family Interview - 05

A44F: now it's pulled up and put away in my room. Yeah it takes up a lot of our space so it was good for exercising during the lockdown. But now that we can go out. And we keep it away most of the time.

R: Yeah, that's great. So, would you like to move to another photo?

A44F (pointing to the child): You're upside down.

R: Yeah. Is that also in your room?

A44F: Yeah, behind me is frozen and on the. Find the jars that.

C10F: Yeah, that's behind. and that's the thing that you're on...

R: Is where until now? so it's removed now it's removed now this bar.

A44F: No, no, it's still here, so I can't see. OK, that's the bar there, oh, wait? I'm confused. It's behind us. Yeah, the bar. The bar is quite easy to put up and down, so it's usually there.

R: OK

C10F: except daddy and sometimes you bumped your head on it a lot.

R: Yeah, it looks very quiet fun to play with it. Would you like to talk about the one of the photos that you have shared?

A44F: Uhm yeah, I can do. So, I think I sent two of my workstation and yeah.

R: So, which one?

A44F: Yeah, they're both the same. OK, so I took two so you could see that it is my bedroom actually yes and yes, so I am. Yeah, I set up a standing desk there 'cause I've got some neck problems.

R: Uh,

A44F: OK. So yeah, I've I mostly work from home like now. Like a lot of people. And then my I'm a social worker so I couldn't sit in the kitchen with them to do my work.

C10F: It was sad!

A44F: Yeah, it was sad. And because there's a lot of private phone calls that I need to make, yeah. So, it was good to have my own space, but at the same time, UM. It's just wrong.

R: Why is it?

A44F: 'cause it's you know it's the place where I sleep, the place where I do yoga and what I like to relax before I go to sleep. And but now it's also become a place where they do a very stressful job and. Have lots of difficult conversations, yeah, but this was the only option I've had for a long time so. Yeah, I mean it, I only need a small space. I don't need a lot, so it was good to be able to fit it all in there.

C10F: But a few times you played. You are running around all right. You didn't just use that space.

A44F: Yeah, I have been fighting too and I had a family that had to self-isolate in June. So, I wasn't allowed to go and see this child in person and but I had to see them most days to make sure they were OK. So yeah, and I would see them over Teams and then play games like we would...

C10F: one time she came running into the kitchen and. I'm just getting a fork!

Family Interview - 05

A44F: We are... We do games with this child like I would say, OK, let's see who can get a spoon first
R: uh-huh

A44F: and then we both go and look for the spoon and come back to our computer. so yeah I had to do... Crazy things like that and so that was a bit strange. To have that in my house,

R: but have you changed that after the lockdown?

A44F: No

R: It's still there?

A44F: No, because my partner you and he works from the kitchen. He is self-employed so he's always worked from home. and the kitchen is his area, so the only other option I've got outside of my [child's] bedroom when she's at school but I wouldn't want to work from her bedroom so. I get one or two days in the office now uh-huh yeah, the rest of the time I'm at that little desk by the window.

R: Yeah, and now after your you have returned to your office like - partially returned to your office. Uh, do you use this space? This new space in your bedroom, UM? During the days when you when you work from the office? Like do you use it differently other than work.

A44F: And I guess when I finish work, I usually try to tidy up. And yeah, that corner so it doesn't look so much like a workspace. And if I'm going to be, maybe if I have a weekend then it's going to be in the office Monday and Tuesday then yeah, try to put away as much as possible.

R: I just wanted to ask, do you expect that this this place or your desk will remain after returning fully? Returning to office?

A44F: Uh my hope not! No, I would probably. I mean, the little wooden desk would stay there, but they kind of platform I've got on top of it for my laptop and my keyboard. I would dismantle all of that and put it away.

R: OK, right, and what? What do you expect that you'll be using it for?

[The child showing a paper boat that she had made during the interview]

R (commenting): OH! That's very interesting,

A44F: and I don't know not very much. Just for maybe kind of house paperwork, you know, let's sit down some things, but yeah, OK, not much more

R: that's interesting. OK, so would you like to reflect on any more photos and that you have shared?

A44F: And I guess we took a picture of the trampoline and I love doing exercise on the bar and on the sofa because I don't know. Just a minute and because. Yeah, we, I think that was something that especially in the first lockdown we turned our flat...

C10F: Into a gym

A44F: yeah into a gym, So at some point we had the gymnastics bar, the trampoline, the gymnastics beam. We were playing table tennis on the kitchen table, and I was also using the trampoline for fitness exercises and yoga mat.

C10F: we also had a timetable.

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A44F: yeah.

C10F: although we did not actually use it is it because the teachers, my teachers, had already like done it yet and we did that,

A44F: so we took [my child] out of school the week before the lockdown started and that's when we did that on that first week 'cause we just wanted to keep a bit of routine and normality,

R: yeah

A44F: and we also did we build some obstacle courses, sometimes all over the flat, didn't we? And we did sports. They the school sports day and with our obstacle course. See it 'cause we couldn't upload it, but we had fun.

R: Did you enjoy that [asking the child]?

C10F: Yep,

R: that's good. And would you like you to keep that in your home? Even after the lockdown.

A44F: Well, the obstacle course is we had to put away again, but we could do them again if you want.

R: Well, I think these are very like interesting reflections on your experiences and would you like to add anything more before we move to the second part of the interview?

A44F: No, I don't think so.

R: OK, so uhm before we move, I would like to remind you that at any point you want to stop or any question that you don't want to answer just please let me know and you can also come for (the child). You can move during the interview. You can go out and come in as you wish. Just make yourself very comfortable. That's why you can go get some water or grab something. Yeah, no problem at all. so, we'll be moving to questions related to space and wellbeing and how you try to like, UM, change the your home in order to support your, UM, your wellbeing during the lockdown in specific. So, did you feel that your home supported your wellbeing? And for the whole family?

A44F: I think we really missed having an outdoor space,

C10F: the park was the most important place when we could go outdoors. *** Park.

A44F: Yeah so, I well I went out every day to exercise and (my child) maybe came out with me three or four times a week to the local park. Yeah, uhm, (my husband) and didn't go out very much. 'cause he has health issues, so he was being very careful. So yeah, I can see our local park became more important than ever. there are [were] always lots of people walking dogs that took over everywhere, but we had our kind of corner by the tree didn't we? Where you practice your gymnastics?

C10F and now I mastered cartwheels

R: oh, that's great!

A44F: yeah, that's something we really missed. So, for what we did do, although we don't have an outdoor space. And the kitchen window, yeah, the kitchen window is quite big, and it gets the sun in the morning so we would open it wide completely...

C10F: and Daddy would just like sometimes I came in from my park walk and stuff and I would just see him sitting at the window. Yeah, just like... On his phone.

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A44F: yeah, getting a little better, sun. And we put a window box on our windowsill, which we hadn't had before, and we planted lots of flowers on it. Yeah, yeah, but that was something we did in the lock down as well, yeah? And so. Yeah, I think we were OK to cope with a small house, but we would have really liked outdoor. Even a balcony, I think so.

The child talking in low voice

A44F: Did you meet? You made lots of things, but I don't remember.

C10F: are you?

R: So, it feels like the outdoor space was not only like a place for activity like being active, but it also had other qualities in your life that you missed in in your life. I mean, was there anything that you felt that was very helpful and in in your home in supporting your wellbeing. Other than the wide windows.

A44F: So for I think for (my child), definitely the trampoline,

C10F: and like we did champion trash is there was this one woman, and she was like hi welcome back to... And but before that we did Zumba.

A44F: Oh yeah, we did Zumba as well. So I think, think even though it's a small flat the kitchen living area, It's spacious enough that we had space for the trampoline and also We had space to, like (my child) is saying, do a bit of Zumba together and...

C10F: then we got dressed and got Just Dance.

A44F: Yes, so (my child's) cousin gave us a Wii, it's a game console. So we had video games but we had Just Dance and (my child) and I like dance crazy.

C10F: One can I tell her that? (The child talking while imitating the dance)

A44F: it's just like. Yeah, so especially on dark days it was really good to be able to have this space to dance and be silly and exercise. Yeah, always got our mood up.

R: That's very good. That's great. And if we if we talk about the changes that you made in order to be able to make all these UM activities to support to lift your mood, UM, so what were the main changes that you had to do?

C10F: Well, we built the desk (the child's desk).

A44F: Oh yeah, we so this was between the two lockdowns

C10F: in the summer holidays

A44F: we build (my child's) desk. So, the desk we had, It came with the bed.

C10F: so, I had a desk at the side which wasn't enough for the school work, so I worked in the kitchen and then in the next time. I have the desk.

A44F: Yeah yeah, so having her discourse important so she could keep work separate from her play area. I mean, what other changes? I guess...

C10F: well, I played a lot of games on CBBC

A44F: you played a lot of games on CBBC? but can you remember the question? What was the question? What changes did we make to how we live so we could do all these things?

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C10F: We bought the trunk.

A44F: Yeah, we bought all the equipment that... There were things that we didn't have before the gymnastics bar. And beam and a trampoline. The table tennis bats, you know that was so things that we bought during the lockdown, The Wii we also got during the lockdown.

C10F: Oh and also in the morning. I mean actually this is this is not part of the question, but I quite liked it anyway. In the morning I sat on my bed for like 20 minutes to read to you every morning.

A44F: That was your private reading time. Yeah, that was good.

R: So, what did you do? You still do that?

C10F: I did that at school

R: Did you do that during school time?

C10F: Yeah.

R: OK, no that's very interesting. And what about all these things that you bought for keeping active, were they all in the living room, kitchen area or where? Where did you place them in the room in your home?

C10F: All over all over everywhere.

A44F: Yeah, I have to say yeah it's for a few months the house...

C10F: (interrupting) everywhere you look, ooh a bar, ohh a trampoline!

A44F: I guess a big tease that I had to do personally was to let go of my... And I I like everything to be tidy all the time and I like...

C10F: you were so stressed!

A44F: Well, I had to learn to live in a different way and that I think that was a big thing for me. Because yeah, all this equipment was everywhere, and obviously that there were three of us working at home, so. There was work and play everywhere and yeah, that was a big change for me.

C10F: (the child mimicking her mother) ohh! There's a pencil there. (both laughing)

R: So, you were trying to sort things like where you what? Was that an attempt to sort things that are related to different activities you know, and separate them during different time. Like make the making the place like function totally different according to how you're using it. Like transforming into a play space. So you keep you separate everything related to work during play or separating things related to play during work?

A44F: so, I guess during the day, Uhm? We just focused on work so the kitchen table we can fold it up bigger. And it was covered with (my husband's) work and (my daughter's) work

C10F: (the child interrupting and mimicking the mother) and then she's like where could have my lunch now.

A44F: Oh yeah, that was another thing then we would have to tidy up to have lunch. And then tidy away the lunch things and back to work. And then yeah, we always cleared everything at the end of this school and workday. So sometimes after that we would maybe move the furniture so we could schedule boombox so we could do Zumba or yoga or Just Dance. Yeah, and then tidy up again at the

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end of the day for the next day, but nothing was ever very tidy. I think I just had to change the way I function.

C10F: But it's a long time to getting used to. (Talking to her mother)

A44F: Well, I know it.

R: Well, that's that was a lot of like change that you have made to the way you used your home, and so do you expect that this might say or you would keep these patterns so you know that you have created after the lock down and after the whole COVID thing is...

A44F: I. I think as things have gradually changed, we are also gradually changing. So, like the trampoline isn't out very much and I let us in. She's not here at school hours

C10F: that's gone forever,

A44F: and I think what? What is good. Although we're changing gradually back to what it was like before, we know how to do it. If it hasn't been, you know, and we know that we could get through it again,

R: OK, that's very interesting. So, do you want to add anything more about? You know the changes and. Well, the issue is related to how you felt in your home:

A44F: and I think sleep was difficult, OK? Specially for you (talking to the child) but I think probably all of us, partly because of anxiety but also some days we wouldn't going out at all. We tried really hard to keep her routine, but it's never the same as getting up in the morning go out to work and school and come back so. And that was tricky for a little while and you really struggled to sleep for a few months (asking the child).

C10F: Mmm.

A44F: So, it's good that we're back in a good sleep routine, but that was really tricky because there wasn't a lot we could do. We were already quite good at doing. You know routines and yeah. And sleep, hygiene and all that kind of thing. You know, we know all that, but it felt like it was a little bit out of our control.

R: and do you think that's related in any way or anything related to design of your home other than just the constraints of like movements like for example is that? Could that be related to the limited space for movement? Or could that be related to as you said, having different activities on top of each other or and being working hard on sorting them?

A44F: Yeah, I think it's difficult to know. I think it was probably a combination of stress and anxiety and limited exercise and. Yeah, it's just everything being a bit muddled, but I think that if we again if we had an outside space then we could just walk onto you. Know, I think FRESH air is really important for that, especially that. Getting sunlight in the morning, getting out first thing in the morning and it's difficult if you're confined at home and you don't have a garden. You can open the windows, but it's not the same.

R asking the child: Would you like to have like some rest? It's OK.

C10F: No no.

R: no? So yeah, only just one final question before we moved to a talking about the children. Experience it some so you talked a lot about how you were trying to accommodate, like different

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activities in one space and you were trying to accommodate. Like maybe, UM. Like, uh, at some point it appeared like conflicting activities someone wanted to work, the other wants to play, but was there any time that you felt like some sort of too much alone time, like isolation? You feel like =, but personally, like in as an individual, you have too much alone time in your home.

A44F: Alone time?

R: totally separated from the family during doing during maybe work or do it maybe during any activities that we're doing for you.

A44F: And for (my child) Yeah, the three of us were together most of the time

you can go to toilet (talking to her child).

And the three of us were together all the time. Uhm, I guess I personally felt very isolated in relation to my work, 'cause it's not work that I can talk to them about. And and yeah, my colleagues, I couldn't see them my boss Was not as available as I wanted, so. Yeah, I guess I felt really isolated from that point of view. I really miss seeing friends and family, but uh. I mean, I had them both, so I was never fully alone. and (my child) And (my child), I'm not sure I knew how to talk about it. and she, didn't seem to miss her friends for a while, but then obviously. It appeared that she was really missing them, but It was I don't know, I think it was Just a very complicated situation for children and we Skype some family most days. Yeah, uh, but yeah, I miss people a lot. Yes, I don't like to be at home pretty much like today. And I don't know that's the answer. Your question.

R: Yeah, absolutely. There's no right or wrong. It's just how have you experienced it. Yeah, yeah, so yeah, that's it, that's it. That was a great discussion about your experience in an experience of, UM, how you both experienced like different places in your home and things like that.

A44F: So, did you want to say anything about? Did you miss anybody?

C10F: yeah, I just want to add something to you not being able to stand not going out at least once a day. And like once like before Covid and everything you were like, uhm, (imitating her mother) 'I'm sorry. I know it's pouring outside, but I won't survive. I just need to at least go and get something from the shops. Take one breath.

R: So, what about you? Did you feel the same?

C10F: I miss going outside and I miss going outside and I think I mostly missed the people in *** like my most one of my most favourite people in the world. My cousin. Uhm, uh. Everyone else in *** really. And also, I really miss my auntie. She's my most favourite person in the whole entire world.

A44F: you spoke to her a lot in the phone

C10F: yeah, we Skyped a lot and I also most like my best friend. Although we did kind of cheat a little bit and go to the park and see her. We social distance, but yeah, it wasn't allowed at that time. We'll see. But we also I also missed (a friend's name) and those people that I saw like on a daily basis like at school and stuff.

R: And when you talk to them to people that you missed an over the phone or yeah, or you what through your device. So where did you, where did? Where did you talk to them? Is it in your bedroom and the kitchen?

C10F: I would just walk around the house.

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A44F: Oh yeah, so yeah, if you were speaking to auntie *** and because auntie *** is (my husband's) sister and you and I would like to also speak to her, and you didn't like that. so you usually came to your room with the phone and close the door, you're ready.

C10F: Yeah,

A44F: sometimes I close the door.

R: That's very nice. It's very nice to keep you... to be able to talk to people and communicate with them. Yeah. So shall we move to your experience (talking to the child). So, we talk about what you have written and drawn in your booklet. I'm so interested to see that.

C10F: (excitedly) Yes yes yes

A44F: is it OK if we just send you pictures of this?

R: Yeah, that's fine. Yeah, you can show it just show it to me in the... yeah,

A44F: I'm not sure the lights gonna be good enough.

R: Yeah, I can see it yes OK so interesting. Oh, wow that's very informative. That's really nice. I would you like to talk to me about it?

C10F: I'll just read it to explain at the same time, yeah, I'm staying in my bedroom because one. One, I liked having all my stuff with me, and two, I like being away from my parents. But obviously I still liked coming outside of my room to play. And then there's a picture of me saying this area is fine. Knock, knock.

R: So, you like to have some privacy?

C10F: Yeah, there's like I was. And like the times when I was like I'm doing schoolwork and stuff, it's kind of like weird to like to be with your parents when you're in school.

R: So, you like to do your things alone?

C10F: Yeah, schoolwork. Unless it's like an open day for parents around.

R: You all shared the place.

C10F: Yeah, yeah.

R: And what's what was the place that you? Didn't like the most. In your home during the lockdown.

C10F: Well, the place I find that I find most boring with definite who is definitely my mom and dad's room. I liked the kitchen. I like my room. I like the bathroom.

R: Why did you like the bathroom?

C10F: What would you do in the bathroom! (laughing)

A44F: OK, I think it's... You can see if I'm wrong, but I think. From what I saw and the first look down, you didn't like to work in the kitchen very much. Is that right or?

C10F: Yeah, I mean it is right, it's right, it is. Because, like I was alone and away from you and. The other person there (referring to her dad).

R: So, did that make you concentrate more or focus on your work?

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C10F: Yeah.

R: Was that was the kitchen distracting?

C10F: Yeah, 'cause like when I was in my room I couldn't just like walk two steps and then I would be on the trampoline they actually had to go through like 10 steps and that was so hard.

A44F: was that a huge thing you feel like you're actually having a break.

C10F: Yeah? Yeah, it was nice to have my trampoline right next to me, but still yeah.

R: So, you just wanted a place to work and a place to play. Totally separate,

C10F: yeah? OK, can play grand in the classroom.

R: Right, that's very interesting. Yeah, OK, that's very interesting. So would you like to add any, uh, anything more about places that you liked and the places that you dislike. During the lockdown in your home during the lockdown.

A44F: Another thing we did a lot. I'm sorry, I just realized we forgot to say this and (my child) likes building dens.

C10F: Ahh we should've got A picture of that... we, me and Daddy, made huge dents on the sofa.

R: that's so interesting.

C10F: Like the sofa cushions and stuff,

A44F: I can see if I can find a picture.

C10F: some of them were huge, probably if you scroll up for like an hour, you'll find a picture in the family chat (talking to her mother).

A44F: OK,

R: what did you do in the den?

C10F: And just like. Well. In one day, this didn't really work, but one day for like half an hour where I couldn't stand it for adding more than half an hour. But I tried working like sort of sitting with the mini table in the dead, but that didn't really work. But I went back to the kitchen table.

R: OK, right, but it still. It still felt like a place to fancy, like fancy place.

C10F: Yeah yeah.

R: that's nice and like I put a lot of my stuff in it like when I made him like some of my cuddly plumber myself. Patty's place and some of my books and some of my drawing stuff

A44F: and your pillow and my pills.

C10F: I yeah, I put my duvet and my pillow in there. Like by then,

R: but that's nice and did you. Did you like to? Be there alone also. Or would you like did you like your mommy, Mommy and daddy to come inside like Mommy and Daddy?

C10F: I Do not like mummy and daddy to go in there because some usually when Daddy tried to come in, he would just like break it. So, I didn't let him in.

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R: Would you like to have friends to come into your den?

C10F: Yeah, as long as they're not like bigger size than me, friends,

A44F: yeah, right. It's a tight space, isn't it?

C10F: Yeah, but sometimes I made like super big ones like once it reached to the TV. Sometimes once I made that really good from the beach to the TV. That was quite a good one.

R: That's very interesting. I will be looking forward to seeing the den photo if that you find it. OK. So the one you shared with me very like interesting things and You talk about the photos and the things, UM. Things that you have done in your home to work out and support your, uh wellbeing and your experience of lock down. And I heard very interesting things about your experience about how you dealt with the lockdown (talking to the child) Thank you for sharing this with me. So that's that. Is it for today for me for me today in the interview, UM and, uh, yeah. Thank you very much again for sharing all of this information.

Debrief and closing the interview

Family Interview - 07

Participants	A51F - 51yrs, White, Female, Bachelor's Degree, Pre-Lockdown Work from Home, During Lockdown Work from Home A53M - 53yrs, White, Male, Master's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home C8M - 8yrs, White, Male No Schooling Completed
House Details	4 Bedrooms Detached Own Outright Private Garden

R: So, it should be recording. Yeah, it's recording, uh, so the first thing I will share photos, UM, that you have sent me so we can talk about them. Uhm? Yep. So, you can also choose which one that you would like to start with, so uhm. I will just show them all and you can just Let me know which one you'd like to start with.

A51F: Oh no, it's alright.

R: Don't worry,

R: So, uh, which one would you like, the hamster or the desk is that C8M's desk?

A51F: Uh, this was fine. The hamster came later, so perhaps it's coming up, did she? But I guess we kind of. Yeah, I just got the hamster big cage because we've been through the time when we knew we needed our own space. Don't we?

R: Shall we start with this with this photo (the desk in the living room)?

A51F: Yep. Let's start with this one so. This is in sitting room. Yeah, it's just right there right next to where we are, where it's at now, and it's still there, UM. So, this desk just we set up for you (talking to C8M), wasn't it? Because we were having, we were doing all our schoolwork in the dining room, so which is kind of like the kitchen and the dining room were all one big.

R: It was breaking so uhm, can I just? break the information down with some questions. So first who took this photo?

Family Interview - 07

C8M: I did.

R: So why was this place important for you?

A51F: So, we put. We put this. This desk wasn't here at the beginning of lockdown. It was just kind of... Yeah, this is on the right side. Piano stool so. So, we put a desk here for C8M to have some space where he could come, somewhere that wasn't the dining room where we're doing home school all the time, UM, that he could just come in. With nobody hovering over here and trying to do cooking, or you know, clattering around and making noise, and so it would just be somewhere that he could concentrate 'cause otherwise when he was doing schoolwork. I was trying to cook supper and then it all became a bit loud and noisy, didn't and. And it wasn't great. You know it's not a great area to do schoolwork when somebody is trying to cook supper next to you.

C8M: No

R: did anything else happen other than C8M's school work in this place?

C8M: Not really, no,

A51F: not really,

C8M: no

R: So, when you weren't studying it's just empty.

A51F: No one was using it. No,

C8M: no

A51F: no, we didn't. We didn't need it there before. So, we probably also put, you can just about see it didn't have the plants and it locked down. we also put a little family photo on there just so that I live could. Kind of, you know, if we had a hard day that we could do. Remember that you know we were family, and we all have to be with each other.

R: and who will be there, uh, during come while C8M was studying. He will be with you.

A51F: Sorry,

R: who would be with you all the while he was studying who would be with you. do you study on your own?

Family Interview - 07

C8M: I study on my own?

R: And do you like to be, to have this place or for yourself and no one around or would you like to be someone around you but without any noise?

C8M: I used it for studying. Then, I'm just working on English and stuff so, I just had a quiet space to my own.

R: that's great and it looks like quite place. What's that window (a window in the photo of C8M' study space)? Is it a window or is it opening to the to an outdoor space?

C8M: It's a window.

A51F: Yeah, well it's like a glass door, isn't it? We can squeeze the laptop around in a minute and share it with you. So, it's kind of a big double glass door just leads out into a courtyard.

C8M: prisoners in court

A51F: there are not prisoners on the courtyard.

C8M: there are some!

R: So, do you like to keep the curtains open while you were studying? Or did you close them?

C8M: I didn't really mind. Yeah, well. No, that's a screen,

A51F: so, we put it. We put it there and we put the desk there. In the second lockdown, didn't we? Didn't we didn't have it there in the first one?

A51F: so, I don't think we can. I don't think we did. No, so it's kind of winter. It wasn't like an amazing. It's not an amazing thing, but it was. So, it was kind of winter and a bit grey, wasn't it?

C8M: It's not exactly an amazing view in our house, so there are lots of ones our house.

A51F: Yes, yes, we live in a very pretty village with lots of views of the dam.

(Broken line)

R: I can understand that. Uhm, yeah, the atmosphere in the winter was not very tempting to enjoy the view outside, but uhm. Isn't that how it felt? How it was, how he felt like C8M? That it didn't feel

Family Interview - 07

that you want to. You're missing, you're not missing anything when you don't open the window. We need to open the curtains. You don't miss the view outside.

C8M: No, not really,

R: And do you still use it for studying even after the lockdown?

C8M: No.

R: so, is there anything else would you like to tell me about this photo? Or should we move to another photo?

C8M: Move to another site

R: OK. So, this is the dining room. Yep, so who took this photo?

A51F: I took all the photos

R: OK yeah and why was this space important for you during the lockdown?

C8M: it was kind of where we. Kind of looked at all our work.

R: What type of work, what work?

(Broken line)

R: Now the line is broken again. Break up. Sorry, the line was just broken. Can you please repeat again C8M? So, what were you looking at? From while you where you were sitting at the in the dining room.

C8M: Well, nothing we well I was looking at. Well, we did our work in the dining room.

R: The school work?

C8M: Yeah, we started that so we kind of started the lessons here and then did the work.

R: Yeah, and what else? What other things did you do, uh? Other than the work in the dining room,

C8M: well obviously we eat.

R: Do you play on the dining table?

C8M: No, not really,

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R: no.

C8M: And I sometimes do with like tiny bowling pins or something from Christmas or something. Yeah, I don't really do that usually. I only really do that vaguely after Christmas.

R: And you still do it.

C8M: No, no,

A51F: sometimes you read don't you.

C8M: Yeah, sometimes but I'm but that's not exactly playing

A51F: no no

R: And when you read or work on the dining table, Mommy said that there will be lots of noise around you?

C8M: Yeah, yeah, so that's kind of just why I moved to the table 'cause like behind in that like behind the picture, so that's where the actual kitchen is. So, as you can imagine, I would be very close to the kitchen. And you didn't enjoy that you didn't like it?

C8M& A: No, no, no, not really.

A51F: just fair enough, I think.

R: But how did you feel like when you were eating there all together? Did you eat? Do you eat all together or does each of you...

C8M: Sometimes it's just it's just all of us. Sometimes it's just me and mummy.

R: Does it feel different to our eating then a while studying on the dining room?

C8M: Yes yeah. 'cause like when it's like when you when you're eating food, no one is cooking food. Are they foods already on the table? Yeah, sure, yeah, so yeah.

R: So, you all sit together and yeah, eating that's nice.

A51F: So there yeah, yeah, we tried to as much as possible we do try to eat like kings as much as possible, we do try to eat as a family. Yeah, and we did in lock down obviously we did 'cause no one

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was going anywhere were. But C8M and I, we felt a bit like we spent our entire lives in this room, didn't we?

C8M: Yeah.

R: And do you still gather for dining until now even after the lock down? So that's the family routine?

C8M: Yeah

A51F: yeah, mostly yeah, apart from some that some. Yeah, sometimes there are after school things now aren't there and there's [cops] and... You know things where things like C8M has to eat too early really for it to be a family thing. So, my husband works till 6:00 o'clock so.

R: Yeah. So yeah, that's great, so would you like to add anything other than what I asked about? About the dining table

C8M: no.

R: there is another photo for the dining table is it does? Is it showing anything different or is it just a repetition?

A51F: Yeah, I think it's just a different one (photo).

R: So, another photo?

C8M: Yeah.

R: So that's your desk (asking the adult).

A51F: Yes, so this is. This is now my study, and it was said it was the spare bedroom, but when, but because it was the bedroom and coming stay [unclear word] coming over at all. So, we took out the spare bed and I put in a bookcase and now there's just a mattress in there which is. It's nice really. I'm sure like a lot more, but I was feeling like I was either at that, this room is next door to the dining room. It's the room you can see further on the property. Yeah, so I was kind of feeling like I was just sort of shuffling from the dining table into here and back again. And that was my whole day and. And when I was in this room, working, uhm,

C8M: there's obviously the click so well,

A51F: there was mostly just spare bed and just makes me kind of cramped into a corner.

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R: so, while you were working there, uhm? I mean, were the others around you, or do you? Are you alone? Did you schedule it at during times when you were alone or just

C8M: mainly alone? My dad was basically just in his study all the time.

R: Yeah. And where were you when Mommy works? Where do you go? What would you do?

C8M: well, I did my math with my dad, but that's it. Well, I kind of really did with my dad when my mum was there. I just well with that was kind of when I was just working on my English. I mainly used who's my desk for English.

R: So, when Mommy was working on this desk, we will be sitting on your desk working on your English and maths.

R: do you still use it until now (the homework space)?

C8M: Yeah yeah

A51F: I've always worked from home, so I did. Have you known I did have a reasonable set up at home.

C8M: She doesn't always.

A51F: No, I used to go into the office every Tuesday and work from home a day and a half a week.

C8M: Yeah, her bosses, giant chick.

A51F: my boss is not a giant chicken come on. But it's a family joke that he is. So now I still. I'd go into the office, probably every other week for a day.

C8M: so, I know every day she goes into her

A51F: so I'm going. I'm going tomorrow

C8M: really?

A51F: Oh yes,

R: so, you said that you said this space was your workspace during the lockdown. So where did you work before that?

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A51F: Well, I worked in this room, but this room where you can see the mattress up against the wall. The mattress was on a bed and the bed was set up in this room so I just kind of had a little corner and a desk. A change, so we changed that. This room was mainly a spare bedroom and also, I had a desk on my computer in there and now it's mainly my study and also there's a mattress in there so it's kind of changed roles really. it's predominant use now is as a as my study and there's my workspace.

R: So how? How do you feel towards this space?

A51F: Uhm.. It's OK, I feel better about it now that it's. More of a workspace and less of a bedroom. You know it used to be just kind of. Well, I'd work there sometimes. Yeah, but then there's always work doing all my work there and I was starting work after helping C8M with school. Yeah, so then being just like crammed into a tiny corner of a spare bedroom just was horrible,

R: yeah. So, would you like to say anything else about your workspace? Anything that I haven't asked about? so shall we moved to another photo? So that's another view for this room (the homework room). Is there anything?

A51F: see the other side of it? Yeah, and that's so you can see that it's now much more of a kind of. Cosy workspace than being a spare bedroom

R: OK, and did you change anything else other than the desk to make this room like a workspace?
[It's frozen again]

A51F: Well, that's not really mine. Yeah, there was still under the bed was. Yeah, it's not really are there, is it under the bed was you know storage, so we had to kind of find space for everything that was under the bed in the rest of the house, and we had also had to find a place also for the bed which is now mostly up in the loft. [Uhm? Yeah. He has frozen again. Yeah, the line is frozen again.]

A51F: I just said it was a quite a big project and change the room over.

R: Oh, I missed that part.

A51F: OK yeah, 'cause it was loads of stuff under the bed as well.

C8M: So, was there?

A51F: Yeah

C8M: was like...

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A51F: I didn't know... I can't remember stuff

C8M: spiders?

R: so, you had to remove these things and.

(Broken line)

R: shall we move to another photo,

A51F: Yep,

R: the hamster?

A51F: the hamster.

R: Why is this Place, the hamsters place, important for you? Is it important for you (C8M)?

C8M: well, 'cause...

A51F: it wasn't really. Well, we didn't have the hamster locked down.

C8M: But it's the hamster.

R: So why is it where did you put the cage, the hamster's cage?

A51F: Oh, just the other end of sitting right?

C8M: Yes, shall we show her?

A51F: So, it's OK, Yeah, please get in the corner, (showing the hamster's cage over the video)

R: So, it's in the same place where you used to work well where you work (asking C8M)?

(Frozen line)

A51F: we didn't get the hamster till this summer, so we didn't have the hamster in October.

R: so that why did you get the hamsters?

C8M: I wanted a pet.

A51F: Well, I think yeah, I think partly because he probably did get her, partly because.

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[broken line]

A51F: Oh, you really wanted a little furry friend (talking to C8M)

R: And how did it feel when you had her there?

C8M: It felt good. Yeah, it's nice, isn't she lovely?

[The line is broken].

A51F: (my child) was very excited when we got the hamster. Very happy, weren't you?

R: Why did you keep it in the living room?

(Broken line)

R: I'll hang up and call again sure OK, OK.

[...]

R: And I think we have a. But it hasn't happened. Yeah, it's recording now. Yeah, so uhm, I think we have shared UM. Most of the photos. Yeah, apart from 1. Which is. Uhm, I don't know. Uh, here is the presentation. Uhm?

R: No, there, it's only the plan. The plan for. Should I share it?

A51F: So, the plan for the house, yeah, yeah you kind of yeah, if you've got any questions about what's where.

R: Is there anything that you want to tell me about the plan?

A51F: Well, the plan was just to kind of show you where everything is really so. So, this this one stuck on the end called bedroom next to shower and WC is the one that's my study... and then. Yeah, everything else is fairly self-explanatory really, and then this up if you go to the very top left that's C8M's bedroom and then the one further along going right is my husband study and he was just you know, and he had to completely redo all his working practices. So apart from an hour where he would take (C8M) to do maths, he was just in his room all the time.

R: and you haven't changed anything in the plan, especially for the lock down, so it was all changes. Changing the furniture.

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A51F: Yeah yeah, we didn't have any building work done because. But we have decided to move

R: OK. Is that because of your experience lockdown experience?

C8M: No,

A: not completely, no, but it didn't. It didn't help you kind of move.

[side conversation (A to C8M): but... can you go and wash your hands please, and put that away and wash your hands uhm C8M: I was eating the plum]

A51F: yes, you will come yeah it's certainly it did make us you know it made us very conscious that our house is quiet, Uhm, you know, we talked about not having views, so our house is around quite surrounded by trees, which is sort of nice, but everything is very close. Yeah, you can't see any big wide spaces. That didn't help. It would have been better to have been able to. Kind of at least look at when and you know don't still see evidence of other people. So, I think we did feel quite isolated.

C8M: I like that

A51F: you (talking to C8M) like the plan, good.

[side conversation between the child and the mother: C8M: what's this space (asking his mother)

A51F: that's the kitchen cupboard.

C8M: Oh, and that over that those are the stove, yeah?

A51F: Yeah]

R: so that fact that leads us to the second part of the interview. Actually, so I'll stop sharing and or maybe I can keep it. It could be something leading during the conversation up. So yeah, we have talked about important places for you in your home and it was all like very valuable information. But I would also like to know how far you felt. That way your home supported your wellbeing. During the lockdown.

A51F: Well, I would say one interesting thing about our home that's you know, not like many homes, is that it's a bungalow, UM, and that didn't help with everybody feeling on top of each other, did it? (Asking C8M)

C8M: No

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A51F: 'cause you know we had no upstairs to go in retreat to? so we all felt very kind of. Yeah, very like we were on top of each other the whole time. Didn't we.

C8M: Well, I didn't actually really feel that.

A51F: No? you didn't feel that

C8M: no

A51F: OK,

R: So how did you feel in general in your new home, and how did you feel that how the way your home helped you to feel good or bad during the lockdown? (Asking C8M)

C8M: Well, home didn't really. Like make us feel really anything but.

A51F: Well, think about it. We've been living in one room how? Yeah, that'd been worse.

C8M: Especially if we only lived in like let's say

A51F: nothing funny remember (A talking to C8M). I mean, you know, I know I'm complaining about it, but we did have. You know there are three of us and we've got a four-bedroom house. So, I mean, I was. I was [inaudible] of the fact that we did have space and we could get away from each other. Yeah, somewhat, and that that could help you know, and having a look I I didn't have to work at the kitchen table. I had a room to do that and C8M had a room that he could get away from us in the sitting room or in your bedroom. Yeah, so you know I kind of. Yeah, I can't imagine what it would be like trying to live in a really small space.

C8M: Yeah yeah.

R: And some families is during the lockdown. Some families had difficulty. You know, managing different things happening in the same space at the same time and other families had difficulties, due to having so much alone time or feeling isolated. So, what was your case in your home?

C8M: Not really us. No,

R: not any of that.

A51F: Did you feel like everything is all happening in the same place?

C8M: No, I kind of felt like it was sitting in bedroom and the dining area and the living room.

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R: So, uh, what? What exactly? How did you exactly feel C8M? So can you talk? Can you tell me more about how you felt?

C8M: Well, I kind of felt a bit lonely as Like my mum kind of said, Because of that, in the hamster cage bit.

R: Yeah.

C8M: But yeah.

R: and sometimes you know when you we talk about home. Sometimes we can also talk or explain how the area around our home and like. Helped us or did not help us during the lockdown experience, so we can also talk about our street or if there was a back-alley way or if there was even a small garden or playground very close to your home that was really part of your everyday life during the lockdown.

C8M: Well, we well we had a small garden, and we also have the playground kind of nearest. But yeah, the garden was a bit annoying, but we never got went to the playground.

A51F: You know the playground is closed in the first lockdown.

C8M: Yeah

A51F: but we do have a big village green there. I spent way and we did. We would take a walk around instead of walking so instead of walking to school, we'll do a lap to the village at 9:00 o'clock every morning [unclear] till 11:00 o'clock I can't remember, but it was...

C8M: It was in the morning.

A51F: It was in the morning, Yeah, it was before you do study, wasn't it was before you do maths with daddy. So, it would be 9 o'clock. Yeah, so. So instead of walking to school which we used to do, we would do a lap to the village and come back home, and we'd have races across the green. Wouldn't we? in the morning

C8M: but she can't do that anymore because of...

A51F: Oh yeah, it's a shoulder now, so I probably do a race,

R: but did that help.

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A51F: I think it helps us all to get out of the House first thing and we did that the whole way through, 'cause it's a small village and there was nobody around.

R: what would you be looking for in your new place? So, what's the thing that you don't have there?

A51F: stairs, we want stairs,

C8M: Like everywhere there's

A51F: lots of stairs, we don't mind how many just.

C8M: Yeah, it's like a billion we wouldn't mind

A51F: a bigger garden 'cause our garden is...

C8M: yeah like maybe as much space is like two, two of our sitting rooms.

A51F: Yeah, that would be big it wouldn't.

R: What will you do in the garden that?

C8M: how big it is. Oh yeah

A51F (reminding the child of the question): what were you doing the garden? like when we have a garden?

C8M: ummm but well if we have one that, that we could make a small football pitch and we could buy some goal posts. You're hoping, yeah, OK, we could also buy a trampoline.

A51F: Oh yeah, we could do that. Here we go.

C8M: And we could also buy one of those really good trampolines and that you can do black backflips on 'cause I want to cry that soon.

R: So, you like active play.

C8M: Yes, yes

R: you missed that in your home during the lockdown?

C8M: And I also like very not active play.

R: What type of not active play?

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C8M: Well, you know like TV and iPad.

R: And when you do that not active playing how? Where do you do the not active play in your home?

C8M: Oh, just right here

R: in the living room, that's during the lock down?

C8M: the TV's like just right in front of us and yeah, this is the most comfiest place to play on my iPad, and it's the closest place to be on internet

A51F: that's the closest place to the internet connection is here, not what we've had today.

C8M: Oh yeah, it's also the best thing Internet connection is here.

R: So, what? What do you do in your bedroom?

C8M: Well, I kind of just go to sleep and read and yeah.

A51F: Yes, yes. And you can see from the plan, or this bedroom is not particularly large, so...

R: yeah. So, if you have your bedroom on an upper floor, what would you do in it?

C8M: Well, if I did have it on the upper floor. Will we? No, it's kind of not that kind of. Why? Well, I can't when I wouldn't really mind where my bedroom or so I would kind of like my bathroom on the downstairs floor or if not or if or if it has to be on the upstairs from the living room to be on the same floor as one of the bathrooms because at school when one of the person who sits next to me told me that when they when they play on their computer and they need the loo they have to go upstairs as every time.

R: Yes, and that's not very. Convenient for you or nice. Yeah, that's not good, yeah,

A51F: however. Well, they like that. And also, I'm kind of...

C8M: I would also kind of like to have a bank like we did at the *** where I was on the top of my mom and dad were below. It was fun. Yeah, that was fun.

A51F: So we stayed in a shepherd's house this summer

C8M: for 300 pounds.

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A51F: Well, I think the money really matters,

R:: So, it that it's it was fun to have a bunk bed.

C8M: Yes, after that we had a really nice meal in a pub in the park. We had duck.

R: A duck. Yeah, yes, so you like animals are having a pet?

C8M: On a plate not on a pond.

A51F: Yeah, OK, and they do the ducks

R: So, it's nice to have animals around, isn't it?

A51F: No one is saying that we come in the summer holidays, we climbed up a big hill and then we went to a club, and we ate duck.

R: Ah OK, right yeah. Not in the pond, so not around you, it's for... it's quite nice actually.

A51F: yeah lovely, and we do like them in the ponds too (laughing)

C8M: Yes yeah, but we like them on plates now.

A51F: Yeah, yeah

C8M: but the ducks on the plate are just like really yummy me.

R: Yes, they are. They are indeed so uhm, if we uhm what one final question for me. I just want to. Maybe if you explain for me more what would make difference would it make if you have two levels in your home than having it on one floor? Having an upper floor. And the ground floor?

C8M: Well, that's tricky. I don't I. I'm the person in the family who doesn't. Who doesn't mind the most,

A51F: I think yeah, I think that's true, isn't it?

C8M: But like yeah, I miss stairs, but like it's not exactly like I have a desire for them. Yes, I think as I said before, the only thing that I would really mind is just in the living room was downstairs and the bathroom was upstairs. Or yeah, yeah, that's not the good thing. Yeah, but with the kitchen was three floors up in the dining and the Dining room was 10 floors down.

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R: Yeah, that's pretty funny, OK yes, but at you mentioned that you wanted some sort of separation when you have. Your UM, two floors in your home?

A51F: Yeah, I think for me my husband. It's kind of mental separation between. Kind of. You know me. Yeah, I don't know. We don't know really well we know whether it would be probably working. Upstairs, so it's not so much, so I think it's yeah, it's just having some mental separation for us was definitely amplified by lockdown, you know, we kind of we, we didn't love it anyway, we always thought that it felt like everything was all kind of on top of each other. Uhm and look down just made that worse.

R: Yes, is there anything else that you would like to reflect on?

C8M: No, no,

A51F: no, I don't think so?

R: so can I talk to you (directing the question to the child) with you all about your experience during the lockdown and places that you like the most and places that will like in your home, did you? Did you draw in your booklet, or would you like just to talk about it?

C8M: We have kind of just to talk about it. Well, I kind of like the bedroom and the dining area. 'cause then I could just eat. And sleep and I also like the bathroom, because then I could just wee.

R: yes.

A51F: what did you particularly like and did not like in lockdown?

C8M: I didn't like the like the subjects of the dining room. And I kind of like the Living room because that and the bedrooms because they were cosy. So yeah,

R: So, and what about the places that you didn't like?

C8M: Well, as I said, I kind of didn't really like the dining area because of its subject. And well, I'm not too bothered about the bits on the plan that aren't that that don't line up to the dining area, like the utility every week, which is basically where we just do the washing stuff. So yeah, I'm not really bothered about most of the places.

R: Yes, so when you say the dining area is quite subject, can you explain that for me please?

C8M: Well, I mean like this thing we used for mostly the learning and [inaudible].

Family Interview - 07

R: Yes, and you didn't like that place to be for learning. No,

R: no, but it didn't work at all about your backyard. you talked very little about your backyard and I think you didn't like this place, did you?

C8M: No, well, backyard was kind of. Not exactly,

A51F: it's a really rubbish garden. Yeah, it really is.

C8M: Yeah, like the backyard is literally that small.

R: So, you don't like it because it's small?

C8M: No no no no no. No, yeah,

R: is it. Anything else? Is it because you cannot play active play that you talk to me about?

C8M: no no, I really just want kind of like a grass garden, yes?

R: So, it doesn't feel like a play, a place to play,

C8M: no no.

R: So, is there anything else that you would like to talk to me about places that you liked and dislike?

C8M: No. That's so great. So, we have reached the end of our interview and you share it with me.

Very uhm, interesting things about your important places in your home and how you make changes, but in your home and the way you used different spaces, uhm?

[Interview wrap up & Debrief]

Family Interview - 08

Participants	A41F - 41yrs, White, Female, Doctorate Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A47M - 47yrs, White, Male, Master's Degree, Pre-Lockdown Work from Home, During Work from Home C4F - 4yrs, White, Female, No Schooling Completed
House Details	3 Bedrooms Small Terrace Mortgage/Loan Private Garden

R: Uhm, so when you worked on these tables were you alone or because I see and as you say, it's an open plan.

A41F: Yes, I was yes.

R: So how did you manage that?

A41F: So, in the sense of, you'll see from when A47M discusses his photograph, and he has been working in the loft and has set up a desk and so on and so forth. And so, I've had the downstairs as my, as my place

R: OK and C4F, what would she do during this time?

A41F: What we did was we split our time. So, we worked. We split it between mornings and afternoons

C4F: Daddy desk and mummy table.

A41F: Yeah, living room? Yeah, that's right, yeah. 'cause we were lucky so when everything closed down and no one could go.

C4F: book! Book!

A41F: Yeah, lots of books! (Talking to the child) and actually no one could go to school or nursery C4f was at home with us and at that point we both shared the top desk and we split our time. But when things began to reopen again, C4f actually went back to nursery. The nursery opened and it remained opened. Unlike schools for the whole time.

A47M: Apart from like 10 days wasn't there?

A41F: Yeah yeah. So, uhm.

R: And during the time when C4f had to be at home, when you, when you were both had to work, so did she. Where would you be?

A41F: like if I got... and it was really warm that spring, uh, and uh, we set ourselves up basically in the garden. Yeah, did most things out we will. We're lucky from that perspective that we've gotten outside garden and did most things outside. Didn't We?

A47M: Yeah,

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A41F: and when I went to the park, yeah, a lot.

A47M: Yeah, and A41F would work in in the UM afternoon and I would work in the morning.

A41F: and then work at night.

R: So, it was quite, uhm. I think it was quite... A bit of like managing time and place at the same time, like I'm scheduling and place, but how was it like before the lockdown?

A47M: Well, it was. It was easier because we would be, uhm, I would A41F would be going to the university, and I'll be going out to a lot of meetings. I mean, I was working a bit from home, but mainly I'm going to use the sort of flexible workspace in in the ***.

A41F: I never worked from home. I put. I really disliked that Co-joining of home and work. So, I was in the office five days a week. So, it's quite a big shot.

R: So how was this like the open plan? How was it like before the lockdown,

A41F: so, before the lockdown? I mean, obviously we live in a very small space, but when you have a very young child, that's quite, I suppose, convenient in the sense of you're all together and are able to kind of play games and watch TV. And, you know, cook your supper and things like that so. Actually, it was great, but when lockdown came, it proved a challenge for sure.

R: And after the lockdown well things are not like, exactly the same as it was before I suppose. Or how is it the case for you?

A41F: I mean, like, I say I've only just started going back into work. I mean, I've been at the kitchen table since February 2020. In the last two months I've done a day or week in the office, so I am still very much at the kitchen table, and that's kind of also coincided with just an increased volume of work due to kind of like the online nature. I think UM of sort of just being present all the time and the event. People finding you sort of available I suppose with a child in nursery 'cause obviously C4f is only just started school. She was able to go to nursery from sort of nine till six if we wanted. But essentially, we were getting a full day's work in once she returned, yeah. So, you know, in terms of needing to share this space, it was just me and A47M, Really, during the day, share sharing the space for work. (Wow, that's your hand. That's amazing if it, yeah- Talking to the child),

A47M: I mean I I'd had like video conferencing in in in my previous practice and we used it for occasionally for because we had another practice in Hong Kong and so we used to use it whenever we had time, mainly for like international calls. But I think the really interesting thing about lockdown... Suddenly everyone had to use it, and I think that what that meant is that now it's become the default, I think it's... now it's like the preferred method and you'd have to have a good reason to actually meet in person. Basically, I think that is a massive difference.

R: Yes, yes, that's true. Uh, well, that would lead to the yeah then my next question is like how would you expect the way you're going to use? You know, maybe the open plan and the UM, the desk in the upper floor room, UM or other places in your home, how do you expect the changes? Or how do you expect they're going to use them in future?

A47M: Well, I think they do it. It will hopefully get it will be using the kitchen less because A41F will be going into work. Uhm, I think you have to go back to or is it three days or two to three,

A41F: two to three days a week? Yeah,

Family Interview - 08

A47M: so A41F and I will only be working from home. Two or three days a week? Yeah, uhm, and I think I'll continue in the loft because of what I do I have two screens which, uh, so it's kind of more difficult for me to be in the kitchen basically,

A41F: yeah, so I mean being downstairs is not just sort of what happens in your home. It's also sort of all the interrupt options, like people knocking on your door, and you know parcels being delivered and being kind of like. Frontline for everything. It's really hard to kind of ignore that. Oh wow, yeah, and that I found challenging.

R: There's also a photo for the garden. Yeah, go to for the laptop so would you like to talk to me about them?

A41F: Yeah, so during lockdown C4f spent a lot of time outside and so did so did we all really uhm, we have a really lovely garden and that's quite secluded in that we have three mature trees. It's quite a sun trap, isn't it? But with enough kind of shade, so we certainly... So, we certainly invested in sort of like an umbrella and the garden plants and just making it much nicer.

A47M: We had the garden re landscaped as well, so we had all the tiling that you see was put in there. Yeah, just at the end of it is now at the beginning of this year, isn't it? Yeah, yeah. So that we had a bit more a better-quality environment 'cause we did have wooden decking and it was different levels and it wasn't that great. So we actually spent quite a bit of money doing up the garden.

A41F: it was a challenge to work for my garden 'cause our Wi-Fi is a bit intermittent and sort of the further on in the garden that you go to. So, like if you were having a video call or what have you, it was quite hard to sort of guarantee that outside. But then we've actually also put a bench. But you can't see, but we put bench sort of along a side bit of our property, which is where you can see where the bike is. There's a sort of walked down that and it takes you into the house. Sort of. Also kitted up that area so we could sit and take kind of video, video calls and things like that. But I mean C4f. We went through something like three paddling pools. I think they got attacked by foxes and So and so forth. But we definitely lived outside. I think to get some relief from being in a very small open plan house,

R: How was it like you said you made some improvements and some changes for the department? So how could you use it before the lock down? What happened there?

A47M: We used it in a similar sort of way. I mean, it's only a small garden, so we would sit out and but the you know [unclear word] for more well C4f would play and then the where you see the paving slabs we had wooden decking and that was always where we sort of have a table and chairs to eat out, but it just meant we got more space because with the wooden decking there is a lot of gaps around the edges that were unused. But with the paving it just gave us Like maybe you know an extra 10 square feet of space and that's. I said big difference.

A41F: So, we just thought it was the value of the garden didn't we like realized that we need like we were just so thankful that we had a garden that we weren't in a sort of flat and that we realized that we, you know, in terms of home improvements that was a place that we wanted to spend some money to make it nicer.

R: And will it stay like come, do you expect after the lockdown, and now you're able to go out, and you know, uhm? Outside the home, is it going to be as important as it is exactly?

A41F: Definitely because with a small child you don't have as much mobility. No like, but like that also so you know, like having a garden is quite important when they can't, then they refuse to get

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dressed but also A47M is now working home full time and I'm, you know, not expected back in the office five days a week. Yeah, so definitely I will make everyone significant part,

R: So yeah, it's there. Uhm, there's also a photo for the laptop?

A41F: yeah, so again, like it's sort of meant to represent. I suppose the sort of video. Saying that's just become so prevalent. I mean, I literally sit on calls day after day, all day, and that would not have been the case like I was working from home before lockdown. I would have been answering emails or doing concentrated sort of projects, it really is kind of like that invasion into your personal space and into your home space. And there's always that kind of. I think it's been improved since you can use kind of backgrounds and what have you, but sort of before of that came in. You know there were people sort of staring at my personal effects and the messiness of my home, and I haven't really enjoyed that kind of always being available.

R: So, what I mean, how did that affect you? Like how you prepare your home before the video or...

A41F: Yeah, sure, I mean rushing around trying to like tidy up or put things like you know out of out of view. And just making sure you haven't got anything improper, you know, in the background and I work a lot, you know, like with external, external sort of organizations and so on and so forth. There's also that need to quite well. On the one hand, it was a bit of an icebreaker, and you need to be really professional.

R: that's great. So, is there anything else that you would like to talk to me about the photos before we moved to the other part of the interview? J

A47M: only the computer in the loft with the table I that was all new. I didn't have that before. so, we set it all up especially. and I bought the screen, I bought the table, but I actually bought the printer as well, which for me was actually a really good thing. So, you know I think there's been some positive outcomes of a sort of locked down. You know, having been better organized for homeworking, it's definitely helped me be a bit more efficient. It's my work and yes, yeah, so that's good.

A41F: I mean, we also got the lights as well, and although those loads of pictures down there, we've had intentions. Haven't we need to make our home more visually pleasing. We just haven't had the time. We haven't got around to it. Might certainly that kind of just wanting to make it feel like you're not working from a bedroom.

A47M: But that's it, really. I think that's all we want to talk about the photos.

R: OK, that's great. And please, if you want to like, stop or move around or take C4F way, you know if she needs to move around just make yourselves comfortable as much as possible.

A47M: Thank you.

R: OK, so the second part of the interview. I'll stop sharing the photos and it will be a... As I said it will be related to how you changed your home. Make changes in order to support your well being. But when I talk about your home, it's my it might also include the immediate context surrounding your home, so the streets, or if there is a back alleyway or you know, a playground that's very close to your home, any space that was integral in your everyday home life during the lockdown so. In general, if you would say it, tell me how, how far you find your home supported you, your well-being during the lockdown or and the family life

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A47M: I think quite well. Actually, I think we're lucky that you know it is small and it felt more and more small that as time went on because it you know the more time you spend in one place, the more oppressive it seems. But equally I think it's you know it's good proportion the small rooms, but they're good proportions. There's a lot of as well. Compared to where we were before, there's a lot more daylight and sunlight, which is, you know, important for your sort of mental health, and we, and we've got the garden, and that was a real blessing. Was the garden. I think I would have really struggled if we didn't have a garden, really struggled,

A41F: and I think what was interesting as well. So, we're in a roll of terraces, and they were built as sort of worker cottages, and the walls are quite thin and and before the house next to us is rented out to students. Fair enough, but like they're living a different lifestyle party and before they were having a lot of parties and actually since lockdown happened, that's not been the case, so needing to card and knock on the door and say it's three in the morning. Do you mind my child is asleep? Actually reduced, it was really a blessing a blessing, I suppose of sort of people being not there or living separately like it felt quite good. But yeah, I don't know. I mean, I think I totally I do agree with A47M's points, and we live in a really nice, light and airy house which is like great. But it for me as felt more repressive as times gone on. There's just stuff everywhere. And it's hard to kind of we don't have those kind of circulation spaces in the sense of like cubbyholes, you know, like we don't have a landing, particularly if you maybe to have like a a play space or we don't have any separate rooms downstairs. It's like, right the way. And you know, I, I find that quite a challenge.

R: Yes, in terms of managing the things everywhere. Or is it...

A41F: both like managing things and always, being like on view and available... Where do you go if you want 10 minutes out? Skype is about much or work life, so bit much and it was that just isn't really an option in this house. There is no there is no separation really. Even shower on the ground floor, the doors get flung open.

R: But it when you say there is no separation, so they're, uh, you mentioned before when we're talking about the photos separation from the people outside. When you have the cameras on all the time, and so they start what you mean? Or you also mean separation between members of the family or

A41F: just mean in general. Yeah, 'cause I'm already would have gone, you know, you would touch your day at work, and it would have gone home. Experience something else than just the same walls the same people.

R: Also, they're like the challenges that people face during the lockdown in their homes and that made them also make changes where there were different forms of challenges. In some cases, the people were there. The challenge was having many things on top of each other, other happening at the same time and sometimes things were conflicting, and we have to manage different conflicting things happening in the same place. And so, in some cases there was so much. Like isolation alone, time like people were separated too much. Not just having a nice alone time, but it's reached the point of isolation. So, what was your experience?

A41F: It's really interesting. The isolation, points 'cause I think having a small I mean I get that point like you can feel isolated even around people. But having a small child, at home and both being in full time jobs like that wasn't something I experienced. It just wasn't. Any time to think actually, and it was more that wanting kind of space. But that was also for us or for me. Definitely that juggle that conflict of like I've got a meeting that finishes at one, but I've got a meeting that starts at one, but I've got a child that I can't leave on their own and like that crossover and the fact that you would go

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without lunch at times and the other it would be quite on the other person to know that you needed a cup of tea. If you were like swapping it over and. You know, like sending WhatsApp messages, can you bring me a cup of coffee? 'cause I'm like stuck on literally like back-to-back kind of calls and even that like idea of needing to go to the toilet and then it was really. I think there was a tussle between the two of us like A47M and has his own business and it was like just starting up and really doing lockdown. So, there was like that pressure of needing to make that success. I kind of have a really demanding job and you do get into a power struggle as a couple like, and then a really small child that, you know, you can't leave alone and nor would you want to and like hours of TV just isn't like the thing for them. So that was really challenging and it was really interesting from when I was in work. People were always late for meetings like it was an accepted thing because I'm on a campus, you walk between buildings. People didn't leave that time, does there? You'd rock up 10 minutes late and actually no one would think that was rude or you to stay on. My train was late, and everyone would be like Oh yeah, fine. But coming on to like online meetings, starting like on the hour you know and obviously my works introduced policies about managing. Start at 5 past and all of this, but no one really follows. Then to my experience and or external partners don't have those same policies, so there was also that it just was. Yeah, just relentless I think and just trying to sort of mesh my priorities and timings and needs with A47M's is was definitely a challenge and still is.

R: And as you talked to me about lots of changes that you have made the desk in the loft and the garden. But what is what are the changes that you made specifically to overcome this challenge?

A41F: We just, well, we just had to communicate. I don't think we have overcome that challenge. No. that's there, and I think that's the thing. I mean, it's both locked down. In the sense of like because before lockdown I just would have been at work and I would have been negotiating with you know, my meetings not negotiating in my home.

A47M: Yes, I am. I think we also have a cleaner comes twice a week and before we would always be out when she was here. But now we're here when she's here so and now all of a sudden with C4f's nursery would now have a nanny for the first time ever. So, like on a Monday we've got me A41F then cleaner and the nanny, all in this tiny house and so, but I've started now making sure I go out on a Monday just so there's, you know, it's not too crowded and people can actually going to get on with this stuff. They need to get on with, but you know, it's difficult because we both work full time and C4f now. Finishing school at three when she was at nursery, she would finish school at between five and six, but now she finishes school at three and so we can't pick her up at 3:00 every day. 'cause we're working. So, we've got a nanny. But then the nanny, because she doesn't know floor with it said. The moment is more. Uh, sort of proper. If I had to come back here really 'cause she's got not got to know it yet, but that means she's here with C4f and us in the house and it's just, yeah it's not easy.

A41F: but after lockdown. Obviously, a lot of that eased, didn't it, as in like obviously (the nanny) didn't come and uh, we... C4f was still wasn't a nursery at that point, so the sort of people that are coming into our house was much was much reduced.

A47M: Yeah true.

A41F: Which then again

A47M: I was just talking about lockdown we suppose so.

A41F: But then. It meant? Obviously, we were also trying to do so. We have.

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A47M: Yeah, we also had to do some cleaning at some point. The nightmare 'cause we don't have any free time at all, then it's like if you're not working or cleaning. Basically yeah,

A41F: which I know it's a reality but everybody and but yeah, so we've sort of gone from trying to create systems. I suppose that bought us time and bought a space and kind of made our home, I suppose homely for us to just basically. Just being here.

R: what could have helped like what could have helped in your design of your home

A47M: if it was bigger, well we've been talking about getting a garden office. You know, like the little pods, yeah, yeah. And we've looked at them. We've looked at a few different types. We've looked at the budget and you know, and I think it's maybe we will in the future.

A41F: And that conversation hadn't been before lockdown.

A47M: that would help a lot because it would mean the kitchen could remain a kitchen. But that when people are coming and making tea or making lunch whatever, we can still both work uninterrupted. But I think it was. Hard for A41F to have to work in the kitchen and you know, I'd have to tiptoe around if I was moved the kettle to light another plugged into the stairs or something to. Sorry.

R: Yeah, yeah, it's just the same. Yeah, I hear that from all the families it's just repeated story.

A47M: Oh God, I find it amazing. Like you know, human beings' ability to adapt and improvise and kind of just just make do. I think you know and compared to previous generations; I think we've got it easy. Actually, you know, I think life is much more convenient anyway. These days it's all and it's all relative, isn't it really nothing from that? People don't know how? How much easier it is, but actually, it's a lot easier for us than it was for the last few generations.

A41F: Yeah, but the home office thing definitely has been a conversation as a result of lockdown. We never were thinking

A47M: no, but I definitely would. Do, you know? We looked at these ones that are like 2 meters by two meter and cost £10,000. So, I just think. You know that that would be a money well spent. I think if we could have a separate office that's got the electric and you know, heating in the winter and A41F: and broadband

A47M: and broadband. Yeah, and a kettle.

A41F: We're very lucky that we've got to one pocket park, and then we probably actually got like we've got a canal and then we've got two very large parks by us, which is great, really catering both for families in terms of they have sports. They have playgrounds, they have cafes, you know. Like they have everything that you there, petting zoos etc. So, life from that perspective, we always made a lot of use of our surroundings, but we were really lucky not to just be in our in our house with nowhere to go.

A47M: Yeah, like those parks were godsend. Yeah

A41F: definitely. And they are almost an extension of your house of course, but of your living, arrangements really.

A47M: Yeah yeah. So, I'm just gonna say I think *** is a really good city from that point of view because it does have lots of different size parks and green spaces spread throughout. You know, rather than you know, New York has one big park in the middle. Others don't have much screen

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space at all today, but we're sort of a bit more of a patchwork, and that means, like wherever you are, there's always going to be a pocket park or a garden square or a or a royal park within. Sort of within an hour's drive, you know an hour's walk or cycle, and we've both been walking, cycling more as well as... and using the car less that's being.

R: I was just asking, perhaps I should have asked this question from the beginning. Was that the quality? Why you chose your home for from the beginning, even before the lock down?

A47M: the location for work for both of us it was. It worked really well, but that's when I was working at an office in ****. But then actually I left about a year after we moved in, and, uh, that didn't become a factor. Anymore, but also just being able to be quite central in *** I think that was why we were prepared to spend more money to have a smaller place because of all the different amenities that are so close. You know, we can go to *** Zoo. We can go to the canal so we can go to good restaurants and get good takeaways and whatever that you know a lot of friends have moved out and we even went to go and stay with some of them like in ***. And I think you know, there's. It's just not the same in those places. It might seem attractive because you know you have more open space and bigger home, but actually the everything else around you is much. Uhm, more limited, you know.

A41F: I think it is attractive, but it's only attractive if you really want to change. You want a full change you can't expect to move to *** and cancel the same lifestyle. You've got to want something completely different. Yeah, yeah, that's great. No, it's really interesting. That thing of like we both wanted proximity to work and in part that was 'cause I don't like a long commute and I think it's important to be able to walk to work or cycle to work. But also, because we had a small child. So we didn't want to feel like the nursery called and they said your child unwell, which they did exactly that you would like a train journey or you know both been working parents and actually we have discussed moving and since COVID and like you know should we or should we not and we always just come back to the same spot of like but where would we go and what would we do and actually like we like where we are really.

R: (city) is a great place always. So uhm yeah, I've reached before the end of the interview. UM so is there anything else that you would like to share with me?

A47M: No, not from my point of view. I think that that's being good. It's been a bit like therapy.

A41F: Yes.

A47M: And free counselling. No, but it's a good. It's a good idea to do this as a research project, definitely.

A41F: Yeah. What was I gonna say? Uhm, you can obviously get the floor plan of our property. UM, and saw that it would. There was some discussion of that you might be looking at floor plans and ours available on right move? Or we can send it to you if that's something you can really see. What we're talking about. If that's if. If that's of help, but I suppose just really intrigued to know what might come from this or what you're hoping. To do, and if will be kept informed.

[debriefing]

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Participants	A37F - 37yrs, White, Female, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A37M - 37yrs, White, Male, Professional Degree, Pre- Lockdown Work Outside Home, During Lockdown Work from Home C6F - 6yrs, White, Female, No Schooling Completed Baby - (No Data)
House Details	Semi Detached 3-Bedroom Mortgage/Loan Private Garden

R: OK, so can you briefly talk me through the spaces in your house?

A37F: Yes, so we've got a living room and then a second room downstairs, which is a kitchen, dining room and a downstairs bathroom. But living space wise downstairs is just a largish living room and then a kitchen diner.

R: And the upstairs?

A37F: Upstairs on the 1st floor we've got two bedrooms and a family bathroom. And then on the second floor we've got the master bedroom with an on suite.

R: OK, thank you. Uhm, so before I go to the pictures [let me ask you] another question, how did you come to live in this house?

A37F: We bought it about 12...

A37M: [inaudible] 15

A37F: We bought it 13 years ago

R: OK. like was it your first choice?

A37F: Uh yes. It was the first house we bought yeah. And at the time it was very big for a couple.

A37M: Yeah

R: Oh, I'll share my screen. Uhm, so we cannot see the pictures and you will not be able to see me, but I'll turn back. So, from my understanding, here is the first three pictures is the kitchen.

A37F: Yeah, as the kitchen-dining room, yeah.

R: Then is it the living room living room?

A37F: Yeah, and then...

A37M: Living room still

R: Ah, it's the living room, ok.

A37F: Yeah, first three are the kitchen-diner, and the second three are the living room from different angles.

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R: OK, uhm, so which one would you like?... First of all, who would you like to start and to talk about... Like, I can see that A37M is working in the living room, for example, would you like to talk about that? Like we can focus on this picture, and I will ask you questions to understand what was happening there.

A37M: Sure, I was probably teaching at the time. I would sat down there, so I was as a teacher. I had to remotely teach lessons into the children's houses or wherever they were. And so, most of the time it was just to kind of my first years' classes where there's only maybe five or six kids. But then other times it might be a class of 30 year 8s or year 10s or something. So having... so with the [inaudible] it was quite straightforward really... However, it was awkward, obviously with C6F being in the same room potentially, although... [cat screams in the background] and some cat screaming! And then when the cat screaming occasionally, during lessons, although the kids liked it [inaudible]. But quite often what would happen is A37F would take C6F into the kitchen with her while I was teaching a lesson, and then when A37F was in a meeting C6F would come back into the lounge with me if I wasn't teaching. But sometimes we wait for meetings of course, so C6F would often sit in with A37F or with me depending on what I was, whether I was teaching anything that needed more attention.

A37F: But your desk was big enough, wasn't it? And it was already a desk before lockdown started, so it was a desk being used for the purpose of a desk.

A37M: Yeah, I didn't really have to do much at all with my computer setup. Uh, what's that... Just learn to use more Google meet and those kinds of things but apart from that It was quite straightforward.

A37F: It was already a space we had in our house set up for us.

A37M: it was

A37F: Very similar purpose...

A37M: Exactly, Yeah

A37F: Yeah

A37M: Very minimal [inaudible]

R: I see. How do you feel about this space?

A37M: Uhm, how do you mean, during lockdown?

R: Like having to work from the desk?

A37M: Uhm, I didn't really mind it.

A37F: It's his desk, you know...

A37M: Yeah...

A37F: It's his gaming desk at other times. So yeah, it's set up for him. He likes it.

A37M: I spend most my evenings at the computer anyway, and it's always been the lounge as well, because that's where we've got the space for it. So, it was quite... it wasn't normal, obviously, but it was... It didn't require much change on my part if I am honest...

R: Yeah, I see. OK. So well, in the living room... You said that C6F was there... What was she doing?

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A37F: She was home schooling on those little desks. There's a picture of the little desks, her little computer

R: Yeah, yeah...

A37F: Usually they were in the living room next to this desk.

R: Yeah OK,

A37F: She was basically during her school day, doing workbooks and whatever else we set her

A37M: Yeah.

R: OK and was anyone else in that room as well?

A37F: No, I was in the kitchen dinning.

R: You were in the kitchen, working. OK, you said that you still have your desk before lockdown. Did you need to adapt it somehow for the more intense work in a way, or did it stay the same?

A37M: Not really, uhm. I mean we had the instructions from school to make sure that there's nothing in the background, like pictures that could distract the kids while they're working. But as you can see, it's pretty... It's just a door there and then the occasional cat jumping over the background, which would distract them sometimes. But on the whole it wasn't a problem.

R: I'm sure the students loved the cat.

A37M: Yes, they did.

R: So, the question is why did you choose this space? I assume, is it because the desk was already there and...

A37M: Exactly yeah

R: ...and the computer was already there. OK, what else was happening in the living room during the day? like when you finished work for example?

A37M: OK so it's very relaxed, isn't it? In the evening just TV and...

A37F: watching TV, playing video games. C6F was doing like a yoga club using this computer so she set her yoga mat up. Think there might be a picture of that.

R: Yeah, you have a...

A37F: Yes so, she used this room for that. She used this room for some of her PE classes like PE with Joe during the day and tumbled tops on the TV and things. Yeah, she gets her toys out in this space.

A37M: Yeah

R: OK. And have you been bank back to work, I guess?

A37M: Yeah, I have. Yeah, back to work.

R: So, how has this space changed now? Has it returned to pre-lockdown...?

A37M: Uhm

A37F: Yeah we don't, we don't home teach here. Apart from the baby stuff. but that is irrelevant.

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A37M: Yeah, that's not so... yeah, no real changes.

R: Is there anything else you want to add about the living room?

A37F: Oh, so we just keep C6F's little tables as a desk, though...

A37M: We did. That's true actually. Yeah...

A37F: Yeah, we going to discuss C6F separately. We just... A37M. OK...

R: OK. So yeah, let's discuss C6F. Let me open the pictures again just to see if the pictures help. So, I can see the little desk did the little desk move around?

A37F: Yeah, so that that second picture is the little desk. In the kitchen, that was when A37M was teaching a live lesson in the living room, and she couldn't be in there 'cause she was distracting. You know, she was just a distraction for his students.

A37M: Yeah

A37F: So, the little desk came into the kitchen, but usually that little desk was in the living room. Yeah, if you go into the fifth picture, you can see a corner of it.

R: Yeah, let me let me. [R shares the pictures again]

A37F: Uh, yeah on the 5th picture where she's doing yoga, you can see A37M's desk and you can see a little pencil box on the corner. That's where the desk is usually was.

R: Yeah, I can see.

A37F: Yeah. So A37M worked with her whilst I was in the kitchen doing my work and often on conference calls.

A37M: Yeah.

R: OK, let me turn my camera on. So, the main home-schooling area was in the living room, not in the kitchen?

A37M: Yeah,

A37F: Sometimes in the kitchen.

R: Yeah, OK. and C6F, do you want to say about your desk? If you don't want it's fine, you don't have to.

A37F: Did you like your desk? Talk.

C6F: I like my desk

R: Where, did you like to work in the kitchen or in the living room?

C6F: In the living room

R: Why?

C6F uhm... I am not sure.

R: And what else did you do in the living room?

C6F: I did...

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A37F: Speak up

C6F: I did some PE with Joe Wicks and [yoga]

A37F: Yeah, you did yoga. Remember your construction classes? Remember doing Lego...

C6F: And sometimes I keep my [marble runs]

A37F: There was, like Lego and Marble Run...

A37M: So, like construction lessons...

R: Did you choose to do work there to do your home-schooling there?

C6F: No.

A37F: No, you were told.

R: What... Do you want to tell me What is your favourite... What... Think about lockdown when you didn't go to school and mummy and daddy was at home as well... What was your favourite space then? Your favourite room?

C6F: The living room

A37F: Speak up

R: Why was the living room?

C6F: Because I like working with Daddy.

R: That is nice...

A37F: [inaudible] to the mummy 'cause that's his job.

R: OK, and was there a room that you didn't like at all during lockdown?

C6F: No [nodes no]

R: No? You liked all of them?

C6F: Yep!

R: That's good. That's very nice. OK, so should we talk about the kitchen then? And of course, you know, C6F's space there as well, but let me share again and just quickly to, see... So yes, [show a picture with a cat sitting in the child's desk] so lovely cat.

A37F: That's where we put the desks when A37M couldn't have her in the living room, so it was just like next to my Kitchen table desk.

A37F: Yes, so this is your desk, I assume? [showing picture of kitchen table filled with computer and screens etc]

A37F: There are balloons on it. It's my last day!

R: OK, so let me ask you then about the kitchen? what happened? In the kitchen?

A37F: OK, so I'm an accountant and so I've always worked in office and then obviously we got told to go home for lockdown one and this... Because A37M has this desk and was also working at home, there was no desk for me, so I had to set up on our kitchen table, which is where we eat every day.

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So that whole IT set up with the two screens, I had to get that out and pack it away every day so that we could eat breakfast there... Then I get it during work and then put it away and would eat dinner there. It's obviously not set up to be a desk, so it was uncomfortable. There was no room for a desk chair. I just had to sit at a kitchen chair. And there wasn't really enough space on that table to have my screens, have my keyboard and have any paperwork I need it. Just not fit for purpose really at all.

R: Yeah, I see. And where did you pack them off when it was lunchtime?

A37F: Lunchtime we didn't, we ate... yeah, me and A37M ate sitting on sofa in the lounge and C6F's little school desk became a table for her to eat at, so they stayed there at lunchtime, which was not ideal, but we ate outside sometimes.

R: Could you repeat?

A37F: That we ate outside sometimes 'cause we have a garden table. So in lockdown, when it was very sunny, we could eat at that table.

R: So, you were trying to avoid eating in the kitchen table while...

A37F: there wasn't space, just there was no space.

R: OK, uhm. So, while you were working in the kitchen, did other things happen as well? Being in the kitchen...

A37M: Yeah, A37M would be cooking.

A37M: Yeah.

A37F: During the times when he was back at school, but I was still home working. And sometimes still had C6F, because he'd be in looking after keyworker kids, but C6F would be at home, 'cause I'm not a key worker. Then C6F would be working there. I would be working. Sometimes she'd have like art activities on the kitchen floor or Lego on the kitchen floor. And then I would have to cook lunch at the same time...Yeah, so I did not like the kitchen during lockdown. Hated that room as soon as it became my office.

R: Yeah, I can see why. Of course. So, did you adapt it, apart from putting your computer on the table? Did you make any other adaptations? Like did you moved the furniture or... in order to accommodate...

A37F: The table stayed where it normally was. Right, they offered me an office chair from work, but it just would have... There wouldn't have been space, so I just tried to, like, put C6F's chair. Yeah. What else did we do? We didn't do anything else. Apart from the times when we put C6F's desk in there so I could help her.

R: Yeah, I see. OK. So, you said that you chose this space because there wasn't a desk anywhere else?

A37F: There wasn't any space really. There wasn't a desk in any of the bedrooms upstairs, so...

R: Was there... If you wanted to get the desk, was there space to accommodate it somewhere else?

A37F: They would have... If I wanted them to send a desk from work, they would have but there wasn't a space to put it in my house.

R: OK, have you gone back to work now? How do you use...?

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A37F: I went on maternity leave about a year after I started working from home, so I haven't gone back to it. But I think I could have gone back to work if I had not been on maternity leave. They would have let me go back to the office and I probably... if it was not against government advice or anything I probably would have gone back, just 'cause there's space for me at work.

R: Yeah, I see so... but you don't you don't work anymore in the kitchen?

A37F: No. And I don't want to again, like when I go back to work after maternity leave, I'd like to be at the office.

R: Yeah, I understand. OK, let me see if... OK, so we talked about the kitchen and the living room that is on the pictures and if you want to add anything else about the kitchen, you're welcome to.

A37F: Just that this space is better as a kitchen than as an office. I

R: OK, may I ask before we go to the second part what space was kind of more important for you during lockdown and then which space you found difficult in a way?

A37F: I think the living room worked much better, like there was plenty of room for A37M to work in here, and C6F to work in here.

A37M: Yeah,

A37F: And there's plenty of space for C6F to get her toys out and everything. If the kitchen dining room had been bigger, I could have set my desk up at one end of the table and we still could have eaten at the other end, for example. Or if we had a dedicated like study space.

R: And which space was important for you?

A37F: For me?

R: Yes

A37F: Well, I guess I had to work, so the kitchen table was the most important.

R: Yeah, but and then the most difficult again, I guess?

A37F: Yeah, it was necessary, but it wasn't a nice workspace.

R: OK and what about you A37M?

A37M: I don't [inaudible] the lounge is pretty important because I needed to use my computer, but it was also where I relaxed as well. But it did take a while getting [kitchen][inaudible] like the computer set up and taking it down at the start and end of the day and got cooking there as well. So, I just spent quite a lot of time in the kitchen sorting everything out. Which... I'm not sure if I can really say which was the most important if I am honest.

R: Yeah, OK, can I ask about the rest... So, what... during the day you were downstairs and C6F was either in one room or the other.... What happened to the bedrooms? Like was it just nothing?

A37F: Yeah, so just... I mean our bedroom was full of our furniture. There was nowhere to work. C6F bedroom was the smallest in the house, so there wasn't really any space on the floor to play or anything or to... there was no desk space. And the room that was at the time the guest bedroom had a large king-sized bed in it and we were also drying our laundry in there, so it had airers and stuff in it, so there was no space to use for workspace or teaching space.

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R: Yeah, I was asking in order to locate where she was playing as well.

A37F: She was playing in the living room.

R: Yeah. OK.

A37F: Sometimes she would go to her room to play, but mostly she was playing down here in the living room.

A37M: When the garden...

A37F: We spent a lot of time in the garden.

R: Yeah, OK. What did you do in the garden?

A37F: C6F... We ate sometimes if it was sunny... C6F did like Forest School sessions that we tried to put on and she did sometimes her PE out there, like running around with the ball and she played out there for like a break time and lunchtime session.

A37M: So that was really good the first lockdown 'cause the weather was nice. So break time and lunchtime we could just send her out to play and give us some time to get on with what we needed to do. Yeah, whereas in the second lockdown...

A37F: Yeah, the colder lockdown...

R: Yeah, yeah it was cold and windy.

A37F: And yeah, that was a bit more difficult for us.

R: Yeah, I see. Did you used to work in the garden or...

A37F: No... It's too bright for the screens.

R: OK. C6F do you want to tell me about the garden? What did you do there?

C6F: So, in forest school, sometimes... once I built a little den for my, for some of my toy animals, and then sometimes I did some clay. Which... once I did lots of different models, but then some of them broke... and I did two hedgehogs. And then daddy did a hedgehog and for the spines we used some sticks...

A37F: What other activities did you do in the garden?

R: Nice!

A37M: They [inaudible] hedgehogs.

C6F: I don't remember.

A37F: It's a long time ago, wasn't it?

R: Yeah, it was, That's true. OK, so let's go to the second part. If you want to add anything in what we have discussed so far, you're welcome to,

A37M: I don't think so.

R: OK, so for the second part, I'm going to ask you how you think your home might have supported or hindered your family's wellbeing during the lockdowns. And so, when we say home, we mean, you know, as we discussed the garden, their rooms inside, maybe I don't know the front porch, if

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you were using it for any reason, but around you, know, what you consider, your home. And by wellbeing, we refer to someone's social and psychological state, which could include how you were feeling, how you were coping with daily life, how positive or satisfied you might have felt, and how you were communicating between you at that time. So, do you feel that your home supported your family's wellbeing during the lockdown?

A37F: I think that the garden was essential. We were very lucky to have a reasonable sized garden that C6F could go and play in, and we could sit in.

A37M: Yeah.

A37F: That supported us greatly. I guess we were lucky we had enough surfaces to work on...

A37M: Yeah, yeah...

A37F: But not enough to eat on during the day.

A37M: No, we didn't have to share like a computer or anything either.

A37F: Yeah, but that was enough, just about enough space for us all [inaudible]. I mean C6F didn't fall behind in schooling, she got ahead and neither of our work really suffered so... But I think I suffered for not having that split between work and home. When other people I was working with, were... they had a separate like spare bedroom with their computer in or a little garden room they could shut the door in their work and then come and sit in their kitchen. Yeah, and it wasn't their office still. That wasn't good for me.

A37M: No. 'cause you started going for walks...

A37F: Yes, straight after work, I'd go out for a walk just to split my work from home somehow.

R: Yeah, that makes absolute sense. What about a time alone? Do you feel that you had spaces to go and be alone if you needed to or you didn't need to?

A37F: I think we seem to get along all right. Didn't we?

A37M: Yeah.

A37F: I could have always gonna read a book in my room if I wanted to get away from... or any of us could have. So there was enough separate space if we didn't want to see each other.

R: Yeah. So, where there any rooms or spaces inside rooms that you found particularly challenging? I mean, we discussed the kitchen...yeah?

A37F: Yeah, definitely!

R: Was there anything else?

A37M: I mean not for me, but I mean C6F did you like going into all the rooms during lockdown was ready for any problems with any of them?

C6F: No

A37M: No? OK

A37F: No, just my kitchen challenges really...

R: Yeah, that is fine.

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A37M: Yeah, I was like... it didn't really affect me, the lockdown, psychologically. In one day [inaudible], that's all.

R: So, did you make any changes to your home during lockdown? That were about supporting your family's well-being somehow?

A37F: I think we worked some in the garden, didn't we?

A37M: Yeah, we tidied the garden and...

A37F: We did some major gardening and just painted the shed and everything just to make it a more pleasant space. Yes, we're spending so much time in it. And yeah, the coffee tables became C6F's desk and they've not gone back, actually. They're not used for schooling now, but she uses them for like arts and crafts rather than being coffee tables. So yeah,

A37M: That's right.

A37F: But I don't think we've changed anything else because of lockdown. And the table has gone back to being a kitchen table also...

A37M: Yeah

R: OK, after your experience in lockdown, would you move if you could?

A37F: I think I would like a bigger house during lockdown. Now lockdown is over we work full time, C6F is at school, and we go out a lot of the weekend, so I feel a little bit silly to move to a bigger house because of lockdown when that's not our life after lockdown.

A37M: Yeah, I would like a bigger house anyway, but it's not a major priority for us at all, is it?

A37F: Yes, I just I don't... I would like to think we won't be home schooling and working at home for an extended period again, so...

R: Yeah, OK. If you had a magic wand, as was very nicely described by a child participant, and you could change anything in your house, during lockdown, what would you have changed?

A37F: I would have extended the kitchen-dining area so we had a bigger dining area so it could be both work and dining area.

A37M: Yeah, or [inaudible] back put a study for you somewhere.

A37F: I would magically put to study on but that would have made less of an impact on all of us.

A37M: It would have helped you, which would help everybody and anything.

A37F: But then I physically couldn't have been here to help home-schooling because of the separate study.

A37M: Yeah, it's true. Yeah, that's a good point.

R: Yeah, I see what you mean, but if you have your desk like upstairs, yeah, it wouldn't work with C6F So well...?

A37F: Yeah.

A37M: Exactly yeah, and [inaudible] the two of us, A37F could help out. So...

R: Yeah, I see, I see.

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A37M: So yeah, open plan offices that were... worked out quite well.

A37F: Yes, I think a bigger dining area would have been the biggest difference.

R: OK, and how did you get around the constraints of your home during lockdown? Like, how did you adjust your activities? Just like, you mentioned that, but I just want to make sure that I have it correctly. And I assume you know that should refer to the kitchen as well because you said you were working, A37M was cooking... And how did you go along with that? Did you have to adjust somehow your activities or just... things that had to happen happened anyway?

A37F: Sometimes if I was an important call, A37M wouldn't cook in the kitchen whilst I was trying to concentrate on a call. And equally if A37M was on a [to C6F] stop that! If A37M was on a lesson I would stay right at my best to stay out of the living room even if I'd wanted to walk through it... because you have to walk through the living room to get upstairs. If I wanted something that was upstairs, but I knew A37M was teaching, I would have tried to do without that so that I wouldn't be in the background of this lesson.

A37M: Yeah

R: I see. So, is the door I see, for example, is it the kitchen one?

A37F: Yeah, that door goes upstairs

R: Ah, this one goes upstairs. So, if you wanted to...

A37F: That one goes to the kitchen. So, if you're in the kitchen you can get outside the back door, but you can't get upstairs without being in here.

A37M: Yeah, I mean it depends on the angle of the webcam, but most of the time you can sneak out and then only catch like a glimpse of like a centimetre of yeah...

A37F: But I'd rather not be sneaking through lessons...

R: Yeah, yeah. I see that's challenging. OK, is there anything more you want to share?

A37F: C6F has drawn a picture of? Yeah, this is... [holds the picture on the camera] How do I do this?

R: Wow, that is great! Is that the living room?

A37F: Yeah, so that's the desk we are at. That's a bookshelf with her little desks in front of it. What's that? I think that's the sofa.

C6F: Yeah, that is a sofa and above it is a boat picture

A37F: ... and a picture of boat. Do we have an boat [laughs]? Yeah, A37M worked there. C6F worked there [points in the drawing].

R: Nice, and that's your favourite space, isn't it? During lockdown...

C6F: [nods]

A37F: C6F say yes, don't nod.

R: OK, uhm, so that's that was all. I don't have any more questions. And I asked C6F as well, so yeah, if you want to add anything that you may feel I missed, and was important for you...

A37M: No

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A37F: I think we touched everything

R: I feel like I have a very good idea of what happened in a way in your house. OK and thank you very much for your time.

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Participants	A35F - 35yrs, White, Female, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown (No Data) A35M - 35yrs, White Male, Master's Degree, Pre-Lockdown Work Outside Home, During Lockdown (No Data) C4F - 4yrs, White, Female, No Schooling Completed C1M - (No Data)
House Details	Semi Detached 3-Bedroom Mortgage/Loan Private Garden

R: OK. So, before we start with the pictures, can you just take me, not the camera, just talk to me... through the rooms in your house

A35F: Our front door has a porch where we keep the pram and the wellies. will come into a hallway with the stairs. And then there is a door behind me that lead into the living room. down the hall across the entire back of the house is the dining room in the kitchen. To the right of the front door is the garage. and then behind the garage is a little utility room and We have a garden at the back. At the top of the stairs, there's a bathroom, C4F's room, our bedroom, and then at the very front C1M little bedroom. OK, thank you. So, I have a more complete picture when we talk through. OK, so let me share my screen... so I can show you... who wants to start.

A35F: Uh. Shall I?

A35M: Yeah

A35F: I'll go first. I think I was adult one.

R: Let me see, yeah. So oops, which picture would you like to talk first?

A35F: Uh, either. The first one is the baby's bedroom. C1M's room. This one, yeah, so at the start of lockdown that was A35M's study. He had his desk in there and then... We moved his desk into our bedroom so that C1M's could have a bedroom, when he arrived in September. And I'm really glad that C1M has his own room, and I think we've made it really cosy for him. Although the downside of that is that A35M has to work in our bedroom and doesn't have his own space.

R: We will talk about that

C4F: What my favourite room is... in the living room [inaudible] I am watching the telly, watching captain barnacle.

A35F: I see, did you hear that? She's just saying her favourite room is the living room because she likes to sit and watch the telly and she's drawing captain barnacles' boots from her favourite program. Octonauts.

R: Oh nice! I like that. Thank you! OK So why was this space important for you? Why did you choose to share the picture? Or difficult, maybe I don't know, yeah...

A35F: Because it was important for us, that he had his own little bedroom and when we moved here, we wanted to make sure that the children had their own space. And he does sleep in it, unlike some

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people I know who never really slept [looks at C4F]. So, it yeah, that's why I included it. And because it changed purpose in such a drastic way up over the lock down period. And it was a very frustrating time because I wanted to do things with that room that we couldn't do because we were in lockdown like I wanted to go out and choose a lampshade and curtains, nothing major... I just wanted to have a little lamp. But I couldn't go to the shops and so... I feel quite mixed about that room. It's important and I really like that he has it, but it was a tricky business at time, if you see what I mean...

R: Yeah, I see... It created some frustration in order to transform it in a way...

A35F: Yeah, exactly.

R: Yeah, I understand, everything was closed... It wasn't easy to do the simplest things, wasn't it?

A35F: Yeah, exactly,

R: OK. So, what happened there during lockdown? Was it only a bedroom?

A35F: No, no, there was just A35M's desk in his office chair.

A35M: That was the sofa bed. Where was that?

A35F: [to A35M] that was another room. Uhm, so yes, it was just an office space. There was no bed in it...

R: You mean before you transform it, before you had...

A35F: Yeah.

R: OK, OK. And did you use this office space often then?

A35F: Well, no, not as much as now. Because A35M was going into work every day... but on your days off...

A35M: I was already working from home one day a week.

A35F: Yeah... So yeah, when he was working from home... Oh, that's right! Yes, on a Thursday he worked from home. When I went into work so he could take C4F to and from nursery and then also... I mean maths is his hobby as well as his job, so when it was... when he had any time, that was where he went to do his thing...

R: OK and after you adapted it into a bedroom...was it only a bedroom like I can see the cot and the chair?

A35F: Yeah, and now it's just his bedroom. We have the little rocking chair. [talking to C1M] And your cot. And his bookshelf with all his things on and that's it... [to C1M], and are drawing a picture... Yes, I can see you! Yeah, so yeah, it's just his bedroom, right...

R: So, you use it only to put him to bed and...

A35F: ...and get him dressed and read stories. And yeah...

R: OK. Well, actually we have answered them the rest of the questions... Do you do you want to add anything about that space?

A35F: No, no, I think I've said everything I was thinking about.

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R: Now you use it as a still as a bedroom. Like you know... it's... yeah.... it has changed.

A35F: That's what it'll be until he leaves home.

R: OK, should we go to the next picture?

A35F: Yeah, so that's the living room.

R: Let me just... yeah...yes... toys.

A35F: That it's... [talking to C1M then back to me] And I put that in because it is such a good big room. I think the rest of the House is quite a standard size and actually some rooms are quite poky. Like C1M's room and the bathroom. But this room is unreasonably large for the size of the house, which was just amazing when we were stuck here all the time because we could have a few different games and projects on the go and... she could build dens, but there was still room to be. It didn't take over the entire room. And also, I think we've done quite well with toys' storage so that in the evenings we can put stuff away and it's then our cosy sitting room. So, I enjoyed the room in the daytime, but then also at night. It's like, you know, I can stop parenting for a minute!

R: Yeah..

A35F: So yeah...

R: So, mess was not a problem, it was easy to hide it away, in a way... Or tidy...

A35F: Yeah, yeah.

R: And so, I assume it, that's your favourite room?

A35F: Yeah

R: Uh, OK, so, do you want to go through a little bit what you did there during lockdown...? Like, through the day?

A: Well, we played, really C4F and I because she didn't go to nursery because we were both working from home and so... All sorts.... and oh, we had the dog then as well. So yeah, we just played. We had lots of cardboard boxes that were turned into dens and she likes crafts, don't you? So, we did lots of drawing and stickers and things and sticker books were a big hit. We spent a lot of time sitting on the settee doing sticker books. Things like Duplo and stories and jigsaws... yeah. We just played in place really.

R: It sounds like this... I want you to let me know if I have that right... Was it then the room that you spend most of the time?

A35F: I would say so...I mean, we spent a fair amount of time in the garden, and at the kitchen table, but they're the two photos I put in for C4F, and so yeah, I think a lot of the time we spent in here.

R: OK

A35F: Playing... because it also has a very big bay window, so it was a nice space to be when we couldn't really get out much.

R: Yeah, I see. And how did you use the living room before lockdown? Was it kind of the same or different?

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A35F: Well, I think probably the same but less. Because we weren't in the house as much. A35F and I would work different days. And when I was, because I had part time, when I was not at work C4F and I would go places and do things... So, I mean, we still used it as a playroom and we still used as our space in the evening, but it wasn't in nearly as much. It wasn't nearly as constant.

[C1M comes closer to the camera, and R talks to him]

A35F: [to C4F holding a drawing] Wow, that's beautiful my love. Did you draw the living room? Wow! Where are you? Oh, I see. So, talk me through it. What's this bit?

C4F: [inaudible] my little cat.

A35F: I love the flag.

C4F: And here is the TV with captain barnacle [inaudible] that it's got...

A35F: Do you not want to put yourself on this?

C4F: OK.

A35F: Come and draw your [inaudible]

R: So, did you make any adaptations during lockdown in order to accommodate this more intensive use in a way?

A35M: We moved things around...

A35F: Yeah, we just moved the furniture around... that thing... A few different configurations. We moved the furniture out of the bay window so we could play in the bay, which I think was maybe searching for some light and space. Because now we have the sofa in it, which keeps it out of the way, but I think actually I wanted to play in that space. And we've moved the telly to sort of took... to make more floor space. Nothing major, just shifted stuff around.

R: And then why did you choose the living room as the main room to play?

A35F: I think because it's got carpet. And we keep most of the toys in here.

[baby comes again to the camera]

A35F: I'm just going to... So just if he pocks you, you won't disappear.

R: OK and the last question for this picture is: How do you use it now? Have you adapted it again? Have you turned it back to pre-lockdown furniture or?

[C4F talks to her mum]

A35F: [to C4F] Two seconds, I Just wanna answer this. Then it can be your go, actually I think, probably. I think we use it probably more like we did in lockdown because we still really haven't gone back. I don't think I'll ever really go back to normal-normal, will we? But I am still not at work, I'm still doing childcare and we're not going to as many spaces as we used to, and A35M is still working from home. So, I think you know, we're probably using it more like we used it in lockdown... as the big play space.

C4F: mummy [inaudible]

A35F: I can see you.

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R: Do you want to tell me about the living room? That was your favourite space?

A35F: Stand up

C4F: [showing me her drawing] There is telly and there is [inaudible] and me and [inaudible] captain barnacles' legs. The top of them. [inaudible]

A35F: You can't see the rest of them in the picture. OK, and then this is your tent castle.

C4F: Yeah

A35F: The red flag.

R: What did you do in the tent castle?

A35F: What did you do in there?

R: [inaudible]

A35F: Go in and then go in and say all the things that you do. [she moves laptop so I can see inside the tent]

C4F: This is the blue blanket for my baby I love.

R: That's nice.

C4F: This is my little [inaudible] I keep my baby. [inaudible]my doctor's, kit. This is Anabel's [the doll] bag.

R: I see all of your stuff.

[she continues showing me stuff]

C4F: [inaudible] I got my [inaudible]

R: nice! So, do you? Do you play in there? [she continues showing me stuff] [baby cries, I can't hear her] Ah Barbie dolls... nice! So why? Why do you like the tent?

C4F: I just like playing with my dollies.

A4: She keeps the dollies in there because they've got lots of little shoes and things that we kind of have...

C4F: Because he [C1M] may put them in his mouth.

R: Yeah, of course you don't want that. Yeah, I see... so, you keep them safe there...

C4F: [she continues showing me tiny toys]

A35F: So, we sometimes turn the tent around so that somebody [C1M] can't get in. We keep it as a safe space, don't we keep it?

C4F: Yeah,

A35F: Here we come

C4F: C1M!

[C1M's face pops in front of the camera]

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R: Oh hello! I see he wants to join in in the fun.

C4F: Yeah

R: What else did you do in the living room?

[inaudible, noise, camera moving]

A35F: say I beg your pardon; I didn't hear that one.

C4F: I beg your pardon; I didn't hear that one.

R: So, what else did you do in the living room?

A35F: Remember when... we looked at the photos last night because she couldn't really remember when I first asked her what she liked doing in the house with Mommy and Daddy in lockdown She said I liked it when I went to play group. It wasn't until September, so we looked at the photo album last night of the lockdown photos. And you talked about playing in the garden, didn't you? Yeah, and sitting at the table, because that's when we do our play-doh and our paintings and all our messy jobs.

R: Do you want to talk about the pictures? I will ask you some questions...

A35F: Are you ready?

C4F: [nods]

R: OK, OK, let's start with this table. let me stop sharing because... So you can see me. So what?... Where is this table in which room?

A35F: This table where you are doing your play-doh, where is it?

C4F: In the kitchen

R: And what did you do there?

C4F: I played Play-doh.

R: Why did you play in the kitchen?

A35F: Why did you play play-doh the kitchen? '

C4F: Because I didn't want it to go in the carpet.

R: It is a bit sticky isn't it. And then who else was there with you?

A35F: It was quite often on the days when I was, theoretically, working... because I'm a primary school teacher... I would sit at the table with my laptop and do work for my school children. And if she was busy with play dough or painting, or your stampers or something, then we were both 'working' [does quotation marks gesture].

R: Yeah, I see.

A35F: That worked quite nicely, didn't it?

C4F: Yeah

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R: Did you use to come play in the kitchen before lockdown? To make your crafts and Play-doh and other stuff?

A35F: Yeah, I don't honestly think she can really remember that much.

R: Yeah, yeah. Of course.

A35F: Looking at the photo she was still... [to C4F] look you had your highchair at the table, didn't you? She was still in a highchair. She had a baggy in the porch. But yes, we did... We've always played things like that in the kitchen. And what else did you do in the kitchen? Cooking [inaudible] with daddy? What did you do in the kitchen with Daddy?...Lots of cooking. [baby appeared] oh he is back! Yes, I know you desperately want to be involved, don't you? [to C4F] You want to show? Can she show you some of the photos?

R: Yeah, of course!

A35F: Which ones do you want to show? You want to share what you did at the kitchen table? Do you want to show cooking with Daddy?

C4F: These pictures?

A35F: One in the garden, you have your balaclava on [shows picture where the girl is in the garden dressed for cold and holds a little bucket]

R: Nice.

A35F: Find a cooking one... With daddy. Here look, lots of cooking with Daddy [showing picture with cookies].

R: Ah, I see you made biscuits and cookies and stuff.

A35F: Yeah...

C4F: [nods positively]

R: Yeah, that's nice. So yeah, you did many kinds of crafts, edible crafts as well in the kitchen. Nice and how did you feel when you were in the kitchen... And you were playing with your play-doh.

C4F: I'm happy!

R: Happy? And how did you feel when you were in the living room playing?

C4F: I am happy too

R: You liked both? Which was the best?

C4F: Living room

R: OK, why?

A35F: What do you like best about living room?

R: Why did you like living room better yeah.

C4F: [inaudible]

A35F: Ah, cause the telly is in here [laughs]

Family Interview - 11

R: That is a good reason! And do you want to talk to me a little bit about the garden? I can see you have some nice swings and a slide.

A35F: That's changed quite a lot because at the start of lockdown she just had a single swing, and lots of grass, but now over... [to A35M] when, when did you build that? January?

A35M: So... spring...

A35F: Yeah, in the spring A35M built that amazing climbing frame for them both so that space has changed quite a lot...

R: I see, that's nice and I guess it has stayed the same, of course...

A35F: Say that again, sorry

R: ...and it has stayed... I mean you haven't....

A35F: Set for eternity now until it rots.

A35M: [inaudible] Concrete, yeah,

A35F: It's a lot of concrete stopping that from going away.

R: Should we talk a little bit about the garden then?

A35M: Come and talk a bit about the garden and then you finish, come on.

R: If you want, I don't want to press you.

A35F: It is all right.

R: Now, tell me about the garden, what did you do there?

C4F: We planted stuff. [inaudible] spring

A35F: We were going to plant the bulbs, don't we?

R: What else did you do?

A35F: Can you remember...

R: I can see a slide...

A35F: What's at the top of your slide?

C4F: Flowers

A35F: Granddad's flowers that he sent you... and what's in the little house?... Your castle!

C4F: Yeah!

A35F: Do you play in your castle?

R: Why do you like your castle?

C4F: I like because it got sill [inaudible]

A35F: Oh yeah, Granddad sent you some word [inaudible] for being a uniform, didn't he? and you found those in there.

Family Interview - 11

R: Did you play very often in in your castle?

C4F: I haven't played in so long.

A35F: Well, when you've been at nursery, you haven't been out as much have you? But over the summer you were in there quite a bit, weren't you? With your friends.

R: Who else was playing with you? Was anyone else playing with you or you were on your own?

A35F: Who plays in the garden with you?

A35M: Daddy and me.

A35F: And then this summer you had quite lots of friends to play, didn't you? Remember when ** and ** used to come and play? And ** came once and actually ** and ** came to play in your garden... With the paddling pool.

R: Nice. And then how did you feel? About when you were in the garden.

A35F: Do you like playing in the garden?

C4F: nods

A35F: Yeah, how does it make you feel when you're playing out there?

C4F: Happy!

A35F: Oh good,

R: That's great. Do you want to tell me anything more about your castles or the kitchen or the garden? Did you want to say anything that I didn't ask you and you think it's very important

A35F: When you made the potions? Did you want to talk about that?

C4F: No.

R: It's OK.

A35F: When we used to go out for lots of walks, we used to collect blossom and petals and things, and then we used to play in the garden and make potions. Didn't we? Yeah...

R: Nice. Did you drink them afterwards?

C4F and A35F: Noooo!

A35F: You forgot to say, I remembered! You were gonna say about your balloon friends,

C4F: Yeah!

A35F: But you tell, and I'll find the picture.

C4F: Ok

R: What are the balloon friends?

C4F: We had some balloons that we flew them up and they were friend to me, and I can't cook but now they have all popped like this.

R: Where did you play with your balloon friends?

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C4F: In the living room. [inaudible] a small one and I called it 'ballooney'!

R: [to A35F that tries to show me pictures] I don't see very well.

A35F: So, we had loads of balloons in the cupboard, just her crafts and things, I think. And we drew faces on them.

R: Yes, so great!

A35F: And put different stickers on them. Uhm and C4F gave them all names, but over the course of lockdown they developed personalities and relationships with each other and... it was quite hard to follow but she, yeah, she named them all and as they popped it was really, really sad, wasn't it? [inaudible but they talk about the balloons...]

A35M: [inaudible] into number 3. A couple of them.

A35F: Yeah, they're in their third reincarnation, some of them. But when we were allowed to go back out into the world again, just kind of got bored of them, didn't you?

C4F: Yeah

A35F: Yeah

R: Yeah, more exciting things outside...

A35F: They were quite a big part of our lives for quite a while

R: Did they stay in the living room, or they moved around the house?

A35F: They moved around. Some of them went to bed.

A35M: Some of them came to dinner.

A35F: Yeah, someone came to the table in the kitchen. But yeah, I think mainly they're in here because that was where we made dens and things and they tended to live in the dens.

R: Yeah, I see. OK, thank you very much. Should we move to the last picture? I am a little worried of the time as well. I should share my screen... Very quickly... So that's your new office?

A35F: Yeah, that's our bedroom. [to C4F] You need a wee? Go, go, good girl. You're OK. That's our bedroom and also now A35M's office space

R: OK, so how do you feel from having to move your office to the bedroom?

A35M: It's. It's not too bad because during the day we would never go into our bedroom anyway, so it's still...It's alright space to be in most of the day. It has been a little bit sticky with coming in to change clothes or whatever, like baby sick on you and you have to change everything in a hurry. But no, it's alright. It's been quite comfortable.

R: If I understood correctly, you work in the university. If like, are you in a call, or you know, and then someone needs to get in... How do you deal with this kind of problem?

A35M: If it's like a scheduled meeting I'll tell A35F before when I'm going to be on zoom and I've been quite strict about not just hanging on, they [inaudible] knows when I'm talking to someone and then I could set it up so that my camera is pointing at the wall. So, if she does come in, no one sees that she can [inaudible]

Family Interview - 11

R: Yeah, I see

A35M: She can get through around and to the wardrobes and things without being seen. I think at the very start of lockdown I had it set up in a way I thought was fine, then I realized that massive mirror was in the background so that if the door opened, it would be centre of stage [baby runs to him, he lifts the baby up] yes!

R: And was it only your workspace?

A35M: Yeah. When A35F was teaching from home, I think she would have her laptop down here and just sort of... Too much [inaudible] At particular times. So, when one toddler had an app or something, she would come... Get on the laptop just wherever... I know that's just for me, that desk, I think.

A35F: Often C4F would join in as well, like if I was doing things... What's the word, like actually face to face with the kids in my class because I'm a primary school teacher, she just sort of joined in a bit and they got quite used to talking to us.

A35M: And she used to join in with my work calls. Wanted to see my work friends.

R: That is nice. OK so before lockdown it was only a bedroom, you didn't... did you used to have a desk in the bedroom... actually no... before you moved your study did you used to have a desk in the bedroom?

A35M: No what we had? We got a sofa bed which we've got rid of because we got no space for it now. But it was really just using up the Big Bay window space. The bedroom is directly above this living room and it's the same dimensions, so it's got a lot of unused Space.

R: I see and why did you choose the living room to move your study? I'm sorry the bedroom to move your study.

A35M: I think because it's not used during the day and there was plenty of space. I think being upstairs means I won't be disturbed as much I think... They play downstairs, they will not go upstairs, that sort of thing...

R: Yeah, I see. And apart from sleeping and working, did anything else happen in the bedroom?

A35M: No, I don't think so.

A35F: It was C1M's bedroom and that was tiny, I suppose because we had him with us...

A35M: Yeah, so we had his cot in for [inaudible]

R: How do you use it now? Do you still work, like, from home and using that?

A35M: I haven't been into *** since lockdown started, so I'm still just working from home.

R: I want to ask something, and that's not at the questions, but many families have mentioned, you know the background on calls... Do you have any comment on that? Like was it a concern of yours?

A35M: I'm not the kind of person that's bothered about appearance. I have thought it would be nice to have something just a bit interesting to the people talking to me, and now we've just got that blank white wall. Yeah...

R: Yeah, just, you know, this zoom... being zoom ready comes out a lot and... So OK, is there anything else you want to add about your experience there?

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A35M: I do not know.

[baby comes]

A35M: I think. I do not know We have talked about around the house... Growing stuff in the garden.

A35F: She did [pointing to C4F]

A35M: She did? oh, alright

R: So, during the day you were primarily in the bedroom while the children were downstairs.

A35M: Yeah.

A35F: And A35F was in the kitchen, I mean moving of course but... yeah

A35M: Yeah. I'd be working, but I've really enjoyed being at home so that if something happens, I can just come down and join in. Rather than just not see them for 8 hours a day.

R: Yeah, yeah, I see. OK, should we move them to the second part?

A35F: Yeah.

R: So, I'm going to ask you about how you think your house supported your family's well-being or hindered your family's wellbeing. So, by home I mean both the garden and the inside or the front porch if you wish... inside and outside. And by wellbeing I refer to how well you were coping with life, how positive you may have felt, how you were communicating between you... So, do you feel that your home supported your wellbeing and your family's wellbeing during lockdown?

A35M: I do.

A35F: Yeah, I think...

A35M: I think... I think we've been really lucky to have a spacious house. Yeah, we haven't all been on top of each other... like, I have been talking to students over the last year... 'I've been doing my homework at the same table my three siblings are doing homework'.

A35F: Yeah, I think we could all get away from each other if necessary.

R: Can you repeat that?

A35F: I think that we could all get away from each other. We could, [inaudible] spaces. We could, even like going in the little tent. We've got enough space for that to happen. But equally we're not so far away that, like A35M could be more involved with their lives.

A35M: Yeah, I think it has supported us...

A35F: And the garden there's been an amazing asset. I can't imagine that first lockdown in March-April, I cannot imagine how we would have survived with not going out in the garden.

R: What were you doing the garden? We said that the children were playing, but what did you do? How did you use it?

A35F: Eh....

A35M: Eh... we've done a lot more gardening than we had before. I extended the vegetable patch, and it has sort of taken over. You get more space for that... lots of plant pots and things...

Family Interview - 11

A35F: And we've done a lot of planting of stuff to eat, like produce. and I think that's both... just that's [done a lot of good to] both of us actually, in that, like growing... Producing!

R: Did you use it like to, I don't know, eat outside or relax outside?

A35F: We did eat in the garden. And then when we were allowed to go into other people's gardens, like, that was the space we could actually talk to other humans. And so, we had like grandparents and cousins and people who were cast as safe visitors.

A35M: Yeah, we had that period of people coming in through the garage... like, we would do airlocks.

A35F: Because we don't have a side path. So, they would go in the garage, and we go in the kitchen and then they go through the utility room... [laughs]

R: Yeah, I know what you're describing.

C4F: Mummy, Daddy [inaudible]

R: Did you use to work... did anyone work in the garden? On the nice days, I guess.

A35F: I... if C4F was playing out there, I would be doing bits of work in the garden.

A35M: I haven't really...

A35F: You haven't. Well, your computer isn't really...

A35M: Yeah, because everything has to be on the computer and there isn't a spot where it's both warm and there's enough shade so I can see the screen.

A35F: And when I was thinking of activities for my class to do, I used the garden so I'd go out in the garden, say like you know, draw a tree that looks like this or whatever...

R: Yeah, I see you used it for the teaching...

A35F: Yeah, but not hugely.

R: OK, and were there any rooms or spaces in your house that you found challenging?

A35F: Like... I think the house is quite disproportionate. The living room and our bedroom are massive, which is great, but his bedroom is poky and the bathroom is quite poky

A35M: Quite often It's all four of us in the bathroom trying to brush our teeth or whatever.

A35F: A35M is a large man. You probably can't see the scale of him on zoom, but he can touch both... like his wingspan is... can touch both bathroom walls. So, if he's in there and the children are in there and then I have to come in to get something, It's like 'oh, hi family!'.

R: Yeah, I see... Did you make any changes in the home that were about supporting your wellbeing?

C4F: Mummy [asks her mum something]

A35F: Yes, but I'd like you to put the books tidily and not just throw them around the place. Can you do that? [to me] I don't... I can't think of anything much more than we've said. Little things like, we treated ourselves to a new mattress... at one point, because we were both waking up with aches and pains and we were like 'this is ridiculous!'.

A35M: I don't think we've done anything major because of lockdown.

Family Interview - 11

A35F: No

A35M: Apart from castle in the garden, that was an investment.

R: Yeah.

A35M: They used to use it a lot.

A35F: I think the biggest change we've made in lock down is this baby. We made him.

R: The best change! And so, some families found that, you know, too much time together was like too much or others found out they had too much time alone. What was the situation with your family?

A35M: I think we're pretty happy with each other.

A35F: Yeah, I think we still like it.

A35M: [inaudible] is quite unusual, but we are the kind of couple that enjoys trips to IKEA so...

A35F: We are unusual like that... we can do DIY and still be friends. No, I think it's been really positive. when I think back to when C4F was a baby and how little A35M really saw of her on a daily basis. And how has he seen C1M, with [inaudible] the office being a massive positive. And then he comes down at lunchtime and sees them. And I mean, when it was proper-proper lockdown, it was a little bit like it... would get to bedtime and we had nothing new to say to each other because we knew everything that had gone on.

R: Yeah...

A35M: Yeah...

A35F: But I feel like, even then it was fine... we played games and chatted with other people.

R: And what about time alone spaces? Did you have some spaces that you could go in and have some time alone or you may not need it, but if you did it you have.

A35M: I would go up to the bedroom and my spot on the computer when I need alone time. I do worry that you [A35F] don't really get...

A35F: Yeah, I think that maybe has been an issue. At the start of lockdown C4F used to have a nap still. Can't take credit of that actually she was only two. She was still having an afternoon nap so I used to get some alone time then.

A35M: And now she's at nursery...

A35F: And now she's at nursery. [to C4F that whines for something] That's alright, it's just [inaudible]. [to me] I get alone time when he has a nap. But yes, there was a while there were I didn't really get time alone. Which wasn't great, but it was OK.

R: Do you think that that was because of their routine? Or did was it a space problem and...

A35F: I don't know where I would have gone. *[during all this time there is noise and havoc in the back from the two children]* Yeah, I mean there wasn't anyone to have...

R: Yeah, yeah...

A35F: I think it's a combination of where would they go and who would be involved in it.

Family Interview - 11

R: Yeah, of course. OK, if you had like a magic wand and you could change anything in your home when we were in lockdown, what would you have changed?

A35F: If I had a magic wand and a magic money pot, I would build a downstairs toilet

A35M: That is exactly what I was going to say!

A35F: Yeah, 100% toilet training without a downstairs toilet was just an absolute pain in the bum... Quite literally for some people.

R: I see and then we touched on that question a little bit, but how did you get around the constraints? Did you adjust your activities in order to go around constraints in space? So, we talked a little bit about the bedroom. And if you need something in the bedroom, while A35M is in a call... How did you manage with this when, when different things needed to happen at the same time in a way on the same space?

A35F: I think we adjusted our routine in that, like, I make sure I've had my shower before A35M starts work so he looks after the kids, So I did that. Although like if I've been out for a walk and got soaking wet, I have sometimes just commando crawl along the bedroom floor to get some dry clothes.

A35M: I have worked downstairs a few times as well while you've been putting C4F to sleep...

R: When you worked downstairs, where did you work?

A35M: I typically on the kitchen table. Although I have in the living room a few times, I can't remember... why I did that?

A35F: You must have been supervising students...

A35M: I must have been supervising students, Yeah, yeah.

R: Can I ask, you mentioned you have also a dining room along with the kitchen? Or is it one?

A35F: It's just one room.

R: So that that table is this the dining table as well.

A35F: Yeah, yeah...

R: So that was all, the other questions are about changes, but you didn't really make many and we talked about the little study. So if you want to add anything that I may have missed or you think is important regarding the space...

A35M: I think where the house was very important.

A35F: Yeah, I was gonna... yeah. Although I think the house is great in lots of ways. I think if it had been somewhere different, we wouldn't have managed as well.

A35M: Yeah, we're five-minute walk from the sea front ***. We have done lots of walking down there. Walking down [inaudible] way. I think if it would be in a city or even in ***, somewhere like that, it would have been much harder in that period when you didn't know how close you get to people outside like... walking on the street.

R: Yeah... Did you come go out often?

A35F: Every day! Yeah well, because we had the dog then... that was...

Family Interview - 11

A35M: That was a daily exercise for both of us.

A35F: We both used to [C1M hurts himself, starts crying, they both try to comfort him] Big boy! So, I would take the dog and C4F out for a walk in the morning, so she got some exercise. And then A35M needed to take the dog out in the afternoon, so he got some exercise... and being able to get to either the sea or there's a big field in that direction or the wagon way in that direction. It just makes such a difference to be somewhere... away

R: Yeah, yeah, I see.

A35M: I have taken up trying to get out on my bike every lunchtime about 15 minutes and that's been a huge...

A35F: that has been a huge mental health [inaudible]. [to C1M] You're too big to sit in there darlin it hurt you.

R: Yeah, you're right. Location is important and it works along with their house space, doesn't it?

A35F: And yeah, absolutely...

R: the options you have if you get fed up or...

A35F: [talks to C1M] Now that's worked, you don't look comfortable. No. You're too big. You're getting big now. [C1M is in a tiny box with wheels]

R: He enjoys.

A35F: Finished, finished. Why don't you put dolly in there?

R: I didn't ask C4F for her least favourite space, if she won't...

A35M: C4F a Question

A35F: Where in the House do you not like to be?

C4F: I do not like being in my bedroom

A35F: Why not [inaudible]?

C4F: [inaudible]

R: She doesn't like the bedroom or she doesn't like to...

A35F: She doesn't like to be in her bedroom If it means she has to be on her own,

R: I see. OK.

A35M: there isn't really space in her bedroom for one of us to play with her. There's sort of her bed and [inaudible] stuff and then there isn't really a play space.

R: Yeah, I see. [my email dings] Sorry, that's me!

A35F: You got Everybody's attention.

R: Sorry for that!

A35F: Yeah, so that is her answer.

[concluding remarks]

Family Interview - 12

Participants	A36F - 36yrs, White, Female, Master's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A37M - 37yrs, White, Male Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home C3F -3yrs, White, Female, No Schooling Completed
House Details	3 Bedrooms Medium/Large Terrace Mortgage/Loan Private Garden

R: Can I ask you at the beginning is up in before we start. What was the reason? Why did you choose to your home like what? What were the things that attracted you or made you make the decision to live here in this one?

A36F: we moved in in 2019 actually and C3F was just coming up to two years old and my mom was looking after her for about half of the week. So, we were down in *** and it was a UM. The journey was about an hour and a half to bring her up to my mom's, which always do in two or three times a week and just couldn't cope with it anymore. And so we moved up to be nearer to my family 'cause they're gonna look after C3F. While I was in work, really, uhm. And then the house we ended up choosing. It was sort of. We narrowed it down to a specific area that was sort of in the price range, quite close to my mom's house and near to some good schools. And then just looked at different houses around here to find one that was big enough 'cause it's a bit of a mixed area with some really small cottages and then some bigger houses, and so this one we ended up with. It's got three bedrooms up there, but they're quite big. Rooms as well, 'cause we'd come from a four-bedroom house, so we had a lot of stuff to bring with us.

R: Yes, yes, and so far, like in general, if you would comment how far how far you are satisfied with your home living in this House,

A36F: it's been great, it's I think it's been a really good move for us and I'm really happy that we went through this rather than some of the other ones around about, and I think it's a really nice street and we've settled in really well and good.

R: That's great. That's good, so shall I share the photos so you can talk to me about that, yeah. Uhm, I'll. I'll share my screen. So, uhm. That's the first photo, yeah and. Second photo. It's the same. It shouldn't be in the same one again. There was a living room. Uh, yeah. Oh yes, there is no. Can you see it? Can you still see my settings?

A36F: Yeah brilliant, OK. Uhm, oh. Yeah,

R: so which photo would you like to start with?

A36F: Uhm? I think. Probably. The living room

R: OK? Uhm, so like we can first start by you would talk to me about UM, what happened there and how did you use it as you first? Why did you choose this place? In particular? Why is it important for you during the lockdown?

Family Interview - 12

A36F: We did a lot of stuff. Family activities in there and we tried to. Make the space more interesting for C3F and it was quite difficult because we just moved house. There was nothing in that room was it was literally just a big pile of boxes, uhm. So it was quite difficult to use, even as a space, UM, but we had a basically just using it like. It was a soft play area. We would have sort of threw a mattress down on the floor and she would leap on the mattress and doing, running and jumping on it and all this sort of thing. And then I would still use the furniture to make obstacle courses and things like this. We did a lot of online UM classes in there as well. I'm trying to set her up with sort of zoom meetings with other kids and things like that and she was doing a lot of like play group sessions before lockdown. She did come. A music class and a one like they call little movers where it's all UM sports related stuff. So we tried a lot of online clubs and things so she could still see different kids. And it didn't really work very well. She wasn't impressed at all with online classes and but, but we're trying to sort of have fun there and use it as a bit of a an like a playground, really.

R: Yes, yes, and uh, so how does it feel like when you were doing all these activities There?

A36F: Exhausting, it one of the things I do remember sort of sitting with that close to the start of the locked out? We're sitting watching some TV and she's watching the telly and I've got a phone and I'm trying to listen into a works meeting at the same time and then didn't realize I wasn't on mute somewhere works meeting, got to listen to our conversation about ducks. She's a bit of a crush between work and home life.

R: Yes. Yes, definitely. And were there any other activities that you did in the living room? Maybe after that C3F Went to bed or at any other time of the day.

A36F: Other than pay generally after she went to bed, we would just sit and watch TV. I don't even know what we did. Yeah, because we both worked during the lockdown was me and list add a shared house. Yeah, and we're not a couple anymore but we still live together so we can spend our time with C3F And so we both worked all the way through and the first of 10 weeks where no one else was allowed to interact with us. We would do like one of us would do from whenever she woke up till 2:00 o'clock and then go to work. Two till nine and then the other would do the converso work. Work from 7 till two and then look after our till bedtime at 9:00 o'clock. Yeah so, we were pretty exhausted.

R: Yes, I can imagine and where did you work? Then it was like that your time to work.

A36F: We worked in the bedrooms and she's sort of why I included the photo for that and initially we started working downstairs, but it made her really upset and because she wanted, she wanted you to play. She wanted to join in, and she didn't understand why you wouldn't just walk away and play with her because it had never happened in the house before. Like when we were in the House we were there to be with. Yeah, and all of a sudden, we weren't joining in and she got really upset about it, yeah? It looks like that now. It didn't look like that during the lockdown, so. C3F's dad had a desk already because he likes to do some writing as a hobby, and so he had a desk ready to go, but no computer from work. And whereas I ended up with an old kitchen table that was kicking around in the cellar like put together in a dining room chair and I did have a laptop, so it was sort of beating him on that. Front but there's some great videos I found going back through when she starts to be really interested in going to work. She's like, you know, getting dressed up on a warning and putting my shoes on and gone. I'm going off to work now and would come up and sit, sit at my desk and pretend she was sending emails.

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R: Yes, and she was she like during this time when you work in your bedroom, and I mean probably uh, she will be one of you will be taking care of her in the living room or in any other places in the home. Yeah, so how did you feel while working in the bedroom? During that time?

A36F: I never really switched off, I did my best work when she was in bed, because otherwise I was always still quite aware of where she was and that she was doing things around the house and I was wondering what she was up to and she did. Still nap at that point, so you got about 2 hours in the middle of the day where you could do work uninterrupted and then after she went to bed at sort of 8 o'clock I will relax and be able to. To get on. And yeah, I wasn't great, actually focusing. Yeah yeah.

R: And do you expect to have to still have like the home desk in your bedroom after the lockdown?

A36F: Yeah, we've now got a blended working policy. I think we're agile working. That's what they're calling, so we're expected to be on site for three days a week and, but I have been told that my office is going to be. Moving into like a hot desk in area, and we know there's not enough desks for everyone in the team, so we don't actually know if we physically be able to be on campus for three days or not, so I expect I'll be spending sort of two or three days a week working from home for the long term.

R: how do you feel about that? I think it'll work alright, actually,

A36F: I think. Uhm, I did really like working from home to start with because she got a bit more. You get more of that homework balance and but then it becomes isolating as you go on, and I think now I prefer to be in the office and just because it gives you much more spontaneity like you can progress you work a lot faster because the people you need talk to just there and but I think a blend of the two is going to work quite well for me. Actually, quite happy with the way things are going at the moment.

R: and did having a desk in the bedroom. Did it make any other changes in the way you use the bedroom then your users in the bedroom that like for example maybe? A more attached social media or media in general, or anything else. Any changes in your use for the bedroom.

A36F: I don't think it's really good for me, I think. I sort of. You know when I'm working, it's all set up and when I'm not close it down and I can put my sort of peripherals away and tidy up a little bit. And I know C3F's dad says he now doesn't enjoy being in his room. He used to like to go and sit there and read and do his own writing and he just hates it. Now it's like I'm trapped in here all week. I don't wanna be in here on the weekend. So, it doesn't really have any personal space anymore, like that's just for him and. Yeah, I think for me sometimes it was a bit like. I did feel like I was sleeping in the office. You sort of wake up in the morning. You can see it anything Oh my God, I've gotta deal with that again today, but. And I definitely haven't felt it as badly as he has. He's not, not enjoyed it at all.

R: Yeah, did you have any feeling like towards this place like this? Is your personal space or is it just work just for the function of work?

A36F: I think you still feel it's my personal space uhm? I'll sort of made the little corner into my work area so the other side of the room and has all of my sort of my dressing table and my personal things in it and which is kind of by design. 'cause then if I want to call you can't see any mess behind me. It's all the clean washing piled up and the toys and things are on the other side of the room just out of camera shot. But it just gives it a bit of a separation?

R: Would you like to add anything else before we move to another photo?

A36F: Don't think so. Seems OK.

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R: K. So which filter would you like to? Uh, talk about. After that there is it the backyard?

A36F: Yeah, OK? I think having the backyard was really important for us when during the lockdown, UM. Just because we had that outdoor space that she could play, and you should be safe there. And I mean we were lucky that we're quite close to the local park. And although we didn't always feel safe going there and there's a graveyard at the other end of the street, and we spent a lot of time in the graveyard just walking around like sit somewhere you could go to be outdoors without really meeting other people. Yeah, which was. You know it was a bit scary to start with the thought of being in a big crowd of people and but yeah, we used the backyard quite a lot. Uhm, tried like you know we do barbecues out there or bought giant puddle in Pool. It's about 6 feet across and filled up with water and we spent some time thinking of the bank holiday weekends we all got black suit on and we're sitting in the paddling pool and trying to, you know give her some experience of swimming a bit. She really enjoyed the swimming lessons before they all got stopped and I was a bit worried that she would forget at all which she has. But it was good fun. You know we were freezing cold by the end of it,

R: yes. Yeah, and was it the same? I mean I understand that you. You just move very early, very shortly before the lock down.

A36F: Yeah,

R: but were you expecting the backyard to be that important in your lives when you...

A36F: not at all? I sort of. I feel like we bought so much stuff during the lockdown because normally I don't like to buy things for her. We go out and do things so we didn't have things like Paddling pools or trampolines. We ended up getting as well and a climbing frame were both for it 'cause we would normally go out so she could do these things with the park being so close she could just go and play on an evening and have a nice time there but. When we couldn't go to any of these places, and it became more important that we could make something for ourselves. And we try to do like sports days and playing football and all sorts of stuff. Yes, she's (she means C has arrived from nursery) just coming in.

R: Would you like to be with her?

A36F: hello.

R: Hello hi. Hello. Can you see me? Uh,

C3F: no.

R: I'll stop sharing now. Can you see me now? Here I am. Hi hello. Hello, it's nice to see you today. I'm *** and I'm here to talk to you about what you do in your home.

A36F: *** was doing some work to find out what boys and girls think about the things they did in their house when the bug was around and we weren't allowed to go out. Do you remember that?

C3F: Yeah.

A36F: Do you... what sort of things do you remember?

C3F: I remember when we put some boxes have been made in obstacles in the House.

A36F: Ahh, I haven't told Heba about that yet.

R: What did you do C3F? Can you tell me more about it?

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C3F: We put the tent up as a big round thing. There we go round and round and round and then

R: wow.

C3F: And then put some boxes up.

R: Where did you do that?

C3F: We did it in the sitting room.

R: Well, that sounds interesting. Did you like it,

C3F: yeah. What else did you like?

C3F: I liked when we went round and round the tent. We did put a tent up.

A36F: We put our tent up in the front room and we went camping one weekend.

R: Oh, that's so interesting.

A36F: Do you when you say round and round, do you mean when we did a race?

C3F: Yeah yeah.

A36F: you were very tired when we did the race. How many laps did you do? Do you remember?

C3F: (staring to count) 1, 2, it's 2.

A36F: I think you did about 300 laps in sitting room in the dining room.

R: 100 laps that's a lot. A lot of play.

A36F: We did a lot of running around on me. We made medals, didn't we?

C3F: Yeah,

A36F: you found your medal that other day. The winner of the race

C3F: Yeah,

A36F: remember who was the winner? Was it me?

C3F: it was both of us

R: Of course, 100 laps. Then, you must be the winner!

A36F: Mommy also told me that you did a lot of lots of play and the backyard.

C moved out of the video frame

R: It's fine, it's OK.

A36F: You got a pencil case

R: Oh

C3F: Rainbow pancakes

R: wow? Oh, that's impressive. That's so looks so nice.

A36F: Do you wanna do some drawing?

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R: (directing the question to C3F) C3F Was there a place that you liked so much in your during the lock?

C3F: look what's inside it! (The pencil case)

R: yeah, show me! yes please. It seems that you like colouring and drawing. Do you?

C3F: there's some coloured pencil. My favourite colour is blue. And I like pink.

R: Oh wow! What else do you have in your pencil case?

A36F: We find anything else in there. She just emptying it all out on the bed, OK?

R: It would be great if you can Draw Something that you would like to show me.

A36F: Something you like to show Heba?

C3F: Yeah,

A36F: what was your favourite thing that you remember from when we were all stuck in the house? Is it camping?

C3F: I'm gonna draw it all on this [unclear word]

A36F: All this. See a good idea? Do you remember when we had the big party in the street?

C3F: Yeah, yeah.

A36F: You remember when John next door pretended he was a airplane?

C3F: Yeah.

R: Could you draw it for me? And show it to me.

C3F: I'm drawing it now.

R: Oh, that's great,

(A conversation between the mother and the daughter about the coloured pencils)

C3F: OK? Didn't do anything well, that yellow pencil is probably not very good on the purple. There are some normal pencils in there, I think. I'm trying to call it. Oh my look at. What was so much good? Put on purple paper is not gonna do. No. About that red one. A little bit better. That's great. Do you like home?

R: Maybe a mummy, we can chat more about the photos until you finish the drawing, OK? But you can also if you want to say something while we're talking. Yeah, just let that just say, just say what you want to say. Let us know. Oh, OK. Well, we were up. Talking about The photos and we stopped at... we were still talking about the backyard and all the new uses.

C3F it's finished! *(she means the drawing)*

R: oh cool

C3F: That's, the boy, your next door

R: I can't see you see your drawing clearly; can you raise it? Where is? That's your neighbour? Is he?

C3F: Yeah, I remember talking to you.

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C3F: Yeah, yeah.

A36F: He's funny, isn't he?

R: Do you like to play out outside?

A36F: Do you like to play outside? Do you like to play in the front? Would you like to play in the back?

C3F: at the front

R: Yeah, why is that?

C3F: cause you always play with me

A36F: Yeah,

C3F: I may draw a picture of you with me.

A36F: That's a good idea.

C3F: I'll have to sell the lady so you will have to. Get up. On the screen?

A36F: Yeah

R: oh, I'm not there! OK sorry. Yeah, just switches off, Yep. So, what happens when you yeah, when you play outside at the front?

A36F: What do you like to do at the front?

R: What do you see? OK.

The child is silent engaged in drawing

A36F: she's still doing some drawing.

R: OK, that's fine. So Is it like a front yard or is it like,

A36F: yeah, we've got a little a little gardener front, it's one of the pictures I was trying to send you actually but. See if I can...

R: I'll check it. They might be in the drive already, uhm? I think it's only three pictures.

A36F: Like coming from my cloud storage so it's not enjoying the downloading.

C3F: She is me with me. Mama.

R: Oh nice. Oh, that's so nice C3F needed. What do you what do you normally do with your mom? With Mama?

C3F: I play with when she isn't busy.

R: What do you like to? What do you like to play with her the most?

C3F: I like to play. With her when doing chores and doing something else.

R: what else?

C3F: Yeah yeah.

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A36F: What's your favourite thing to play?

C3F: I like to play Hide and seek

R: you like active play, like to run and like to play hide and seek. And would you like to do that inside you inside your home? or in the backyard or at the front?

C3F: I like to do that in the park where the grass is 'cause it's nice and smooth.

R: Ahh, That's really nice. Yes, that's true. And when it when it when during the lockdown when we were not able to go out, where did you play Hide and seek?

C3F: We just, we didn't play hide and seek in the lockdown

R: you weren't able to. Did you miss that?

C3F: Yeah.

R: So, what was the thing that you didn't like to do during the lockdown when you were not able to go out?

C3F: I'm drawing a tent for mama

R: OK, that's nice. (Then directing the question to the mother) So was there something a place in particular that you sense that C3F will was not? Wouldn't be happy to be in. During the lockdown. Wasn't her favourite place?

A36F: I guess she was OK. Look, it's just. If she was in the same place too long, she got bored. You can get quite bored, we just got some things, but. Generally,...

C3F: this is our tent (showing the drawing) Well, it's a bit funny with his legs on that. Cycling in the bottom.

R: how nice, and did it fit you all inside. A picture of us. It's so great. Join along in part. He was asking did we all fit inside the tent?

A36F: Yeah,

R: that's a huge tent then.

C3F: Mom and Teddy bear.

R: So Nice is it your favourite? It's mom's favourite, OK?

A36F: My teddy from when I was a baby isn't it?

C3F: Yeah

R: it looks so cute?

A36F: what's your Favourite cuddly.

C3F: I like all of my cuddlies

A36F: Oh, course you do.

R: And where do you put them?

C3F: I put them in my bedroom

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R: I see that you like to draw. Where do you normally draw?

C3F: I normally draw on the Table

R: which table?

C3F: the table outside the kitchen, the kitchen, just outside the kitchen wall.

R: OK? And yeah, it seems that you do lots of drawing and you're very brilliant at drawing. So what are you doing now?

A36F: Are you gonna draw now? Continue? You got a plan.

R: OK, it's OK.

A36F: Just trying to email you some pictures they won't download from the cloud, but I've taken a screenshot of them and then put them in email to you.

R: Yeah, that's a good idea.

A36F: Let's see the pictures of our living room expedition from the garden with our juggling rainbow. Remember when we draw a lot of pictures in the window?

C3F: Yeah

A36F: we did a lot of drawings and put them in the front windows in

C3F: my plant. A plant.

R: A plan or a plant.

C3F: We have to plant this seed, so it won't grow this tool.

R: Nice.

A36F: We did some gardening when we were all trapped in the House, didn't we?

C3F: Yeah

A36F: do you remember what we were growing?

C3F: no, do you?

A36F: we had corn. What else did we try and grow?

C3F: this is my plant

R: oh OK. When did you plant this?

C3F: We plant it outside in the garden, in the pots. But we've got some [failures] as well

R: wow. OK, and you enjoy gardening, do you like to grow plants.

C3F: Yes

this is my book that I got. When I went on holiday with Mom is friends.

R: That's so nice. Do you also draw in your book in your notebook?

C3F: look,

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R: yeah,

C3F: I draw in it.

[the child talking with the mother about drawing: I think he took all your drawings out. Turn in there. Oh no, my first morning. Oh, I'm going to get to do some too. Little pigs with me and tagging. For me to do that, yeah OK got my work done. So, uhm,]

R: if we talked more about, uh, maybe if we talk about UM like the changes until the other photos are get Uploaded, so if we talk more about UM. Changes that you have made into your home and support your wellbeing. But when I say the home as you have already mentioned, you started to talk about the immediate context and the place around your home.

[the child raised her drawing to show her mother]

A36F: Oh, I like the colours on that one. I like the purple in THERE. Goes together really well.

R: What is that C3F

C3F: this is my plant.

R: Your plants. Your plant.

[talking between the mother and the child: And what did you do in San Fran? Just like this, OK? That's really nice. Where, where is it? Not only you and Teddy. It's not what you wanted. Must be holding on to it. No. In other words, yeah, OK, one what you gonna do and that is that picture. There is hope. Bold.]

R: So did C3F enjoy playing outside in the outdoor and then like immediate context. You said that, uh, there was some playing with or maybe interaction with neighbours.

A36F: yeah, where the street was a bit crazy to be quite honest it was some like you know, everyone had their rainbows outside and the 8:00 o'clock clap on the Thursday night was like the social event of the week. People would put Christmas lights out front and then you know a mix of Christmas and Halloween decorations and then some of the neighbours would be out sitting on their garden chairs from about 5:00 o'clock. Just also out front, and then we'd all go out at 8 o'clock and do the clap and you know, banging pots and pans and we would take some instruments out. You will play in your mouth organ with you. And then do you remember what else we did when we would go outside and clap?(the mother asking the child)

R: Were there other children?

C3F: I DON'T Remember.

A36F: There were some other boys and girls at the top of the street, but not many round where we're at and one of the neighbours at the top who did have a little girl and they would put a sound system in their front garden and then play some music out. So after we'd all done the club we ended up on like a street sing song every week. Yeah, next daughters would come and put a leaflet throw horns door with the song lyrics on for this week. And then we would all stand outside and do some singing,

R: it's really nice.

A36F: You sort of. You really got to know the people that that lived around you 'cause a sort of it was the only people you ever saw.

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[the child talking to the mother: Oh yeah, this one's got a bit. This pit bull company alright. Jimmy, take some paper out for you. No. And then it would you.]

R: and C3F Did you like to play in the backyard? Who was it very cold?

C3F: I like to play in there (the back yard).

R: You like it. so it seems that... Was that new to your a new experience for you like to interact with neighbours?

A36F: yeah. And we didn't really know many of them 'cause we just moved in. But in the house were in before and being this sort of tourist town, half the street would be empty. It was all holiday homes and. And then before that would always be in my rented flats where you never knew. You know your neighbours from one week to the next, so all of a sudden to quite intimately know all the people we lived around, who's a bit new and strange. I think we got to make them a lot because. There's a lot of grandparents around here, and they missed the kids so much and they would see her playing out and just, you know, they even want to talk and chat. [talking to the child: So you feeling sad now].

R: Would you like to have like a 5-minute break and just? Yeah, it's fine. It's fine, we can stop for five minutes and just...

A36F: no problem, Yeah, she might have to go and have a tea. We're going to see what dada is doing for tea, yeah? Do you wanna say bye to Heba?

R: C3F, I'm so impressed with your drawings, you're such an artist. Yes, and your colours are so nice. It was so nice to talk to you today.

A36F: I'll pop down and sort out some tea and then she'll come back for five minutes.

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Participants	A35F - 35yrs, White, Female, Master's Degree, Pre-Lockdown Working Outside Home, During Lockdown Working from Home A34M - 34yrs, White, Male, Bachelor's Degree, Pre-Lockdown Working Outside Home, During Lockdown Working from Home C6F - 6yrs, White, Female, No Schooling Completed C2M - 2yrs, White, Male, No Schooling Completed
House Details	3 Bedrooms Medium/Large Terrace Mortgage/Loan Private Garden

R: So, would you like to share with me the photos that you have sent, and would you like to start talking or choose that photo that you would like to start with?

A37F: And yeah, that's fine. I uploaded some photos into the folders that you'd set up.

R: Yeah, well, so we'd like to get it OK, right? So, as they are lots of photos who would like to start? There is a backyard photo.

A37F: Yeah, that'll be me then, yeah,

R: and I'll just I'll share it with you so we can..So, if we come start with this photo, if we if I ask you why was this place important for you and why did you decide to share it with us?

A37F: Yeah, and so we. This photo had chosen was because, UM, the outdoor space became really important for us and beforehand the yard was kind of just seen as probably more purely functional place for, you know, like hanging up laundry or having somewhere for the kids to play outside, but then come with the restrictions are in place during lockdown we spent more time in that yard and we made a conscious effort to try and make it a nicer place to spend time. So, we've got like the large fairy lights would kind of improved the area all around that the kids would enjoy spending time in there and we stencilled the floor as well, which seems to be quite a lock down trend as well. Just to try and make it a bit more and a nice place to spend time outside and we don't have a lot of outdoor space. UM, and that's quite common for the houses around the area that we live, and it was just thinking about ways that we could improve it so that we would. Be just able to enjoy our space that bit more. So, we were really pleased with what we did with our little backyard.

R: That's nice. So, what exactly happened there?

A37F: And we, as in in terms of improvements?

R: no, no, things that you did there

A: oh, types of activities? Uhm, we've got a lot of sorts of outdoor toys that are just out, shot in the photo as well so we've got like a small trampoline and there's little ride on toys, so our children are six and two, so it was good for them to enjoy being out there.

C6F: and the mud kitchen and the and the frog pond.

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A37F: yeah, the mud kitchen there so you can just see like little pans and spoons and scoops. And we've got the chalkboard. And that my husband made just on the left-hand side and so that the kids could play with the chalks. Which again was another... Seems to be another feature of lockdown was all the kids were talking so and also trying to make a little bit. More of a group. Well, it's kind of a little... our attempted green space by having some plants as well, because before it just didn't have any of that. Yeah, and A34M had done their little. They were like the little hanging colourful beer cans and put him flowers and those as well.

R: Yeah , and I would say how was it before the lockdown?

A37F: And the space outside. Yeah, it was. It was a lot more plane. You know we didn't have the fencing along the top that was installed for a bit more privacy between the houses 'cause it's got that sort of like all back lane yards, and the floor was just a very sort of plane, dirty grey concrete, which we power washed and then stencilled over so that you can just see the sort of floor pattern that we did that during lockdown. and repainted, so freshened up the whites and just try to make it a bit more of an interactive space. And just so that we could enjoy spending time out there.

R: So, I would expect that it was hardly used before the lock down for like.

A34M: Yeah, but not so much that you know it's much. The kids would still play out there and run around and stuff. But yeah, I don't think we used as much.

A37F: Yeah, it wasn't so much a play destination where it is more now simply because we couldn't get to the play park switch. You know, having the outdoor space in this House has never been a problem for us before because we've got so many parks, we're right by the beach and there's plenty of places to walk. And then when that was taken away, suddenly we just had to make do with the small space that we had and that's why we chose to improve it in the way that we did so that we could enjoy spending time outside.

R: Yeah, yeah. And, uh, but do you expect it to say, you know, the new functions that you have added? Any new uses? Would you expect them to stay even after the lockdown?

A37F: Yeah, definitely yeah.

A34M: And say yeah, we spend more time out there now. I would say even just like ourselves as well, like not the kids just sitting out occasionally and which we wouldn't really do before.

A37F: no, no, we'll have a cup of tea. Or yeah, that's why there's something sit on outside, and we try to make more of a conscious effort to use that space. 'cause it we have improved it and we do like being out there, but it's nice that it has more of a purpose beyond somewhere to dry laundry or... Yeah, the kids like it.

R: Yeah yeah, and I would also like to add as part of the interviews like... structure. We would also encourage children to talk, but if they know but they're also, it would be so great if you would like to write or draw about things, places that you like in your home during the lock down so you can also grab a pencil and a piece of paper and you can draw and write and we can talk about these things so it's only if you would like to.

A34M: She's drawing a picture of our house right now.

R: Yeah, that would be fantastic.

A34M: (talking to C6F) Show her whet you're up to.

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R: Yeah, I can see it. So nice, oh I can see lots of details. That's really, really nice. Yeah, I'm so interested to hear from you about it. Like the end of the interview. Are you, would you like to talk to me about it? About your drawing.

A37F: Or do you want to work on it a bit more?

C6F: And can I work in a bit more?

R: Yes, yes, of course yes. So, can we move to another photo? Would you like to?

A34M: Yeah,

R: so uhm. I want to. I think it's better to. It was another photo. So, we can take turns about when talking. So that's a photo for the... Obviously it's workspace. Can you see it?

A34M: Yeah, yeah, yeah,

C6F: yeah, yeah.

A34M: Yeah, so obviously that like this was just our bedroom before and then we both had to start working from home and initially it was very sort of haphazard. Like where we were working, we didn't really have a space. It was, it was just for work, so this it took quite a while for us to get this workspace in our bedroom that we were happy with. so obviously that changed the use of the bedroom quite a lot. So, it's now a bedroom slash office.

R: And. And why was it important for you like this place is it's? Is it because it's it was something absolutely new? Or did it have any other?

A34M: Yeah, it was more just that it was more just the fact that it could use if it had changed during the lockdown, yeah? So yeah, and it just used to be a bedroom and, and now, well, yeah, we didn't even realize when we bought the house that we would need somewhere... It wasn't even a consideration that we would need somewhere to work. And yeah,

R: So, what happened during work like I can see two desks. So did like work. Did you both work at the same time or was it?

C6F: On a Wednesday and Thursday, they both worked.

A37F: That's right, we do part time what we're both part time out of choice, I work on Wednesdays, Thursdays and Fridays, and A34M Monday to Thursday. So, on Wednesday, Thursdays C6F says we have a bit of crossover in that time and we both generally work upstairs.

A34M: during the first lockdown when the schools were off, we would normally like one of us would work up here and one of us would be sat downstairs with the kids. 'cause we couldn't leave them on the right and so and they would sort of take it in turns. To do that on the Wednesdays and Thursdays when both of us work in. But now obviously she's back at school and little one's at Nursery, so we can just we can both work up here now. All the time

R: how does it feel? How does how would you describe your experience while working in the bedroom?

A34M: I I think it's great. I think it's really, we've got. We've been quite lucky that we've got really nice space. We've managed to find like 2 tables just lying around, like one of them used to be a changing table. Yeah, and for A37M and the other one was just in the garage, and we've got like I had a chair in the garage. We've got another chair from my office who were getting rid of them. And

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all our equipment was our employers like dropped it off. So, it's quite a good office setup. It's very comfortable. We've got like two screens and everything that we need, yeah, and it's a nice sunny warm patch in the house. It and it's quiet. And so, I think I found it brilliant.

A37F: yeah, I love it as well. I I'm very happy working here 'cause we can see like behind us we've had so that close the blinds 'cause it's so bright but it's just really nice space to work in and I don't feel any problems about having the workspace in our like bedroom space because it just feels like two separate things and also because it is so like we try to keep it like quite clean and tidy. Neither of us have a role that involves lots of papers everywhere, so you know, it's quite a compact and efficient space, and it doesn't feel like it's encroaching on our personal space too much, or I certainly feel that you don't feel like that. I don't lie in bed looking at the desk, thinking, Oh my God, I've got so much work I've always had quite a good separation between work and home, and I think being able to work at home as being there's been so many more advantages that outweigh the disadvantages, that I honestly it makes me makes me quite happy that I can work at home so I don't have any negative connotations with that space being used differently.

R: Yeah, yeah, so as far as I understand and like, please correct me if I'm wrong. So, this separation that you are happy with between work and home and home life. It was facilitated by having a separate space from the family space in general and also being able to. Maybe uh also facilitated by working as part time so you can, you had this possibility for time scheduling was that the case?

A34M: And I would say to the first point. Uhm? Yeah, definitely helps. Having somewhere. I mean, it helps having a dedicated space to work. 'cause UM. Otherwise, I mean on the days when you know we were both working, and the kids were at home. It was a lot more difficult because not like you can do work. Then you can do. You know, then it's the evening and then it's child rearing time. It's like everything was all mixed together at the same time. It's like you do a bit of work and then you know one of them needs some help with something or. So, it was impossible to sort of separate it. And where is it now, that space and then. Yeah, I think, I don't know if I answered that correctly.

A37F: I think it's right like yeah, it feels like a very sort of grown-up professional space. It's we don't the kids like they'll come up into the room occasionally, but it's it tends we don't have like toys and. Like the kids' clothes or anything like that in here it's

C6F: yeah, the massager.

Parents laughing

A37F: I like it. Yeah, it's very much with that space for us. But then, like A34M was saying during the lockdown, yeah it was. It was a lot more fluid and so if we would kind of take it in turns to have a bit of like quiet working time just because the kids are so young. I mean there's six and two now so obviously younger during the lockdown. And yeah, very dependent on us, especially for like. Yeah, it yeah, they needed us a lot.

R: (commenting on another photo for the bedroom office) Yeah, I can see what you were talking about here in this photo. Like them the amount of light and the brightness of space. And the new office space. UM, and so are you going to keep that in future in your home?

A34M: Yeah, this is sad to stay, I think definitely 'cause I mean my work, I don't have to go back to the office now and A37F, I mean they're trying to get you back, but ideally you want to work from home as much as possible.

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A37F: Yeah, that would be my preference. It's just so much nicer being able to like finish work and then be already at home and we've changed so many things like we're able to eat together more and able to do like school, well, both of us are able to do the school run, or take it in turns and it's just so much more relaxed and it's such a nicer pace of life without having that like big commute on either side of the work day, which was kind of on reflection. It's just it was just like wasted time, wasn't it? 'cause you weren't you weren't getting paid to do it by work and you weren't getting the reward of. Being able to be with your family. It was just waiting until you get to the next bit of your day and it's really nice not to have that anymore. So, it means that we eat together and then you know they have their bath time and everything and then suddenly we got our evenings back. So instead of us eating once the kids were asleep and then going to bed really late and having no time together, we suddenly had evenings where we could like [unclear word: fight!] ...

A37F: Yeah, and like yeah just spend time together and you know watch TV and just relax. Whereas before it was always just such a mad rush. OK that's all to do with being able to work in that nice space at home.

A34M: I think this is the picture. Oh, that's so great. shall we first talk about the photo that you shared and then we talk about the picture?

A34M and C6F: Yeah

R: so, I'll share the get the photo from the file. So, there is a photo, this place space and there is a photo for shelves and shelves with books, and the screen. So, which one would you like to start with?

C6F: And I don't mind.

R: Uhm, would you like to start with the photo with the... Are these all things that yours like the toys and books?

A37F: these were all photos that were chosen by C6F. So, we would ask her the questions that you'd shared, and these were what she picked out was.

A37F and A34M: Yeah, yeah.

C6F: I like about this picture. Is that on the side that used to be my little spot where watch the telly.

R: And when did you watch the telly during the lockdown?

C6F: a lot

A34M: a lot

C6F: because there wasn't so much to do.

R: And who would be with you while watching the telly

C6F: my little brother playing with his train, And sometimes there's an adult in the kitchen and then one working upstairs.

R: Yeah, yeah. And did you like that time? Was that a nice time?

C6F: Yeah,

R: yes, and uhm, did you always sit on the sofa while watching the telly? Or did you like to sit on the floor or would you like...

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C6F: While I sit on the sofa, but sometimes if my brother does trains on the sofa, I just sit on the bean bag. You might be able to see in the corner of the...

R: the colourful one.

C6F: Yes.

R: that's nice. and it wasn't very... was it comfortable to sit on the sofa and bean bag?

C6F: Yeah,

R: and did you... I can see also lots of toys?

C6F: Yeah, we played with toys a lot. The most in access 'cause I've got my toys in my bedroom but the blue one is my brother's car.

R: Yes?

C6F: And then the war and the purple one near the bean bag is like

A34M: Happy land

C6F: Happy land yeah, and the one next to that one is his train tracks and paw patrol. And the one next to that is the blue car. And the one next to that is the ice cream car and he didn't get up over this, but next to there is a trolley. There's a lot of toys.

R: a lot of toys.

A37F: A lot of toys. They were downstairs so that we could be in the same room while the kids were playing. so 'cause he was like between one and two when the lockdown was happening. So, we kind of just had everything consolidated in one place. So normally the living room with didn't have that many toys, but now. Now, it does, and they've not moved 'cause he's just at that age where you need. He's still very much needing adult supervision, so we just have all his toys downstairs and then when he gets older so similar age to C6F, then would have more of his toys up in his room so he could play independently. But at the moment we... We have all these toys so we can keep an eye on him.

R: So, what about your toys C6F? So, you say they are in your bedroom?

C6F: yes, my closet in my bedroom. I didn't take a picture of that one, but, on my picture (drawing), this one.

A34M: Yeah, yeah. One big cabinet with lots of squares

C6F: yeah, lots of square boxes and lots of toys in there somewhere would be able to like shift if C2M isn't there. Well, some of the drawers are C6F's like once I've grown out of that he might want to keep.

R: Does he play with you in your bedroom?

C6F: He wants to, but I don't really love because my bedroom. He gets a lot of things out and it get chaos. Really chaotic.

R: Do you take things from your bedroom to the living room?

C6F: uhm, sometimes. Especially my tablet I got with lots of games. sometimes I take it downstairs, have some company.

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C6F: so, when you like to play with your toys. So, you go upstairs to your bedroom and play with them with your toys there?

C6F: Yes

R: Yes. And I also see that you like to draw.

C6F: Yeah,

R: So where do you like to draw? Do you draw also in the bedroom?

C6F: Yes, I've got a craft desk

R: yes,

C6F: and I sit on my craft chair. I like doing my craft here. (Pointing on her drawing)

A34M: on your desk

C2M: yeah

R: that's nice. That's really nice of the desk.

A34M: She didn't have the desk in the in the lock down that was there, so...

A37F: that's a new...

A34M: post Lockdown purchase.

A37F: she just used a small table and chairs or sat at the dining room table when we were doing schoolwork together.

C6F: Yeah,

A34M: and that's where you did crack craft, wasn't it?

C6F: Yeah, 'cause the lockdown? I didn't have my desk.

A37F: Yeah

R: what about your schoolwork? Do you have any schoolwork at all to do?

C6F: I have homework,

R: yeah?

A37F: do you mean, did she have schoolwork during lockdown

R: the lockdown? Yes, that's what we're talking about,

C6F: yeah, we did it. 'cause Daddy printed them off the printer

R: yes

C6F: And then you should just choose the ones you wanted to do.

A37F: That's right,

C6F: so that's more fun because he had it like he didn't really have a schedule. Like, whatever you want.

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R: That's really nice.

R: Yep. So, uh, when did you do it? Did you, do it? Like did you like to do it when your little brother was not around while he was sleeping or?

C6F: usually I did it when he was watching telly.

A37F: So, you did that in the living room.

C6F: Yeah, so you would... Every we were quite lucky 'cause this school set like, lots of really fun activities for them to do and especially when she was in reception. So, her first year at primary school and it was not too much pressure to complete the tasks. But we found that she enjoyed just kind of getting this stuff done in the morning doing what she could while she had like that energy and attention and then we kind of show you would play a lot of games in the afternoon so a lot of the time you would do the first portion of the day would be in there in the kitchen-diner area, which I think there is a photo of, and she would kind of just sit there do and we'd help her with her tasks and then she would quickly complete those and then the rest of the day was her own and that seemed to work really well for her and it worked well for us as well. Didn't it?

R: that's great. That's really nice. So, if you if we look, I can also see a very interesting photo. With lots of books, all these books yours?

C6F: I know the top shelf is books, but the one I wanted to talk about is the lower shelf.

R: Yeah,

C6F: that's got lots of games on. I took care of that because I think it helps us a lot because 'cause we played a lot of games in the lock down.

R: Yeah, and that was lots of fun, wasn't it?

C6F: Yeah

R: yeah, and do you play the games in the living room also?

C6F: Uhm, we play them when C2M isn't there. He can be very destructive.

A34M: normally in the kitchen wasn't that we used to play.

C6F: yeah

A37F: a bit higher

C6F: Yes

A34M: We played a lot of board games,

C6F: yes, but not so much. (laughing)

R: so, I, uh, can I ask about the design of your home. Is it like as far as I understand it, some kitchen diner, and is the living room, like connected, is it like an open time?

C2M: Well, the living room is... goes... wait wait.

A37F: The living room and Kitchen-Diner are separate rooms as wall partition, but there is a a door between the living room and the kitchen.

C6F: yeah

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A34M: So, it's like to the downstairs is basically two big rooms with the door in between them. Yeah, and then the upstairs being C2M's room and then the loft is this one (where the interview is carried out).

R: OK, and you said that when you when you were up watching the television, one of... Mommy or Daddy will be downstairs with you. So that would that mean that normally the door between the living room and the kitchen's always opened so you can talk to them?

C6F: yeah, yeah,

R: OK, So that's good. And what about the garden? You didn't share photo... You didn't choose a photo for your garden, but I expect that you played a lot there, did you?

C6F: yeah, this is a picture of our living room, but the one here... If you can say is the telly.

R: yes.

C6F: And because I watch a lot of telly as you know during the lock down.

R: Yeah.

C6F: with my brother. Most of the time during lockdown I was on C6F's account (television account) because I went on their once and I just keep going on there (laughing).

A37F: Netflix account.

C6F: now I just use my account.

A34M: what about the garden? Have you got something to say about that?

R: Shall I bring back the garden, the back yard photo?

A34M: I have taken picture of the garden.

A37F: you can you want to say about the garden from garden.

C6F: I would like to say played a lot in it more because we had loads of toys that we hadn't used for ages and the lock down was a very good opportunity to do that. We had a Holla hoop, ball. one times we might go onto this street and get our scooters and not chalk out yet.

R: That sounds really nice and interesting, so uhm also, but I can see that this is the is that the front?

A37F: Yeah, that's right

R: and was that new to you to... to play in the front garden during the lockdown?

C6F: Quite new.

A34M: Yeah, we've never really used that at all

C6F: and we also use the back yard for ice cream,

A34M: yes.

R: So, uh, and I think when while you were playing in the front garden, you were able to see your neighbours and people passing by in the street?

C6F: Yeah

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R: did you see other children playing in the front garden too?

C6F: sometimes? But we didn't really see the front house because that is my mom's mother house.

A37F: It's where my parents live in the house across the way.

R: Oh, OK.

A37F: Yeah, so when we'd be able to see them from a far. And that that was part of the reason that I chose in this picture, to answer that sort of challenge question, just because even though it, it was a really great space to have. And it was a space we've never really used before. It was almost a bit of a... nuisance, in a way, 'cause it's a piece of grass that we we've never used to use, but you still had to maintain. But then suddenly we were so grateful to have it. We spent a lot of time there. We'd have like, yeah, ice creams. There would have our lunch at the front. The kids would play at the front and but for me...

C6F (interrupting) we get the paddling pool out.

A34M: Yeah,

A34M: but for me, it was also a site. Site challenge as well because it was like the boundary of where we were allowed to go, and especially so with my parents just being across the road and not being able to see them. And it was always. It was fine and I don't know if we ever met with them. Sometimes we'd sit on like opposite ends of the wall and have a cup of tea and it was even though we wanted to spend time together, it was always really uncomfortable. UM, simply because, you know, you're worrying about like the neighbours. Might be thinking or you know you weren't sure if you were allowed to or not. And it was that that was hard. And also, I think living at being at home a lot more you kind of became a little bit... or certainly in my case I became like over focused on really like minor things in terms of house improvements, so it used to bug me that the wall was all chipping with the paint. There was looking at like loads of different trades people to kind of get it like sandblasted off, and it was a time it couldn't wait times where you know you'd get a good quote and then they've never turned up and I don't know if that was to do with like lock down or not, but uhm. Yeah, it's just some reason it became real source of frustration for me so, but now? I'm not so bothered, will just paint it when we can. Then this kind of boundary.

R: That's very interesting, because you also talked to me about the backyard. So, it seems that you have created like two open spaces in the home. There were new open spaces in the home, open air I would say, that were created, so I'm interested to know what the differences between the uses of both were.

A37F: The back yard is more private, and I think that is... a lot that has more everyday function, you know. we use it, we still use it every day for like, you know, hanging out laundry and the kids sort of can go in and out because we've got like large double doors from the kitchen. That kind of just go out in the yard so it feels a lot more like a safer space. I suppose for letting the children just play there, whereas the front I wouldn't let the kids play out on their own without an adult being present 'cause we don't have a gate and they would be able to. Even if we did ever gate, they'd be able to kind of go along the neighbours' front garden or escape out onto the road. I think it's likely would trust you (talking to C6F) a bit more than C2M, would just be off down the street never to be seen again and I suppose it was more sociable being at the front because we do see a lot more people coming and going. So, it was nice in terms of like seeing other people, but for in terms of privacy, that's where the yard was great.

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A34M: I think we used the front a lot more during the lockdown and a lot less that that's sort of gone back. They're not being used as much now (after lifting lock down restrictions), whereas the back yard is still used and I think it was, as A37F said, like... It was almost like you were outside, like 'cause you weren't allowed to go anywhere or see anyone. that front space, it was still our property, but you know, as you say, you can see people walking past and you can see things going on. It's like the outside world a little bit so I think we used it a lot more 'cause it felt like you were out of the house without actually being out of the house.

A37F: yeah.

R: And now after the lockdown has been lifted and all the restrictions are relatively more eased, so is this used for or disadvantage that you felt when being in the front yard. You still up feel it? Or are you already also going to keep. Uhm, these new uses of the front garden in your life.

A37F: I think we have more of an interest in the front garden than we did before, I think before it was sort of seen as an additional space where we're like. Well, we don't even know what to do with that. And then I think with everything that happened during the lockdown, we were just so grateful to have that outdoor space and where there was a little bit of social element. You know, if you did see some neighbours walking past, so I did see it in a new light and I think we take a bit more care and interest now. So, we'll actually do weeding and we've got like it the side of the house. We've got like some small shrubs and flowers and plants which we didn't have before. It was just a chunk of, yeah, an extra chunk of grass. So, it's it has changed a bit and we enjoy it and it's slightly different way. But like A34M says, it has kind of gone back to being a sort of almost like a secondary space that we didn't use as much. But I still see it in a different light because of what it did give us during lockdown.

R: That's great, and because of the time limitation because of all this delay. Uhm I might not be able to... We may not be able to talk about all the photos, but before moving to the second part of the interview and I would like to know if there is a photo in specific that you would like to talk about with me.

A34M: I mean I had a few that were kind of similar. The reasoning for them was quite similar. So uhm yeah, one of like the inside of a cupboard and there's one that's like the sink. And there's also one that it's like the top of the kitchen cupboards. They are a kinda related. Basically, that the issue with all of these things was like storage and this one as well like that where the flowers are the eggs because like suddenly, we had C6F here every day. So, we've had we had more food in the House, and we were we were stocking up on food just as everyone else was as well. So, we've never used to have more than a weeks' worth of food in the house and get to the shopping and the cupboards will be empty and then I'd go and get some more food. And that's just how we shopped. But obviously when there was a lot of anxiety around food and stuff we would. And also, with her being home from school and having lots of schoolwork out like in the kitchen. And yeah, we didn't wanna take it upstairs every day, so we wanted to fit in an area where it was being used so the kitchen area basically had a lot more stuff in it then it then it ever did before and didn't have the storage. So that frustrated me a lot because there was always stuff out or on top of cupboards or just where it shouldn't be, and it never felt tidy. And so that was that was the only thing I did. Want to mention that that was all kind of linked. All those places were places where stuff got stuffed that that it didn't have a place to live.

A37F: I think I've got a picture of the pantry as well, for very similar reasons, but it used to be open shelving and we've got a joiner, so we've got a joiner during lockdown. put additional shelving in and

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put doors on as well so that we could kind of, so you can kind of see there, we had like, which we still use now, is like having you know the flour, oats passed it sort of non-perishable things. A small pantry area, a bread maker, which we use a lot, and it was just to have sort of storage. But it's kind of hidden away 'cause obviously when the doors are shut it, you don't see that kind of the mess or anything. Yeah, we look like a tidy space and with having all this like overflow of school stuff and food and all this kind of stuff it it didn't, didn't sit well with us. Yeah, but. I suppose it's just one of the things that you change.

R: it's interesting that you are talking about you know all the problem with the uh keeping the place arranged and all your experience of having like a more messy I would say or more unorganized space, specifically in the kitchen. So, is that because you had more time spent also in the kitchen? Or, uh, I mean you didn't mention that in the living room, although you talked about having the toys the children's toys in the living room, which was not the case before the lockdown, and you were even able to manage the tidiness. And in your bedrooms, although you added an office space in your bedroom. So why was the kitchen? Where did you experience this in the kitchen in specific?

A34M: I think I think for me the specific reasons were... It was where she did all our schoolwork, and we needed to store all of her pens, pencils, pieces of paper. Like all of that stuff, folders of previous work that you've done, that we'll keep in that all need to be in that area. That made no sense to tidy it up every day and put it somewhere else in the house. And so it was that was just extra stuff that needed to be in the kitchen. And then also the fact that we would just have more food than we ever did before. So that was overflowing the cupboards. and I think those were really the two main reasons for me why the kitchen was...

A37F: and I think there is a photo along there that I'd taken which was just sort of the kitchen as a whole and that was because that that function had... because that space... It became like a workspace for our daughter so she would sit there and do her schoolwork. It's also where we did our eating. It's also where we worked, if we were needing to be downstairs to have like somewhere... that good to have a computer balanced, you know? and that that is the space of the dining room. And then behind that photo is a small kitchen. So, it is quite compact area and as soon as we've got anything out of place, you really notice it 'cause it's quite small, isn't it?

A34M: Yeah,

A37F: And obviously I've got the baby chair and stuff,

R: and not feeling this challenge in the living room... was it because the living room had enough space to keep the children's toys and, you know, all the children... objects related to the children in tidy in a tidy form? Or was it because of you not expecting any other thing in the living room?

A37F: it's more informal and living room. It's always been more of a versatile space anyway. So, you know, it's a lot more multi-functional and sociable and you know we were used to even before the lockdown like having friends and family round and getting all the toys out and then quickly tidy in them like it was. That's what we were used to. Where is the kitchen? Because it is where we cook and clean and eat. Yeah, it needs to be clear so that. Yeah, so it's clean and safe place for the kids to eat their food without... I don't know, I don't know. It's just a place that needs to be kept clean whereas the living room it's you know you give it a quick Hoover or a dust and it's done.

A34M: I mean we did. We do have those cupboard shelves in the living room, and they get a messy, like if it's stuff like schoolwork and things, and but yeah, I'm not really sure why but it doesn't, it doesn't bother me as much. But it gets messy and then eventually you know you spend a bit time

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tidying up. Whereas I think with just with the kitchen it was just like constant and as you say, maybe it was because we are spending more time in there. So, you're looking at it more. And yeah, I'm not really sure,

A37F: but the kids are quite like messy eaters and stuff as well. So, you know we would have to be clean in that table. All the time and sweeping up under the table, all the food that's been dropped, but and then ready for getting like the schoolwork out so it wasn't getting spoiled by like its beans and stuff. I don't know it's. Yeah, it had very distinct roles, whereas the living room it's a lot more like it's just about socializing and a sort of comfort more than anything.

R: that's great. Well thank you very much for all the things that you share it with me about... about your experiences and if you would like to add anything more. Or you remembered anymore reflections that you would like, I will send you like a booklet where you can know it's like a sort of a personal channel. The channel where you can talk maybe more about things that you would like to share and on your own out of this conversational form of the interview. UM, and you can send me back this booklet either like electronically, or you can send it by post. Uhm, and now we will be moving to the second part of the interview, which is related to the changes that you have made, and your wellbeing during the lockdown. So, at the beginning of this part I would also like to clarify that when we talk about the home, I'm also interested to hear about and all the places your experience of all the places that, uhm, uh, were part of your home life during the lockdown, even the include that includes the immediate context. So, it's not only the inside or the physical boundaries of your house, but also it might be as you talked about. Maybe the. Possibilities of seeing people at the front garden and if any important other important public space that was quite an integral part of your home life during the lockdown. So that's also part of your home experience. Yeah, OK? So, uh, and of course wellbeing is everything that you felt and during this time and other form of socialization during this time between members of the family and also maybe between your social network, outside the family and how you felt about this form of socialization. UM, so the first question is, like in general, how far did you feel? How far? Yeah, how far did you feel that your home supported your wellbeing during the lockdown?

A37F: I mean, I've I personally felt that it was we. We just felt really, really lucky and I love our house and I love the size of it. It's not. It's not too big, not too small. It was very manageable, and we had quite a bit of work done beforehand with getting the loft conversion fitted to a bedroom in a small bathroom. And we were just so relieved that that had been done before everything came to a standstill. 'cause it did offer us that space where we could work and sleep and have a big separate space. Uhm? So that's fine in terms of wellbeing I was very content with the House and I know a lot of people might have been in different situations, but for me personally I was very happy with our home, and I think we were so lucky as well. 'cause we live in ***. So, when we were able to go out for walks and. Out about, it was so close to the coast and yeah, it did offer you that sense of freedom. I don't know, we just, you know, we felt very lucky

A34M: that that's something we we've started during the lockdown was, you know, like you were only allowed to go out once a day basically so we every lunchtime we went out for a walk with the kids and then C6F in the pushchair and C2M often went out on your scooter, didn't you? So, she would go for like scoot after lunch? Come and there's like a little church nearby that has a nice little light little flower garden that would go around. Yeah, and there's yeah, went out for a little walk up to your friends... past your friend's house and back again and we pretty much did like the same route every day. Yeah, it's quite residential. The route that we took so there wasn't that many people out and about. 'cause at that point we weren't, you know? Yeah, it wasn't clear like how many people you could walk past and all that kind of stuff. So that's something that we never obviously never did

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before. She was at school, and I think that supported my wellbeing there a lot like 'cause you couldn't get out and it was the one chance you didn't. You have to get out and. So, we made the point of doing it every day and then, yeah, I think that was really good.

A37F: and we still do that. Don't we like you know? Yeah, when we're working at home, we still will always go out for a walk at lunchtime. We won't just sit home and will always go down. See, yeah, see the beach or. At least go somewhere.

C6F: we have more options, yeah?

R: That's great, but how about the challenges there that you have faced, uhm? So, what was the main challenge that You faced during the lockdown in terms of... The things that you were not able to do to support your wellbeing in your home.

C6F raising her hand

R: C6F, yes, go on.

C6F: Think not seeing my friend.

A37F: I think that was the same for me as well, C6F. 'cause we've always been quite sociable people and I have my friends with their little ones. So, once he was at school and had C2M it had my friends with their similar age children. They've come round every Monday for like cups of tea and biscuits, and we were very active. It like baby groups and all that kind of stuff and then to have that suddenly stop that was that was really hard. not having that socialization, I think, that was the biggest challenge to have that taken away.

A34M: and not being able to use like. No public spaces that normally would as well you like. As A37F said early, like when we bought this house, we didn't really care that it didn't have a big garden 'cause we were like. Well, there's a park 5 minutes we can just go there and then suddenly you can't go there. So, it's all stuff that we just took for granted that we could use and then suddenly we couldn't. That was a challenge, but we've kind of tried to use own space as much as we could to do those same sorts of things.

R: So, you talk to me about lots of changes, some changes that you have made, some of them like upgrading or making some changes to your backyard. Yeah, backyard and the change and use of the front yard. Uhm, so what were the and maybe other changes also? But what were the changes that you have made specifically to overcome this challenge?

A34M: And so overcome the challenges of lockdown you mean?

R: being you know the restrictions on socialization. You've mentioned that yeah, not being able to socialize with yeah, outside your home was something that you're not comfortable with.

A34M: I mean, I mean well. Making the yard a nice place, that was, I mean, that was partly sort of when their restrictions were lifting and you know you could have people in your back garden, yeah? Have friends went back on that you could come in your house, that's when we got the lights and stuff so you could sit outside even if it was a cold evening and have the lights on and people have friends round.

A37F: we did that few times did that. the just one thing but I mean certainly early on when, like if my parents, 'cause my parents obviously live in a house across, if they came over, we kind of just if we had the kids in their living room window and we'd open like the top window and just speak through the speak through the glass.

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C6F: we still do that

A37F: yeah, we still do that don't we?

A34M: During the lockdown we did a lot of like, well, we had a like pub quiz that we used to do on, you know on zoom with our friends and obviously that's not stop now, but that was something that we obviously wow. It was good to see people.

A37F: Yeah, different ways of contact, wasn't it?

A34M: Yeah, and you occasionally expected friends, didn't you (talking to C6F)? Not very much but on the computer

C6F: oh Yeah, we had a birthday party.

A34M: Yeah, you used to do rainbows on zoom didn't there as well. Activities in your house.

C6F: Yeah, the rainbow

R: did you hang it on the front and the front window as well?

A37F: you did... you put a Rainbow at the front window.

R: Oh, that's great. and there were also like some of the very repeated... I would say, experiences like in some cases people had felt the challenge was related to having so many things that had to be done. Maybe in the same place at the same time, and in some cases even there was tension because these things were conflicting at some point and. In other cases, there were people who had so much like come alone time in their homes. Yeah, even though they were living in families. But maybe you do to the the way that their home was designed. They were doing different activities meant having to be isolated from the others, and it's it was it went beyond that. I'm like for yourself, it's it has reached the point of isolation. And that was challenging in in some cases. So, what was your case? What was your experience like? Did it? Did you have any similar challenges?

A37F: I think we were probably well. I certainly felt in the camp of, you never got any sort of quiet time or stopping time. I, I felt absolutely opposite of isolation because we had the kids with us all the time. So, there was we I never felt I never felt lonely. And that there wasn't. So, if human company 'cause well, you and I get on really well so that that was obviously great having like husband and best friend here all the time. And the kids there was constant source of entertainment and conversation and noise. And I did miss very much having sort of my friends who I'm friends with outside of the home.

A34M: Yeah, I mean it got very monotonous. I think like every day, every day it was the same and but normally it's punctuated by something you do something a bit different or interesting, but it was like. It was just the same. and It's all the stuff you have to do like as parents anyway. Like you know, make the team make the lunch or get them in the bath and get it. But it was like normally that's just... you almost just happen in the background and then you do other stuff that it makes you happy or that keeps you. But I don't know, it keeps you interested. Yeah, because I feel like it was just that was all you were doing and it was like yeah, I mean we were lucky that we kind of both of our jobs, although there they were really busy, they were. Quite understanding employees, so we were able to sort of around like meetings or like deadlines were able to kind of split our work because we still needed to obviously do our jobs. We needed to do the home schooling and because we didn't want C6F to get behind. And obviously we were having a toddler as well. Again, this is an so it's kind of like parenting, schooling, working. It was like just nonstop all the time, but at the same time it was also

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like you're saying it got quite like monotonous. It's just because you weren't it wasn't you weren't able to punctuate it with them. Things that were more entertaining? Yeah, yeah, exactly. So that's why we did things like the pub quiz with our friends and just like over zoom or would arrange calls with friends just to... Have a catch up in a way that we wouldn't have in the past. I would never think to zoom my friends normally because I just go around and see them but. Yeah, uhm.

R: So, is there anything specific in specific that you did to come get around this challenge or just difficulty? Other than. The games and it was that your way I mean zooming?

A37F: You just made a conscious effort to make sure that we got out and got fresh air to see things. Yeah, a conscious effort to try and socialize in different ways, so through zoom. And yeah, online virtual pub quizzes and stuff isn't really much. There wasn't much else, no. Watch to watch TV. I do not believe this space you would have. Spend more on Game, did you alter games? I can't remember.

C6F: from the toy library

A34M: I know, the toy library was closed, isn't it?

A37F: Yep.

A34M: Yeah, I got some board games for my birthday, and we played a lot of... yeah, yeah

R: So, what about two C6F? So, we talk about your drawing and your experience.

C6F: Yeah, look it, the Drawing of the house.

R: You like to talk to me about it.

C6F: Yeah, the garden

R: So, I got I cannot. Can you put it closer to the camera? I can see it clearly now.

C6F: Yeah, that's the door. And then this is the [unclear word: applied] and I think sometimes we used the washing machine a bit more during the lockdown

A34M: Definitely yeah

C6F: and this is the telly, we used it a lot really. And if we go upstairs, that's my brother's room. There's little bed. It's smaller than mine. And then this is my room, and this is my chest of drawers. and go to the loft, where we are, in the corner we have the shower and the toilet. And then behind us we have the bed. And then it's got to do with the dress.

R: That's so nice, that's great detailing C6F. Well done. It's really good.

A37F: So, I was just gonna say that was an interesting observation, C6F, about doing the more laundry 'cause we were in different clothes every day instead of the school uniform. And then anytime you got yourself dirty from either eating or. Playing or whatever we you change, so there's that. And we also 'cause we also transferred over to cloth nappies as well for our son. Whereas before we just use disposables because we're out and about so much it was just easier then when we're at home. We were like, well, we may as well give that ago so and we still we still do that as well. And so yeah, that that was a big change. So good observation.

R: Which place is your favourite during the lockdown and specific when you were had to stay there all the time and lockdown?

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C6F: I've got two. So, I've got the bedroom and the living room.

R: OK, so why were they you talked to me already about the living room in the bedroom, but I would like to know why in specific that you'd like then what was the best thing about, let's say first your bedroom?

C6F: what I would say about my bedroom is that I have loads of toys that I just play with and do my crafts. Yeah, there's a nice peaceful place. I didn't have any ready to worry about or I can just play my games and have fun.

R: Yeah, that's nice. And after the lockdown UM or even also before the lockdown, did you invite friends over and did they come and play in the in your bedroom with you?

C6F: yeah, we do put the dresser box out

R: yeah... Nice and fun.

A34M: What did you do when your friend came around? You were doing crafts, don't you?

C6F: yeah, we [unclear word] the kitchen.

R: What about the living room? What was the best thing that you liked about it?

C6F: The best thing about the living room is watching TV like... well watch it.

A37F: Yeah, it was the TV... It seems to be a common theme in this interview, but it was such a big help because the two were so little that it meant that like when we were doing schoolwork with C6F, C2M, we knew he was somewhere safe and entertained and not far away from us. And then when we would need to do things with C2M and C6F found like watching it very like relaxing and you chose some really good shows, so you wash loads of like Operation out. Like that before, so like she you learn, you learn a lot through that, and I think you were entertained as well. So, I think that's probably why it's it was a quite common theme for you, isn't it?

A34M: I was just gonna say, I suppose that counts as one of the things... changes that we did to get to help our wellbeing, I guess. it is that we never we never use pay for that still stuff 'cause we just watch BBC. Uhm, but then because you were watching it so much you watched everything on BBC hadn't you (talking to C6F)? Yeah, and we will spend a lot of time watching telly. So yeah, we've subscribed to that, so we've got a bit more variety and you've enjoyed that on there.

(The child asked her parents to show me the house)

A34M: What do you want? You wanna show the place around? From the camera? share the spaces in the house. Carry that stuff around?

C6F: yeah?

A34M asking R: is that alright?

R: yeah, if you would like to,

A34M: yeah. Right, right?

R: Talk first together like which places that you would like to show.

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A34M: Where are you gonna show that just your bedroom? The bedroom and the living room. 'cause there's your favourite places? C6F: And the garden. A34M: OK, go on then. Alright go on then.)

The walk along:

C6F: This is my bedroom.

R: Oh, that's really nice.

C6F: I've got my books here, my bed here. And even at the other side, I have my new chest of drawers here, with millions of stuff on top of it.

R: millions of stuff!

C6F: my Paper here, and my secret box, And my crayons store with also hundreds on top. And... what's that?

A34M: the desk

C6F: the desk, like getting the desk and the hang board and everything to organize them.

R: and you have the books near your new near your bed because do you like to read before you go to sleep or do you...

C6F: I have my reading books from school? And then I read in bed and then my dad sleeps.

These are the books that I keep [unclear words]. We do read some things from daddy's laptop

A37F: C6F did really well with her reading during lockdown, and I think having the library shut, we found was really hard 'cause he wouldn't have that variety. So, she started doing a book swap with some of her friends. They've got lots of books. You've got lots of books, but it was nice to have to mix it up a little bit so you've got to swap them and read some news stories.

Going downstairs

A37F: my battery is gonna die soon.

Reaching the living room

R: Where is your favourite spot?

C6F: This spot (the sofa corner).

A34M: Very natural I think.

C6F trying to put the place into order and showing the unit of shelves.

C6F: we've got the three shelves here, we've got pictures there, and the boxes that I will keep, and we got books and two pictures behind the plant there. (referring to the boxes) there are all my games.

R: Oh, that's so nice. Sounds like a lot of fun that you have lots of fun place.

Then C6F, excitedly, started to pull out her little brother's toys and the parents tried to stop her.

A34M: well, done darling, shall we get back upstairs now?

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R: It's really nice that you know all your brother's toys. Lots of details.

Showing the kitchen

R: And is that where you used to do your schoolwork?

A34M: Yeah, and we used to sit there, didn't you? on the table.

C6F: Yeah, here (pointing out to the dining table)

A34M: yeah. Alright, that's great. I have to go upstairs plastic 'cause my battery is gonna run out.

R: OK.

A34M: Get my charger.

Returning back to the attic room (parents' bedroom/office).

R: Thank you very much for showing me your favourite places. That was really nice.

C6F showing her rocket artwork that she made during the interview.

R: So it was really nice to see all the things. Oh, that's that that's a rocket, right?

C6F: Yeah, that's right.

R: Are these your favourite colours?

C6F: (talking quickly listing the colours in her rocket)

R: Would you like to send it to me? Would you like to...

C6F: Send this?

R: yes, your rocket and you're drawing for your house.

C6F: Yeah.

R: that would be so great.

A35F: Yeah, we can do that, yeah?

R: Can I use it in my work as well? Yeah, 'cause it's so great.

A34M: Yeah wow. Be published. Just six. why that's so great C6F.

R: But one final question, I would like to ask you before we end this our interview. Was there a place in specific where you didn't like to be in your home? During the lockdown in place that you always avoided and said, oh, I don't want to go there.

C6F: Sometimes the kitchen, because it can get very crowded and. Even though it sometimes looks big it can like be smaller, Sometimes I don't like that in the lock down, but you had it.

A35F: You had to spell why you didn't like to be in a room on your own. Those well, didn't you like you wouldn't go upstairs without...

C6F: Yeah, I still don't like don't do that.

A35F: but that you kind of started doing that a bit more that come. She started to not want to go upstairs on her own. So, one of us would have to go with her. whereas before you would have been

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fine, so I don't. I don't know if that. That's an aide role as being this so much during lockdown that to be apart felt unusual.

A35F: but the kitchen does get busy, doesn't it? cause we did lots of baking in there.

C6F: yeah, and then C2M comes in and then. My dad is in here and gets crowded. And everyone sits and it gets (ahh, showing body moves that represents sense of tightness).

R: when it gets really crowded, would you go to the backyard, or would you go to the living room or your room?

C6f: Uhm, uh? I would probably go to the living room. Of that's crowded, I'll go to my bedroom and shut the door.

R: Just to have some time alone.

C6f: Yeah.

R: that's so great. Would you like to tell me anything more C?

A34M: Anything about the lock down that was in the house or anything?

C6f: No, I don't think so really.

R: that's so great.

Closing the interview

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Participants	A41F - 41yrs, White, Female, No Education Data, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A41M -41yrs, White, No Education Data, Pre-Lockdown Work Outside Home, During Lockdown Work from Home C8F -8yrs, White, Female, No Education Data C5F -5yrs, White, Female, No Education Data
House Details	Small Terrace 4-Bedroom Mortgage/Loan Private Garden

R: May I ask how did you come to live in this house?

A41F: Uhm

C8F: We moved here on Christmas Eve.

A41F: We used to live in ***, and then we had a flat there and then we looked for house we just couldn't really afford anything in ***. So, we looked online and literally just found this place. Didn't we A41M? It was this house, another house and this is the one that we got. So yeah...

C8F: [inaudible] this is a good house.

R: This is good to know, and can you very briefly talk me through the spaces in your house so I know there are four bedrooms and that's all I know really.

A41F: Downstairs we've got sitting room, downstairs toilet, and a kitchen dining room, 'cause we had a galley kitchen, we knocked it into one. We also have a conservatory, but that tends to be a bit of a dumping ground. It's more like a utility room. The bedroom... on the first floor we have a bathroom, 3 bedrooms and then we have... This is the loft area up here, which has a bed in it, but we don't use it as a bedroom, it's more clothes and whatever... It has a bathroom and I tend to work up here.

R: OK

A41F: We have a small garden as well, out the back and a little bit of space at the front to...

R: Great OK, so let me share the pictures. I think you will stop seeing me and... I don't know why it does that... my video turns off, but I will come back. So, who wants to start first?

[C8F raises her hand]

R: Yes! Let's see which picture... can you see the pictures?

C8F: Yeah, kind of.

R: So, which one do you want to start with? Let me... Yeah, this is a little bit reversed and so it's a desk and then we have this table, I assume in the living room, and a bedroom. Which space do you want to talk about?

C8F: The bedroom.

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R: OK. So let me stop sharing so you can see me. so uhm, tell me about the bedroom. Why is it important to you?

C8F: It isn't my bedroom. It's my sister's bedroom. I used to sleep there until, like [I was] three and then I moved [inaudible] in another bedroom and [inaudible]. C5F's bedroom is important because I sleep there when people are coming and then they are in my bed...

A41F: But during lockdown, why was it important to you that room?

C8F: Because I played and made me [happy] when mommy was shouting at me [inaudible]

A41F: [inaudible]

C8F: [inaudible]

R: So how do you feel about this space? You said it makes you happy. Do you want to say a little bit more about that?

C8F: Yeah.

R: Why does it make you happy?

C8F: It makes me happy because I play there, and I feel happy when I'm playing.

R: OK, so, what did you do there during lockdown? Did you just play? Because, and let me confirm that I understood that correctly, that's your sister's bedroom, isn't it?

[C8F nods affirmative]

A41F: During lockdown they used to share, there used to be bunk beds in there.

R: OK, I see

A41F: At the time it was both of their room and it's the bigger room of the two so they can store, they've got their Barbies in there and stuff like that,

R: I see. OK, so what did you do there during lockdown? you played you slept, what else?

C8F: We went downstairs and watched TV

C5F: [inaudible]

R: but what did you do in in the room? Did you do anything else?

C8F: [inaudible]

A41F: Think. Did you read books in there? What else did you do? Think of all the things. Maybe do a list.

C8F: [inaudible] computer and look at things to write on my birthday list.

R: That's nice.

A41F: Did you looked out the window at all. [inaudible] Look up that way? The garden maybe?

C8F: Maybe.

A41F: With your sister...

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C8F: Yeah, my sister wouldn't let me do her hair.

A41F: It was... Quite a fractious room that one... A lot of happy times, a lot of loud times

R: Yeah, so how... the question is, how often did you use the room? But I want to rephrase it in a way... how much of your day did you spend there?

C8F: Uh. I don't know.

R: Like, a lot of time?

C8F: Maybe one hour and 30 minutes.

A41F: You spend a lot of time there...

C8F: Uhm...

A41F: Maybe like half the day, up and down?

C8F: I've been up and down...

A41F: [inaudible]

R: Like roaming around... Yeah OK. And then did you use the room... Did you do different things in the room before lockdown? Try to remember, you know, before the lockdown

C8F: I can't remember

R: OK, did you make any changes in your room during lockdown?

C8F: Uhm?

A41F: Did we? I do not know...

C8F: [inaudible]

A41M: [inaudible]

A41F: No, that was after lockdown.

A41M: Was it?

C8F: Yeah, what about when we got like that new house from ***

A41F: I think the only changes were when we got new toys.

A41M: [inaudible] wardrobe

A41F: But that was after lockdown A41M. Yeah, the toys are the only additions. We didn't do anything. We didn't really change our house at all. And just because we were both working full time...

C8F: [inaudible] I washed under the tap [probably is talking about a toy/barbie] look alive.

R: Did you both work from home during lockdown or outside of the home?

A41F: Both from home.

R: OK. Let me ask again C8F. So why did you choose to play in your bedroom? Did you play anywhere else?

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C8F: uhm...

R: I know it is difficult to think back.

C8F: [inaudible] play there. We've always dance. Oh, plus in lockdown there was some changes.

A41F: Where there?

C8F: Yeah, uhm, I had my birthday in lockdown, and I got [says some toys]

R: OK, that's nice. That sounds like a nice change!

C8F: [Chest of draws]

A41F: think about what did we do in lockdown, did we go outside? did we go to the park and play games maybe or?

C8F: Yeah, and that was a little tiny bit of change [inaudible]. We had loads of tents in the living room. We had 2 beautiful tents in the living room.

R: You had what in the living room?

A41F: Tents

R: Ah! OK, nice we were gonna have that for my birthday.

A41F: You know, like the tepee things.

R: Yeah, yes. So, it was it one for you and one for your sister?

C8F: [does something]

R: Yes or no, what?

C8F: Yes

R: OK. And then how do you use your room now? Did you do anything different? Actually no, you changed rooms, didn't you? You move to your own room?

C8F: Yeah, I brought [inaudible] and put them in my room, [inaudible] but basically days ago[inaudible] we played with them.

A41F: Answer the question

C8F: If I found [inaudible] money [inaudible] collection [inaudible] [and mommy made my room look really nice].

R: Nice. OK,

A41F: You are in a different room now, aren't you? as a result of lockdown now you got your own room, haven't you? Would you prefer your own room?

C8F: Yeah, 'cause I can still play [inaudible] and it's like I've got more [inaudible] [more space?]

A41F: Yeah

R: OK uhm, so do you want to add anything more or should we move to the next picture?

C8F: No

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R: If you remember something you can tell me. OK, so we have a time for I think... Let's start with one picture for each person and then, you know, we can return back, and we can do more so, I don't want to keep you more. Who wants to go next?

C5F: Me!

A41F: C5F

R: OK, so...

A41F: [inaudible] [to children] Let's talk about that now.

R: Let me show you the pictures. We have this table, this again. And your room.

C5F: The room!

C8F: dooh!

R: Again? OK then... I will stop sharing. Right, OK, so tell me about your room.

C5F: When we go to bed and I normally [inaudible] sometimes in the morning in about 5 minutes and then I play [inaudible]. And then I keep telling mom on school day I don't wanna get down I want to sleep in bed. Yeah, then my mom has to wake me up and I am so tired. I just let it go. In the morning I normally [tell me you don't know] [inaudible]. And we normally [inaudible] Barbies because we always love playing with that Barbie.

R: Do you play with the Barbie in your room?

C5F: Uh, yeah and uh, I love our Barbies [inaudible] move arms [inaudible] with my sister and like my Lego really fast.

C8F: And then it came up

C5F: And then it came off.

C8F: But then Mom fixed it

C5F: And I love [inaudible] like flip, plop, plop, plop.

R: Tell me what else did you do in your room during the lockdown when you didn't have to go to school, and everyone was at home?

C5F: We went to the park... we went [inaudible]

R: What about your bedroom? What else did you do there?

C5F: The barbies and watch TV.

R: And what do you do now after lockdown?

C5F: Play barbies and watch tv.

A41F: And then we read some books in there, books. What else?

C5F: And we watch Love Island.

C8F: [inaudible but not important something about love island]

C5F: And we are going to Disneyland.

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C8F: In August

R: Oh!! Great! That's great. OK, so tell me... So, in the room it was the two sisters playing basically... and sleeping then... and now it's only you C5F isn't it? Do you still play there?

C5F: Ah yeah.

R: OK, so do you do anything else?

C5F: Uh, I can't remember

R: That's ok

C8F: [inaudible]

R: What?

C8F: She sleeps in there.

A41F: So, she just said she just slept in there.

R: OK, uhm do you want to say anything more about your nice bedroom?

C5F: Yeah, I really love my bedroom [inaudible].

A41F: She likes her bedroom because it's so giant.

R: Ah, That's good

C5F: [inaudible]

A41F: [inaudible]

C8F: [inaudible]

R: OK, and should we move to the next picture?

A41F: Yeah.

R: [checking the pictures]

C8F: 20 minutes.

R: Right? So, who wants to go next?

A41F: A41M is going to go next

R: OK. So, we have, many different ones. Let me show, if you want, a I think this... Yeah, this is upside down.

A41F: It is in the Kitchen, it's all the same.

R: OK, [I am showing pictures]

C5F: That one! That one! that one!

R: So, it's the living room or the kitchen, I assume,

A41M: Yeah,

R: Right, OK, so you can choose which one you want to talk about.

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A41M: Well, my room... I worked in the kitchen over lockdown

R: Ok

A41M: so, I was there apart from two days when I went, I think I had two days during lockdown when I went in, but the rest of lockdown was pretty much work in the kitchen. Which is alright, actually, I didn't mind it. Apart from it made my back really bad. So yeah, it's alright. And then A41F would come down and I was in the middle of like calls, and she would turn the kettle on and stuff and I couldn't hear anything come. So apart from A41F been difficult it was... It was fine, I quite enjoyed lockdown.

R: OK, so we answered these... was anyone else in the kitchen apart from, maybe people coming and going to get things from the kitchen? Was there anyone else in the kitchen?

A41M: No, I was the only one that I was short of working in there. I think you came in and worked a couple of times.

A41F: I tried, but it's too hard. You'd be on calls. And then yeah, it's just too difficult. But it was...

A41M: Very, very early in lockdown you did for a little bit, but then you moved up here.

A41F: Yeah, it was just like the busiest part of the house and then, but it was difficult A41M working there because we needed to make food and drinks.

R: Yeah, yeah...

A41F: And when he's on calls then we couldn't come in the kitchen. And I never, didn't realize how loud the kettle was until lockdown and yeah...

R: Did the girls like home-school and somewhere there?... or where did they home school?

A41F: Up in the loft

R: With you?

A41F: Yeah yeah. So, I did most of the home school.

A41M: [inaudible] I did a bit.

A41F: Yeah.

C8F: Dady is not very good at that.

A41F: Yeah, I did the home-schooling upstairs in the loft. Which is why C8F's pictures, that the challenging ones are pictures of the loft because she just really didn't like... because coming up here kind of signified that she had to do work. So, whereas they're always up and down here when I'm working now... they tried to avoid it because it meant they had to do some school stuff. So yeah..

R: I see OK. And then let's return to the kitchen and I will ask you about the loft or you will talk if you have a picture of the loft and because I'm interested in this balance. so how did you use... Ok, the kitchen is a kitchen... but what about the kitchen table before lockdown, did you still use it for... as a little desk at times or...?

A41M: Well, I think no, not really. I mean generally when I got in... I wouldn't. Well, I worked a lot more at home. I worked a lot more hours at home

C5F: My dad quitted his job.

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A41M: Yeah that. I worked a lot more hours at home during lockdown than before. I mean, I'd work at home every now and again, but not very often.... But I mean, I was there... So, starting probably 8:30 in the morning and sometimes be working till like 9,10,11 at night and, you know, Monday to Friday. I didn't generally work weekends... I did sometimes... but I didn't generally work weekends. But generally, when I was in the office I would work, you know, I work from about half nine till about half four generally

A41F: And you went in all the time.

A41M: I went in all the time

R: Yeah, I see. And did you adapt anything in order to accommodate your working from the kitchen?

A41M: No, no no no, not in the kitchen really, just the...

A41F: We improved our Wi-Fi. We had to upgrade

A41M: But this was for you.

A41F: Yeah, put up here but also 'cause it was more devices we had to get more... different Wi-Fi and...

A41M: Yeah, the biggest thing for me was... Yeah, it did my back in sitting on the kitchen chair which is pretty stupid. [talks about his running marathons]. And you know I got my time down and doing really well and that's gone out the window a bit now. I'm probably doing about 1/2 run, but I thought right now 'cause I've got a back injury from sitting in the blooming chair so long and... It was positive... the first lockdown was really positive. I think the second lockdown the Christmas one was a real slog.

R: Yeah, yeah it was. The weather also didn't allow being out as much, I guess it intensified the lockdown conditions. Uhm, can I ask you? You said about your back problem... Did you get like an office chair or something?

A41M: No, no, no. I did actually get some... I did actually get... work actually paid for an osteopath to be fair, but no I didn't get any light specialist that... I could have done to be honest. You know work said 'yeah get whatever you need'. if I'm honest it was just my own laziness I didn't get. Yeah, it wasn't anything to do with work. I could have done anything I want with it to be honest with you, but I just didn't.

A41F: But this isn't more like the space to have a big office chair. And like, I've got an office chair up here, but to have that in the kitchen and have two of them, when you don't have a huge amount of space... Those chairs can take up quite a lot of room, and with four of us in here all the time, we didn't have the space to have a kind of... Yeah...

R: Yeah, yeah, I know what you mean. OK, so why did you choose to work in the kitchen?

A41M: There wasn't nowhere else. I didn't have a desk anywhere else... I couldn't do it sitting in the on the sofa in the lounge and I needed to sit up straight 'cause I get the RSI in down here [shows his arm]. So, I needed to sit and type as best you know, type properly on the table. So, the only point... I don't have a desk in our bedroom and... there was there wasn't a desk anywhere else.

R: Yeah, I see...

C5F: [inaudible] me and my sister used to have a white desk and did do some stuff on it!

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A41F: That's right.

R: Was it in the loft?

A41F: Yeah, we had to have a situation where home-schooling had to be monitored. So, there was a desk behind me here. A white desk that C8F would sit at to do to do some things. We had [inaudible] tuition and stuff as well online that we should do here.

R: OK, let me return to the kitchen again. It's just that loft is so interesting. And OK, so the question is, did anything else happen in this space at other times of day? Of course, I guess cooking as you already mentioned. And of course, other snacking... whatever.... So how did you deal with this? Or also, did you eat in the kitchen table?

A41M: Yeah.

R: So how did you deal with? You know you working and eating or having to cook in the kitchen?

A41M: Well, I just put the headphones so I couldn't hear, and it was a lot better. Because probably for the first two or three months, it took me a long time to get the headphones, for the first two or three months I was doing it with just the sound from the computer and it was really problematic. And I just bought headphones in the end.

A41F: We used to bake in the kitchen as well, because my work did lunchtime baking sessions some for the children, The whole family had to get... so A41M would be working, and we'd be making rock cake or whatever. We're not very good at baking and we didn't have many successes, but it was loud and messy and poor A41M had to work while we were doing that around. But it's the only way to punctuate the day.

R: Yeah.

C5F: [inaudible] a cake

A41F: Yeah, that happens a lot.

C8F: [inaudible]

R: Were you eating your lunch in the kitchen did you say? So, when you had to do that, how did you... What happened in the table? Or are you eating in a different space?

A41M: Ah sorry, no. A41F would eat in the loft generally, the girls would generally have their lunch cooked and eat in the living room, and I would eat mine at the table working. But I mean what also happened was... with my job I've a lot of meetings. I mean sometimes I would get back-to-back meetings from like 8.30 in the morning till about 6 in the evening and without a 15-minute break the whole day

A41M: [to the girls making fuz] Right girls you have to pack it in now!

A41F: You're gonna have to leave the room.

A41M: So, one of the things I did have to start doing was I would take my laptop over to... with my earphones in... over to the cooker and whilst I'm in a meeting, sometimes when I'm even chairing a meeting, I'd be cooking.

R: Yeah.

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A41M: So, I would be there with a frying pan or cookie mash or cutting stuff while I'm actually chairing a meeting, which was quite weird.

R: Yeah, I see that's very interesting actually. OK. And then do you still work from home?

A41M: Uh, yeah, Well I. I actually handed in my notice in my job at the start of October, so I actually left my job at the start of October. But yeah, I was... I've been... the last job I had... I was going in a lot more, so I was probably going in three days a week more recently and then working from home two days a week, generally speaking.

R: OK, so have you changed anything then since lockdown?

A41M: I've been trying to get back out a lot more. I'd say the one thing I notice was that, I think, psychologically was that when... you know if before lockdown before COVID happened If you had said to me 'you will work at home 100% of the time' I think most people would have put their hand up. But when you actually do it... And I do enjoy elements of it, but I think that psychological division between work and home... You know, I'm working now 60-70-80 hours a week at the place where I have dinner with the girls, where, you know, I sit and have drinks with friends and then now... there's no line between home and work. And I think going out again into the office, I've really enjoyed going out and seeing people in the office or going out now. And yeah, so that's really... that was quite a strange dynamic because... you know, like I said before, lockdown if you'd said you want to work from home, I think most people would have said yeah, and in actual fact it's... apart from the fitness and getting really fit... I didn't enjoy it as much as I thought I would.

R: Yeah, I see. It's also that it's different to work from home and having childcare. If the children are at school, working from home is so much different, isn't it?... Than having everyone home at the same time? OK, so do you want to add anything else about you working in the kitchen? Or generally, whatever you want to add...

A41M: I do not think so... I did... I've been... No, no, no. I mean I would have people around for meetings sometimes...

A41F: A41M was key worker. So, although he didn't necessarily have to be out all the time, the people that he was with were key-workers as well.

A41M: We had meetings around the house.

A41F: You had to have some people around.

A41M: Few times people came around and we'd sit in my kitchen table and have meetings and stuff. So that was quite odd and... Yeah, yeah...

R: Did you have an all your meetings in the in the kitchen or also in the living room or...

A41M: What face to face? Generally, in the kitchen 'cause we would have like working, you know? So, I get people around for specific things. that didn't happen very often, but if they came around for a specific thing, like to complete a specific piece of work, would sit in the kitchen, I would put the projector on my laptop so shine on the wall, so we had a huge screen, and then we work together.

R: I see I see. OK, should we move to the next.

A41F: Yeah.

R: So, I think that the two adults are similar pictures.

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A41F: Yeah, I put the same pictures.

R: OK. So yeah,

A41F: I want to talk for the loft

R: Yeah certainly.

A41F: Which was the important one. I put two that were important because one of them was inside and one was outside because during lockdown, I did loads of voluntary stuff like in the school and for different groups and stuff but that became really important to me during that... that we continue to fundraise and do different things but I think it was an escapism from what was going... Because everything was in the house and I needed to not think about things in the house... I needed to think about things outside of the House and that there would be something after the lockdown. That this wasn't going to be forever and that there was another goal that would be beyond this and that. But in terms of the loft, it became... like at the start I started in the kitchen, but I couldn't focus... The children were coming to me, I could hear A41M talking... So, I completely removed myself from that. So, like, obviously, the loft is at the top of the house and most of the activity was at the bottom on the ground floor. So A41M was down there, the children would be watching television or in their bedroom. And I had a desk up here already or sometimes worked from home before. But I moved up here... My work was amazing. Everything. There was nothing that they wouldn't give. They have given two screens, chairs, desks, any equipment that we needed was immediately provided, and the work assessment and yeah... They were brilliant in in that sense. So, I had a good... a decent set up and quite quickly. But yeah, I needed to remove myself from that area 'cause it was so busy and there's so much going on and I think A41M is quite good at focusing on what he's doing, but if the children are there I can't. And they tend to gravitate towards me because I was doing the home schooling, so if there are questions is 'when can we do this', 'when I can I eat' and 'where is this' and so the only way really to get a bit of separation to try and work, 'cause I was I was working full time as well so...

R: But then you said that then you put a table up and the children were home schooling there?

A41F: They had to home-school in and around when I had availability, so it wasn't like 9 to 10 and we going to do maths, 11 to 12.... It was like time... we'd our calendar just booked up. It was insane. When people couldn't see you face to face, I'm sure you know, like they're compensating with zoom calls so you could be on zoom for four or five hours a day and I just would be like, 'right, we've got 45 minutes, we've got to do as much as we can now'. So, they would have to be rushed up the stairs, there would be a desk here and... so I could see them. And then I would be trying to answer my emails, help with the home schooling, try... and we didn't have live lessons, we only had recorded materials which in one sense was good, it could work around our when we could do it, but any other sense there was no routine... there was... because my job, it was when people needed to speak to me... and yeah, there was no routine and the children were just pulled in and then they had to leave again and then they would be pulled in. And there was a lot of shouting because I was asking them to do maths, they didn't want to do math at that time, but they had to get maths done, they had 30 minutes to do it and then they had to leave... so it had to be quite ruthless about it and because there was a lot of upset from them because of the home-school... the home school hadn't been in parts of it... Like the first lockdown felt like... I take it, psychologically I thought it was tough but for the children the message very much was 'keep safe, keep well and just look after yourselves and your mental health', whatever... But then the second lockdown was 'here is five hours of home schooling, it's your responsibility as a parent to deliver' and the success of your child is on the bed

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[?]. So, it wasn't just... the first things got like, we've to send things through. You could do them, you didn't... We tended to do most of them. But then the second time the expectation was that we had to submit work, how many times a week, that was graded, and it was put on a board, there's visibility of performance... They felt like more of a pressure that if your children weren't performing or doing well, or... that everyone could see that and there was a failure for you and them. So that, I found that that very tough...

R: Yeah, well sounds really stressing. Yeah, it does. OK. So that the children were coming and going, basically...

A41F: Yeah, when there was time, and I would be like 'home-school! Quick!'

R: And when they were not home-schooling, I assume they were... You said in the living room or playing in the bedroom?

A41F: Yeah, to speak frankly, having two of them, and two girls, and they like the same things... I think it was a nice time for them. They fought all the time, but they spent a lot of time together. And I think they're closer as a result, whereas other people I've spoken to have one child and that was a lot harder to... like I said, sometimes they can go off together and like, they're down there playing Barbies again now, and they both like Barbies, and they both like similar cartoons and... so they were companion for one another.

R: OK. And apart from the changes in your desk, as you said from your work, the screens the chair did you make any other adaptations in the loft so you can work?

A41F: At the moment there are clothes hanging up, but we had to remove the clothes because it felt like curtains it... but I'm getting a lot of light here... We had to move... It was just too... It was too dark... and the desk is C8F... But like I said we just worked insane amounts like during lockdown. You would start your workday, you'd have a whole day of zoom meetings, then you have to do your work in the evening. So, for me I was in and out doing domestic things so cleaning, if I could, washing, sorting the children food out, and even the first time we didn't even do the hours exercise because we didn't, we couldn't fit everything in between working till really late at night. And it just it... I found it very difficult.

R: Yeah. And did you do anything else in the loft like... When you finished work, for example, did you use it differently or was it only your office, your study, and...

A41F: Well, I do like, I tend to have my iron and stuff up here, so I would usually... I'll iron and then I'll watch something on Netflix or whatever, not that [bad?]. But we did, like I said, we did quizzes, virtual quizzes. We ran them for school to raise money and I run a little rainbows group of five- to seven-year-old girls so I continued with that and that was all here at this desk, that we did it through Zoom... And what else did we do in the loft...? The one thing about it was when I had a day off, I couldn't come up here. I just, it didn't fit... If I came up to the loft it used to make me feel a little bit uneasy that there might have been something I've forgotten to do or something I'd missed. There were the remnants of my notepad notes and I would start to feel a bit, anxious about 'have I done everything' and had like... I just I couldn't step away from it and yeah...

R: Yes, OK, and do you want to add anything else? and then we can move to the second part.

A41F: No, it's I don't think so. It's just like I said, we encourage the children to be on platforms... Technology more. Whereas before we were really like... Well, I would let them use have apps on the phones and whatever, but it was just a real... We encouraged them just because it got to the point

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the first lockdown, they craved interaction with other children and after that they started to withdraw. They didn't want to speak to their friends on the phone as often, they were losing the connection with them I suppose. And so... just maybe like with a loft, like sometimes they could come up here and talk to their friends on this screen and we arranged the classes and stuff to speak... Right, yeah, but nothing else.

R: I see... OK, uhm, so let's move to the second part, I am a little bit worried of the time and... So, I'm going to ask you about your home [inaudible due to echo- but I am just giving the definition] well-being. So, by home we mean basically everything you described: the inside of the home, the garden, the front porch. And by well-being we refer to your family's, social and psychological state, how positive you may have felt, how satisfied you may were with your life at the time and how well you were connecting and communicating between you. It's a little bit broad, so whatever understanding you might have, that will do. So, do you feel that your home supported your family's well-being during lockdown?

A41F: I think it did. I think we became aware of how much stuff we had and how little space we felt, or I felt, we had whereas.... but then I think we always remembered that we were really lucky that we both would continue to work, that our jobs weren't in jeopardy and that we did have a garden, it might be small, but we did have a garden... Like when we did, the clap for carers and stuff out the front we got to speak to our neighbours', and we made friendships with the neighbours that we wouldn't have necessarily had previously. But yeah, I think I feel that we've got lots of green space as well. We've got a big green at the front. We've got another park around the back, and I don't necessarily... [to C5F] Right, I'm going to count 3. 2. 1. Do not mention it again. [to the researcher] and then, yeah, I'm not really a park person, but they became really important to us that the location of our house and the property [inaudible] space, open space. Although the house isn't big, but we knew that we could always go somewhere and have a lot more... [to C5F] please C5F!

R: Yeah. Were there any rooms, or spaces inside rooms maybe, that were very challenging for your family's wellbeing?

A41F: The kitchen for me... particularly because A41M was in there and he kind of claimed it. And as much as he like.... he didn't say anything or do anything.... he was there all the time. So basically had, we felt, had ownership of that space, which then made it very difficult because it is the busiest place in the house to get drinks... if he was on a call sometimes... to get food for the children, because as much as you try and be quiet, you are loud, you just can't do anything. So, for me that was the most challenging part. I just didn't feel that I had freedom of the house to... and it was the mess as well... Like obviously children playing all the time, they're just mess everywhere. And then trying to find time to pick things up, I think was tough.

R: And you mentioned that you consider your house quite small.

A41F: I think when we first moved here, because we lived in a flat before, it seemed really big. But then I think the longer you live somewhere, the smaller it seems. [inaudible] Like I said, we've got four bedrooms, so we'll we're lucky. But I think lots of people found that because we spent so much time in the house. And so, this would be so many deliveries coming in and so many things arriving... So many things arriving that... space, yeah became a premium. It's just yeah.

R: OK, so did you make any changes to your home during lockdown in order to support your wellbeing? Apart from there very few we discussed.

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A41M: Well, it wasn't because of the lockdown, but it was so well timed... in February before covid really... before we know anything about covid, I mean we heard it was in China, but we never knew what was gonna happen. We never know it's gonna come over or whatever... And then I actually bought a treadmill. Which A41F hates it, but I'll tell you what, this thing was unreal, because... I've got it in like mid-February I think, didn't I? I got it in mid-February. And then of course lockdown happened at the start of that, at the start of March and nobody could get any kind of home exercise equipment, everything was sold out everywhere and I've got this two weeks before, not knowing... Just luckily. And like I said, I mean, I ended up just spending, I was probably spending 7-8 hours a week running on it. Uhm, you know I was doing masses and masses of running on it and that was that was amazing. I loved it. It was such a good routine. The first lockdown, especially, it was... I loved it, absolutely loved the first lockdown there.

R: May I ask you where it was placed in your house?

A41M: It was in the conservatory.

R: OK.

A41M: I'll just get the iPad up there with Netflix on it and my earphones and I would just run for like 2-3-4 hours just watching a couple of films and I loved it. Unless it is [wicked].

A41F: But then one day his brother said to us when we thought... he said that he hadn't worked during lockdown... He said anyone who hasn't made any changes to their houses or done any development had really wasted the time during lockdown. But we didn't have the time to do anything like it just... from the day... It's like I said, A41M is a key worker was with vulnerable people... and had his job became more and more important, if it possibly could join that. And then my job became insanely busy as a result of the pandemic and it just... All our work lives became busier, and we just couldn't... There wasn't time... right... just even painting something at the weekend you were so exhausted. If you took the time off work... and it was yeah...just mad. And then it was just finding how things would work now... it's just every day was learning and we just like, we just couldn't. I didn't even... I think I painted the front gate and the front of the house... I painted along the bottom of the [inaudible] but apart from that I don't think we did anything like, physically, that you could... yeah to the house... It was... Yeah...

R: OK so how did you deal with... If there were any conflicts and tensions or you know for time alone if you needed time alone... what did you do during that time?

A41M: One of the things that I would do, 'cause I had some... I chair quite a lot of hearings, so these are for staff, that maybe have been alleged to have done something and because of my level I was the person who would have to dismiss them if they were... if it was found, you know... So quite sensitive stuff. You know, having to go on zoom pools and share a disciplinary hearing and, you know, essentially sack people or... and you know, that kind of thing. So that was quite challenging, and when that happened, I couldn't do that in the kitchen, and I probably had about four or five of those calls over lockdown, so I would go to the bedroom, so I would literally be sitting on our double bed with like the pillar behind me, and then I'd have to pick up, like the mini chest of drawers we've got, winch it against the door, and I'll say to A41F that, you know, whatever happens, I can't have any disturbances because, you know, it wouldn't be fair... You know, we're recording a lot of these hearings as well. Stuff like that. The girls of course would be outside screaming and playing and causing a lot of noise sometimes. So, on those days A41F would have to really, really keep an eye on them and have them upstairs with her the whole day, which meant she couldn't get anything done. So, on those days, I mean you wouldn't get anything done...

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A41F: Yeah

A41M: ... and you would end up work till 2-3 in the morning.

R: I see. OK, and that this other question, actually, how did you get around the constraints of your home? How did you adapt like your routines Because space may have constrained on...

A41M: She [A41F] would work till two in the morning pretty much every day, to be fair, like you still you still do, don't you really? But especially over lockdown... probably till at least one in the morning.

A41F: Yeah 'cause I started a new job about six weeks before lockdown and... So, it's a company that I've been that for a number of years and they knew me so it wasn't anything like that... But it was... I've moved into a new team and then we got locked down and the children were at home and plus the fact I felt that there was maybe an uneven distribution... The domestic duties, the education for everything that... we didn't... we use to have a cleaner now... but we no longer had a cleaner so then I had to do it... I had to do everything, I had to... Like, A41M would go and do the shopping sometimes and... but everything else felt to me and it just meant that my day never ended and even to get time away it would have to wait till the children to go to bed. So maybe go in the bathroom and I just locked the door... but that would be the only thing I...

R: So, you had in the bathroom your time alone space, in a way?

A41F: Yes, I would have a bath and then maybe read a book or do something but just have an hour where I couldn't... and I just I craved leaving and I just wanted to get out of the house... So that my particular neighbour, two doors down, we've got quite friendly during lockdown, so we would go for a walk when we were allowed to mix with other people but I just... it felt so confined and so... But I think I found it hard. Like the children were pretty resilient, A41M was like... his life didn't change that much. He got to work from home but didn't... but it was working out systems for submitting schoolwork, cleaning and trying to do everything and then trying to do a job as well. I just found the whole thing really, really hard.

R: Yeah... so if you, could have a magic wand and change anything in your house during lockdown, when you were experiencing all these, what would you have changed?

A41F: I would have had the house much bigger... like we have... Ours is a 1930s mid terrace... I would've had a detached house because I'm sure our neighbours heard us screaming and that felt a bit uncomfortable because, not that the people are gonna judge but you don't know if they're gonna judge. And higher ceilings. Like our ceilings are quite low and even the loft one is quite low and... But it's in line with the houses around here... So, I would have liked that, and I would have loved to have had a bigger garden. Our conservatory was there when we bought the house and it's taken off part of our dining area. It's got a cracked floor, it's got a leak in the ceiling, it's ready to fall apart and needs to be extended out, really... knocked down... But that's the bit between our living area and our garden and it's like this, like chasm that no one wants to go through. It's just horrible. And so, we tend not to go in the garden because this place is in between. So, I would have liked to have had that knocked out, to have had an extension and had a bigger garden, because I couldn't help but... And while I feel grateful that we had a house, and we did have a garden and we did... We didn't... We weren't on the frontline of dealing with people, so in some ways, although it was hard and whatever, I did feel grateful like our jobs were never at risk. They would... We were fine. We'd see under different things. People... like Facebook groups, parents posting about urgently needed to rent their homes out because they couldn't afford to live in them any longer and we didn't have anything like that so...

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R: Yeah, yeah no. Don't feel that if you say anything you... I will consider you ungrateful.

A41F: It is hard, it is conflicted emotions all the time.

R: Yeah, I know what you mean.

A41F: It's really like having some kind of pity party to then like 'actually, we're in such a privileged position that we are so lucky we're all healthy'... We didn't have anyone who had died from COVID, who had been seriously unwell with it, our families were safe and...

A41M: We had a lot more money coming in.

A41F: We had money and... But yeah, it just... But I, like I think more than anyone here, I craved the outside and really wanted to get out all the time. But now even when they talk about like potential lockdowns and restrictions, the thought of home schooling for me, yes... I can cope with any lockdown things, just not home-schooling.

R: So, I have finished with the questions, but I very quickly want to have a last one about the garden. Did you use the garden?

A41F: No, because... with the garden... We've got the kitchen, then like the conservatory and the garden. So, to go in the garden you had to walk through where A41M was working. So you'd have to walk past him through the conservatory and into the garden and then the girls need someone out there with them. We wouldn't allow them out there on their own. A41M wouldn't be able to see them from where he was sitting, which would have meant that I would have had to have gone down and sat with them in the garden. So essentially, we didn't really use the garden. We would go... if we went outside, we would go to a park all four of us as opposed to being in our garden.

A41M: With the garden, neither me nor A41F, are... we not really garden people. Like we don't like... a lot of people spend a lot of time in their garden with flowers and stuff. Neither of us can be bothered with all of that, so we've never really used our garden, like ever since we've had the house, and... So, it's like, you know it's overgrown, it needs work, which we're gonna get done then... because we do want to use it, we want a nice outside space, but at the moment like we wouldn't... We never really use it anyway, so we just left it.

A41F: I think that's the conservatory thing, isn't it? because it's this space of like dump that separates our house from the garden that actually... it stops us from really get... 'cause as I've said, I can't be bothered'... because to get at the door [inaudible]... goes to the side, it cuts up.... It's just badly... it's badly designed. But it was there when we moved here. We always said we'd just knock it down and have one big space. Which should be lovely for entertaining and having the kids and stuff. But I think that sometimes we just... 'cause if that was an open space you [refers to A41M] could have seen the children playing in the garden, it wouldn't have mattered, you could have sat at the table and watched them. But because we had these block, this black hole of light that you wouldn't be able to keep an eye on them. And yeah, we just couldn't... So yeah, we didn't really use it at all. It was nice to know we had it...

R: Yeah, yeah there was the option... that that alleviates a lot of stress, Even just having the option and never use it. OK, that was all my questions and if you want to add anything you're welcome to. Otherwise, I'll just conclude.

A41F: And just with like the children... So, it's funny sometimes when they... like they don't seem to remember before lockdown as you heard, it just seems to be this like ongoing... and they were obviously really resilient, they adapted to things. They quite like being at home in their pyjamas and

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it's funny when they look back at the other... A few weeks ago... C5F to C8F was saying 'do you remember all those crafts that we spent time in the kitchen doing' and I overlooked her, and we did one craft the whole time! But she has a memory of all these crafts... We maybe did one craft, but she [inaudible] it 'Oh mummy it was such fun'.

A41M: You did crafts!

A41F: We didn't do lots of crafts! We did one craft, with the [chicken]box one and that was it. And then... uhm yeah but she it's funny what they remember. But like I said, life before lockdown now for them doesn't... they can't really remember.

R: And they have left now, haven't they? Do you maybe say in their behalf, do you know if you have any space that they didn't like at all in the house during lockdown? Like you mentioned, they didn't like the loft...

A41F: C8F said she didn't like the loft, but when I said, 'what place did you find challenging?' she said the loft or the kitchen for her and I think the kitchen was because they wanted to have free roam of the house and they couldn't. And then the loft just signified for C8F, not C5F, C5F she was in reception, And the loft signified that shouting, crying, homework... Yeah, so that's that for her. That's when I said she should just consider it straight away without thinking, so the loft and the kitchen...

A41M: Got piano for C8F during lockdown

A41F: Yeah, we've got piano for her. Yeah, we've got piano.

A41M: She was doing virtual piano and she did really well, she did it brilliant actually.

A41F: Yeah, she did private tuition online with the tutor once a week and she...

R: Where was she doing that? In which room?

A41F: The loft!

A41M: And the kitchen table.

A41F: Sometimes the kitchen. She had a little desk here, didn't she? And I didn't want her to be online with someone without an adult present. So A41M would be on calls a lot of the times and she'd be up here because I might not be on a call. So...

A41M: I mean to be honest with you, the girls... A41F did like 98% of the home schooling and I did like 2% of it, but... You know... With both of us working at the time, the girls were pretty much left to their own devices for most of the day. I mean, for however, many months that was, they literally... you just left to do what they wanted with food and stuff... I mean...

A41F: I used to do the food

A41M: I loved it, I loved the lockdown

A41F: We tried to do Joe Wicks like I think most the country tried to do, Joe Wicks. And we started exercising the sitting room in the mornings for a short time, but C8F wanted to do it in the cold, C5F didn't want to do it, it hurt her leg then that just became... so we probably did that for about three weeks and then we stopped that... so some exercises... There wasn't there... but... and then sometimes at my work again there was... they run gym classes at lunchtime so the whole family were welcome, so the girls would come up to the loft again and we'd be up here maybe doing some yoga or whatever that was put on by someone, yeah, that I worked with... and the loft, just probably

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became... There's a shift in activity like but... yeah, I don't know. Probably it's not very fun place for them...

R: Yeah, yeah, I see I see the connotations. OK, so that was all, UM, thank you again very much for your time.

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Participants	A44F - 44yrs, White, Female, Master's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A41M -41yrs, White, Male, Vocational Training, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A73M -73yrs, White, Male Master's Degree, Pre-Outside Lockdown Work Home, During Lockdown Work from Home A70F - 70yrs, White, Female, Bachelor's Degree, Pre-Lockdown Not in Paid Work, During Lockdown Not in Paid Work C11M -13yrs, White, Female, No Education Completed C13F -11yrs, White, Male, Primary Education Completed
House details	Bungalow 3-Bedroom Mortgage/Loan Private Garden

R OK. may I ask once again now that I am recording this -previously I wasn't- just to repeat, how did you come to live in this house?

A44F: So, we sold our own house so... mean we all had a house at the other end of the ***, in December 2019 and we moved in with my parents while we looked for a new house. We found one, but lockdown, kind of... it came in the middle of this. So it was sort of an unplanned 2 years with grandma rather than three months with grandma and grandad

R: Yeah, I see. Yeah, that's certainly dragged for too long... this situation. OK, so let's start talking and going through your photos and will probably have time to talk about one from each person. I hope everyone wants to talk about one of their pictures. So, should I share my screen? Who is brave enough to start?

A41M: Yeah, no, I can go first.

R: Let me find the folder.

A44F: A41M's photos and mine are very similar

A41M: We sit on the other side of the table here.

R: Uhm, can you see a folder that says adult, child? Yeah, I think OK, can you still see me?

A44F and A41M: Uh, no.

R: So, so let's choose the picture and I'll stop sharing so you can... OK. So which folder should I go to?

A44F: Just one and two, I think they have got the same pictures basically...

R: OK, so which one should I go to the 1st?

A44F: Yeah,

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R: Which picture.

A41M: the dining room

A44F: the dining room was the biggest change for us.

R: I'm really interested to hear about it. OK, so it's this picture...

A41M: Here you go, here is me working as well!

R: Right, I'll stop sharing my screen so we you can see me, and I'm not just voice. I assume this picture was taken during lockdown.

A44F: Yeah

R: Oh, great. OK, so why did you choose to share this picture with us? Why was it important, this space?

A41M: Just the location where we were working because we both ended up working from home throughout lockdown. We are both office-based and we both started working from home and that was just the new office.

R: How did you feel about this space? Having to work there.

A41M: It worked all right. I had enough room to work. The job I do is very localized, is predominantly on the computer anyway, so I don't need a lot of space I just need an area to be able to sit and concentrate... The only thing with it is that it's in the dining room, so there are people walking past to go to the kitchen, but other than that it's a nice quiet space to sit and work.

R: Was it only you there?

A41M: No, I was on one end and A44F on the other side.

R: OK, and then did other, like I understand that was your working space, so for a big part of the day it was used for that. Did anyone else use the space?

A41M: Table [inaudible] and lessons when the kids were at home, at school- but both at home doing schoolwork, vacation [on occasion], you sat on the other end of the table as well. So, on occasions there was four of us around the table, but certainly towards the end they were, more independent because they got used to it and they got their own way of doing that, so they sat in the living room next door, and it was just two of us in there and obviously now they're back at school it is just the two of us.

A44F: It was the most, biggest change, because the dinner table were used as an overflow space. Because unless you're eating a meal it was always free for somebody else to use and all of a sudden it wasn't free because we were always sat in here. And my mom [A70F] does a lot of crafts and when we were out of work, she could do her crafts and all of a sudden that was gone because [we could never sewing machine going] and that kind of thing.

R: Yeah, I see. And that answers my next question 'how this space was used before lockdown'.

A44F: Before it was very much used to have tea and obviously at Christmas dinner and things like that, but otherwise it was very much sort of... the kids used to do their homework in there, you are doing craftwork... The table is really big so there's lots of room to spread out on it and it was usually sort of empty so whoever needed it could have it. It is a bit of a space for whatever they needed and

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then come lockdown and all of a sudden... we are just in here and it was... in terms of design... It really isn't designed for it, it hasn't got a lot of electrical sockets, so we've got trailing cables that we need to plug our computers in...

A41M: Seems like you would set up the monitor in the morning, but then in the evening you need to move it because you want to use the table to have tea [inaudible] inconvenient,

A44F: You see the house has an odd layout. Except for the bedrooms there's not a lot of internal corridors, it's all one room leads to another, so you don't... My mom [A70F] comes in with the shopping in the middle of a term school. All you can hear is the crisp packets wrestling on the way past and the kids coming for a snack when they want and that kind of thing. So, it's one of those where it's... It's probably the room which we've changed the use of the most... We make a lot of use of it now

A41M: Made it work, but it does.

R: Did you adapt it somehow, to better accommodate your needs?

A41M: A lot... you couldn't adapt...

A44F: There are difficulties because it is in the middle of the house. There's obviously nothing really very much you can do with it physically. The house is in a conservation area, we live in a National Park, so structurally, there's nothing really you can do to it. You can't get a cabin in the garden or anything like that. And my dad rewired it, I want to say about mid-80s. So, for the 80s it had lots of sockets but obviously... it hasn't got many sockets with modern electrics. So yeah, it was a bit limited in what we could do and with the table being very big it's not like you could move it to one side and put more furniture in, so we still had...

C11M: It is two inches by three foot 3 inches

A44F: I have been informed it is 7 foot 2 inches long. So yeah, you kind of had to make the most of what was here already.

R: I see and, I mean that's a little bit obvious question, but why did you choose this for homework- and working from home and some home schooling?

A44F: It wasn't an awful lot of space in the living room table.

A41M: And everyone needs a table

A44F: Yes, everyone needs a table and not having really the capacity in any of the other rooms to add furniture either. The living room obviously got safer[?] didn't really lend itself to it very much, but a little table in there where C13F used that more for her schooling and for piano practice. But you see, there's not really room in the kitchen because there is no room to put any furniture in there, so we were a bit tight with that. It did make you appreciate you have a whole different shopping list for house post lockdown.

R: Did anything else happen during the other times of day? Did you still eat on this table? Did you clean up and use it...?

A44F: Yeah, we would push [inaudible] to one end, squish the paperwork to the middle and we still squash round.

A44F: [inaudible] less paperwork, that's wonderful.

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A41M: Oh, yes, the paperwork (shakes her head right and left)

R: And then last question about this picture. Do you use this space now? Or how has it changed since lockdown?

A44F: To be fair, we have to use it. Yeah, although we go back to work occasionally, we are still mostly home based.

A41M: Still working exactly the same.

A44F: So, it has... Yeah, how we use the room... it has remained very much the same.

R: Thank you very much. Do you want to add anything about this picture?

A44F: [to C13F] do you want to add anything about the dining room? You may quite as well.

C13F: We do a lot of art in here

A44F: Yes, that is true, C13F does love her art and she wasn't allowed to do painting and things at the table because...

C13F: I was not allowed to paint anywhere around

A44F: any of the computers...

R: And where did you do your painting?

C13F: I had to do it out on the patio, and I ended up painting the patio.

R: I see, yeah, these activities are a little bit messy.

A41M: The good thing with the first part of lockdown is the weather was nice so they could go outside and get a bit more space...

C11M: I used to do some of my lessons outside.

A44F: A41M: Yeah, you did

C11M: just sitting in swing.

R: Right, I'll share again my screen. Who wants to...? I'm sorry, I'm sharing yours. Apologies for some reason... now I found it. OK, right. So, who wants to go next?

A44F: If I go next, OK, maybe the garden photo. I mean, I think the garden probably was a bit of a lifesaver during lockdown because it is a really nice big garden.

C13F: [inaudible to A44F]

R: Right, OK, so again, I will ask the same questions, basically. Why it was important, why you say it was a lifesaver.

A44F: Oh, it's just that space when the lockdown was really strict, and you couldn't go out... there was still some of your own space where you could run around, the kids could run around or [inaudible] fed up with each other, You could go and walk around the garden and be by yourself and get some fresh air. And obviously the kids have a... this site too big for it... but a play area out there that they could sort of swing off and hang off, so they could still get some exercise and have fun. So, it really was, I think we probably made a lot more dedicated space in it, though use of the space, didn't we, during lockdown?

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R: So, all of you were using the garden?

A44F: Yes, definitely

R: How do you feel about this space? I get positive feelings, but yeah, how do you?

A44F: Yeah, it's a fun space. I'd say ...

A41M: when you're sitting at the table working, there's a window to open but there's not a lot of natural light, so just to be able to go out into the garden and get some fresh air and some daylight was nice.

R: OK, so what exactly happened there? What activities were you doing in the garden?

A44F: Sometimes we would go for a walk around. Obviously C13F was out on the patio with their painting when the weather was nice, and she was allowed to...

C13F: [inaudible] I would go for a walk around there

A44F: That's true. Yeah, so C13F managed to be, you know, near lots of children who had Covid and then finally caught it herself during lockdown. So, we did end up... Yeah, just sometimes just going for a walk around the garden because you obviously you can limit the people who come in so there was nobody else there, and you don't have to worry about passing it on. But typical kids, they bounced back within 48 hours of having COVID, but the rest of us were poorly for 10 days. [inaudible] must get some sunshine and fresh air and just enjoy it. Also, because it's obviously it's well fenced so you send the kids out to play If you're feeling a bit, unwell and you don't have to worry about them getting hurt or injured because it's safe from that point of view, it's contained, and you know what's there by large. But we did lots of cycling around the garden in the summer. We've got a strip of old tarpaulin that we put on the slides, it's got like a water slide down, so it's hugely popular bit bubble bath, uhm? What else do we do in the garden?

C13F: [inaudible]

A44F: That was when lockdown was a bit over, wasn't it? so when rules relaxed, and you could meet in the garden, my sister and her children came over and they made pictures on the patio with flowers and grass and everything and [inaudible] in the paint. Really good for exercise as well.

R: OK, so you did some exercise outside.

A44F: Yeah, we did a little bit of running around, probably less than we should have.

R: OK and how did you use the garden before lockdown? Did you use it like, similarly? Or it applied different...

A44F: A little bit more, sort of incidental. We still say send the kids out, have a nice evening or [inaudible] have a little running around but there were just more kind of options. So, if you want to go for a walk up the road or go out and go for a walk... I think it was more dedicated use of space: when you are so restricted from where you can go, you focused more on making the best of what you had available.

R: So, did you adapt it somehow or...

A44F: We didn't adapt it much did we? It's always been mostly sort of long, which is great for playing on.

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C13F: [inaudible] cut the lawn

A44F: We did cut the lawn a bit more to keep it short so that you could roll around on it. What else? we found some of our old toys to play with as well out there that we haven't had for a while. Well, but that was about it. Because it's always been quite a good...

C13F: run around...

A44F: ...run around space.

R: And how do you use it now, is it? Similarly, or...

A41M: The same way,

A44F: Yeah, generally the same way, but we now... that we can go for a walk, it's nice to see different view, isn't it? So yes, [inaudible] we tend to be down the road and round the village.

R: OK, and is there anything else you want to add about the garden?

A44F: Children. Do you want to talk about the garden? What you did there during lockdown?

C11M: Uhm, we used to play a lot of games and things in the garden. And we always used it to do, like [inaudible] lessons, we did PE, we would go out in the garden and run around.

R: OK,

A41M: you did PE occasionally, didn't you, you just sat there.

C11M: Yeah, and did my lessons

A41M: You did your lessons yes..

[should have asked where he was doing his lessons]

R: OK, anything else to add? OK, so now it's C11M and C13F's turn. If you want, Of course, I'm not. I'm not pushing anyone, let me find your folder. Right? So, who is the oldest... C13F. OK, so who wants to start?

C13F: I can go

R: We talked a little bit about the garden. Do you want to talk about, the piano?

C13F: OK

R: Great, let me see you again. Here I am, OK so why did you share this photo? Why was it important to you?

C13F: Because I play the Piano since I was really young. And since I've gone to secondary school, I have kept doing it with the same teacher... of different lessons because they were suddenly were on teams and they weren't face to face. So, we had to use the piano. But yet again, the piano doubled as my desk, so it was a bit hazardous shipping.

R: That's interesting and is it in the living room? Where is it placed?

C13F: The piano is in the living room by the television

R: How did you feel about your little space there in the living room?

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C13F: It was really nice until somebody wanted to come watch TV or someone was on break, and they just needed sit down.

R: Yeah of course.

A44F: Or even worse, because she had zoom, her tablet leaning on the clothes horse, which there was a clothes' horse next to it so she could see her teacher, and somebody would kick the clothes horse.

R: Oh no! I'm going to ask about the living room as well, so, you mentioned people watching TV and ... who else was like using the space or what were they doing while you had your piano and your desk?

C13F: Grandad used to go through to work in his garage because he is a university professor, or was, he has retired now... and so many people used to come through. So, sit down, have a bit of a break. And because my grandparents now don't work like...there's not really much space... like they can't go in the dining room or living room. So, they just hover wherever they could to try and...

A41M: Sit in the living-room and try to be quiet,

A44F: And try to hide from your teachers

A41M: A bit awkward

R: OK and then did you adapt somehow the living room so all of you could use it compared to before lockdown or was it the same?

C13F: We got a table for everything, that is the main thing. [inaudible] orange

R: And why did you choose the living room for your piano and not, you know another space like bedroom for example or anywhere else?

C13F: My bedroom, well, the bedroom I share with my brother. And the study was full of our stuff because we hadn't sort of moved some of the stuff out. So, the sitting room is the space with the most space. So, I just jammed it in a corner and hoped for the best.

R: How do you use this space now? How has it changed?

C13F: Yeah, I just use it to practice piano. And people use it to store tons of stuff. So, it's really hard to practice piano.

R: Thank you very much if you want to add anything, to say more about them. OK, no problem and if C11M is round and wants to share. If not, it's fine. Don't press anyone.

A44F: [inaudible towards C11M] that work in the kitchen, do you want? Just Quickly. He is a terrible chatterbox once he gets started, he's really shy getting started. Come on [to C11M inaudible]. Come and stand next to your sister.

R: Don't be shy. There aren't right or wrong answers. It is just how you felt.

A44F: [to C11M that has made the chair really tall and sits there smiling] you are really tall up there. What we discovered during lockdown is that he can sit on granny's AP Downey chairs from the kitchen and become really, really, really tall.

R: Oh, I see. OK, uhm so you have the garden and the kitchen which picture do you want to talk about?

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A44F: Kitchen was the [inaudible] space during lockdown? Wasn't it, it was where you went to do some of your lessons? Yeah, the kitchen is that.

R: OK, let me, uh, here I am, right... So, why was the kitchen and important to you?

C11M: Just because it was a space where no one else really went in because... unless they were making a cup of tea, which is extremely loud, it was usually quite easy to work here except the whole room shakes when the washing machine is going.

R: Yeah, I can see the problem. OK, so. did you use to do your homework?

C11M: To do my homework and just listen to live lessons.

R: OK, I see your schooling, basically your home-schooling...

C11M: yeah

R: OK and how did you feel about that space?

C11M: Fairly good. It was quite nice. Because there was a lot of things to lean against and things.

R: when you are bored...

A41M: have a snack...

A44F: A little bit of a fidget

C11M: What I am saying, is that the teachers asked us to turn on our cameras and half the kids didn't. And the other issue is whenever I unmuted, you could just hear the washing machine running behind me, which makes everything shake.

R: Yeah, that's very interesting, you know for our study, because, uh, you know we want houses to have spaces for everyone you know to have their own little space. And we hope we will inform the future house space standards. OK, so during lockdown it was the kitchen... you were studying there and what else was happening like kitchen stuff or extra other activities? I assume you may use it, other people, to prepare food. And did you eat there I? I think not because you were eating in the dining room.

C11M: I did sometimes eat in there, but like this would be like because... My parents lunch break would be different to mine so... I would be coming to be eating beginning of my lesson after lunch. Because my parents couldn't make me lunch when it was my lunch break, they had to make it in theirs... So, I was... I literally... they made me food and I started eating but I had to join my lesson straight away but never got time to eat it and then join my lesson. [inaudible] later made no sense and I found out multiple times when like the tablet the school supply died.

R: OK.

A44F: One of the problems we had was trying to charge an iPad halfway across the kitchen was less than easy.

C11M: We had to run an extension cord from the laptop on the worktop down the front of cabinet along up on top of the worktop... and have it plugged in in there. So, we were using the sockets in the living room.

R: I see so anyone should be super careful when walking around the kitchen and the dining room. And did you use that space for your homework before lockdown?

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C11M: No

R: OK, did you adapt it during lockdown

C11M: Yeah, I did. But then I was meant to work in the living room, sitting in a chair, but I have barely ever sat in that chair. Or I would sit somewhere else every lesson.

R: OK, so what did you do to the kitchen to support your schooling.

C11M: No that much.

A41M: We put the lead across

C11M: Yeah, that's basically it.

A44F: We cleared of half of the worktop for you because it crammed you in on the end, didn't we?

C11M: Yeah. but most of the time I'll be spending out sitting in a swing, swinging if it was a nice day.

R: That sounds great. That's the best.

A41M: As long as you were paying attention.

C11M: They didn't really care as long as we were paying attention, which quite often happened. My dad most the time said pay attention because I would be playing something completely different. But I was still listening, but it didn't look like it so... My dad would always come to nag me to pay attention, and when the teachers asked a question my dad thought that I was not actually paying attention, I would just not looking... if they were showing something then I would look but not like half time.

A41M: That was probably one of the downsides of them being in different rooms that you had to trust them to teach themselves and to have the discipline to keep going.

R: Yeah, I see, can I ask an extra question here, so you are working in the dining room and C13F was in the living room and C11M was in the kitchen... why were they in different rooms? I mean, I can imagine why but I just don't want to assume.

A44F: Aside from the windup factor that they both wanted each other to be quiet and stop listening into what they were doing... as well as they both had teams calls, and you had very sessions going on in the background... It could be a little bit difficult for us all to be interactive at the same time. And also, we didn't have enough sockets in the office itself.

A41M: It also worked quite nicely because the dining room is in the middle of one door to the living room, of the other door is the kitchen. So, we were sort between.

C11M: So, did you want to keep watching me that much?

A41M: Yeah, we did.

R: You got the best of two worlds, didn't you? OK, and the last question is how do you use that space now- obviously you don't have to do some online lessons now, but do you use it to do your homework or...?

C11M: Not really

A44F: They mostly come back and do their homework either in the living room or the dining room.

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C11M: We use it similarly as we used to but it's not quite as hard now because we actually now go to school, which... Before, when we went to school, my Gran used to have to drive me to school and home every night, but now I just have to get on a school supply bus, which makes it a lot easier.

R: Yeah, certainly.

A44F: And when you're not hanging around with your sister quite as much, you don't irritate each other quite as much, do you?

R: Well, that's a very good information for the next part: your family wellbeing and changes you may have done so, uhm. By home we mean the inside and the garden as well as the patio or the front step. And by well-being we refer to your social and psychological state. That could include how you were feeling, how you are coping with everyday life and how you communicated between you or any conflicts, tension you know... it's a little bit broad, whatever way you define it is fine. So, do you feel that your home supported your family's well-being during lockdown?

A44F: I think we felt quite lucky in that the rooms were quite big, and we had the outside space. I think if we've been in a smaller most of compressed space, we probably would have got a lot of grumpier with each other. But we did still find that even with having those space available, there were sometimes we... I think everyone so selfishly thinks well, but I'm trying to do this and you're all getting in the way of me having peace and quiet to get on with it... and everyone is thinking that... so all winding each other up a tree. And you definitely had a lot more of that, didn't you? Because you didn't have that distance from each other by being out of the house for a few hours a day at school or at work, or hobbies and that kind of thing.

R: OK, so where there any rooms or spaces that you found particularly challenging?

C13F: Our bedroom

A44F: your bedroom was very challenging...

C13F: We have bunk beds because we're living in my grandparents' house and then we also have really close proximity, so also stuck together.

A44F: Having spent all day together and then having to go to bed. Always the standard 'she poked me, 'he hit me', 'She stole my teddy bear' 'She's breathed heavily in my direction', 'my socks gone', it was definitely worse.

R: What did you do like when there were tensions? Uhm, how did you deal with them? Did you go to a different room? Did you leave the house?

A41M: The garden, sadly came into its own, didn't it?

A44F: Yeah

A41M: just to get that space, go outside and...

C13F: Because when it came to bedtime they would shout 'just go to bed'

A44F: 'go back to bed It's 9:00 o'clock'

R: OK, and did you make any changes in order to help with? So, if different things you know happened at the same time... or many families, had, you know, reported conflicts and tensions... did you make any changes to support your family with this kind of issues?

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A44F: We didn't really make changes, did we? A41M and I tried really hard to work on meetings around each other, so we weren't trying to talk at the same time in the same room, to different audiences.

A41M: The way things are now, it's if we have a meeting at the same time, we can go into one of the other rooms, but obviously when the kids were in there, that was not an option so...

R: How did you deal... just by arranging your meetings at different times?

A44F: Yeah, as much as we possibly could. Yeah, and then there were times when [inaudible] sitting in the hall, balancing the laptop with the camera turned off so that people couldn't see how much we were wobbling talking... to try and yeah... I guess it was slightly quieter space, you didn't have two conversations going on at once. And we also sort of tried to arrange the kiddies [not very clear], like take it in turns for telly night or one of you watches this and then one of you watches that and luckily midway through we had a bit of a BT upgrade, so we had super-fast broadband but before that it was 'turn your cameras off!' before everyone, turn ground to that fuzzy hope of... the Wi-Fi collapsing under the weight of as all on it.

R: Yeah, I can imagine... So did you feel that you had enough space for time alone activities or like to...

A41M: No, not necessarily.

R: ...relax, and to be alone,

A41M: I think that's the advantage that, before lockdown we're not people that go off and spend time just on our own, it's not the way we are. So, I think...

A44F: It wasn't probably too bad. I think from a work point of view, the way that the House is configured didn't lend itself to home working or trying to do sort of quiet tasks by yourself, because it just isn't built that way. And there's no way you can really change that. But I think... It's

C13F: we are lucky though...

A41M: [inaudible]. Yes, go on...

C13F: We are really lucky because I spoke to some of my friends who live in some really small houses in town, and they said it was even worse. Because we have a lot of space... We have big rooms and obviously if you're in a tiny little square bedroom and you can't get a desk in there, then it's really hard just to try and get everything done. And we had enough space for tons of desks if we needed to, and we have enough space for some of the appliances that you need for homeworking that lots of people don't have. We have a good printer...

A44F: And we were lucky that we all had laptops.

C13F: We had all laptops and stuff.

R: OK. So, the other questions do not really apply. Do you want to add anything more regarding this... how you experienced lock down your well-being and space?

A44F: I think we were all right. I think it is probably harder almost for my mum [A70F] in that she was used to having the whole house to herself between 8:30 and 4:00 every day and then suddenly we were under her foot and a lot of her hobbies and things had to be... sort of put to one side. So, she loves... She does curtain making, quilting...

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A41M: [inaudible] she needs lots of space

A44F: ...making clothes, that kind of thing. So, she has paused all fabric projects that were all ready to go and then we got in the way of them... trapped at home with...

A41M: I think the other thing a bit strange was afterschool or evening clubs. So, the kids went swimming, the kids do scouts and clubs and suddenly all that... clubs and scouts continue with zoom, but it's not the same as going out and changing your scenery. So, I think that was one thing a bit strange.

R: May I ask then an extra question... So, your parents... While you were... where were they in the house? Like... in an everyday situation? I have placed you a little bit with your working and schooling. How did they manage?

A44F: So, my dad [A73M] tends to

C13F [inaudible] in the garage

A44F: Yes, he does, he has a man cave in the garage so when we all got a bit much for him, he'd go and hang out in his man cave in the garage.

C13F: Grandma [A70F] sort of just hovered...

A44F: Grandma, hovered through the house and tended to try and sit... unobtrusive in the living room, didn't she? So C13F would be on one side of the room on her tablet...

C13F: on Teams

A44F: ...trying not to... Grandma sat on the sofa reading or watching YouTube videos or making dresses on the other side of the living room, trying to be quiet. Yeah, I think my dad probably not so much, my mom you would probably notice her, my dad's always been a little bit... will go and spend time in his mancave doing man things.

C13F: [inaudible]

A44F: He does, yeah.

R: I see, OK, if you want to add anything regarding that, or I can ask C13F and C11M if they want to tell me about their favourite and least favourite spaces.

C13F: My favourite space was the kitchen because it has food.

[everyone laughs]

R: Which is very good reason!

C13F: My least favourite space was probably the dining room 'cause you had to be so quiet and there was food, but you had to be quiet, when you're getting the food... and it was crisps and can't be quite well [inaudible] with your crisps.

[everyone laughs]

R: Yeah noisy... Can I ask you a little bit more... So, you said you liked the kitchen because of food, so I assume that what you did there was snacking.

C13F: I did quite a lot of cooking! I learned how to make tons of Chinese and Japanese dishes. And I really got into sushi.

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R: Oh nice.

A44F: [talking about sushi]

R: OK. Did you cook with someone else, or

C13F: I cooked on my own mainly, but I did sometimes cook with my granny but like only sometimes

A44F: it was... I mean because we were busy with other things, we gave you the opportunity, didn't we... To go and just do it on her own so it was her first real independent cooking by herself with a bit of YouTube tutorial first and...

C13F: which is sort of funny now because I'm one of the best at food tech in my class so it paid off.

R: Yes, most certainly! And then your least favourite. Did you say the dining room? Because... what did you say... you had to be quiet?

C13F: How quiet I had to be

R: Yeah OK. So, did you go there? Or you didn't?

C13F: I had to go there to get to the kitchen.

R: Ah, so you we're just passing through.

C13F: Yeah,

R: Did you do anything in the dining room?

A41M: Occasionally you did lessons.

C13F: Occasionally I did lessons in here like if I knew I needed some help I used to pop in if no one was on their teams calling sort of 'get help' and if I wanted crisps or ice cream I had to be in here.

A44F: And then get told by mummy, 'don't start rustling the crisps packing I am on a call!'

C13F: yeah.

R: OK and uhm yeah if C11M wants to share and then that's all from me.

[they call C11M]

C13F: He says the bedroom was his favourite room

A41M: Come on...

R: If he doesn't want, it is fine, don't press him...

A41M: He is kind of shy...

A44F: He did do a lot of den building in the bedroom, which might be why... so we could keep going down discovering that the whole area had been pulled down and rearranged and there is like a fort or den in his bed.

R: Oh, that's nice.

A44F: We have a stunning amount of very large blankets

A41M: And they managed to get every one of them

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A44F: We didn't realize we had so many.

R: OK. So, if you want to add anything that you feel it's important

A44F: I think we looked differently at houses when we're buying new house ... So, things like having a study...

A41M: Yeah, a separate room

A44F: It was actually a proper consideration this time and we never would have looked at that in a house before.

A41M: No, but before it was never an option to work from home... whereas now... both of us, long term will be working from home as well, so it has changed [inaudible: the companies?]. And then you got to look at how you will... because you... Sitting on the end of the dining room table is great short term, but you wouldn't want to be doing it for the next however many years.

A44F: 20 years

R: Yeah, certainly. I find that very interesting... that changed your view on what you want from your house, basically.

C13F: And I started reading a lot

A44F: Because she couldn't talk or was told to turn the TV off and turn the telly down

C13F: and I just don't... I picked up a book and now I've just got really into books. So, half the... I used to have a bookshelf which... about 30% of the books I have read... which is barely any... and now most of the books in my bookshelf, I've read.

A44F: And she has got four shelves instead of one

C13F: I've got four shelves of books!

A44F: I think also... so the house we're going to move into... when we wired it up, we did the electrics in it...

C13F: [you can't put] anymore sockets

A44F: The assessor said to us is this a house or an office? Because having had all these trailing cables we would have to have hundreds of sockets, and you just think of it in different ways... obviously better lighting...

C13F: We quite liked it strong [inaudible] don't forget

A44F: Definitely have yeah.

C13F: [inaudible]I kitchen.

A44F: it's just yeah just...

C13F: That's what I care about [laughing]

A44F: ...a different view of your house and everything with it and how you [inaudible]

A41M: More surfaces where you could locate yourself if you wanted to... [inaudible] inconvenience to each other.

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C13F: Yeah, and everyone, I think, in the world sort of become a bit more neat when it comes to their back drops for their thing. Like we started to be more house proud because you don't want a giant pile of dishes if you're working in the kitchen.

R: So yeah, we call that zoom ready. Like have a nice background. Everyone actually has this issue. I was thinking if you can see my papers here, you know before the call. There is always this... OK, uhm, that was all...

[closing remarks]

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Participants	A33NB - 33yrs, White, Non-Binary, Vocational Training, Pre-Lockdown Working Outside Home, During Lockdown Working From Home A48F - 48yrs, White, Female, Bachelor's Degree, Pre-Lockdown Not In Paid Employment, During Lockdown Working From Home C10F - 10yrs, White, Female, No Schooling Completed C5F - 5yrs, White, Female, No Schooling Completed
House Details	4 Bedrooms Detached Mortgage/Loan Private Garden

R: As opening question now that's a very interesting situation that you have already moved during the lockdown. So, and can you please tell me like in general what are the reasons That made you, well, first move, and then make the choice of your recent home.

A33NB: So, when lockdown started, we were, we weren't living together as a couple, and so, myself and the girls were living in one house, which was a two bedroom and semi and then my partner was living in in your own house weren't yeah?

A48F: yeas, my house was a two-bedroom terraced house

A33NB: but and then obviously during lock down with working from home and schooling from home and we ended up all being in my house which was the two-bed semi, which was significantly smaller than what we needed for the four of us, and especially with working and schooling. So, I think. The move to move in together [unclear word] happened, it's not that that was the reason for, but I think it was definitely speed up by the fact that we needed different space and additional space. Yeah, and so that really did think speed up the process, didn't it? So, we, I think we started looking around the September October when, so we had that first bit where the kids had been. Mostly off school from the March 2020 till kind of the summer holidays and then it kind of became quite apparent when they went back in September that they were just going to go back to school, and everything will be normal again. It was like we're gonna lockdown, so I think it was that point We just start like This space isn't working for us and then we needed to look for something different and bigger. And what we've got now is a four-bed detached and that's conscious choice about how we use in different spaces, including having a Home Office which we didn't have before because working from home just wasn't something we'd anticipated. I'm so I'd say it's been a massive part of why we've moved, and the choices we've made. Doesn't it really?

A48F: Yeah, I mean it during the first lockdown I wasn't working. I've been made redundant previously and I made a conscious choice to take some time out of work and so during the first lockdown I did predominantly most of the home schooling of the kids. And you [A33NB] were trying to work from home

A33NB: from my bedroom

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A48F: from the bedroom. I was trying to home school their kids in their own home environment and then sometimes taking them over to my house to home school them there to try and get a bit of peace and quiet for you [A33NB] while you were working.

C10F: Yes, because what we used to do it was one of us would stay with mummy sometimes and then one of us had got to A48F's house sometimes?

C5F: Kinds get a bed share at A48F's house.

A48F: Yes, we were. We were doing your C10F home schooling in the kitchen on the breakfast bar, weren't we, at my house

C10F: yeah, yeah. And I had like a desk table thing next to the sofa which I would do my work on.

A48F: it was a real. It was a real challenge to kind of do that and then I then started working again in November and we just knew that there was no way we were going to be able to. To kind of continue, in this space (said by A33NB and A48F at the same time)

A33NB: this house which we in...

A48F: whilst trying to work and then also you know also occasionally home schooling and the other little mini lockdowns that went on so. Yeah, so it definitely sped up the process of moving house and it certainly made us choose a bigger house than we might ordinarily have done, and so that we house where you could, you know,

C5F: do schoolwork.

A48F: And we deliberately chose this open plan big kitchen space for a second space for working. So yeah, there's definitely it. Definitely had a massive impact on our choices. Yeah.

R: And in general, if you would like just to briefly express how far you all satisfied with the new place, how would you comment on that?

A33NB: Mostly though, I think I anticipate 'cause the work I do is very much like with people, and so I anticipated going back to work face to face a lot sooner than what really happened. So, when we saw the reason why we work from home. So, when we chose this property, it was we troll somewhere with one like home office space and as A48F said, like the ability to [work] somewhere else 'if needed'. But 'if needed', has basically become four days out of five for me, so that's still causing some difficulties in that it's not a designated space. It's still the kitchen, which isn't ideal, and. But like say I anticipate it being back in the office, which hasn't happened, and I'm not sure will happen now. So still, even like 18 months down the line, you know, I think people are anticipating things going back to normal, but they're not because the way people are working is changing so. So yeah, it's more. [It's more watches that slide and we bought we have]. I mean, we're now talking about like converting the loft and things for a second home office space, but, whether we can do that financially, it's sort of another matter, really. Yeah. Yeah,

C10F: but you could use my bedroom for a home office

A33NB: yeah, so we're just saying we could use a bedroom which is an option 'cause they are at school.

C10F: No, I mean using my bedroom and I sleep in the loft instead.

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A48F: Yeah, yeah, maybe. 'cause we did really consider, didn't we, we did look at some properties, five bedroom properties, and thought about whether we needed that extra Home Office. But at that point in time, like you [A33NB] saying you [A33NB], you [A33NB] didn't anticipate not being at work or not. So yeah, hindsight, so lovely thing, but I think probably another office space would be the ideal.

A33NB: Yeah yeah yeah.

R: So as far as I understand, the main reason behind moving was the tightness of the space in your former home. I would like to hear from each of you the most important space, UM, during your lockdown experience and then yeah, and from here we can like talk about... have more discussion about your experience of your home. Can we start?

A33NB: Yeah, so most important space for me was probably.

C5F: Home

A33NB: I don't know, but no because I'd probably say anywhere but the bedroom 'cause the bedroom was the office. So, then it lost its functionality as a bedroom, do you know what I mean, it was like you couldn't call that it relaxes 'cause I was always had this laptop sat in the corner. It was like work was just kind of looking at me so it was, probably somewhere probably more like the kitchen where I could go. Away from work, away from like home schooling stuff and I could call. Call it. You know what I mean? Do something that was. Different to being at work 'cause I think. Working from home, you just feel like you're constantly at work, especially when it's in your face, such as being in the bedroom. So probably set the kitchen somewhere that was. Didn't have that element of home or at home like home schooling or work in there, so it's completely removed from that.

R: it feels like the kitchen provided a... like an exclusive place for... like the home experience other than your bedroom or other places where home schooling and work happens.

A33NB: Yeah, I think this the room was being used in some way, [unclear words] but for other functions. Yeah.

R: So, what exactly happens in the kitchen like? Like other than obviously preparing food, so what did you do?

A33NB: I think I mean it was just a kitchen, so it wasn't a dining room as well. It was. It was just the kitchen, and I think it's like saying that it's not just preparing food because people need to eat but like for me like that's one of my hobbies you know. I mean, I cook, I bake, I get a lot of enjoyment from that. So, it wasn't just preparing food, it was doing something enjoyable and taking part in something that was. About what it was for...

C5F: the family,

A33NB: yeah, but it wasn't just about the family, and it wasn't just about work, it was doing something for me.

R: OK, right? So, a new dimension about the kitchen as like a personal space that evolved during the lockdown.

A33NB: Yeah

R: but it was still a shared space. So how did the rest of the family experience that? The kitchen.

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C5F: it feels good [felt good].

R: Why was it good?

A33NB: What did you like about the kitchen at the old house?

C5F: cause we ate food

R: So, did you [inaudible] with eating food?

C5F: Yes.

R: And uhm, what? What else happened in the kitchen during the lockdown or before lockdown here? can't remember. did you do hobbies in the kitchen?

C5F: Kitchen pies

A33NB: so, the girls have a wooden toy kitchen which actually we kept in the kitchen. So rather than being in it in a play space so they can like role play cooking and baking alongside it actually happen in real life type thing. Yeah, so that's what she's referring to there.

R: And, uh, like. I would say, do you expect the kitchen to have they still have this role in your life? This new role after the lockdown like.

A33NB: I would say so. I think it's different here because as I said, the kitchen is now big. Ironically become the workspace so. It's like we've moved through a bigger house and yeah, the functionality that the rooms have changed because as I said, the kitchen is now the workspace for me, so it's almost.

C5F: Taken away your power

(Adults laugh)

A33NB: not my power but like taking away that safe space I guess, and like I can't forget about work while I'm in here because unfortunately now I do work in here. So yeah, it's only it's a straightforward because of that move from because things have changed.

C10F: It's almost like it's flipped around 'cause now your bedroom isn't a workplace, but your kitchen is.

A33NB: Yeah yeah. So probably the bedroom would be the safe space now, it's almost flipped around...

R: Feel like any distraction while working in the kitchen.

A33NB & A48F: Yeah yeah,

A33NB: majorly, like, we have this conversation all the time. Don't we (talking to A48F).

A48F: you really struggled, don't you? because it, because it's so open plan that the kitchen is that we're sort of sitting around the dining room table, which is sort of in the same space and it's very open. There's a couple of doors through to the living room and the music room. And the front door is it's so it's quite a. It's quite a busy environment. The kitchen area, and if you're sitting in here and then the kids come in from school and... I don't know, there's all sorts of [A33NB & A48F talking – unclear words: the garden build battles.] It's you're the person who bears the brunt of that. You're sitting in the kitchen area working so it's it can be incredibly distracting. Sitting down here, and so

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yeah, we talked about that quite a bit, don't we? I think, it's completely different to being up in the office, which is like a little. You know,

A33NB& A48F: (talking about the separation when shutting the door in the home office) you shut the door, that's it.

A48F: Once you shut the door. Yes, yeah, it's quiet and it's a good space to work. And you shut the door after you finish work and you don't, you're not thinking about it after that, whereas if you're working in the kitchen area, you're still thinking about work after you finished. When you're cooking and eating. 'cause you know you haven't actually physically moved away from that zone,

R: ? You don't work at all in the kitchen.

A48F: Yeah, we, we alternate, don't we? Sometimes, I predominantly work in this.

A33NB: Yeah, you're being fair. You're 90% in the office.

A48F: Yeah, you generally gotta work one or two days a week into your into *** into the office. Don't you? and then you'll maybe work one day a week, and it may be that in the office upstairs,

A33NB: rarely.

A48F: Generally, you're working down here.

A33NB: Yeah,

A48F: don't you. And yeah, I have the same issue if I'm working down here, it's. It's really distracting.

C5F: it's like distracting from the little kids.

A48F: it is, Uhm, yeah, so it's not ideal, UM? Yeah,

R: how does it feel in the office like working in the office?

A48F: It's a, you know we designed it to be an office space so it's functional and comfortable, as we use it as a, We've got a like a sofa bed and stuff in there so you can sit on the sofa if you read in the something was a desk space.

C5F: like a bed you can sleep on

A48F: so, it's a nice space to sit and work and thinking yeah, because it is that designated space it does feel more like a work zone, so you do when you walk into that space and you sit down, you're in that headspace and working. Uhm, so it is easier to concentrate and focus on stuff up there, and it's quieter and it's. It's probably the smallest room in the house. It's quite warm all the time and. So yeah, it's definitely, the better space to work in, by quite a long shot, isn't it? And I, I found that when I during lockdown, at my house, during lock down, I had a small spare bedroom and I used that as office space so when I did start working again that was where I went to, to work and similarly, you know I found that really invaluable to have that space to work in.

C10F: and you still use the same desk.

A48F: Yeah, I think having that set a sit for purpose space was important is really important. And you have to focus on what you're doing. It's much harder to focus if you purchase somewhere else around. Yes, isn't it?

R: So as far as I understand, it's like a completely personal space for you.

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A48F: Well, pretty much what you [A33NB] do. Use it, don't you? Yeah. You [A33NB] use it. I mean, I've got it's mostly my office equipment up there, I've got like a larger screen from work that you [A33NB] used when you got there sometimes. And so yeah, it's predominantly my stuff up there.

R: Yeah, and so how about C5F and C10F, Do you use the this office space?

C10F: rarely

A48F: They come in to sit and talk, don't you sometimes? They [unclear word] and sit and talk and chat, but they don't use it to work and study, they've got their own

C5F: beds, but they have desks

A48F: yes, they've got their own cabin beds and desks underneath.

C5F: and when you go from that side (pointing with her hand), you have to go down the ladder

R: yeah, I'm so interested in knowing about your study space. The new study spaces. Can you describe it for me? We know. How is it? How does it look like, it's in your bedroom, right?

C5F: Yeah, it like it has a ladder that looks like that (pointing her hands to the side) and a bed that looks like that (pointing her hands up) and then a desk under the bed that looks like that and then. Like that and then it just under the bed.

R: That sounds really nice. And uhm, do you like this place? The new place?

C5F: yeah

R: So, what's so special about it?

C5F: I don't know,

R: so, do you do other things, like other than studying?

C5F: [unclear words: Cartoon. Dirty. That's like the day that's where he's puppy. Yeah, like last Thursday.] I work in the bedroom, that's where I study. I like, like design.

R: Sounds interesting, so you do design as part of this schoolwork or just you like to do that as a hobby.

C5F: I like to do that.

R: That's so interesting. So, you must have lots of colours and tools.

C5F: yeah

R: yeah, and you hang it all around? you draw it? Or do you make it by hand (signing putting things together as in artwork)?

C5F: I draw it

R: And you hang it all around the wall.

R: Yeah,

R: that sounds so nice. So, and what about you C10F? What about your study space?

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C10F: I don't know, really. It's the same as C5F fairly, but mine is like on this, on this wall, whereas C5F's is on this wall (showing with her hand opposite sides) and I've got like a window seat opposite and I like going to sit in the window seat and like read or doodle. And really my desks [unclear word] for using my laptop. I don't really sit and doodle on my desk. It's just there's something about my desk that I just don't feel like comfortable doodle on there, I prefer doodling at my window seat or reading at Windows seat.

R: Yeah, that sounds really nice and interesting, so you share your room, is that right?

C10F & C5F: no.

R: so, it is the study space that you share, OK, right, so do you study at the same time or a different time?

C5F: Different times.

C10F: we have separate bedrooms so it can't be the same time and different times.

A48F: Yeah, they've got separate bedrooms, but both bedrooms have got a cabin bed with desk underneath them, so They overall have their own bedrooms and their own study space.

R: uh-huh OK, right?

C5F: showing her drawing

R: Can you show it? Can you put the closer to the camera? OK, all that's so nice, is that you standing there?

C5F: yeah, I'll draw some hair now.

R: can you also write about it? write like few words about it.

C5F: Yeah,

R: that's great.

C5F: I'm really good at drawing designs like my sister.

R: So, do you have lots of tools in your bedroom, like tools and toys?

C5F: Yeah

C10F: I really don't have toys, I just have a lot of books and a lot of like colouring pencil's I just. I don't really play with toys. I prefer this doodle and draw and read and write.

C5F showing her drawing after adding the har detail

R: Oh, that's so nice. I see you so clearly in the drawing. And do you, Do you take your tools outside your bedroom like you?

C10F: Sometimes

R: where do you take them to?

C10F: And sometimes we take them in the living room or sometimes if mummy is not working or and we sit on the other side of the breakfast bar if Mommy is not working here (pointing at the breakfast bar in the kitchen),

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(C5F showing more added details to her drawing)

R: Oh, that that's so nice with it. What did you add in here (the picture)?

C5F: I still doing a little bit pink a little bit purple. I think nice. I think the middle person.

R: Who's the other person?

C5F: C10F! [unclear words: the surface] to the top.

R: you're so good at drawing

C5F: yes

R: If we pick another important place for you during the lockdown, so which place would it be?

C5F: It would probably somewhere that's nearest to my house.

A33NB: where did you go a lot during the lock down that is near to the house?

C5F: like when went on walks [unclear words: But why did we? Why did you go a lot going on lockdown? That was new to the House, and they are like when and what? To like classes, we could go to.]

R: Can you say again C5F please?

A33NB: So, say that again, say that say to the to the laptop so the lady can hear. What did you say before that, really? So, you said we went on walks?

C5F: we've been on walks

R: Alright, that's so nice. Where did you go?

C5F: We go to usually go to a park and walk.

R: To the park?

C10F: To the park.

A33NB: So, behind where we used to live behind the house with something called the ***, which basically is like it's like disuse land, doesn't it like a bit of a woodland sort of area like I'm just like a path and it will take you to a park, and, and just ended up being if we went out for a walk, we just ended up always using that space for a walk. It was just the nearest, most accessible place.

A48F: it was Actually. It's actually, UM. They built a cycle path on what used to be, and it was a disused railway line.

A33NB: yeah

A48F: So, they kind of. Past it all and made a cycle path and then that led leads to a place called ***, which is what C5F just mentioned there. And so, we were going on bike ride. Go yeah it connects need close to their school so we would go on bike rides and walks around that area and during lockdown we got out pretty much every day weren't we during the first lockdown just to get out of the house and get away, it's really important really, to tell ought to be able to get out and about and away from the house. 'cause it wasn't that much space.

R: What quality did these walks add although you had, you already had your own open space like a garden, I expect.

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A48F: Yeah yeah,

R: So what quality did these walks at your experience?

C10F: And I don't know. I just felt like I'm like. [C5F interrupting: Paper and then you could not make nice.] And like, I don't know. I just felt like I needed to get out the house and have like fresh air. and it's just I don't know. Just for me it felt like really good. Yes, and I felt like a daily walk or two with like needed. Otherwise, I would just go insane and wouldn't be able to do anything because I would be so stressed with doing loads of schoolwork that I wouldn't be able to do any more school work because it would be too stressed by doing school work.

R: That's so nice C5F. (directing the question to C10F) No, that was important for you to go. Yeah, but did you use the garden? How did you use the garden?

C10F: Well, we didn't really like use the garden because like because Mummy and A48F were working and we didn't really have time to cut the grass, so grass was over grown, but we did have a Playhouse.

C5F: yeah, that I used to always go

A48F: the very first lockdown as well when I wasn't working, and we were home schooling. And you know when we were doing the [unclear word].

C10F& C5F: Yeah yeah

A48F: think about that as well. What was it like then?

C5F: like Good, well, not that good

C10F: I don't know really, we have this like, we had, this like Playhouse. I mean C5F and I used to go in there and there would be like, like play food and stuff and then we used to go in and playhouses and it was like it had like a slide in it, and we had this ladybug tent.

C5F: Yeah (making bug movement)

C10F: we still do. I think we have this ladybug, and you go in it and we [unclear word: push] that the lady bug tent was a house and that and the house was a restaurant. Yeah, and I used to be the customer in that restaurant.

R: Wow, that's very nice. That's so interesting. So that's very important for the restaurant, so yeah, they still do that in your new home or when you moved to the new home,

C10F: yeah, but we don't have the player help anymore. We have this like swing set where it's got like a swing and a double swing. And UM, like a like a [unclear word – may be climbing] wall and but we used that as well.

R: yeah

C5F: Sometimes we like play games, and we pretend that I our garden and then and I'm always the little girl in that game.

C10F: Yeah, and we've run around most like space, our garden our garden in the new house and we just like...

C5F: this big.

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C10F: Yeah, and we just have a run around, really,

C5F: starching her hand to show the big size of the garden.

R: Seems like lots of fun was that happened there.

C10F: Yeah, it's about the walks.

R: When you moved you did you still walk?

C10F: Yep, yeah, we mostly went on bike ride.

C5F: Yeah

R: yeah.

C10F: 'cause C5F had this seat why she would sit on, like A48F got mummy's bike, and we would all go for a bike ride 'cause I had my own bike. Could be with all just go for bike rides.

A48F: Yeah, we both are in lockdown. Didn't we.

C10F: Yeah,

A48F: so that we could go out as a family together on bike ride.

C10F: Yeah, because well yeah because before we before we had to do like two of us at a time. So like mummy and C5F or me and A48F

C5F: mommy C5F, Mommy A48F, Mommy A48F, mommy A48F, like that.

A33NB: so, we weren't able to actually all go out together at the same time. So, we got yeah like A48F said, Obviously having the seat on the bike meant that we could actually go out together instead of having to take it in turns.

C10F: Yeah

R: yeah, yeah, but that's all only happened when you moved?

A33NB: no, that was during lockdown and then obviously since then the [unclear word] learnt to ride a bike, so it's a bit different now because she can actually just come out with us,

R: yeah

C5F: Like have two bikes like mommies now. My dad didn't want that bike that I had at his house. He's gonna buy me a new one.

R: So, you like riding the bicycle? Sounds lots of fun.

C10F: I think cycling was a big help as well. 'cause cycling is kind of one of my hobbies. I just really enjoy like cycling and I just like sometimes it was bit too eager to go out for walks and I would like played to go for walks and like on a dare.

R: So, this is the cycling make like, Extends the places that you can reach when you go outside your home.

C5F: Yeah,

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C10F: yeah, because. Because you can't really go far with when you walked in. 'cause like uhm, 'cause like you got tired legs but with cycle in it's you. But like with cycling, you still get tired legs, but it's cycling's a lot faster. They still get tired legs, but you can go further.

R: oK. Sounds really nice.

C5F showing her drawing again

R: Oh, well done. Would you scan it and send it to me?

A33NB: yeah I can do that.

R: thank you, Yes, but you didn't talk to me about the living room. So how was the living room during the lockdown?

C10F: Uhm?

C5F (interrupting C5F), like small (talking about the one in the former home)

R: what happened there?

C5F: small

A33NB: Well, it was quite a small space, wasn't it? And it was really getting used for home schooling. So, I was like... So I like things to be tidy. That's just like one of my things. So then if there was like books and pens and stuff all over the living room,

C10F: you'll just bombard in, 'come tidy the [unclear words] having lunch.

A33NB: So, I'm quite eager to tidy up all the time, but that was disrupting obviously the school environment. But then for me I couldn't use it as a little room. The place to relax when there was books and pens and stuff all over the place so. I don't know it wasn't the most relaxing space really because of that was it? It wasn't, no. I meeting anybody's needs, was it?

A48F: we were kind of use it as a school environment, so it was those books and there was like all sorts of art materials out. And we we've been using it as quite a creative space, we really got a creative space, but then that obviously made a bit of mess, and A33NB is she likes order, and she likes it to be tidy in order to be able to focus. And concentrate on what she's doing. She would come into the living room, and she be like, ahh, I can't cope with this mess.

A33NB: And yeah, we would, hang on a minute, this is our space

C10F: yeah, we would go to her office and start messing up all of her office.

R: ohhh

A48F: So yeah, there's a bit of like...

C10F: I worked in the living room because I used my laptop and C5F shared the bedroom in the old house and we had a desk, and the Desk didn't have any cables or anything and I was using my laptop to do all my work on Microsoft Teams but it didn't have cable or anything so I couldn't stay in my bedroom for very long.

A33NB: so, it wasn't the desk. Wasn't there a power socket, so that's what she means by cable.

R: Yes yes. So, what about the new place your new place? What about the living room in the new place?

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C10F: I work in my bedroom now, in the new place because it is near a cable. Now, my desk is nearer cable now, and so I work at my bedroom. Now, it's like really, the living room's definitely more of a living room, sort of dial area now that we're in the new house.

A48F: it's a lot bigger as well.

C10F: yeah, 'cause we've got two rooms like sort of merged into one and it's definitely a lot better, 'cause people can just sit in the music room UM, while other people are sitting in the, like in the living room listening to TV, or watching TV while like somebody else is there playing the guitar or something like that. And on the... in the music room.

R: So, so, did there any play happen in the living room in the new place? Yes, you said you use you. Sometimes you could take your tools, your drawings.

C10F: Yeah, I don't really colour in the living room because sometimes we make a mess in the living room like we accidentally drawing on the walls and stuff.

A48F: I think that generally, if they're gonna bring stuff downstairs to that's created, they'll bring it downstairs and play on the on the on the table, or the breakfast bar won't you (referring to C10F) in the kitchen. but you do you bring your laptop downstairs and play games on your laptop? Don't you? (Talking to C10F) in the morning

C10F: not every morning though

A48F: not every morning. But you do use that space, you use that space as in playing on games consoles or laptop so that kind of play. But not necessarily play with...

C10F: toys

A48F: toys or creative stuff.

C5F: I don't like have toys into the living room there, I like it boxes.

A33NB: Like board games, those sorts of games

R: OK, (then talking to C10F) oh that's so nice C10F. so these colours are, for your, these colours are in in your bedroom? Talk about me to me about them.

C10F: No, I've got.

A48F: What colour is your bedroom at?

C10F: Like a light blue, like a baby blue.

(Technical Interruption)

R: So, I stopped at the point where I wanted to hear, UM, A33NB's and A48F's experiences of the living room, because you mentioned that you needed a place for relaxed to relax. And then what happened when you moved in in the living room in the new place?

A33NB: So, it's a different space now, isn't it? 'cause it's not. It's not multi-functional anymore, so it's we've got... So as I said, the living room that we've got is it's sort of like, two rooms that have been merged into one, so one room is like the kind of area with the TV and like we've got like a reading bit and a separate area that's more like a music space, So it's got like a speaker and a couple of guitars in it and stuff like that and it is we don't work there, we don't school there, it's a place just for relaxing. So, it's quite a calming space, isn't it like?

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C5F: Yeah, a calming space... for music, for your family.

A48F: It's very relaxing, isn't it? It's all, it's just. It's a big space, it feels comfortable. All of our kind of stuff together in one place, [unclear word] music stuff, I don't know it just feels like, like separate space to relax.

A33NB: There's a social element to it as well. 'cause the other thing is like in the with the two separate smaller houses, we obviously we weren't socialising anyway 'cause we're in lockdown. But even if we could have done, there wasn't really space to have people around. So that's a difference of this House is actually we have space to end like entertain people and people to come and spend time with us as a family as well. So that's been another development, I think.

C5F: The birthday party that was like special.

A33NB: That was special, it was in the garden, wasn't it?

A48F: Yeah, I had a very socially distanced garden party.

A33NB: Yeah,

A48F: everybody is just sitting like miles apart from everybody else

C10F: but mine wasn't, I just had afternoon tea instead.

R: So, you didn't use the garden for the party for your birthday party

A33NB: this five days before Christmas so it's not really garden weather really.

So, it's definitely feels like there's a lot more space in the living room to kind of have people over and feel comfortably

C5F: not so messy.

A33NB: not cramped and all the crowded you feel like sit sort of safely and comfortably with other people.

R: So when did you use it? What? What times did you use the living room?

C10F: Well, me and C5F use it very early in the morning and then Mommy and A48F and sometimes me also use it like late at night when we like playing games on like the PS4 or watching TV. And sometimes you have movie nights with all of us. Yeah, it doesn't really get used throughout the day because. Because, because like we're at school and Mommy and A48F are working, so it doesn't really get used throughout the day. It's more like mornings and nights.

R: what do you do there early in the morning early in the morning?

C10F: Uhm, well, me and C5F, we normally have breakfast and then we sit we, and we sit and we have, and then we sit down and watch TV. And sometimes I bring my laptop down. Sometimes I play on my phone. Just really depends what like I'm in the mood for like if I'm really tired then I won't bring my laptop down and I'll just like sit on the couch and sometimes like go back to sleep on the couch. 'cause will or won't like...

C5F: go to sleep

C10F: yeah 'cause she's hungry in the morning.

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R: so that's some very interesting image of your relaxing place in your home. And is there any other place that you would like that was important and you would like to talk to me about?

A33NB: Nothing for me. What you guys think about during lockdown? for the old house where this where is important? Was there anywhere in the house that was particularly important?

C10F: Mommy's bedroom, Mommy's bedroom as well. 'cause sometimes I used to go laptop 'cause that had a plug in as well 'cause that had a plug in and used to go up there with my laptop, Sometimes when C5F was at A48F's house, I used to go up there with my laptop and sometimes and I would use that if I was quiet, I used to work with Mommy. At least today, my school work, like with money, so I guess that was an important place to me at times as well.

R: But you also talked about you mentioned the music room, would you like to talk to me about it?

C10F: I don't know, I ask. I just like sitting there and putting like music on sometimes music. Then and we've got a blanket in there as well, and sometimes if will is watching the TV after all had breakfast, I just gotta have a lay down.

R: What about you? When would you go to the music room?

C5F: I like play with A48F's guitar.

A48F: she likes playing on guitars and the Ukulele, don't you (talking to C5F)?

C5F: yeah

A33NB: I think the fact of her being younger. I think it's more... facilitated the use of that room then just using it on her own, just 'cause obviously it's like the equipment. So, she tends to be with another person if she's in there where, whereas C10F will use it by yourself so she's into the bit older,

R: But what about you? A33NB and A48F, when do you use the music room? And but how to use it?

A48F: I think generally it's more when I'm playing with C5F with the guitars and stuff, and it's usually prompted by C5F wanting to play, isn't it? Or listening. Just listening to music from there.

A33NB: I think probably what draws me to the room more often is 'cause where it is We've got the hall Double doors that lead out into the garden, so it's quite a bright space. So, if the Suns like at that point in the day, I'll sit where the sun is rather than sitting in the other room which can be darker 'cause it's the other side of the house. But yeah, I don't see, I don't play any instruments or anything, so I'm more inclined to use it to listen to music than I am for the play.

R: you gave me very like interesting description of your lockdown experience and important places during that time. And if you would like to add more reflections on this experience, it would be great if you I will be sending you a booklet, uh where you can add your own personal reflections and you can send them back to us by email or by posting. And yeah, so if we move to this second part of the interview, which is, UM, the changes that you have made. So as far as I understand the major change was already done by moving, so when you, reached, or came to the new place and I would expect that you have made your own. I mean changes or like in order to uhm fit in your own home living and specially during this very special time. Uh, so what happened there? And especially the changes that you've made to support your wellbeing.

C10F: Well, I'm I used to work, the living room in the old house, but now I work in my bedroom, cause, the only reason I worked in my living room with like because there wasn't a cable like

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anywhere else and Mummy was also mostly in meetings and. But really, I couldn't like work in the living room because C5F was distracting me. So, at any opportunity possible I would always charge at my laptop on in the morning and then go into my [unclear word: living] room. But that would only last us like an hour or so, and without me having to charge it again. So that was a bit by confusing. But whereas with the new House and I can just. Go into my bedroom without having to come out to charge my laptop up again and so I think that's made like an impact on my schoolwork because I'm not getting distracted by will all the time. So, and I'm doing better on my schoolwork as well because we look at distracting me and I couldn't focus.

R: so that's a big change in the way you do your schoolwork,

C10F: yes.

R: And what about you, A48F? So, what were the main changes that Supported your wellbeing?

A48F: Well, well, just having physically a lot more space because it was just way too cramped having a... like because my house was a small 2 bed terrace and just those, whenever C10F and C5F came over when we were doing home schooling and dividing them up to kind of stop them from distracting each other's schoolwork, and even having one of them we were definitely bumping over in that small space. It was very small; it was just it was just too crowded and too cramped. Quite often. Ended up having to go out to the local park just to get a bit of space and fresh air and when I was at A33NB's house it was the same sort of thing. It even though it was a slightly bigger house it would. It was just not big enough for all.

C10F: it was only two bedrooms as well because it was the same as A48F's is just like the kitchen was bigger and the living room is bigger, which really didn't, It didn't really make a difference.

A48F: And I I was constantly going between the two houses, either going to my house to work, or take in one of the kids over to home-school, and then backwards, backwards and forwards all the time between the houses. And it was just as it was very it's quite stressful thing really, and I think just move into the new house and having all of our stuff in the one place and enough space for all of us. And more, there's just been a massive change in terms of wellbeing. And it's a lot less stressful being in the same space and having the room for us all. And. And I think having gone back to work during lockdown to then have that space in the study, Then, I also have separate space to relax in the living room and bedrooms and stuff, definitely. Definitely made a massive difference. Yeah, yours (talking to A33NB) like you know in your bedroom. Having like a computer in the corner of the room was just. It's just not conducive to relax in our sleep and does it keep just see the laptop? You can see your work right there and so yeah, it's not. It's not ideal for work. This is a lot better here. It's a lot. jut the space, it's just so much better to working and relaxing and be a family together in.

A33NB: I think it's just the space. I think it's the fact that the spaces that we've got. Ah... They're there for the uses at the meant for, so like the living room is there to relax in, the bedroom is there to relax and sleep in. they are not multi-functional spaces anymore. Granted, you know, while I'm working from the breakfast bar in the kitchen it is full. Anywhere else and everywhere else in the house generally is. It's the purpose that it's meant for, so it's. It's not just like the space in terms of the quantity of it, but it's like the... I don't know, I guess the way that your mind perceives the spaces because you know it's a place to relax. You haven't got the computer sat in the corner. Staring at you, or pens and books everywhere. Or yeah, you know what I mean. Whatever it is, so it's it isn't just what the space looks like, or how much of it is. It's what you are using it far as well I think is Just as important and kind of having just as much of an impact, I think.

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R: if I can say like it's a combination of both. Having a bigger space and being able to separate every use was in addition to your or supported your wellbeing in your new place.

A48F: just thinking we even bought, when we were at yours, we even bought a cross trainer, didn't we? trying get a bit more exercise in the winter but then it went in your living room, and that was another thing that was in the living room, that shouldn't have been there. It was like it then became home schooling space, and a living room, and a gym.

A33NB: and dun dun dun... and it was a tiny little room as well. It wasn't a big room.

C10F: where did it even go?

A33NB: it's in the garage now

C10F: you still didn't fix it?

A33NB: no

A48F: [unclear word]

C10F: can I fix it?

A33NB: may be

A48F: so, we, you know, just having those like you (A33NB) separate spaces for the purposes they are intended for and makes a massive difference.

C10F: *** (the dog) wants to say that he likes this house too.

R: So, it was even easier to have the pets in the new place

A33NB: while strangely enough And Murphy is not ours. So *** mums who's on holiday. So, we were just dog sitting this week, UM, but we had. So, we had a cat at the old house with who didn't come with us to the new house so it's actually easier to have a pet at the old house and is here which...

C10F: It's because we had a conservatory at the old house. But we don't have a conservatory in the new house.

R: and the conservatory helped you in, like controlling the space where your pet moves?

A33NB: Yes, yeah exactly yes.

R: So yeah, that's some so great and thank you very much for all the things that you've shared with me. And now I would be interested in hearing from C10F. Where did C5F go?

A33NB: I think she's given up. She's just too tired and she's just opted out. So yeah, so she's gone to the living room to relax now. So that that's her use of that space.

R: OK so yeah, well if she would like to come and join that would be great and uh, but it would be great to talk with C10F about what you have drawn. And also, if you want to talk about even more space is about that you liked in your home. So can you show me first what's you... What you drew?

Yeah, I'm just gonna, we don't need to finish it... here (showing me her drawing).

R: that's a very colourful drawing and a very nice composition. So can you talk to me about it?

C10F: I don't really know, I just. I just when I do them like I just whatever like I've like whatever I feel in the moment I just doodle down, and sometimes I feel lots of different things at different times, I

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just doodle them all down but then connect them together in some way. like this (her drawing) Started by different shapes sizes and I've made it into one colourful like BLOB looking thing.

R: Yes that's it looks really nice and sounds very interesting, and did you do that a lot during lockdown?

C10F: Yeah, like I don't know like doodling was like my activity to get away from all the schoolwork and so was reading. Well, doodling more than reading, because reading sometimes I had to do reading for school. So doodling was definitely a big like impact on like lock down and like what I would do like if everything like if I'd finish my schoolwork. Oh, if I just needed to get away from my schoolwork really so

R: that was your way to relax, and you said you like to relax at the window sill.

C10F: Yeah, so in the old house I didn't actually have the windows now and I used to sit on my desk, but I had this window seat like the window goes outwards and there's like a seat on it, and I like to sit there and doodle and like doodle and stuff.

R: Does that make the windowsill a place that you liked?

C10F: Yeah

R: but what about the places that you didn't like in your home during the lockdown?

C10F: I think the living room because once C5F finished all her work, she normally watches TV or she has this oh she has TV breaks and so I think I would get distracted by the TV in the living room and all the like game consoles and stuff in there. So, it was hard like not to like, go on to the game consoles when you can see them in front of you. while in my bedroom, I want to say like you can't see them in front of you, I want to say not really thinking about them.

R: Yeah, yeah. That's really interesting. I think C5F...

C10F: And like I don't know, and the kitchen is well, because as mommy said earlier, she was like always cooking in it. And that was a bit hard for me to concentrate in there, If I was ever doing working in that uh-huh, yeah,

R: but you use it now and the new place?

C10F: sometimes

R: not so much.

C10F: I sometimes use it and I don't really use it because like as a like a mummy thought was working in there. I can't really concentrate in,

R: yeah. What about you C5F? I'm so interested in hearing from you,

C5F: People in my family. That's me yes. And that mommy, yes.

R: Just hold up a little bit. So OK, hold up to the camera.

C5F: Well that's mommy and that's A48F and then, [unclear words]

R: Yes, oh, that's so nice. And where are the places where you all smiled and were so happy and having lots of fun?

C5F: here

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A33NB: Yeah, there is that where we were where we were happiest.

C5F: I don't know really

C5F: The Conservatory? When we had dinner?

C10F: Oh no. What about here? What about your new home? Where, where, where? Where are you all the happiest feel? The most happy, is it?

C5F: I like to go to wonder like do things exciting and fun.

R: And fun? and fun.

C5F: Yes

R: is that in your bedroom?

C5F: yes

R: Is that in your living room?

C5F: yes

R: Where else?

C5F: places out of my house like somewhere [unclear word].

R: What about the garden? Did you like it?

Signing no

R: No, oh why didn't you like the garden? you didn't like the garden in your old home or the new home?

A33NB: you didn't like the garden in the old house or in the new house?

C5F couldn't answer

R: OK, so is there another place that you didn't like at all other than the garden?

C5F: No

R: OK, so are you going to send me this very nice picture that you have drawn?

C5F: Where do you live?

A33NB: we will drop it OK?

C5F: and

R: also, C10F's drawing, Would you (talking to C10F) like to share it with us and send it to me?

C10F: Yeah,

R: because it looks very interesting.

C10F: Yeah.

R: So yeah, so far, we've reached the end of the interview. UM, so and I would like to thank you so much for everything that you shared with me. I got the only thing out there. Would you like to say

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something more things? Would you like to talk to me about something? Other things no. So, anything else you wanna share with C10F?

C10F: Really, no.

R: OK, that's well A33NB and A48F?

A33NB: Don't think so, but it's interesting talking about it, 'cause I don't think. I don't think it you don't sit thinking about how you feel about your living room or how you feel about, you know, different spaces. so, it's interesting to be asked the question and then really like reflect on that. And how, like, you know, realize how much that has influenced some of the decisions and choices that we've made since around moving. See, I think it's been interesting for me anywhere, yeah?

[debrief]

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Participants	A47F - 47yrs, White, Female, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A39M - 39yrs, White, Male, Professional Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home C7M - 7yrs White, Male, No Education Completed
House Details	3 Bedrooms Medium/Large Terrace Rent Privately Private Garden

A47F: [...] All of my stuff back from the office. And I got it also to set up and we just had the dining room table we didn't have like a a desk,

R: Sharing now.

A47F: OK. Cool yeah uhm so uhm. So yeah, that was the original set up and uh and it. It cut it double for both of us, so I was working in the morning. A39M was home schooling come up in the spare room and then we would switch in the afternoon. So then, A39M would come sit on this, this actually know A39M originally was upstairs and split, so A39M spent the whole day in the spare room. We did have a smaller desk which you'll see in a bit. And then, uh, so. So yeah, so we've kind of all over the place a little bit and also to compound that. So, we had a tree in our back garden, which. Uh, we weren't convinced we're safe. It's been... It's been taken down now, but uhm. Because we didn't think it was safe and our son's bedroom, his bedroom is right out back and we had some concerns about it. Potentially kind of coming down. And you know, yeah smashing into the house so come and it was very windy. It was really windy. It kept dropping branches and stuff so on that grounds C7M was sleeping in the spare room. Uhm, and that was also his school room. Uh, in the in the mornings. And uhm, yeah. And it was A39M's office in the afternoon, so. On the one hand, that was... It was, I think it was tricky, but also it kind of meant that we had really segmented time. We were able to really compartmentalise. When A39M and I both had really... Uh. A really good, uh, managers who allowed us to kind of do what we need to do in terms of homes calling them the huge amount of pressure on us, really, in in that respect. So that was really good.

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A39M: UM, the hardest part was probably the so and it like when lockdown first happened, we all got COVID.

A47F: Oh yeah,

A39M: almost immediately. so. Uh, so we were reeling from that from day one really. So A47F going downstairs was having reaction to A47F recovered quicker than I did and so I would be upstairs with C7M while A47F could work. So, we'd just be in the spare room because it allowed us to... well, me, to just essentially lay down for most of the day because I couldn't really do anything else. So uhm, we had this very ad hoc broken system and because it was already that we had capacity to do at that point, and this so this picture was the first stage, I think, after that.

A47F: then the second photograph actually, I think, I think, the other thing is we worked out that, realistically speaking, COVID wasn't going to go away anytime soon. Yeah, and so we. We wanted to... We wanted to reflect that in in the way we set up our home and actually we transformed our house completely, really in in terms of... Everything, uh or space totally to kind of accommodate home working and home schooling and to kind of and to give like much more, you know, to kind of give us zones.

A39M: Well, we saw the I saw...

A47F: that I was gonna say is precipitated by this video that A39M showed me.

A: Yeah, it's done specifically because of COVID and it was this guy who does videos on YouTube and he was talking about having this. No matter what your space is useful to have designated spaces for designated tasks. Because we were floating around the house, so downstairs would be an office at some point, and then it would be a living area and then it would be something else. And then up here would be a bedroom and an office and UM. Once we were well enough and we were both actually able to... we... Actually, put some thought into it. We really nailed this spare room will be spare room and office, downstairs will be relaxing. Room and school. Yeah, and you know and. Uh, and you know the dining area downstairs turned in turn into the really the multipurpose bit of the house so that we could then designate the other places, so that to almost keep them pure for their. Uhm, for their... for the important tasks I suppose of work and, UM, work and relaxation because we were mixing them around and that really wasn't that wasn't helping anyone. I think it out.

R: Yeah yeah, what happens at the dining space with dining table?

A47F: well so for a while, UM so yeah for a while we uhm, uh so we, we, we kind of kept it down like that so it was kind of like a little bit of school room but it does actually hold up into the thing, into a square, much smaller room, and so we put that in the middle of the room we actually designated

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and eat that as an eating space which I'll be honest with you. We've not really done before. We tend to eat on the couch which is... I guess kind of strange a little bit really, but it's just sort of how we've always sort of done it, as a little bit as a family and various different historic reason, but we actually made that like a [unclear word] thing, and we used it as a [the same unclear word] space as well. But it wasn't. I think it was that something happened recently where, you know, we went, we've reverted, but for a while it was actually a dining space. But it was also... Uh, well, we'll show you with A39M's picture and you know where A39M did to the schoolwork with C7M and... But C7M's bedroom was still up here 'cause we didn't get the tree sorted out until, you know, sort of August September time last year. Uhm, so you know he was still sleeping in this room, but I think it just made it much, it was much better... and I think with C7M sleeping this room it meant that there was no opportunity for A39M or I then to work late. so, you know I'd be working in here up until you know 1:00 o'clock in the afternoon. And then A39M would come in. And this and I basically had to finish as soon as you know at one because... You know he needs to come in, but then when you know A39M got to the end of the day, and then C7M needs to go to bed. So, there was, you know, like I said, it was kind of really compartmentalized our time... and that really helped because we didn't have options... like it was like you know, and that and I think work understood that. Uhm, I think it helped C7M as well, a little bit with that rhythm. And the main thing really for from our perspective was kind of. Making sure that C7M wasn't doing his schoolwork in the same space that he was sleeping because that was just not really... That was kind of counterproductive for him. And I think that you know that really helped. But equally we weren't kind of working in the space that we were relaxing in.

A39M: And it went the... You know we weren't. We weren't mixing his schoolwork up in the same place that we would be relaxing in at the end of the day. Uhm, well it and in this you know the dining area also turned into a, you know where I would do exercise when the when the weather was terrible so. Hey. It may, you know, it meant that we were. There were no questions when it came to what where you were going when you going to do specific task, it takes the stress out of the equation.

R: So, I still I couldn't picture it. So, the first stage of the lockdown you used dining for work. So, it was what kind of multi-purpose?

A47F: Yeah,

A39M: if you look at the first picture, that's our dining area, first picture,

A47F: yeah

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A39M: and so that's... so we had various iterations of this. We had this desk setup that we used for a bit. We also had a smaller desk that we used for a bit as a as a school area and while we were shifting things around the house to make sure that we actually had adequate space to work on UM. So yeah, downstairs was work and the spare room was classroom and. Uhm and C7M was sleeping in there and so every everywhere had... everywhere had its multiple uses. Yeah, so we then came up with the system to... Really, there was most places only had one use and there was one that had multiple, but that would switch depending on the time of the day and there was a crossover with that space with a no contention between us about who was using that space. Yes, and then the new desk the new workspace was the time when you shifted to work from the dining table to this place. Yeah, and it so that that tide in with me going back to work. It just so happened that we know we got very lucky. The place that I was work that I work in was doing a huge refit, and they were getting rid of a huge bunch of desks and a huge bunch of this white desk was completely going free. So, uh it was either we take it home or it gets thrown away. So, I was able to grab hold of this desk and bring it home and it's been absolutely perfect it some and that's, you know, that's changed the whole thing. The whole game for us.

A47F: So, I mean we before we put this desk in I think we had the kit that we brought. We brought the kitchen, so we brought the UM... So, I mean table up here. So, we actually use this place with that dining table for a while. So, we probably, we switched to... This basically starts off at the end of March. We started off downstairs in the dining room with dining area 'cause we, you know, everybody's like what the three weeks ago and back... you're back in the office, so we didn't really think anything of it. But to be honest, as A39M said, we got COVID and you know, you know I was out of action for the first week. A39M, kind of any kind of came in and he was out really for three weeks. And you know, I was kind of trying to recover in between. Looking after him and C7M and you know, so at that point it was just like, you know, what it is, what it is, it kind of. It was kind of like; you know we came in. We threw a bunch of stuff down and it ended up wherever it felt sort of thing. And then I think probably come.

I think, probably, It was that kind of it was the Easter holiday, so it was like week three, I think we kind of we had this conversation, just went OK. And then once A39M started feeling a bit better a couple of weeks later we kind of took the plunge and went OK... We need to sort this out so that we rationalise our space.

And so, you know, we brought the dining room table up here... and we were both working off of that. So, we kind of made that... we've made this our office. We've made, you know, C7M's bedroom in here (instead of the room endangered by the tree) and then we kind of got our space is a bit more sort of sorted downstairs. But, you know, of course we didn't have a dining room table. We didn't

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have an area downstairs. So, that was kind of like an empty space a little bit. But... But you're gonna again, that was fine. And then it wasn't until kind of like as A39M said, he was going back into work in June, July time. And you know he was he was, you know, sorting through all the stuff there. And UM. Yeah, we... it was... that was a win for week, and it was... It came at a time when we were kind of just really sorting out just in general. and we bought C7M in bed, UM as well 'cause he was transitioning from. [unclear words: You know he used. I think this so we thought that behind us.] He got used to having much bigger bed so you know we treated him to a cabin bed a lot earlier than we probably would have done. But it just felt like the right thing to do when he moved back into his bedroom and...

C7M wants to... wanna show you... want to show you the picture!

A47F: yeah, that seems like so we kind of did... Uhm, we did a bit of you know, a big sort of another piece of work on it in in June and that gave us back our dining room table, so it's kind of little status, but I think all the way along we were recognizing that actually...

The child showing his drawing and A47F and R commenting on the finesse of its details

A47F: I'll be honest, we spent a lot of time thinking about our space and thinking about much more than we've ever done before. Like space really important factor in like how we existed, obviously. 'cause like we did everything here there was. There was no escape, you know.

R: So, I understand now that the importance of these photos of both photos that have the workspace photos is that they form the major transformation in your lives during the Covid or the lock down time. But I also, uhm, I would like to hear how you felt about this place is how you felt about also the time that you spent in this new spaces that you created in your home, yeah?

A39M: Uh, I mean the first one. Because it was so reactionary... it just it makes it just makes me feel stressed. it's the situation around that (having Covid) was stressful. and you know, we all you know we went into this, you know, probably the same as everybody else. just thinking it's fine. You know, well, you know, if we get sick, we get sick, it doesn't matter.

A47F showing C7M's drawing and encouraging him to talk about his picture.

R: commenting: Oh! C7M, that's really nice! So, is that the three of you?

C7M: yeah

R: Oh, really nice. And where is that?

C7M: downstairs at the couch.

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R: OK. Do you like sitting there?

C7M: yeah.

R: What do you do?

A39M: What do you do?

R: What do you do when you sit on the couch? The three of you? Do you watch television?

C7M: Yeah, and I play some games on the TV too.

R: Oh, games are very nice to play on the couch. I know all the children like games so which game is your favourite?

R: Some Minecraft.

R: Oh, that must be really nice. So, what is there?

A39M: can you remember what we did on Minecraft during lockdown the first.

C7M: No

A39M: No? So, they have started playing a lot of Minecraft during the first lockdown. So, it was so much so that I get flashbacks and not always necessarily good, like I'll hear a piece of music and all it does is remind me of being incredibly ill and just feeling terrible. 'cause everything was going very badly at that point. I think it had this calming effect on... 'cause it was something that you could like control over. It wasn't it wasn't a game that I played, so all I had is just had this music in it. In it.

The one thing that the Minecraft does do, and actually was quite useful, you know 'cause there will be some difficult times when you're trying to teach. So, there is a Minecraft maths game that you can download for free and especially for the stage that he was in. You know.

C7M: it was maths robot.

A39M: it was maths robot that's right. and it served as a useful tool when other map things weren't working. Uhm, you know, so kind of gamifying the learning process and that really that no, you know. And a couple of afternoons when things were a bit harder, you could turn to something like that.

R: What other things that you enjoy doing when you're sitting on the couch, C7M?

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C7M: Yeah, it said Minecraft game, but it's one game that Mummy does not like. Mummy doesn't like it.

A47F: Well, I like the game, I just didn't want to play it.

C7M: (explaining mind craft game) Me and Daddy play that game.

A39M: We play that. A lot, didn't we? We had A and it's it kind of goes into the, you know, the afterthought of once we've got into once, we've got the house sorted, and a routine that you find yourself getting into. and you know, because you're not doing your walk to work, you're not doing your, know, the drop off at school. You find these other things to get yourself ready for the school day ahead or the workday ahead. And that was one of them. Wake up and C7M would have breakfast, and, you know, we'd get ready. And then you know, we play this game for half an hour and then move on from play to doing school for the morning so.

R: Yeah, and what else did you do when you sit on the sofa? Was there any time that you spent alone in the sofa?

A47F: Wanted to show Heba something that's on this picture. Did you wanna?

R: Yeah, then lots of details that I would like to meet.

C7M: If you have watched it, it's called Infinity War. It's part of The Avengers, NXT Infinity Gauntlet.

A39M: so that's the gold thing on top, isn't it?

C7M: Yeah, we've got that downstairs.

A47F: 'cause that's your other passion, isn't it?

C7M: What passion?

A47F: like Lego?

R: So it's called the Infinity. Can you say it again, please C7M.

C7M: It's one of The Avengers. Yeah, it's the Infinity Gauntlet.

R: (commenting on the drawing) OK, I will watch it. So, and what are the other things that are besides the the sofa? I can see lots of nice details. Can you talk to me about it?

C7M: I drew new tables?

R: Yeah,

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C7M: uhm a cabinet. Oh! I forgot to do something on it. (C7M took the drawing to add details to it)

A39M: I would say that... So, we've had but the two side tables that he's drawn. We actually don't have those anymore, but those are the ones that we have had for probably six and a half of his, you know, almost seven years of life. and they look exactly like that.

R: Very interesting, so what was normally there on these tables?

A47F: Oh, they're quite that much smaller than that's not nothing. A cup of tea.

R: OK, right? Right, and there are also, uh, I can see it's at the showcase with some...

C7M: those are little cups.

R: OK. So, Mummy says that you normally eat on the sofa.

C7M: Yes,

R: and you have snacks on the sofa.

A47F: Watch TV, don't we?

R: so What else do you ever spend any time alone on the sofa like sitting, relaxing, reading?

C7M: I don't normally like being on my own on the sofa. When I've got other people here, I normally like sitting in one room with somebody.

R: Yeah.

C7M: I normally, at night, think on my own. And that's the only time I like being on my own.

A47F: do like playing by yourself [unclear words] sometimes with Mommy and Daddy.

C7M: Yeah, but I know where you are.

R: Yes.

C7M: I don't know where you are when you go downstairs 'cause you're like in one room and I have no idea. so that's why I'm OK. 'cause I know where you are, 'cause you're in the sitting room,

R: yeah,

A47F: before lockdown, didn't you? did you like having Mommy and Daddy around?

C7M: Yeah.

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R: Yes, and did you do your schoolwork while doing your schoolwork? Where did you do your schoolwork, actually?

C7M: So, I did it so... I did it up here (the spare room) with Daddy. Yeah, then when it was mummy's turn we did it downstairs.

A47F: cause daddy was working here, wasn't he?

C7M: and we could maybe show you so that the work that we did

A47F: you want to sit here?

C7M: yeah

A47F: we did lots of work, don't we? We've got, UM. Some things that you wanted to show. Should we show her the picture of fluffy?

C7M: that's my favourite teddy

R: that's so nice. So, do you have this teddy here in your bedroom? Are we [recording] in your bedroom?

A39M: that's the spare room.

The mother showing other drawing of her child

R: Oh, that's so great and very well detailed C7M, do you like drawing? Do you love lovely colours? Is that all your schoolwork or do you do draw in your spare time? Do you like to draw a new spare time?

C7M: I only like people when I'm allowed to. If I'm not allowed to, I don't really like drawing. I normally draw what I'm allowed to do.

A47F: he's allowed to draw all the time.

C7M: Whenever I like in school

A47F: in school I see.

R: what about at home?

C7M: I am allowed to. Sometimes I do other things. Like playing in a different roomy, as mummy said, on my own. I normally like that. I don't always do drawing. So, not something I do all the times, but I do it sometimes.

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A47F: you draw a couple times a week

C7M: yeah.

R: Where do you normally draw? Where do you like to draw? Would you like to sit when you're drawing?

A39M: I think in the front room?

C7M: Yeah, 'cause I have enough space [unclear word] paper.

A39M: we have a coffee table in the front... just in front of TV and it's fairly low to the ground so he can kneel on the floor.

R: As I see that you like drawing, so you must have lots of tools and colours and pencils, right?

C7M: Yeah.

A47F: we have cabinets It's dedicated to come through pens and pencils.

C7M brought his colours in front of the camera.

R: wow loads of colours.

C7M: [unclear words]

R: If I share now the photo of your bed, would you like to talk to me about it?

C7M: Yeah.

R: Ok, I'm gonna share it now.

A47F: we've got the photo on our screen as well, so if it's easier for you.

R: OK, so uh if you would like to talk to me about it C7M? Is this place... Is it important for you? Was it important for you during the lockdown? Your bedroom.

C7M: I'm gonna get Fluffy (his favourite teddy).

Because of my drawing of him,

R asking the parents: So that is that his bed during when he had to move from his room? as far as I understand.

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A47F: that was the new bed... that that was the new one. So, he had a pop bed. I don't know if I've got a picture of it. When he was a baby, we had a cot, and it was one of those [unclear word] ones. So, we anticipated that it would last him until he was about 9. But we realize that actually... It was probably quite a difficult experience for him going from one place to another and we kind of almost had to tempt him back into his bedroom. because he really, he really enjoyed being in this place (the spare room) and he really enjoyed this big bed. So yeah, so we got him this cabin bed.

C7M showing his favourite teddy

R commenting on the teddy: That's really nice. I love the hat! So, is that is that your favourite teddy that you showed me? that you drew in the drawing that you showed me?

C7M: he's I my favourite teddy.

R: Yeah, it's really nice. Do you sleep with it?

C7M: Uhm, not all the time because I got other teddies that I like.

[unclear words: Yeah, don't bother. these that I like. Yeah, like on the weekend. I go to Minecraft. In keepers, isn't he? Yeah. Uhm, I think. OK. No.]

R: So where do you normally keep your teddies?

C7M: in my bedroom

A47F: Do you want to talk about your bed at all? 'cause you helped choose? You chose the bed. So, I can talk about some practicalities. So, C doesn't have a particularly big room. And so, the cabin is a kind of a double thing. Partly, because he really wanted to sleep up and he like that. But it also gave him little book nook as well underneath. So, he's got the space underneath with his books and the cushions and a nice space to sort of relax under there which he does. He's got some toys under there. And I think probably he spends much time underneath there at night when he's going to be going to sleep 'cause than he does actually on his bed. So, it's it is. It is a nice place when he goes to bed. So, he when he goes back to the past 7-8 ish, you know, he's got everything he needs in there. He's got his books. If he wants to have a look at them. He's got a few toys up there. But they're mostly soft, cuddly toys, so we try and keep it... You know, that's bedtime, not playtime, really. and it does have a canopy. We take the canopy off in the summer just 'cause it's so warm, but in the winter that kind of the kind of goes back on. Although he hasn't decided yet whether he wants to keep the canopy or not. I don't know,

A39M: I think. Yeah, we because his room was out of action for too long. And because we were gonna be inside there so much, you know, we weren't gonna be able to go away we just wanted to

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make his bedroom bit nicer so that he's.... Uh, just so you know, the house is the nice place for him to be in. And I just say that he was incredibly lucky with him. He's very much a take it as he finds it type of boy. And really you know, makes them that makes the most of every situation he's in. So yeah, we're lucky.

R: as far as I can see. It has like a setting for relaxing space. Though there is a bed, there is a nook underneath for reading and all the like some sort of sedentary activities. And so, were there any other activities that happened – took place in this room?

A47F: In during lockdown nothing no.

A39M: In lockdown we tried to keep his room just warm, just for sleeping.

C7M showing a drawing of frogs

A47F: So, we are really fortunate actually, we've got quite a big house for the three of us. So, our kitchen area. So, I guess it's kind of a kitchen breakfast room. So, we took the dining table out. so, we don't have their dining table is in the dining area. so that space where you could potentially put dining table in, is actually C7M's play space. So, if we're in there and cooking and stuff, C7M [unclear words]. You know, when A39M is cooking or I'm doing washing up or whatever, you know, C7M will be in there. Kind of playing with his toys and stuff. So, we kind of [unclear word] his room is quite small. We've kept it separate relaxing in his bedroom and play in his play space.

A39M: Because C7M much prefers to be around other people than on his own. so even you know he's got the option to play in his room whenever he wants to, but it would be very rare for him to go off and have space on his own. so, the only last couple of weeks that he's even mentioned that, you know, actually having some alone time. Yeah, that's never. That's never been something that's come up before. I mean is that I assume down to his age, but he very much likes being around other people.

R: Yes yes.

A47F: And he likes to know where we are as well. You know, I think he mentioned that.

R: Yep, Yep. So you talked to me about like changes that happened like a mainly the workspace and the change in C7M's place and in the home. So, after the lockdown what has changed in the use of these spaces?

A39M: I think actually if anything... well, because you (talking to A47F) work at home. So A47F's work situation hasn't changed at all, and actually...

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A47F: a little bit. So, I work two days a week. But yes, I work two days a week at the office. Uhm, but really in terms of the space I would, yeah. I mean, once we changed it in July last year, that was. That's pretty much set. We haven't. We haven't changed anything much.

A39M: Yeah, and actually... I mean... I think... The main thing for me is that I was exercising more often actually. So that's you know that that isn't the same as it was before hand, so. There's a. Uhm, so the dining room is still that for me, but that's why you know an exercise space. So, we've got some other equipment outside as well, but uhm. Yeah, I mean, I think we've recognized that everything works really well as is. There hasn't really been a need to change anything since lockdown... since lockdown finished. I actually went back to work full time in August 2020 and so yeah. Yeah, I haven't had to work from home for a long time, other than, you know, the occasional. False alarm about, you know, and waiting for a PCR test to come through, but other than that it's a... I'm at work,

R: So yeah, you shared with me a very interesting like some things about important places for you during the lockdown. And if you would like to share more things after the interview. If you remember, or you would like to add more reflections, I will send you a booklet up after the interview so you can fill it in either by drawing or writing or whatever, like mode that you would like to share.

A39M: can I just share that very quickly? because, we're incredibly lucky where we are. We've got this. We've got a huge public space, a huge public park less than 10 minutes from here. Less than 10 minutes' walk. and it's so in the end because, you know, during the first lockdown, the weather was incredible C7M. and I went down there for 45 minutes for an hour almost every single day. And, you know, that really change things. because he's 'cause of the age he's at, the needs to run around. He needs to do some exercise every day, otherwise he just starts crawling up the walls and so we were down in this park every day.

C7M: what do you mean crawling up the walls?

A39M: it's almost like you want to sometimes. you know when I say that you're starting to go a bit crazy. When you when we go out for a walk? and you know we've got a cemetery just near us, which is you know, which is full of greenery. so, we would walk around there and then we were very privileged to have such open spaces around us because you know we turned our house into really usable space. But actually, within those parameters of being able to go out for an hour a day, we were able to get to somewhere really open. And, you know, get that exercise and get that time outside the. You know, I don't think many other people got. Especially with people living in the city.

R: is that something new in that was introduced to your lifestyle? To use the area around your home.

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A47F: no, I think so. 'cause we used to take C7M a lot to soft play areas and go out and about, you know, you know. a lot of paid for stuff. We actually save quite a lot of money. and continues to do so because we tend to kind of their last hours, you know, sort of free stuff that's available in the great outdoors and. You know, we've implemented some really good habits as well, so like for instance, on a Sunday we all go for a family run in the morning which he hates. But we do it anyway. Actually. You know, he loves it and find it is like the idea of it. So, you know, there's lots of kind of stuff like that where. You know it made us think about it. I would say I would say, realistically speaking, with the exception of having had COVID and being home schooling, and having C7M, you know, and not having the opportunity to have any assistance with that, while we were poorly, I mean, you know while C7M isn't here, it was really terrifying. [describing illness] There were those challenges, but I will say in the main this has actually been a really positive experience process family. It's made us re-evaluate things. Take the top off and you know a lot of stuff actually and, and particularly in terms of you know how we want [unclear word]. And, you know, the things that are important, family time, and all of that kind of stuff? And yeah, it sounds like we spent a lot of time sort of sitting in front of the TV. But you know, we also spend a lot of time sitting and, you know, reading with C7M and doing his homework. it's just the sofa is a bit of a hub because it's a nice, comfortable space and we've got lots of kind of stuff there, but it is very definitely a space for us all. Kind of come and sit together and just be together and cuddle up. And you know, spend that time in, you know with each other. So yeah, I would say in the main it's actually. Not been an unpleasant experience.

R: Yeah, so uhm, it's very interesting that you mentioned how the context around has changed, supported your wellbeing, but I would also like to know what you've talked about. A lot of changes in the home. So, what in your home? What was specifically supportive and what was specifically challenging in your experience like challenging your wellbeing and. How have you felt?

C7M was upset when parents were explaining details of his picture while laughing.

R: C, are you going to send it to me, would you?

A47F: Yeah we can. We can take it off of it and we can load it up onto the well. Should we load it up in the same place?

R: Yes please yeah yeah yeah that would be so great. Thank you very much for sharing it.

A47F: Yeah we can. We'll take pay all of the pictures of all of these things and then we can load it, load them up.

C7M: I can show my teacher tomorrow

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A47F: you can. We'll just take a photo of this one. That's OK, let's talk about that offline and so yeah.

A47F: So, in terms of challenges, yes, COVID was a challenge, and the space initially was challenging because obviously we haven't got it sorted out. but I think I think probably one of the biggest things is, I mean, you know, as a family we get on very well over. We're generally on the same page about stuff, so we tend to come kind of come to the same conclusion at the same time. And then we support each other through that workout. and I think the main thing really is also keeping C7M included in that process. because you know otherwise, it's just stuff being done to him.

And I say, I think that's kind of where the supportive stuff is. you know, the stuff that we found challenging really was around COVID itself and its effect on both of us and. OK, I can't. I can't post stress enough just how difficult these first three weeks were because of the situation with A39M. because I had, you know, I wasn't fully recovered from COVID when A39M came down with it and he came down really hard. so it was sort of a, you know, and it's and it's really difficult trying to do that with us with a small one. He's quite energetic and likes being with people and wants to be with you and actually you just want to be in bed by yourself, you know.

A39M: it was actually easier when he got it. but you really only had it for about a day and a half. But he just meant for him, temperature and just wanted to say it already too much and just watch something on the TV while being super quiet. And that was really easy. There is the resident time and but actually probably understanding and you know, we just had to say. That he can't do anything, yeah. We can watch, we can bring something and just lay down, but the worst bit that A47F mentioned that I came down so I couldn't sleep 'cause I was just in pain and I was just watching a film and he came down about 7:00 o'clock in the morning. And then I got up, went to take some painkillers and just had this weird attack and you just don't want him to see stuff like that. You don't wanna him to be worried. but there's not much you can do at that point, but he's really got through it without any obvious damage.

A47F talking to C7M: what do you think darling? did you find things hard?

C7M: I can't really remember since it was quite an old time ago. I can't remember what happened, but I think I can remember that day when you are coming up here in the garden. You said not to go to the garden without you. And I didn't go.

A47F: Yeah, that was when we worried about the tree? we word the tree falling down.

A39M: I think again, we we've been we're lucky that he is in the school year that he's in. because he actually hasn't had a full year at school. So, by the time we got to the lockdown, he'd done two terms or two- and a-bit terms at school. he hasn't. Actually, he hadn't got into a routine. yeah, and

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because that's where he was at that point in the school, you know there wasn't any intensive testing coming up that he needed to get ready for. Yeah, something age that he's in, he was just. You know, because it he just he reaches a new thing. You know a couple of months earlier we he was just getting used to the fact that he was going to school. So now it's just like Oh well, I'm just gonna get used to doing this at home. And then it happened again last year as well. So, he hasn't actually been able to get into that routine. That too it be disrupted. It's all being disruption up until this year. so, he is... You know, I hope the long-term effect is he doesn't have some kind of strange inability to create routine in the future. because he actually hasn't been able to, but. In terms of the effect on his day today, it's actually been fairly minor.

A47F: Yeah, I think actually so you know, I think home schooling, if I'm honest, 'cause we did, we, home schooled the first-time and. then after that we would be considered key workers. So, we will actually be bubbled with my husband's parents and A39M's mom she's ex primary school teacher and she took on the mentor of home schooling. and they did that come. So, they did that in in the in the January lockdown. so, he went back to school and then he and then it was in January and then, and so we actually we only had that person sort of segment of home schooling. And when I think back on it, that was hard. It was really difficult 'cause A39M and I, we're: 'we're very much like we are not cut out for this. This is not really our thing' and it was quite helpful 'cause actually although A39M... we didn't have really created a routine very quickly. in terms of you know A39M mornings I did the afternoons. Come and you know we kind of set things up that way. And we tried not to kind of deviate too much in terms of the stuff. so A39M took the maths and reading. And I did the English and the creative like creative writing and all of the kind of the creative stuff. So C7M had a degree of kind of routine in that. and I think that was actually, you know, quite important. I I'm not. I'm not sure that we did that on purpose. It's kind of just how that fell out really. but it's certainly looking back on. It helped. But yeah, the home schooling was a massive challenge for both of us. and yeah, and between that and COVID and sort of long COVID just trying to keep all of that stuff together in those first three months. that was challenging. and we're lucky, 'cause we're all three of us quite interested. We love spending time with each other. But we don't feel the need to particularly, but I would say we got to the end of it. We were like we don't need to see other people, but otherwise really...

A39M: well, I think we're like extrovert presenting. like we're quite good in groups but we recharge on our own. So, I think part, that was a struggle was. Because we were all here that you know, we didn't actually get to be on our own at any point. And then you know some of these staying downstairs and somebody going up into our bedroom would be in their room. That was as alone as you could get, and so that's what you know. Again, I'd say that's kind of minor. There must have been extraverts out there who were just pulling their hair out because they couldn't be around other

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people. But that was at least part of the pressure. but for him 'cause he is an extrovert, especially at the moment, and because he's an only child, that was difficult. I was relieved when he got to be around other people, other people and other children again. because every so often we bump into like one of his friends at the park.

A47F: 'bumped into'

A39M: I mean there were there were genuinely

A47F: WhatsApp conversation with their mummies.

A39M: There were a couple of genuine 'bumping into' that I was involved with... But there was sometimes when he didn't necessarily want to speak to someone, and you know, or he wasn't here or there was one where he wasn't sure if it was actually his friend from school because he didn't even recognize it. I mean again, he copes very well. But we recognized how difficult it was.

A47F: C7M, did you want to say what most what things you enjoyed about? What did you enjoy that?

The child talked in a low voice

A47F: You're just doing [the drawing], you don't wanna talk, then I said that's why I just want to give you the opportunity to see if he wants you, OK?

R: And also you, you've just now mentioned this difficulty of having like some time alone for you even as adults, and was that related to the difficulty in time scheduling or was there a specific feature and the design of your home that made it even more difficult to have like some time alone?

A47F: I think it's partly driven a little bit by C7M. C7M likes to know where we are at all times, and it really bugs him If one of us is on a different floor. now, he's fine with that now, but when he was little and it would drive him crazy to think that you know, like but Dad is on his own. like if you were up here with me, then daddy's on his own. And so, we kind of structured things a little bit in such a way that we take it in turns to give legacies, but often put him to bed. And it means it gives the other person a bit of time by themselves. And generally speaking, you know. We kind of extend that a little bit, so yeah, we put him to bed. We had a story, you know. He has a barksy has the story. He has little snuggle. And then probably we kind of go into the bedroom and do a few bits and pieces and the other person is downstairs. do the washing up and you know and maybe sit and watch something on TV that's kind of their thing that we've kind of got into a little bit of a routine of that. And, you know, an equally there are other things where A39M will have games with his friends or he does, he

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irons his shirts and then I've got my time by myself and vice versa. You know there are other sort of things, organically factored themselves in as a result of our mutual need for space.

A39M: one thing that that I did do because I got very close group of there's six of us, of friends. Recognized quite early that a couple of them were getting incredibly quiet because they live. They live on their own or because their circumstances. so, few nights a week, I would, we did meet up and online and play the same game.

C7M showing his drawing: I did a baby too but I don't have a baby, but I created one.

R: That's very creative C7M, I really like it. And I really like how the baby is flying beside Mommy.

A39M: And yet so we to I'd meet, we meet up on two nights a week just to make sure that you speak to these people. I think we did. We did. We did the same quiz thing. We also we watch films together at the same time we play games together at same time. Yeah, it's just so that you are interacting with people outside of the three people in your house and work colleagues. Otherwise, you just end up turning your work colleagues into your friends. And I think that that makes things hard as well.

A47F: And I have a close friend, while I've sort of you know, known for 30 years and she lives next to here. and we do a walk every night together and that's very once a week every. And I go for a walk once a week I'm kind of you know just because that and actually that again that has sort of become a regular thing. You know where you know where before we kind of ad hoc catch up with each other for dinner or whatever. And then it was because you know again, she lives on her own. So, it was a question of making sure that you know that we're checking in with each other. And with that we're making those connections going and keeping those relationships going.

you know that was the other thing is that there are a couple of people actually who I haven't spoken to you in probably nearly two years now because I've blocked out and it, you know, they're people, and I'm not sure how I get those friendships back. And you know, so that's been a bit challenging. I will say. equally there are people who have just kind of swatted straight back in with and that's been great. So, it's been a kind of a mix on that score. The other thing is that your situation changes. and we've got to factor in C7M's, his friends as well .and the things that we do for him. It's not just you know, it's not just, it's not just you know our friendship that needs maintaining. But it's his friendships as well. And you know he also has other stuff that he does outside, for instance. that was a new thing that we implemented after lockdown. So, he started doing that. in September last year he had to do that online to begin with. and now he's back in the **. So yes, there's lots of kind of stuff where I think we've just we. We also just kind of went for it a little bit with some stuff where it's things that we had put off because you know, life happens and then actually when life slows

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down a bit, 'cause that that is essentially what happened, life just slow down a bit for a while, and it enables us to kind of take stock and think about you know what we want and where we want to be what we want to do. What's important. Uhm so yeah, those things were really positive.

R: but also it's occurred to my mind that UM, while you were talking about the difficulty of having some alone time inside your home and while like taking care of C7M and it occurred to me, what would have been the scenario if you had like an open plan like space? Would you have the same difficulty, or would it be more helpful? Like if he's able to see you? While you are in different places.

C7M: I think it would be more helpful so, but I wanted to go for a walk we could just go in the back garden and just go for a walk around and having to go a long way to a different place.

A47F: He's quite dismayed at the size of our garden.

A39M: It for me I think I would have found it quite difficult and for just doing work. and I would have found it incredibly difficult to concentrate on my work. If we were in an open plan place, you know, even if I had one corner that was just for me, and even if I had, you know, headphones on. Just being able to know that something is happening in the back with that would be incredibly distracting, but it helped me compartmentalize my work from everything else that was happening.

A47F: Yeah, yeah, I think being able to close the door on this space particularly. I mean because that C7M is back in his own bedroom.

and I can count, even before lockdown, I can count the number of times that, you know, most of our family lives quite close to us. So, uhm, you know, so we don't really have huge need for a spare room. 'cause we don't have a lot of friends who you know who come and visit. So I mean, it's good to have...

The conversation Interrupted by C7M explaining his drawing of the bees family.

A47F: So, I would say that you know they're being able to close the door on their space, and that you know that that as a kind of a psychological barrier, really. sort of stopped me from kind of coming in, sparking my laptop back up again and it being out of sight out of mind and tidied away. I think that's really important. I think, I think. Also, you know having that kind of space as well to ourselves I think is really important so you know if one of us is downstairs doing something and actually the other one can be behind a closed door. It's you know it's fine. And C7M is much more kind of on board now with us being in different spaces and that being and that being OK. So, I think yes, I definitely think having a smaller, more open plan space would have meant more challenges. And we're very, very well aware of how fortunate we are. We're also very fortunate that we've got one child so we don't have multiple kind of school age children. We've got enough, you know, we had enough screens, you

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know, that was the thing is that you know I've got a work laptop. I've also got a personal laptop. A39M gotta work laptop on a personal laptop. We never had to worry about what device is being used for what. it's just kind of, you know it's there and it's sorted. And as A39M said, C7M being in year 5...

The conversation interrupted by C7M showing his drawing

So, I would say, 'cause that we're talking about this earlier, we were saying and then we just we just found ourselves being incredibly fortunate really. and we said it always through you know. Especially talking to other people. You know people who've got kids who were doing GCSE's and A levels. And struggling with all of that and come in and dealing with teenagers. You know that that was the thing with C7M really. Is that? You know it starts, UM. He got off to a really good start in reception anyway. and most of what they do in reception is quite learning through play and you know. And then by the time he went into kind of like, you know, sort of ramping things up a bit more in January when we went into the second lockdown, A39M had taken over again. Again, experimental teacher. She knew what was required. There's been no judgement whatsoever to C7M's kind of learning development at all. He's exactly where he needs to be. Even he's where he would have needed to have been before they made all of the changes to where you know where they [unclear word] the expectations. So yeah, there's been literally no judgement to him or his development and we see just a really healthy, happy kid. In no way been harmed by this at all. And actually, that for us, it's just really the main thing. he's fine and we're fine to say, yeah, all good. We probably don't one end of the scale. I would imagine. I would imagine a lot of people who you talked about is like Oh my God, it was awful.

R: Actually, it's come. It's the same story repeated, but it with different details. I would say the same. Uhm, I would say the same. Main themes like this thing of having work and home schooling introduced into our lives and with all the changes that UM they have made to the way we use the spaces in their home. So, it's surprisingly the similar similarities are very, very simple. I think, uh, but of course every case had would have like see different, like very tiny details. UM yeah. And it was very hard time for everyone.

R: So yeah, yeah uhm, I would like to thank you so much for all the things that you share to me, and it was very, very interesting to know how you found. Find new things like the use of the space around your home and how you created your reaction to homework and work from home. And you created the desk and then you develop to making a designated space for home working and that was very interesting. Uhm would it still be, uh, OK? If I can talk with C7M? Or is he tired?

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A47F: Yeah, he's that's fine. He's also stuck in his face so. He's eating sorry. My apologies, that's fine. Oh Nope, Nope, sorry. It's not your fault. That was me. Yeah. That's fine, that's not easy, says he had jujitsu today, so he's fine. So, uhm, I, I'm I, I tease him. He doesn't really like being teased, so I should. I should learn which should know this. He doesn't really.

How did you find lock down? If I if I may ask?

R: oh sure. Yeah, yeah. For me it was very challenging and during this time I was. It was the final part of my PhD and I had one of my girls as she was doing her A levels and other was in year six. So, it was a sats until they told us that there were no exams and so. It was it was a bit challenging I would say, but we went all through it, so I got my PhD. Thank you and she passed her, uhm, A levels the first year of her A levels and now she's moving to the final year. So that was tough that was that was so well to all of you.

A47F: All of you really critical points, really. I guess

R: Yes, the three of us were. It was quite

A47F: He's back.

R: So C7M, would you like to talk with me?

C7M: yeah, yeah.

R: And I would like to know to hear from you and the place that you liked the most in your home during the lockdown. And you can tell me any place, either inside or outside.

C7M: [unclear words] Mommy and daddy. That's why I created this. 'cause.

R: So, we talked about the sofa and how it was important for you. And because you had lots of fun there?

C7M: Yeah, once I did this second favourite place.

R: what was it?

C7M: Well, my other favourite place is the garden. I like to have a little run around in there if I would like to.

R: Yeah. Oh, that's really nice and what, what? What else did you do in the garden? I think it was you weren't able to do a lot because of this tree.

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C7M: Yeah, when we had the tree. My favourite hiding place in hide and seek was behind the tree 'cause nobody would find me there. You know where I am, where I like to hide, you know where I am.

R: And what's your new hiding place now?

C7M: In the garden.

A47F: so, one of the other challenges that we had is that so the tree was also bringing down the side wall as well, which is why he couldn't hide between the tree in the wall. Because the wall was actually about to kind of pull down. So, it was all a bit rubbish in the garden for a bit which was which was a shame because the garden was have been ideal for... I mean we did get out in the garden obviously, but with me being out there just in case. We had a sports day out there, didn't we? We did this for you and I...

C7M remembering: Oh!

A47F: yeah you did that, that's right, you were number one.

R: was it racing?

A47F: Yeah. R had just asked if we did racing.

C7M: I did skipping steps. I wasn't very good at.

A47F: Oh, that's 'cause I think the skipping rope was a bit too long for you. I think that was the problem.

C7M: Well, I have done it with a shorter rope, and I can't do it.

A47F: OK.

A39M: We did manage to get a like a cone and like a sports day set of Amazon, right? You know, with bean bags and hoops and things like that. So, we used that occasionally. And yeah, just try and make things more dynamic, I suppose in the garden rather than... And that's what we did have doing in the park. You know, taking Frisbees and trying to improve on hand eye coordination, and yeah.

R: So C7M was there a place that you really didn't like during in your home, and you didn't like to go to in your home during the lockdown?

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C7M: Well, the only space I didn't like. Was when I wasn't with Mommy and Daddy, like anywhere. when I wasn't with Mommy and Daddy. I didn't really like it. So, in lockdown my mostly wanted to be with someone. like one is fine. But no one I don't like it. That's why.

A47F: You don't really have spaces that you don't like, do you?

C7M: Uhm, no, 'cause I do like the whole space. Except I don't like it when I'm on my own.

Like a bit scared, I have no one and I don't know where they are and. Then you feel a bit scared. Like in a line, if you're lining up to go into class. When you accidentally run out the line and then everyone went in the gate. If no idea where they've gone. And then the gate closes, and you have no idea where they are and then you are feel quite scared. No. Uhm? Being scared on your own. But that probably wouldn't happen.

A47F: no, no, probably not.

C7M: since your mummy wouldn't or daddy wouldn't let you go too far away from you. and they would ask him to go into certain point and then call you when the line is going.

R: Yes, of course it works. Thanks for sharing this with me, C7M. And would you like to add anything more? Do you like to tell me anything more about the lockdown time?

C7M: no thank you.

A47F: you did really well sweetie.

[Closing the interview and debrief]

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Participants	<p>A47F- 47yrs, White, Female, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Furloughed</p> <p>A53M- 53yrs, White, Male, Master's Degree, Pre-Lockdown Work Outside Home, During Work from Home</p> <p>C13F- 13yrs, White, Female, Primary Education Completed</p> <p>C10F- 10yrs, White, Female, No Schooling Completed</p> <p>C7F-7yrs, White, Female, No schooling Completed</p>
House Details	<p>3 Bedrooms</p> <p>Medium/Large Terrace</p> <p>Own Outright</p> <p>Private Garden</p>

R: A quick question: how did you come to live in that house?

A47F: My husband and I moved into this House in 2000, I think. We lived nearby in a little flat and decided we wanted to buy something a little bit bigger. Uhm, yeah. So, we've been here long time.

R: That's nice, to have a standard space. OK, so let's start with the pictures. Let's aim for one picture each, for whoever wants of course, and... so, I will share my screen. I think that when I'm sharing my screen you will not be able to see me, but then I'll stop sharing so you can.... So, here is your folder. Who wants to start?

A47F: Do you want to go first C6F? Want to answer your questions first? We will go with C13F so 'child 13 years old'.

R: So, we have a desk. I don't know if you can really see... I can't make them bigger. And a windowsill. Which one do you want to discuss?

C13F: I mean I use my windowsill quite a lot because I used it to keep a bunch of little trinkets and like, shells and crystals and things I found... rocks... just lots of little things. I always like to look out of my window just... Out there, to people watch.

R: Yeah, that's something I like as well. Ah, you can't see me sorry; I apologize. OK, so I think you have already mentioned it, but are there any more reasons that this place is important for you... this little nook?

C13F: Before it was my bedroom, it was my mom's office it was... They had a bunch of sea glass, and it was a cool, nice little place that I would like to look... sit and watch... look out of, before it got made into my bedroom.

R: So now it is your bedroom window...

C13F: Yeah, but like... I just really like to look out of it because sometimes when we couldn't go out... when I was in quarantine... it was in November last year... I always used to lookout because I couldn't really go out. I could just see how everybody else had work going on, doing whatever they were doing.

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R: So, can I ask, are there other similar windows with... I don't know... facing the same street?

C13F: C10F's window is like slanted, so she can't really see and then my daddy's bedroom is like below mine.

C10F: [inaudible]

C13F: And theirs' [the dad's bedroom] looks out the same way and then C6F's looks the other way

A47F: So, it does have a particular view. It's a dormer window so C13F can stand in it, and she can see down the street. So, it's probably got the best view from any window in the house.

C13F: [to C6F] C6F you are standing on my feet

R: You are the lucky one! OK, and how do you feel about this space?

C13F: I just like... it's just like a nice place to sit and look out. So now I will move my chair there and just sit and look out and think or read and... I love sitting in my room when it's raining. It sounds amazing! Rain and like sound of candles is like my favourite sounds.

R: Yeah, great! OK, so, what happened there... you people-watched, you used it as a nook to read your book, did anything else... did you use it any way different?

A47F: You made a den at your room one time.

C13F: Oh yeah, a couple of... [to C6F] C6F! Your head is literally right in the middle of everything. I can like put up cushions and things and make a little den there, because there's like a charger there and the bookshelf and stuff like that. So, I had that for a bit... I moved, during lockdown... I moved to quite a lot of my room around... So, my bookshelf, I moved it from one side of my radiator to the other side because it was just fat there... fitted there better. Meant I'd more space just in general it... I just liked it. I moved my desk around a lot... at one point it was like... look, my back was to the window. Yeah, that was it sometime...

R: it gives you good lighting when you work, but it doesn't give you any view unfortunately.

C13F: If I could, I would have put my bed in that little area, but I can't because it's like... I know... like a centimetre of something... and so it is my desk... It's like tiny... the tiniest bit that doesn't fit in it is really [inaudible].

R: That's annoying. OK, so that was your bedroom as well... and did anyone else use that space? Some of the questions may be a little bit obvious, I just don't want to assume, and I want to hear it from you.

C13F: The thing is like during home-schooling, like this room where we are now is my mum's office, so I couldn't really go in there, then living room is my dad's office so I can't really go in there.... And then there's my parents' bedroom, I'm not gonna go in.... and then my sister's bedroom where I am also not going to go in... and that left... like the bathroom again, so which is not really good to do my home schooling in there, and then the kitchen and my bedroom. And the kitchen is kind of like the only public really room that we have. And so, I didn't really like to go in there a lot. So, I tend to stay in my bedroom because it's just my own space and there's nobody else really that can go in there and be like... It is where I am playing a ukulele, or C6F is being really loud with dolls 'La La la'.

R: OK, did you use the window like this... Did it had this importance for you before lockdown?

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C13F: Yeah, it was just a nice place to go and look out... when it's like sunny and nice I can just look out, when it's night I can go look at the stars, when it's like dull and rainy I like looking at the clouds and all snow and the birds something like that.

R: Did you adapted it during lockdown?

C13F: Uh I think, what it had on it before lockdown... I think it just had an assortment of random items on before lockdown like a book I was reading, my iPad... Just random stuff... and now it's like it... Little nice space with all my ocean stuff because I really like the ocean water.

R: OK, I've asked you about the different activities and the last question for this picture, do you still use this same window as much as and in the same way as during lockdown?

C13F: I use it... like I don't really use it as much because obviously I'm out to school all the time...

[C6F pops in and shows me a drawing]

R: Oh, that's lovely.

C13F: The desk is just like... it's like [inaudible] where I do my work. So, I also actually sort out that a lot. It's really messy right now! That was what I was talking [inaudible] on the call.

R: OK, I forgot to... if you want to draw your favourite or your least favourite space, while we're talking, please do and we can discuss later... the younger ones.

A47F: [inaudible] C6F? Draw your favourite room in the house? OK, C6F is on that now!

R: Great! Can't wait to see. And do you want to add anything else like... you feel I missed, or you feel it's important to know about this place?

C13F: It was just a nice space. But it was really the only place that could be MY space. I was... especially when I moved into my bedroom for the first time with... my only real time having my OWN space rather than one that my little sisters... who just being like constantly... but I had some peace and quiet. But then they started other things...

R: I see OK and should we move to...

A47F: C10F probably next, who is 10

R: Right? So, I have a nice bed and a nice desk. Which picture do you want to talk about?

C10F: The desk. This is the place I found harder.

A47F: Found... the place you found difficult, yeah?

C10F: Yeah

R: That's very that's very interesting. OK let me stop sharing so you can see me. OK, so why was it difficult?

C10F: Well, because you were always on like... courses for school. And like... lots of the work was like harder to do at home than at school. And we kept... like, we had to be put in breakout rooms with other people we never work with, and it was like very hard with the Internet and everything because we needed to get everyone on the Internet at the same time on a call... But then all the other schools needed that... holding other classes in schools... they did that... and so I was not... so that I'm very like frustrated... and it was very hard to get heard with like everyone else talking... because you

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couldn't like... well you could put your hand, but it wasn't as easy as like putting your hand up in the classroom... and I got very like... sad because I wasn't being heard as I was normally... as I am usually in the normal classroom now.

R: Of course, that makes everything more difficult, doesn't it? Online things... OK, so is that in your bedroom?

C10F: Well, I got it I think two years ago...

A47F: I think it was three years ago. So, we had... the girls were... all used to share with each other in one room... The room that we're in right now. But then, as C13F got a little bit older and a bit more teenage and needed her own space, we decided to split the room upstairs to create three small bedrooms so that the girls could all have their own space. So, they've probably had that for the last... I think it was 2016 I think. Two or three years it has been like that.

R: So how do you feel about the little desk?

C10F: I don't know really.

A47F: You ended up moving down, didn't you? You started doing home schooling in your room and then you ended up coming down and working in the dining room and the dining room kitchen

C10F: Yeah, because it was like... Well, Daddy was normally there, and he helped me if there was something wrong and he likes... lots of the time... everyone's cameras and mikes weren't working so my dad like said things on the chat for that... So, he is very helpful and so and then... it was.... just like... it felt like a better place ... downstairs instead of my desk upstairs because I had C13F going on in her call and so when she was doing PE she was jumping about and everything. So, I couldn't really hear what they were saying in... and then C6F was playing with dollies in her room. So yeah...

R: Did you divide the room upstairs into three parts or each girl was in a different room?

C10F: So, there was one room that was daddy's office which is like smaller.

A47F: So, it was two rooms, one small room in one big room. And we split the big room into two smaller rooms to create three in total so that each child could have their own. They've got box rooms, really, they're small rooms, but they are their own spaces.

R: I'm asking to understand about the noise, how it was difficult for them to work back-to-back in a way.

A47F: Yeah,

R: OK, So, did you only use the desk upstairs for home schooling? Or did you do other stuff there? Other activities?

C10F: Well... I played like... I face timed and played with my friends on it as well, like on my computer, and I was sitting there but lots of the time I was on my bed and things like that. But then that was like really fun lots of the time... so nothing else really like... hard and difficult.

R: I see, so a little bit of mixed feelings. And did you adapt it somehow during lockdown to better accommodate your needs?

C10F: Well, like I moved it a lot. like once it was next to my bed, so I moved my bed once. And then I moved it behind my door. But then I couldn't open my door properly and I couldn't get out. So, I moved it to like... I have an L shaped room kind of... so, it is square and then there's an extra

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rectangle coming off it. And in there, like at the end of the rectangle, I did have my book, my bookshelf and... but I changed my desk there and now it is just behind my door. So, I did move that a lot and there was this like one stage where I hated it and I was like using boxes to avoid there... putting my computer on the boxes and things. [inaudible] Because it was more comfy sitting on the floor and then I started working downstairs and then... when lockdown ended... when I started going back to school, it was much easier. And I still work two days from home, but it was just like a lot easier than still having to work the whole week.

R: And that's my last question for this picture. How do you use it now? You said you use it... Do you still use it for homework and home schooling?

C10F: Well... we still kind of use it for homework, but I don't normally get homework. Like when we started school. So, I'm not sure how I'm going to use it because like I've done two pieces of homework, one downstairs after dinner and one is watching a movie in [the bath]. It was... I think I'm going to use it more because... I'm not going to use it that much, but I'm going to use it more than I did when we didn't have homework in the summer holidays.

R: And how are you going to use it? What are you going to do?

C10F: Probably like... play with my friends on it and like... do home and drawing. And I've got lots of boxes and things in it, so I keep all my things in there. But I definitely need to tidy up the drawers because they're very messy.

R: I see! OK, thank you very much! If you want to add anything... I don't have any more things to ask for this picture. OK. Who wants to go next?

A47F:C6F I think. C6F sit on my knee so you can see what pictures we are looking at. These are the pictures you took. Remember?

C10F: What picture do you want?

A47F: Which one do you want to talk?

C6F: The doll's house.

A47F: [inaudible] talking

R: This one. Really nice dollhouse as well. OK, so why did you choose this picture? Why is it important?

C6F: [inaudible]

A47F: you like setting it up in new ways

R: How did you use it during lockdown when you didn't have to go to school?

C6F: [inaudible]

C10F: she was playing with it a lot

A47F: Used it a lot, a lot.

R: OK, how do you feel about your Playhouse? Your dollhouse?

A47F: Do you want to answer?

C6F: It's about old fashion

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A47F: it is a little old-fashioned today's because it used to be my dollies' house

R: oh, that's nice. OK, so you use it to play with your dolls. Did you do that very often? like every day? All of the day?

A47F: Some of the day she had home school as well. Didn't you? That didn't go quite so well for C6F.

C13F: I'm pretty sure she's still not...

R: It is not easy...

A47F: Yeah...

R: OK, and did you use to play with the doll house before lockdown?

C6F: Nods positively

C10F: Yeah, you just...

C13F: It was definitely a lot more during...

A47F: yeah, more...

R: where is the dollhouse? Is it in your room or...

A47F: In in our living room

R: OK...

C6F: shows picture

A47F: Is that the living room picture?

R: Oh, that's great.

C6F: Boxes. Toybox

A47F: Toyboxes

R: Ah, nice. And I guess the doll house is somewhere amongst these.

A47F: Yes..., but so the living room has A53M's desk, so he works in there and then... and we kind of set that up around lockdown really. And then it also has our sofa and TV. So, if we want to watch TV, that's where we sit. And also, quite a lot of toys and... but it was difficult when A53M was working because...

C6F holds another picture on the camera

R: Very lovely drawing. Love the colours. So, in the living room, your husband was working, C6F was playing...

A47F: yes

R...and C10F was studding.

A47F: So, no... we... We've got a living room at the front of the house and then we have a dining room joined into the kitchen and in the back of the house. So, during the day when A53M was working, we would all stay out of the living room, so it meant that toys we couldn't really access toys during the day. And then when Daddy finished work then we could go in and do playing. And then

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Daddy was on furlough for little while, so he wasn't working... So, then you could use the living room.

R: I see, you couldn't play with the doll house at working hours

A47F: Yes

R: And do you still play in the living room?

C6F: [nods yes]

R: Yes! But now do you still work from home?

A47F: So, we can only play when Daddy isn't working

R: OK. I see, still works.

A47F: Yes

R: OK, uhm that was all for the picture. Do you want to add anything else? That you think is very important.

C6F nods no

A47F: ...you think it's important?

C6F nods yes

R: It's OK, no, you don't have to. I just want to make sure I'm not rushing you. And now. Let me open. So, mummy's time. Which space do you want to discuss?

A47F: Well, one of them is not a house as such. One of them is outside in the in the back lane.

R: If you want, we can discuss this.

A47F: Yeah, so I think it's interesting one.

R: I assume these are neighbours and friends.

A47F: Yes, yes, that's me with red trousers on and then our neighbours. We created like a weekly singing group during lockdown every Sunday at 5:00 O'clock. We met in the back lane and stood apart from each other and sang together. You know in those very, very dark times when everyone was scared and lonely and you know worried... and we gathered together songs from the different cultures of our street. So, we've got lots of international neighbours, so we had Spanish songs, and French songs, and Italian songs and songs of...

C10F: [inaudible] Bed now.

A47F: Yeah, it sounded like [inaudible]. Sometimes the girls would come out and sing...

C13F: Sometimes!

A47F: And we had a repertoire. We had a little songbook that every now and again we would add to it. As we went through the sort of seasons and the weeks. And like when Black Lives Matters, riots were happening we included songs about you know, equality. And it was a really important thing for a little while. And that regularity... Because sometimes you know you forgot what day of the week it was.

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Everyone: Yeah.

A47F: And so, it was every Sunday at 5 and even the neighbours who didn't sing with us enjoyed hearing us sing. People joined who walked past and said what are you doing and then they became regulars and we had maybe 15 people in the end who would all sing together.

R: wonderful!

A47F: And like the back lane... We don't really use our back lane, it's where we put our bins and you know, sometimes people might park their cars. But it made it into like a really living space and it extended... it felt like you were still at home when you weren't allowed to go out. You know, by standing in the back lane it didn't feel like you were breaking the rules too much. And that that was an important space to me.

R: And why did you choose... why did you sing in the back lane and not in the garden or...

A47F: So, we could be further... we could stand further apart, really, and there's more like sort of shared space than the gardens. If we have all been in our own gardens, we would have been separated by trees and fences and things like that.

R: Yeah yeah.

A47F: And it just felt like an easier space to use,

R: Did the back line have this kind of use; did you use to sing actually there before lockdown? Or meet people

A47F: No, not really. Only if you were putting the bins in the back lane same time or someone else...

R: Yeah, to say hello... Do you continue doing that?

A47F: We did for a little while and then once things started to open up again, we didn't. But those friendships, I think, that we made, have lasted, and we've been talking about maybe doing something for Christmas with that group. And so, while we're not using it in the same way... it has left a legacy I think, which is nice.

R: It is very great. OK I'm a little bit aware of the time so I will... I wanted to have another indoors photo but let's move to the next part and if we have time in the end, because I don't want to keep you more as well. OK so, I'm going to ask you about how you think your home might have supported or made worse, your family's well-being. And so, by home we mean the building inside and outside. For example, the lane is included in this, especially if you feel it as extension of your home. And by well-being, we refer to the social and psychological state of people. This can include how you were feeling, how you were coping, and how you were connecting between you and communicating or anything else you may feel relevant as to your family's well-being. So, do you feel that your home supported your family's well-being during lockdown?

A47F: I think we were very lucky to be locked down in this home. But it didn't stop me complaining about certain things, and it was very difficult trying to work and having C6F... trying to encourage C6F to home school next to me... and not having any time when really you were by yourself... I think that was quite difficult. So having space in the home where you could maybe find a room that nobody was using was... I found that important.

R: And how did you deal with it? With the lack of privacy if that's the correct... Or time alone, time and space....

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A47F: I think we just gritted our teeth and hoped that it wasn't gonna last forever. And... you know, occasionally something would... you know someone would have to not do what they wanted, so I had to send apologies to work because I had to support C6F or one of the girls maybe couldn't dial into one of their school calls because Daddy needed to do something and we had to all make compromises, I think during that time.

R: Did you make any changes to your home to facilitate more privacy, more time alone spaces?

C10F: [inaudible] Club.

A47F: Yeah, but that's not a change to the home. I think... I mean, we started off home-schooling around the kitchen table with everybody sat together.

C13F: I left...

A47F: But that didn't last very long because it just was too noisy, and the bigger girls went upstairs and into their own rooms for a little while. And so, for a little while the kitchen table became school. And so, then there was this, you know, three times a day I must say 'OK, clear everything off so we can have lunch', 'clear everything off so we can have dinner'. So that was uhm...

C13F: annoying...

A47F: A bit difficult, but we didn't make any sort of fundamental changes to the house. We may have shuffled furniture around a little bit. You know, sometimes we would have a table in this room that was normally downstairs. But we do quite a lot of that in our house anyway, having a bit of a seasonal... moving things around, change chairs and put cupboards in new places and things.

R: OK, uhm. So, did you find any spaces particularly challenging any rooms and spaces?

C13F: Just like... I think just in general the kitchen downstairs area because it was just a shared space and that was like our only real shared space. So, because C6F had a messy room, which was a lot of the time, she [C6F] wouldn't want to stay in there. So, she [C6F] went downstairs and me and C10F, had to stay in our rooms if we wanted to focus on anything. And just like now we were just watching stuff she was always being loud and being like 'ABCD', being loud and annoying when like normally at school it would just be people talking normally or doing their work, which would have been same work as you would be doing. It is annoying...

R: I see. so, you were upstairs doing your homework. C6F was in the kitchen or the living room?

A47F: She was basically all of... walking round where she was... to keep her interested. And because sometimes it was my husband helping her, sometimes I was helping her, sometimes her sisters were helping her

C13F: Not very often but yeah... sometimes

R: And you had then your study...

A47F: Yes

R: ...But, your husband was, uhm. Uhm, in the living room.

A47F: Yes

R: OK. I just try to place everyone in the house.

A47F: Yeah,

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R: I asked you about changes... How did you cope when different things needed to happen in the same house, in same space at the same time?

A47F: I think I just got on.

C13F: [inaudible]

A47F: Yeah, I think we just muddled through. You know we were less... You know... I think we're normally quite... what's the word? You know, we're quite good, we do... we get the homework done and we don't miss deadlines you know and we... I don't miss meetings and you know there was a little bit more of that... I think we became more relaxed about 'oh we've missed an assembly zoom. Oh well'... you know we couldn't do that because I was helping somebody else, or the iPod was busy and we just all had to relax our standards a little bit I think.

R: And prioritize what's important. Yeah, of course. So, did you make any changes in the home to address any conflicts or tensions that may have arisen if they have arisen, of course. From co-living all day...

A47F: I think it probably mainly rotated around C6F really... and moving her workspace so she had a little table and a chair which she would work at... and that would be moved around the house to be next to whoever was teacher for the day. So sometimes she was next to me on my desk, sometimes she was downstairs with her daddy and the same with her toys... You know she would have like a little bag of Lego or little bag of dollies and that would follow her around the house. But I think the girls because they had their rooms and their desks... and could be a bit more independent... You know. Maybe they'd come and work downstairs, but when it all got too noisy... If I was making dinner and they couldn't hear the zoom call; they would go up to their rooms. And I think we just I think...

C13F: well like sometimes I tried to help C6F do her work but then she just never actually does her work. It would just be like...

A47F: Well, she found it really hard...

C13F: I know, but like it was like 'oh OK so C6F can you do the sums' and then I'd be like 'OK now I have to get on with my work' and C6F would be 'C13F what's 2 + 2?' She knows that. She just wants to talk to someone she doesn't want to do the work.

R: She was bored.

A47F: C6F really missed just play time and not, you know... by the time everyone had done school and then caught up with work, there was not very much time just to play and so she really missed that.

R: I see OK and where there any of this shuffling and changes, that you just mentioned, that worked, and you have kept after the girls went back to school and...

A47F: Not really. I think the only thing that we changed, which we haven't mentioned yet, was we sort of bought some seating, some garden chairs for our tiny garden. And because we, you know, only really socialized with people outdoors... and so it was nice to be able to sit outdoors with people. And we've kept those, and I think... we think a lot more just about spending time outside with... thinking of maybe changing our yard a little bit so that it's got more seating in it. And so, it's mainly the outside space, I think.

R: OK can I ask how you used the outside space and during lockdown?

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A47F: We would sit in the front garden in the days when you weren't... you know, we really weren't allowed out more than once a day and we would use the outdoor space to sit and work and play in our garden. And then, uhm, probably more recently, really, we've used that... the back yard as a space to socialize with neighbours. So, we'll open our gates and people will come and sit with us in there.

C10F: [inaudible]

A47F: C10F had one friend who came, and it was raining. So, she sat right next to our French doors with them open because we're still being quite cautious, so I think we're just used... We're using outdoor space a lot more than we ever did, yeah.

R: OK, uhm if you want to add anything about the changes in your house and your well-being and how you experienced lockdown...

A47F: C10F has drawn a picture that she wants to show. Is this your desk?

R: Oh, that's nice. A little elephant

A47F: And a teddy and I can send you photos of those if you'd like.

R: Yeah yes, please. So that's your desk.

C10F: [nods yes]

A47F: Any thoughts about well-being? Is that what you asked?

C10F: nods

R: Yeah, if you have to add anything that I may have missed, you know about any changes that you made in order to support... to help, your family and...

A47F: Not really. I think it was changes to our behaviour rather than changes to the building or the furniture. You know, I would go and sit and work in my bedroom, sometimes on the bed with a laptop on my legs just because that was the only room that didn't have anybody in it and because I found I just needed some space from people at times. But yeah, I don't think any other... any other major changes.

R: Is there something that you would like to have changed but for any reason you couldn't? You think something that would have helped? But you couldn't change.

A47F: I don't know... [to the girls] what would you change if you could have a magic wand, in lockdown to our house...

C13F: I would have made dad have his own office, and C6F have her own space, in her own room that she always stays in...

A47F: You sound very anti-C6F today and she doesn't come across as being so anti-C6F or mostly...

R: Don't worry. I have a brother as well and I'm not judging anyone.

C13F: In your business, when you're trying to do other stuff...

A47F: Yes. I think having A53M having his own proper defined space would be great. And we call this study. It sounds like I'm privileged to have a room of my own, but it also has a big wardrobe in which

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has all of the girls... Oh C10F is showing you a big wardrobe which... so all of the children's clothes are in here.

C13F: When we shared a bedroom, there wasn't much point in all having separate wardrobes. We just got one big one. We didn't think about the fact that we'd end up having three separate rooms.

A47F: Well, it's more to do with the space because there's no room in your little rooms for wardrobes so often this room has got drawers out and clothes hanging everywhere. And I find it... I'm a bit of a neat freak. So, I like a neat room to work in, and I find it quite stressful when there's toys and clothes everywhere. So, I would have also had my own little study.

R: A little bit more space, yeah?

A47F: yeah, just a room of my own, you know that I can shut the door on and be...

R: That was the second part. So, let's let me ask C10F, C13F, C6F. Whoever wants and if you want to answer, you don't have to... I just want you to tell me you know what your favourite space was. What was good about it? Why did you choose it? What did you do there? And then the same for the space that you hated that you didn't want to be at all during lockdown.

A47F: OK, do you want to go first C10F, because you were the one listening most?

C10F: My favourite place was my bed because lots of the time I was sleeping, and sleeping is my favourite thing. Even though you don't really feel it. It's just feels nice not doing anything, not concentrating on anything. Just like maybe sometimes remembering something for the next day and the rest is just really [inaudible]. And then like you can read and like play games with... I like quite a lot at night before you went to bed. Me and C13F played like games, and we got one of our night box lids out and put the games on there. And then... Yeah, it's just really fun

A47F: So that is your favourite space. And what about your worst space in lockdown?

C10F: [whispers] my desk

A47F: Your desk,

R: yeah, we talked about... you said how frustrated you were, so you didn't really want to be in the desk. Just had to at sometimes. OK, then I'm not going to ask you the same things and bore you. Who else wants to share a favourite and worst space?

C6F: Me

A47F: C6F wants, OK?

R: I am all ears.

A47F: Your favourite place

C6F: The park.

A47F: The park? No, in the House

R: In the house... If you have to choose...

A47F: Let, let me... C6F is [chanting] just now.

C6F: my bedroom

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R: Your bedroom OK, what did you do in your bedroom?

C6F: in the living room

A47F: in the living room!?

R: Why?

C6F: Because I got to play with my dolls [inaudible]

A47F: You like to play with your toys and see Daddy.

C6F: But [inaudible] because he does calls.

R: OK, and what was your worst space? The one that you hated, and you didn't want to be?

C6F: C13F's room.

A47F: C13F's room.

R: Why? Why didn't you like it at all?

C6F: Because, when I was four C13F sometimes hold my hand and slapped me on the bottom.

C13F: What? You hit me with my own skateboard!

A47F: Because you'd get bullied.

C13F: We don't really have a good relationship me and C6F. I think it's just because me and C10F have a better relationship because we're just... me and C6F... are literally... half my year, my life.

A47F: Just different in the age.

C13F: My worst places to be where the kitchen because C6F was always in there. And C6F is there and [inaudible] because they didn't want me there and the living room because my dad was always on a call and nagging.

R: Sorry I missed you. These were your favourite or worst spaces?

C13F: I just didn't like being in the kitchen because it was just a [inaudible] too many people

R: And what about your favourite space?

C13F: Just to ...again, in my room so...

R: OK, what time is it? We have I think 5 mins more you to discuss one more picture if you want. Let me share. And so, this is A's pictures, but we can discuss whichever you may want.

C13F: I just have my desk, not really anything specific about it.

C10F: I just have my bed

A47F: You've described your bed. I think the kids are losing... so let's talk about my desk then probably.

R: OK, let's have a look. That is a very nice desk actually

A47F: My favourite place in the world, I think, apart from my bed!

R: Why is it so important, and why is it your favourite space?

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A47F: I think it's my favourite space because it's organized and calm and it's where I get to think and spend time by myself. It's where I do my art, where I read... I just really see it as my space really.

R: Is it where you work as well?

A47F: It is now. Yeah, it wasn't before lockdown obviously... well, I worked in the office. But so, it became ... so it was my favourite place, but a place I struggled with in the sense that I had to balance that work - personal time with them. Like... personal time and trying to divide that so that I didn't sit down and pick up my work laptop when I wanted to sit and pick my art. So, I developed a habit of kind of tidying all my work things away at the end of the week and I would put them in a box away underneath the desk. And then the same again with my sort of personal stuff.

R: Separate work life.

A47F: Yeah, yeah.

R: And what about the weekdays? Could you use it for other... for your crafts, For example, and your art?

A47F: Yeah, yeah, yeah, I'm quite... have to be quite good... I still, I'm quite good about putting my work things away so that.... because it's quite a small desk it doesn't have a big working area, so I have to be quite efficient with how I use the space. But I think... It's like where everything is. It's where all my important papers are, it's where I keep my... you know my purse, my keys... It's a real like hub for my life. And so, it was difficult during lockdown when sometimes C6F sat at it, or people started helping themselves to things from the draws and I felt like I lost a little bit of that ownership over this space a little bit more.

R: Yeah, that's actually one of the questions- If other people were using it.

A47F: Yeah, normally with my permission but sometimes not. You know, sometimes I come to start some work, and someone would be sat there doing their work and... Yeah, that was... Just difficult, difficult.

R: Was that often that other people were invading?

A47F: Yeah, few times a week. [to C6F] I'm still talking

R: How did you deal with that?

A47F: I just gritted my teeth. Yeah, and hoped that we could be out of lockdown at some point.

R: And then where is this desk? Did I ask you that? Is it in this study?

A47F: Yeah, where we sat now is like a little sofa bed, And there's a big the wardrobe with all toys and things on top of it, and then it's just by the window in this room.

R: And why did you choose that room?

A47F: I think it's probably the only place it would have gone other... [to C6F] Please don't C6F. ...other than the living room or my bedroom and I quite like to separate rest and work so I wouldn't... I don't think it's very healthy to go to sleep looking at a desk with all your work on and wake up and look at that first thing.

R: Yeah, totally agree. OK so before lockdown you used it for your enjoyable activities, did you adapt it somehow during lockdown? Did you make any changes to it?

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A47F: Probably just the equipment that I was using. So, it like I said, it's not very big surface area, so I bought things so that I could move my laptop and change the... [to C6F] Please don't C6F. Sorry, C6F's wrecking the room in the background. Just to create a little bit more space. The way that it's all set out means that when I was on video calls, I was very extreme close up, so I bought a riser and equipment to allow it to be a bit more of a comfortable space to sit at and I bought a nicer office chair because I was spending so much time there.

R: OK, and how do you use it now? Has it changed?

A47F: It hasn't really. I'm still working there

R: Yeah, you still work from home then...

A47F: Yes, yeah, and so I'm just used to it now, I think... a little bit more used to the habit of putting everything away and keeping it tidy for evening activities.

R: So that was all for me if you want to add anything

A47F: no, I don't think so.

[closing remarks]

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Participants	A37M -37yrs, Male, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Furloughed A30F - 30yrs, White, Female, Bachelor's Degree, Pre- Lockdown Work Outside Home, During Lockdown Work from Home C3M -3yrs, White, Male, No Schooling Completed
House Details	3 Bedrooms Semi- Detached Mortgage/Loan Private Garden

R: It should be recording, but yeah, it is recording now so uhm. So, the first question, like talking in general, uhm, what was, why did you take the decision to live in your home? What was the main features that you were looking for and you found in your home?

A30F: Well, as a mom we first bought it, so we bought it before we had my son. And so, we were looking for... I suppose family areas, a house that had the ability to, or the precedents to be extended so both in the loft and in the kitchen space, and just to provide that sort of like open plan, family living. And in actual fact we started the planning permission for the loft before just before the pandemic and then started the work to the loft in the September, but our plans probably changed because of the pandemic. So, for example, like when we come onto it like we had a desk work area put into that room and instead of where originally, I would have thought it would have been a wardrobe and addressing area, we changed it up so that there was a permanent workstation for us. Uhm? And certainly, whilst we're not in a position to do it now, in the long-term future, we... when we come to do, for example the kitchen we will have a designated work area in there, whether that be for us or my son, when he comes to schoolwork. But definitely... Like previously, I would have always said it had been important to have a desk, but I think this obviously last 19 months has shown that you need more than one desk area and multiple desk areas in the home. So yeah, that would definitely. Is one place that our plans would have altered in terms of what we thought we would have wanted. And again, when we've looked at, it's a very long time off because like other families, pandemic, you want to be careful with how ambitious you are with plans, but when we come to do the downstairs, originally, we were going to have an open plan kitchen diner living area, but and then a separate, nicer living room. But now I'm sort of verging on thinking a playroom would be a good idea and just yes, so that's where in terms of like the physical house sort of pandemic has changed thought processes, if that makes sense.

R: yeah. And how far are you? Also, like in general, UM. How far are you satisfied in your home living in this house?

A30F: How sorry.

R: How far do you feel satisfied living in this house?

A30F: I feel quite satisfied. UM, definitely have longer term plans and definitely feeling grateful for the space that we have had, particularly since we've done that loft space and. Yeah, we're very fortunate like you can. You've heard you heard on the news about some families who had no

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outdoor space. Again, we didn't do much with that. We did buy a few things for my son to have outside and. But we do feel quite fortunate, and we do feel very fortunate in terms of like, we've got nice neighbours. Everybody was working from home. But again, like we feel very fortunate with where we live.

R: OK, that's great. So how long have you been living there?

A30F: Uhm 4 years

R: OK. So, if we start with the questions that are specifically related to your lockdown experience, so if you try to recall this time and if you pick like few places that were of importance for you or for any member of the family, as you have observed during this time.

A30F: so, the three places that I would say. Were of great importance. Was like garden. We probably could have made better use out of it, but it was definitely really handy having the garden and just being able to have that fresh air and be outside. Uhm, we've got... So... I don't really know what the room would be the second half of what is the living room, what would have been previously a dining room, we've had that area where my son has got all of his toys and where he can play and things like that. So that area was really important for him. And that's also the area where I would have done exercise myself. And so that was really important to us. And then the third place would be the creation of the loft where we put the desk space in. That's been quite important to have to like. That was the first time one of us weren't sitting on the bed to do work. Yeah, so that was really important to us, yeah? Yeah, I saw you froze so I didn't know if you could still hear me or not. So, the second place was, UM, our living rooms divided into 2 because it used to be 2 rooms, but they've been amalgamated into 1. 1/2 is where my son would have hit all of his toys. but also, we would have a clear but, in the middle, so at night or in the morning that's where I would do my exercise. So, it was the garden. The second half of the living room and the loft.

R: OK, so if we talk like in more details about each place, if we start with the garden. If we you say that yeah, it's importance lies in being able to have some fresh air as during while being, you know, restricted inside your home. So, what exactly happened there? But what did you do?

A30F: To be honest, just even some days just even sitting outside. And it was just so. Helpful, like so that you weren't in the clamminess of inside. Just seeing having natural lights having that sun on your skin, uhm? Even for example, like when there was a snow during the second lockdown, so I can January, it was just nice to be outside and have quality times were like little one wasn't automatically wanting the TV, or you weren't in front of a laptop screen. It was just nice. To be outside UM, and also my little one, we got him like a Playhouse as well, so he learned. Uhm, he really enjoyed being outside on that and I just feel yeah, we didn't make enough use of it, however, and. Definitely like the times we were outside were really helpful.

R: (noticing that the child was trying to communicate with the mother) And you want to go to him?

A30F: You know he's just handed me something that's all OK. so, our garden was good in terms of the living room, UM. It was nice in that he had an area for his toys and. It was. In this it was good to have like a workout area for me, particularly because in the first part the first initial lockdown I put on quite a bit of weight because I used to go to the gym every day and then when I sorted everything out that I... That I could do some exercise. It was really good for me mentally, like it was just better for me and. And yeah, it was just nice to have like a clear area where there. Yeah, it's a bit hard to explain, but as I say the second half you were just that bit away from the TV and it just felt good where we did do activities with him where we were sat on the floor playing. It was really good

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because lockdown, like my son literally didn't watch TV before lockdown, he'd never seen the TV program. It was never something we ever entertained for him, but unfortunately we both work full time, that's not unfortunate, but it meant... we both work in sales, so we both were needing to be on the phone and it was like the whole time so then it ended up that he did watch TV, and as times gone on, he it's become a big part of his routine which we don't like. But it has helped him with developed words and things like that, but so that's where it's nice. Having an area where he isn't watching the TV where you can get down on the floor where you can play with him where he is a bit free, where he can do that independent play and stuff like that.

R: And you say you mentioned that you did not make enough out of the use of the garden, so what were there specific challenges?

A30F: or so we the garden... Was always going to be in phase two of like our building work so we were going to get the garden properly done. So, like he did have one Playhouse out there that was up wooden, but it needed doing up and we. We'll, yeah, we'll do it ourselves and lockdown all this sort of stuff. But when you're both trying to work full time and juggle a little one that didn't happen, so there were lots of parts of the garden that were almost like restricted from him, and it was very hard to get the garden... One how we wanted and. It was quite challenging 'cause like other people, were able to invest both time and money into their gardens. Whereas when my husband then went on furlough, we very much were like, well, no, we don't want to spend a single penny more than we have today. But then it was really hard to invest the time in it as well, because little one is quite demanding. So it's very hard to get anything done. When he was there, and. So, we didn't, we're not. Also, like the back of again stage, two of the planning works that we wanted to do was like have an open plan kitchen onto the garden and just wait the way the kitchen set up, it's just really, it's not a free flow from the house into the garden, so we're really lucky to have it. I feel like other people have a much more. Natural way into it, whereas ours is very clunky and annoying and you couldn't just blow. Yes, go out and play like you'd have to go out there with him. And you'd have to have eyes in the back of your head because it wasn't the most safe. And then we had. My husband had to dig a few things up that we found in the garden that weren't safe. So, then there was a ditch in the garden for a while. So, it was. Yeah, it wasn't the most I do. And the garden definitely is something that we want to invest in. Well, when we have the money basically. When we come to do the kitchen extension, we want to do the garden as well to have it all sort of intertwining and really nice.

R: so in in what way do you do you imagine the nice garden is going to be like? So, what's your plan?

A30F: we've tried not to dream, but basically something that just flows from outside or inside to outside seating area for us outside and something that's just easily maintained so that you just don't have that (frozen line) Equipment for him or having a corner of like children's eating and stuff for him. But at the moment it's... Because we I say we've only been here four years, but we neglected it in previous to lock. While we still neglect it, we don't feel it's like a fully safe environment, so you're constantly having to be watching him. So, it's about creating a nice, safe, usable space.

R: Yes, yeah. And uh, for the living room, you also talked about starting to exercise in the living room, and, you said it's divided into two parts, or. So, what are the other activities that you have added to the living room other than just sitting and relaxing and watching?

A30F: So, I suppose it's turned into more of a play area for him in terms of like it is his. so, he doesn't have toys in his room, he has all of his toys down here in storage. So, we've added toy storage for him. I'm actually sitting on it as we speak, try and show it to you. so, like those doors there used to open and then you could go through the kitchen, but we blocked off so then he's got storage their

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storage there. Wow, it's now really messy, but storage of his toys everywhere. He's also... This was the first purchase of lockdown getting him a toy kitchen. So, it was about getting him things for independent play imaginative play easy access and then yes, generally that feels clear. So, if I wanted to, I could do. Uhm, exercise there in the evenings when he's asleep.

R: So how old was he when the lockdown started?

A30F: He was 15 months, not even 15 months, right?

R: OK, and now he is about three. He will be three at Christmas, so he's two years, 10 months and so. Yeah sorry. Unfortunately for him. Because. Like locked out. Lockdown probably didn't happen at a good time for any child, but for him in terms of his speech, he massively regressed, uhm. Because yeah, he just wasn't surrounded by lots of people. Basically, UM, and unfortunately like parent guilt, if we want phone calls, would she like so he wasn't like he wasn't getting the interaction that he needed. So, after a few weeks of that my husband went on to furlough. So, he was with my husband. But even still. That's where I feel lockdowns had the biggest impact on him. and I do feel like lockdown has exacerbated like he's, he's autistic. He was always going to be autistic, but I feel it just exacerbated. Uhm, lots of elements of it, and I do feel that we missed out on key opportunities and key times to get him on the support he needed. But also, to help him with lots of life skills that I feel he was learning pre lockdown

R: well that moves us to a very... Also... an interesting point. That which is your worry about... I mean his interaction with people or being, you know, and being surrounded with people... and... so many people said mentioned that they used the space in front of their home are either it's if it was just a small front yard or a big garden in front of their home and just for you know, having some relaxed time but time but while being there they enjoyed the opportunity to be to see people come out in the street. And these this occasional incidents of being able either to talk or have like a... And he gestures with people around them that that happened to you.

A30F: No, I said, we live on a very, very quiet road, so there wouldn't be any like through traffic and in the area where we are. Like we do have a front lawn. But everybody was very good at social distancing like as I mentioned before. Like we've got very lovely neighbours, but no, it didn't increase social interaction that way, and also because we have like a lawn. But then he could easily get onto the front... Onto the road. It wasn't safe for him to be on the front garden even with the two of us.

R: Yes, yes, yes. And what about like? Attempts just to show gestures for interaction with the surroundings through the windows and the living room windows. And you know, sharing these...

A30F: So, like our road did for example like the clapping, but he was in bed by that point. The only thing our road did do. UM, but we weren't here for it was they did like a [inaudible] thing, so we did. See through our neighbours, but I think some of the problem was by the time. Because we were working full time, it was very hard to get out with him. So, like we would take him out for the hour of exercise at like 7:00 o'clock in the morning. So not many people would have been out. Most of the people on our roads were still working, so every like from what I can see, not many people were furloughed like they were working in their houses. and then obviously out of those times he. It would have been like bedtime so he wouldn't have had any of that interaction. And as I say as well, because we've got quite a... If he wanted to... There weren't basically many opportunities for him socially interact. There was to be honest, none, and even to this day he's still really uncomfortable. Like if someone comes into the house. So, he was sick. I think I told you sorry and like paramedics had to come into the house to see him and he had a complete freak out because there was somebody in the house like. If there's somebody in the house now and I'm that's making it sound as

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though I have people over, but like my husband did, the nursery pickups and my hairdresser came over to do my hair with the aim of doing it before he got back and there was literally a crossover between the two of them, of maximum 5 minutes and he completely freaked out because. He just didn't understand why there were people in the house. Yeah, we, I mentioned to you we did have building work done. He had every day we try and get him to say hello to them or speak to them or anything and he was by that point I think the damage was done from those first two months of lockdown. I think so much damage was done in terms of his social skills. That yeah, it was quite hard.

R: Yeah, it must have been, yeah. So how did you manage? Childcare while being in... while doing your work? work so you mentioned that work. Are you still working to loft?

A30F: So, in the very first look like initial lockdown, before we had the loft, what we had to do was I started work at 7:00 o'clock in the morning and I worked until 10 and then I took over childcare. But little one slept from 9 till 10 at that point. So, my husband started work at 9 and he worked through to like 11 or 12 and then we swapped out. So, it was basically just a case of constantly swapping over, yeah? But it was. And as I said, there were lots of like shshsh moments, but then my husband took furlough to help like to do childcare and I just had to hide upstairs because my little one didn't understand. If I was here, why wasn't I with him. Come by the time we then did have the loft. One of us, yes, worked in the loft and nurseries reopened at that point. But like when they my husband had gone back to work but nursery is closed for like COVID cases and stuff. Uhm, I had to take annual leave like I had no choice. I had to take unpaid leave because my work refused to furlough me, or annual leave.

R: Yeah, yeah. So, uhm. And if we talk about your, uh, home working space in the loft so. Uhm, would you please just never mind me? Was it designated for work over there?

A30F: So, when we said the building works started September 2020 and it was finished December 2020 and originally that we had plans for like wardrobes to all go in there. But what we ended up doing and I can send you a picture is we had wardrobes down one side desks along the middle, as in draws and then on the other side where originally, we'd wanted wardrobe, we had a desk space and then for Christmas we bought like additional screens, and I have on a chair, sorry. So yes, so we had to change the plans up and put in a designated desk area.

R; Yes, yes. And how does it feel? How was your experience sitting and working there? How did it feel emotionally and socially as well?

A30F: To be honest, I hate it. I hate working. I don't mind pre pandemic. I did a day or two a week from home and I loved it. But in the pandemic, I've hated it because I don't feel like I'm able to switch off from work. I don't feel as though... I think, wellbeing, full time work from home is just awful, uhm? I hate looking over at the desk because it's in my bedroom and I constantly feel I'm at work. I don't feel as though like, say you had a stressful day at work previously or something happened. You'd have your commute home to get it out of your system, whereas particularly when I was chopping and changing, like doing 3 hours of childcare, 3 hours of work, three hours of childcare, 3 hours of work, one I was working longer hours, 2 hours. Just more drained but also. The stress levels and the anxiety were constantly there, and you were never not home. And I just hated that because I then felt Monday to Friday. I didn't get any quality time with him even though I was actually spending hours wise with him because I was constantly worrying about work or doing my checklist or thinking who's gonna call me or like I had some. Some bosses were supportive, some were really not. So then you very much were like, well, when that person is on a call, your child can't be in the room and it was just horrible, UM? Basically, and my parents both got COVID and I think I

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found that even worse because I could never ever detach UM. If I was in the office and my parents were sick. Work could be a nice distraction? But because I feel like the three worlds were sort of merged my home life, my parents being sick and work... and I didn't have a change of scenery I didn't have endorphins going from my body physically moving. I just felt like it was [unclear word: Groundhog] day. Wellbeing wise, yeah permanent work from home I think is awful.

R: Yeah, yeah. Very stressful, but what about your workspace? Before the pandemic you said you had a few days a couple of days,

A30F: so, I used to just to be honest, I used to just work from the sofa or work from the kitchen table and. And it was fine because it was just one day a week or two days a week and it was absolutely fine and. But that's because I think there was a big difference. I chose to work from home before, whereas this was enforced. And I also think as well. And there's a big difference doing team meetings as well. So, I think that drains you a lot more. So, what I used to do previously and what I'd like to do. Well, I don't think will ever go back to that now, but what I used to do is I used to do all my meetings when I was in the office and then I used to do lots of my tasks when I was at home to just get my head down and get it done, but. I think there's that additional anxiety if you just don't like generally pre pandemic people wouldn't ring you at home, and they sell something urgent, whereas now I feel you just have to be on constant standby. and I think I think it's that whole mindset that's really, really, really different.

R: Yeah, yeah, and where would your son be while working at home before the pandemic

A30F: Oh, nursery. He would never have been around and that's what I mean. It was more pre pandemic. I chose it. So, if I was working, it was like right get all these things done and then you can go and get your little boy whereas pandemic it's. That then it's all blurred too far too much.

R: Yes, yes. OK and uhm, is there any other place that was that you would like to talk to me about that was of any importance for you?

A30F: no

R: So if you would like to... if you remembered anything that you would like to add an, I will be. I will send you like a booklet where you can, you know, add reflections or writing or drawing and you can send them back to me either by post or by email OK? So, If we if we move to the second part of the interview and we talk about the changes that you have made, you have already mentioned some of them. Uh, but uh, if we start talking like in general about how far you find you found your home, like the design of your home Supported... supporting your wellbeing and the wellbeing of members of your family during the pandemic.

A30F: Sorry, it just cut out, so I don't think so,

R: like in general, how far do you find the design of your home? Uh, how far had it supported your wellbeing and the wellbeing of members of your family during the lockdown?

R: Uhm, I I'd say it was OK. It could have been worse. Obviously, it got better by adding the additional room and that workspace. But we also know lots of things that we would like to do as well. Yeah, yeah. Like further improvements, but to be honest they were on the they were in our minds pre pandemic anyway we just have slightly changed how we would like to do things if that makes sense.

R: Yes. If we say, uh, you've mentioned a lot of challenges were related to, UM, the blurred boundaries between home working and your life and your childcare commitments and also related

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to the isolation, your child's isolation from socialisation with people outside the family. And so, what could have helped? In in the design, specifically in terms of the design of your home.

A30F: Definitely a more free flowing outside to inside. 100% that would have been much better, UM. I think having like a playroom for my little one in the sense that like for example, he's been delayed, in terms of light, his writing and stuff like that. But it was also making sure that he didn't make a permanent mess whilst we were trying to have him distracted when we were on a phone call. Uhm, it's just. Yeah, having that area for him to do... Having easy activities for him to do like that would have been much more helpful and maybe our House isn't the best designed for that. But the biggest thing I think would have been having a better flow between the inside and outside, a 100%.

R: and you know between the garden and the kitchen.

A30F: Yeah, Yeah, definitely, that's what would have made a big difference.

R: There were specific challenges that were like I would say, repeatedly. Uh, mentioned during the pandemic, and UM, specifically, you know, in terms of managing the place in the home. For example, some people had the problem of, you know, having lots of things up that had to be, you know, uh, that they had to accommodate with in the same place. And sometimes these things were. Conflicting created and that created like some sort of tension in the home. And also, some people. And had the big challenge with the feeling isolated, like personally not just as the family bubble from the surroundings, but personally isolated within.

A30F: So definitely felt that personally isolated, particularly first four weeks in the sense that dumb things like yes, house works still were a struggle to keep up with now because of all the blurred lines. But I remember particularly first few weeks feeling bad. Because it was. Where we were essentially doing 12 hour working days, but obviously only working six of those because we were sharing the childcare. It felt like I didn't see my husband. It felt like I didn't see my child because when I was with him, I was... My mind was actually on work. So yeah, I would say it very much. Felt personally isolating or where we were in different rooms. It felt awful like I work in sales as does my husband and we'd be surrounded by people we'd be constantly speaking to people, and it was awful, and it was things like when my company put everyone loads of people on furlough or in redundancy. You just didn't know who you could pick the phone up to anymore and it was horrible. And I went a month without my boss even ringing me. And I was still working. Yes, yeah, uhm. So yeah, it was personally isolating that was horrible in terms of like the house we didn't like. Loads of people got stuff done to their house in terms of doing it up. We definitely did not. We got. Apart, if we hadn't had like the builders booked it in. We wouldn't have had anything done to the house. We didn't get any DIY done. We didn't get anything, but with a list of things we wanted to do, but none of them have been done.

R: Yes, and that was all because of the struggle of managing time with work and childcare.

A30F: Yeah

R: Uhm, so if we focus on your son's experience, so what if you remember? Were there any specific places that he you felt that he liked the most in the home during lockdown?

A: I think he liked the garden, but I think he liked it because. We were like no no no no over there, so I do feel like he enjoyed being outside, definitely. uhm. And I would say he enjoyed. He's like his play area. Yeah, but I do also feel like it was just that even though we're reasonably lucky with the amount of space we have. Like I do feel he just felt restricted like the difference of when we took

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him to an open field. My husband took him to like just random parks with open space and he loved that, and I think that's 'cause he did. Just feel so restricted in her, yes.

R: And were there, like, oppositely, were there any places that you felt he was, he disliked, or try to avoid or felt unhappy when he was there?

A30F: probably all of us felt unhappy with the kitchen because the kitchen was like a dumping ground in terms of like washing pots and pans from us, trying to quickly make a lunch quickly make a dinner quickly, make breakfast? Uhm, not having time to clean it up, needing to unload the dishwasher, needing to reload the dishwasher and clean clothing coming out of the washing machine that was chopped on the kitchen table like it. Just felt like a bomb site so all of us avoided that.

R: I recall that you said that you have, UM, kept this division between the living room and the kitchen. UM, so is that also part of the reason why you made this decision? Or is it only for controlling your child's movement?

A30F: Uhm, well, I suppose because one we didn't like the kitchen. So yes, it was. It was for different reasons. It was a good place for storage. It was a good place to prevent him going into another room. It was a room we didn't want to have to think about, but also because obviously as I said, like or as you mentioned. Sorry, I'm going to have to go and do bedtime and bath time in a minute. It just... it wasn't safe as well like in terms of you didn't want him mixing up the clean clothes with the dirty clothes or trying to reach for... something that he shouldn't have been reaching for and stuff like that. So yeah, that's why we did that.

[debrief]

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Participants	A36F - 36yrs, White, Female, Professional Degree, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home A36M - 36yrs, White, Male, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home C2M - 2yrs, White, Male, No Schooling Completed
House Details	3 Bedrooms Small Terrace Mortgage/Loan Private Garden

R: So, let's start with the pictures. Let me see if it started recording. OK, so I will share my screen so we can see the pictures.... So, you have uploaded pictures from 2 adults. If you want to talk for both, because we will have time, that would be great. OK, so yeah, it's the pre lockdown loft and...

A36F: Yeah, well, you know how you said 'have there been any changes that we did during lockdown' and so this is the room that we changed hugely. Sort of in June 2020.

R: OK, so... and I assume that these pictures are from lockdown... like, you took them during the lockdown?

A36F: Yes

R: That's great. We don't get many of those.

A36F: The garden, I took this morning, but I do have photos of my toddler in the garden. If you need it... from a year ago.

R: If you want to share, yeah, that would be nice. We try to get pictures to understand space during lockdown, but you know, it's your decision, in the end of the day, whatever you want to share with us. OK, so let's start with this picture. I have stopped sharing because you can't see me while I'm sharing...

A36F: OK

R: ...But if you want, you know, to see the picture again or whatever, you know, of course let me know. OK, so why did you share this... I guess this series of pictures because it's the same space through different phases.

A36F: Why did I share it? Because, I guess, I thought it's probably going to be the most helpful thing, so it's the biggest change we kind of did during lockdown to try and get a little bit more sort of floor space. I don't know if you can tell, but we made the room bigger to kind of... Make it more of a space where we could go and work, and actually it's where the study is now. My husband was working in the kitchen, but now there's actually a defined space away. So that was... the main reason for doing it...

R: OK, so you transformed it during lockdown to make it into a working space... You mentioned that your husband was working in the kitchen... were you working from home as well?

A36F: Not usually, no.

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R: How do you feel about this space? Or if you know how your husband feels since he is using it... what is the importance of that space for him or for you generally?

A36F: So... we love it, really. It's really transformed the house, actually. I think... because it's on the loft, it is an extra floor up, it really feels like a bit of a sort of sanctuary. And we're really, very happy, happy with it. For sure. And in terms of what my husband feels, I think he really likes it as a working area and it's got everything we need up there. We put an en-suite in, so you know you don't even have to come down if you know... the kid, like today, children are... you know... isolating... or we had the nursery bubble closures... It just meant that someone could stay up there working and in relative peace...peace and quiet.

R: Yeah, so like it has secured privacy in a way and it just... That's great. OK, so you just used it as a working... Your husband, used it in order to work. Did anything else happened there? Did you use this space for anything else, apart from working?

A36F: [inaudible] And now we like it so much, it's now where my husband and I sleep. We've moved bedrooms so... yeah, we've gone up there

R: I see... did you make adjustments in order to sleep there now?

A36F: Uhm, what? What do you mean?

R: I mean is it still a working space?

A36F: Yeah, set as a desk, yes.

R: So now it's both. It's both the bedroom and...

A36F: Working space, yeah.

R: And during the lockdown that was a working space. Did you use to...

A36F: [inaudible]sorry

R: Can you repeat that?

A36F: We didn't move up... We moved up to sleep there in about November 2020, so during lockdown it was just we would... we were doing it up, and then it was working space initially not sleeping space if that makes sense.

R: OK, yeah. And before lockdown, before you make it... What was it used for?

A36F: Pardon? What was it used for? To be honest, it was just the desk. Well, to be honest, before lockdown both of us worked out of the home so it was more of a spare bedroom and wasn't really used hugely. Uhm, it kind of came into its own once the whole sort of working-from-home saga started.

R: OK and you said that now it's also a bedroom. Does your husband still work from home, or he returned back?

A36F: He's still working full time

R: OK and using this space?

A36F: Yeah

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R: OK, uhm. Can I ask... now that you use it as a bedroom as well, doesn't that interfere with what you just saying about the privacy, and you know closing the door, concentrating at work?

A36F: Yeah, so, I think because we have young children... we were worried about this because we thought that you need to kind of separate the bedroom from the working environment if at all possible. But basically, what happens is they wake up early and we come downstairs and we play with them and then he goes back up and it's no longer a bedroom... The windows are open, and everything and it's his working bit and then he'll come down at the end of the day and again, we'll feed the kids dinner and we'll hang out downstairs in the living room and then go back up and again... It's a sleeping space again... so there's this timing space rather than it... Does that make sense?

R: Yeah, certainly. You adjust your activities in a way rather than... yeah... around the space. Yeah, makes absolute sense. OK, You said you maximized the space and you put new furniture... did you do anything else?

A36F: Yeah, we got builders in and they knocked down... *[inaudible, baby cries, she talks to the baby]* they built into the eaves... so that instead of us having storage space in the loft... that then became, liveable space rather than just storage, if that makes sense. And again, I don't know if you can see that in the photos.

R: *[I am distracted by the baby crying]* Yeah, I can see like shelving, selves and stuff. OK, so, do you want to add anything about the loft? *[baby cries]* If want to take a couple of minutes to... It's fine.

A36F: It's alright.

R: Poor baby... So, yeah, do you want to add anything about this space?

A36F: No, just the... Yeah, we're really happy with that, and actually someone else on the street is now getting the same done. I guess because they kind of saw the builders in and that sort of thing. So, I think... you talk to your neighbours and kind of share ideas and stuff and so yeah, no.

R: That is interesting

A36F: I know

R: OK, I will share my screen again so we can see this then other picture. Yeah, the garden. Lovely garden, lovely colours.

A36F: Yeah

R: OK. So basically, I am going to ask very, very similar questions. Why was this space important to you? Why did you share this picture?

A36F: Because it was just so wonderful, just having somewhere to go outside. I think, you know, when everything was really shut down, you know, it was just so difficult inside... our living room is not the biggest we were all getting on top of each other... You know... We, you know, bought extra toys online to kind of try and entertain the toddler and then the space that they were taking up in the living room was just horrendous. But it was just a place where, you know, you could have a change of scenery... I think that was really important as well when we were at home... We tried and rotate through all of the rooms because everyone went a bit stir crazy after a few hours. So, we've kind of rotate around the living room, the kitchen and out in the garden. And I think you know, we just before the lockdown we always thought it's such a small bit. *[to the baby]* Yeah! I think it really made us realize how lucky we were, just to have even just a small bit. and it also kind of kept us a bit

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connected because everyone else's gardens are so close to each other you could hear other children, you could hear other families. I mean, you know, we were probably within two meters and other people without realizing it and stuff. But it just means you kind of... you are connected. You know, in a way that I think... you know... had we been in, I don't know, in a beautiful big garden in the middle of nowhere it would have been wonderful to have had the space to kind of... you know, running around a little bit, but you know, on reflection it was actually quite nice to kind of hear other people as well, if that makes sense?

R: Yeah, yeah, of course it makes sense. OK, so, what did you do come there? Like what kind of activities or...

A36F: Say, he, my older child would have been about 15 months. So, he was walking around so we'd go, and we'd water the plants. we had a wall that we used to just paint with water and we have different paint brushes and he's just painted the wall and he had a little scuttle bug, I don't know, like a little trike thing which he used to just.... loved kind of going from side to side. And then my husband and I would just sit on that bench and just kind of... Watching, talking, you know, just breathe some fresh air in.

R: OK, so it was more... it was used more communally rather than, you know, as a time alone space, right?

A36F: It's more communal, yeah. And definitely is sort of...entertainments for the little ones. Sort of an activity to go outside and... get up, dressed up and go out and [inaudible] air supply[?] and stuff...

R: How often did you... how often did you use the garden daily?

A36F: Probably twice a day at least.

R: Yeah, of course. weather permitting *[laugh]* OK, and did you change any of your behaviour, in a way, towards the space... What you did in the space... Your activities... compared to before lockdown? Like, did you use it more...Maybe less?

A36F: We used it more. I think before the lockdown we were more likely to go... like to the children's playgrounds and stuff. But of course, they were all shut for the first lockdown. And also, you were only allowed out once a day, so you know we'd go out... We try and sort of time it with getting the little one to sleep a little bit at the end. So, this was much more used as a sort of... middle of the morning middle of the afternoon type [inaudible]. And so yeah, I would say actually, even if I just look at the last weekend, we went to the park mid-morning and a different park mid-afternoon, whereas during lockdown instead of going to the parks we just gone outside

R: I see. So, you kept your routine in a certain extent.

A36F: Yeah, I think you know, we really kept our routine during lockdown, and I think we're very grateful for the toddler for making us do that actually... Because I think, we just had to stay in a routine for him and I think maybe it helped our own well-being by having such a sort of regimented routine that everyone knew what sort of... what the plan was.

R: Yeah, yeah. Did you make any adaptations in the garden for the children during the lockdown? Like, you mentioned that previously you were going for example in the playground, did you make any changes...?

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A36F: No, like a tiny thing that we did is we bought a foldable climbing frame. This thing behind me. So, we'd use that indoors and outdoors, just as a sort of an entertainment thing... 24 hours we just we just bought toys from inside out outside.

R: OK, so we said, you know, children primarily used it and you and your husband where relaxing, observing the children to keep an eye on them. Did anything else happen?

A36F: In the garden?

R: Yeah

A36F: No. I we would have loved... you mean like meeting people and stuff?

R: Yeah, or eating outside or even working or whatever...

A36F: So yes, we ate outside because it was actually quite warm in that first lockdown, wasn't it? towards the end of it and sort of June it was... Yes, we do eat outside there and, in the summer, and stuff. We can't access the garden except through the house. So, we... I know some people have gardens with like gates and stuff... So, we never really had people round. Because I think, I can't remember when it was, but at some point, you were allowed to meet people outside and we didn't really do that. I think just because the space limitations of it as well. Yeah. No, we definitely eat out there. We've never worked out there... the Internet wouldn't reach, it's too rubbish.

R: OK, and now, after lock-down how your use has changed?

A36F: Of the garden?

R: Yeah, since lockdown...

A36F: It is back a bit more to the pre-lockdown and things... so like at the weekend we were back at the parks, and they're sort of bigger open spaces. I mean we will still go out there on a sunny day and stuff, but we'd be more likely, on a not so sunny day, just to go to the park and use the swings and that's of short side of things... [inaudible] we have.

R: Yeah, of course. OK, is there anything else you want to add? About the garden and how you used it, or... Any thoughts... Anything really?

A36F: Yeah, I think, you know, lockdown just really made us appreciate it so much more... Yeah...

R: OK, so I'll... I'm sorry, just a quick look [I am looking at my notes]

A36F: it is ok

R: Did I ask you how you used it before lockdown?

A36F: The garden? Yeah... Maybe, maybe, maybe not. before lockdown, we just generally used to just... use it more for relaxing. So, like, sitting out on an evening or during the day, having a coffee, or yeah eating or barbecues... [inaudible] can't really like... play football and stuff there.

R: OK. I guess it had different importance in a way than compared to during lockdown?

A36F: Yeah, so before... yeah... it was much less important I would say really. Yeah, it really came into its own during lockdown.

R: OK, and now let's move to part 2. I will ask you about... your well-being both adults and children's and changes again, which... OK we have already talked about so I will just go through the questions

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and see if there's anything extra. So, by home we mean both the inside and the outside, the garden or even the front entrance, the sidewalk, I don't know... It's whatever you do you feel like, it's your home. And by well-being we are referring to, you know, someone's social and psychological state how you felt, how positive you felt, how well you were coping with daily life, how satisfied you felt with your life, how you communicated between you and pensions... You know, it's a little bit of a broad definition. OK, so did you feel that your home supported your family's well-being during the lockdown?

A36F: Yes. I mean, it's all sort of relative, isn't it? I mean, we would have loved a bigger house. We would have loved a bigger garden, but you know, I think we felt very grateful for what we did have at the same time as well, if that makes sense. And maybe that I'm looking back with a bit of rose-tinted spectacles as well... Because I probably was slightly less happy during it. But I think, yeah, I know we were very grateful for what we did have.

R: Where you happy with the amount of space like how... the rooms, the number of rooms, the size of the rooms?

A36F: Yeah. I mean it was. It was fine. It was fine. I mean we would have definitely loved more space or more variety so that we could have, you know... just, you know, had more space to kind of play and move around. And like I said earlier... not have all those toys, just literally piled up our whole living room. And we use cloth nappies as well, I probably haven't mentioned that, but basically our living room for the last year has been a combination of toys and nappies piled up which is... it's funny, you know... It's just like oh! and so yeah...

R: I see. OK were there any rooms that you found particularly challenging? Or your family, if you are aware of someone else in your family, the children or your husband, that found any rooms challenging during the lockdown?

A36F: I think it would probably have to be the living room, because you know, it's a place to relax and I know, for a variety of reasons, having lots of toys and stuff stacked around doesn't kind of promote such a relaxing sort of atmosphere. And plus, the tidying up at the end of every day was slightly less relaxing. Whereas after nursery all day your room is in the state that you left it that morning, so you know. I think the living room is probably the most challenging... Yeah no, it's OK.

R: OK, so in the living room... So, you said that you children played, you were trying to relax... and what else did you do in the living room? Because we didn't talk about it and it will give me a better picture in a way.

A36F: Yeah, so... We just kind of like hung out there, I guess for a best phrase. So, it was one of the rooms that I'd rotate round, or my husband would rotate round if we were looking after the children. See [inaudible] living room, the kitchen and their bedroom and they were like literally... the floor space is I guess the important thing in all of them, but they could crawl and walk around in all of them. Livingroom was the nicest for the adults because it's obviously got the cosy sofa. And comfy sort of chairs or else...other than yeah... so yeah, what we may need is a... did [inaudible-baby cries] the toys and stuff and did odd jobs.

R: Did the children play anywhere else in the house?

A36F: Yeah, and in his bedroom. The little one played in his bedroom, on the floor there and that's where the cars were, upstairs or they still are upstairs, and yeah there is stuff down here...

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R: *[I am waving to the baby that laughs at me]* Hello! OK and if you needed some time alone, because you know... and as expected of course, since you have young children, the house is occupied by them, isn't it?... And you revolve around them... But if you needed some time alone, did you have space? Where did you? Or could you take some time alone, I guess that's the first question...

A36F: Yes, there wasn't really time alone. Time alone was only when we were working, so... I was on shift and my husband was working from home. So, between us we kind of negotiated the childcare and so really the working part was your time alone. I guess once the little one had gone to bed and we had more than one space. So, if you wanted you could go..., but actually we ended up working most evenings because we'd spent time during the day doing childcare. You kind of had to make up the time. So, I think that's one of the points for us from lockdown... was that there wasn't really any alone space. But then I guess the little one was 13 months at the start of it, so I think we were perhaps not quite used to not having alone space in that time. Perhaps had they been a bit older, or have we not had kids then you know it would have been more of a transition, whereas *[talking to the baby]* you guys are always attached to our heads?

R: Yeah, of course, of course. So OK, we talked about the loft. That is the question about the changes. Did you make any other changes in your house? During lockdown, I mean...

A36F: ...

R: How do you cope when different things need to happen in the same place at the same time? Or some families reported conflicts and tensions... did you need to make some changes to deal with that? Or if you may not even have... but you know, if you did... and then yeah..., time alone we discussed... So, did you make any kind of further adaptations?

A36F: I think the loft one was the big one, just to get a little bit more space. I think we were very lucky we didn't really have much conflict. And I think I mentioned before that I think actually having really little kids was a huge blessing in some respects. It did force us to maintain the sort of daytime routine and maintain structure. And certainly, when the first lockdown started, we even followed the nursery's timetable. We printed it off. So, like nap time, and you know, even outdoor play was at the same time because we were just trying to get some work done around and we wanted to have the maximum chance of him doing what [inaudible].

R: OK, do you think that the change in the loft, helped eventually with your family's social and mental well-being?

A36F: I do because it was really the extra... I mean that loft is somewhere where you can go and get a bit of space and also because it's up another flight of stairs, somehow it feels more distant? You know, yeah, even if, you know, the kids want to go up to their bedroom on the first floor, you're still an extra floor away from them. And psychologically, that feels quite a bit further removed. I think.

R: Yeah, I see. So, would you move in a different house if you could?

A36F: I don't know. We keep talking about this, so yes, we would love a bigger house and we would really, really love a bigger garden. But where we live... I think you've got our address... we're very close to a tube station up, and it lets us get places or be it... who knows what the next few years are going to need with that in terms of working from home and that sort of side of things. But we're very happy with where we are in **** where we live. What we'd really love is to have a big house right here *[baby cries]* Whereas, like we wouldn't be able to afford a bigger house here, so we'd have to change location. And at the moment we're a little bit torn as to...

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R: Yeah, I guess it's a very difficult decision, isn't it? You need to balance both and choose what's best...

A36F: Yeah.

R: If you had a magic wand and you could make, you could alter your house. What changes would you have made?

A36F: In this house?

R: Yeah

A36F: If I had a magic wand and I could do anything?

R: Yeah

A36F: I would have a fourth bedroom and I would have a bigger garden. Those would be our 2 big things.

R: Can I ask? Do the two children sleep together or each one has as their own room?

A36F: Each has their own room, but we would like to have a spare room or a study or...

R: Yeah, yeah...

A36F: [inaudible] time together that would be our dream, but this one isn't sleeping through the night yet. Are you? Mr smiling?

R: *[waving to baby]* Hello!

A36F: Well, at your big brother, if we put you in... so we need to, we need to suck it up and do it, but we're putting it up.

R: I'm just asking. I feel that many families you know they don't want to... They feel that if they say they want something different that they are ungrateful in a way you know. And I feel that kindness many times comes, you know, and blocks this question. OK, [looking at notes] well we have answered that question... OK, so that was the second part. Do you want to add anything about what we have been discussing so far?

A36F: No, I don't think so, no.

R: So, OK, so that the third part would be about children, and I would ask them about their favourite and least favourite space in a way. But I will ask you if you think you know... the older child, for example, where was I don't know if... where were they happier in a way?

A36F: I think he really likes the living room because he keeps asking to still come and play. I think that's probably because his Brio's *[little train set]* are in there and I do think he liked being outside. He's always enjoyed that. So, I think those would be his two favourite places... Oh and the bath. Actually, he's always loved the bath.

R: And do you know which would be the least favourite, a space that they don't like, for whatever reason.

A36F: I do not get the feeling that there's somewhere he doesn't like, actually... no... I think he is very happy just to roam around anywhere he is allowed.

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R: OK, that was all. I don't have any more questions. If you want to ask me anything or to add anything, you're welcome. Otherwise, I will conclude the interview.

A36F: Can I just ask you email when you finish just with like a summary of the results. So, I'd just be interested to know what...

R: Certainly, we finish in July. So, by then we will have, even earlier than that, we will have some reports, some publications. [concluding remarks]

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Participants	A33F - 33yrs, White, Female, Secondary Education, Pre-Lockdown Not in Paid Employment, During Lockdown Not in Paid Employment C14M - 14yrs, White, Male, Primary Education Completed
House Details	3 Bedrooms Semi-Detached Social Housing Private Garden

R: OK first it's a general question: how did you come to live in this house?

A33F: Right, well. That's quite long story really. Uhm, I've lived in this house for 21 years now. Moved here with my mum in 2000 and my two sisters. And my mum died suddenly when I was 17. So, I took on the care of my sisters and the house as well. And I've been there ever since. Basically, yeah...

R: I see, I am really sorry.

A33F: I mean I put it quite short really to be fair, but it's... as I said it's a long story, but I cut it out quite so yeah.

R: OK, so let's start with the pictures. So, since it's two of you... I will share my screen, and I think you will not be able to see me for as long I am sharing, but then I will stop so we can chat. So, these are the pictures you sent me.

A33F: Yeah...

R: Who wants to start to talk about the picture?

A33F: The front room? The first one?

R: This one. And it leads to the garden as well. Doesn't it?

A33F: Yeah

R: OK, let me stop sharing so you can see me again. OK, so why is this a space important to you? Why did you share the picture?

A33F: This is where most... mostly me anyway... I mean... I'm always in the front room... If I'm always cleaning, if I'm just watching telly and doing surveys... Yeah, I'm just pretty much always in here. Sleeping, napping as well, I do there as well. Yeah, no, it's... It's my haven, definitely! I struggle to even go out to bed at night. I always fall asleep on the sofa most nights and then take myself up when I wake up.

R: How do you feel about the space? I get positive...

A33F: I love it. Yeah, I mean, I wanna redecorate. I would like to redecorate. It's such hard work but it's a cutting in at the top that's... everything else seems fine, but when it comes to the cutting in and the top of the ceiling... I mean I'd have to get someone in professional to do that because I've tried doing it before and it didn't go too well.

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R: OK, so what did you do there during lockdown?

A33F: So, we played a lot of PlayStation, didn't we?

C14MA: Yeah, we did.

A33F: We love playing Crash Bandicoot racing.

R: Oh, I love it!

A33F: It's a brilliant game, isn't it? I'm glad you... I'm so glad you know about it. We're all obsessed with it. It's like a weekly thing for us, but we did it quite a bit more in lockdown just to keep us all occupied and what not. Yeah, brilliant game!

R: OK so, this is a common room... so I assume both of you use it?

A33F: Yes yeah... mostly me. I mean C14MA is mostly in this bedroom. We have to call about... force him out of there quite a lot.

C14MA: [inaudible]

A33F: Yeah, I literally message him on his iPad to get him downstairs and I don't bother shouting up anymore. I just text him saying C14MA come up.

C14MA: [inaudible]

R: OK, and what else, did you do there?

A33F: We did a lot, apart from work... so it got to the point where he was doing some homework in his room, but he was actually lying about doing it. He was saying he was doing it and he wasn't doing it, so it got to the point where he went... he had to do it down here so I would make sure he was doing it. He has been a bit sneaky, basically, yeah.

R: OK, so many, many things... It was like a multi-purpose kind of room. Did you use to say that this room similarly before lockdown?

A33F: let's say that again...

R: Did you use it... like, did you do all these same activities before lockdown happened?

A33F: Yeah, but not as much. I'd say we've done it a lot more like... obviously the homework on the laptop was definitely a whole new thing for us... that C14MA, he's he goes to special needs school, he has autism, so it was a bit overwhelming for him at first. He didn't like it and I think that's why he was a bit sneaky about it. Trying to get out of it and that. But he knuckled down in the end, and yeah, it was alright with it. We got quite a bit of work done.

C14MA: Consider it didn't work.

A33F: And I've got... 'cause I've got ill, didn't I? Yes, I got ill, I suffer from a very rare illness, and I have like attack that just come out of nowhere sometimes. Like you know how you get sickness bugs again, get in sick for a couple of days, then get better. Well, my illness. I've got **** syndrome. So, if I get sick from a bug it puts me in hospital for two weeks. Yeah, so that's basically what happened.

R: Yeah, and I guess you had to be extra careful with the situation...

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A33F: I get so scared whenever anyone in the family or in my circle says 'oh, I was sick or have been sick'. 'Oh my God, I hope it's not bugs! Stay away from me!' But when it's in the house I can't exactly move out of the house, but I thought about it. [laughs]

R: OK, and did you adapted it during lockdown since you were using it more, you were more in the living room... Did you make any changes?

A33F: What did we do in lockdown? I'm sure we did something...

C14MA: [inaudible]

R: Actually, can I ask before that... So, did C14MA his homework in the living room before lockdown as well?

A33F: Not really... now sometimes.... Yeah, but mostly does it in his room right? Especially now it does it all in his room, but he does actually do it. Not lying about it...

R: I see OK, so it did you make any changes or adaptations that could be, you know...

A33F: I got lots of little knickknacks I really like... I've got a glitter lamp. And I've got like this glitter punk, little punk thing ornament and I've got... So, my uncle died at the beginning of lockdown as well. So, I've got a really nice... one of those crushed diamond photo frames... I've got one of those crushed diamond mirrors and I've just gotten crushed diamond mad basically. Yeah... I love all that sort of style that crushed diamond, sparkly glittery... love it!

R: Did you have this turn in lockdown or does it have like to do with the fact that you were more at home and that's why you wanted to redecorate... or is it more general?

A33F: Yeah! I just wanted to my little light changes here and there 'cause I wanna decorate but it's just getting up... with the animals and everything it's just 'Oh my God!'. I mean last time I decorated I had two dogs at the time, and I've still got hair marks on the paint from where they brushed past it and you just couldn't get around it, you know? So, it hasn't made me enthusiastic about trying to do it again.

R: So, I asked you about the different activities. Can you just describe to me how you used it during the day? So, like approximately, what did you do in the morning? Like through the day... how did you...?

A33F: Yes, so C14MA wakes me up. Bless him, not nine and a half, but let's say that at the beginning of lockdown it was nine o'clock, then it slowly went down to half nine as we were all getting used to the later morning. But C14MA was... so, you get me up at 9:00 o'clock. I would make him breakfast. [talks about breakfast] But making breakfast... he would eat his breakfast and then as soon as he finishes [inaudible] in his room... I won't see him again until lunchtime. Honestly, it's true. I just watched a bit of telly. Do some surveys and... 'cause I've discovered... I suppose I discovered surveys in through lockdown... I never... Yeah, it's only recently in the last year that I've got into all this... And yeah, I really love it actually. So that's the thing that I picked up. If anything...

[talks about surveys and how it helps make a living]

R: Also, you know, like you help us right now, you know you help with their work

[talk a bit more about doing surveys]

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R: OK so that's almost the same question. But after lockdown have you changed anything, or do you use it the same way?

A33F: I think the yeah... I mean, to be honest with you, I never really went out much before lockdown because... before I said I've got rare illnesses... I can't really drink a lot of alcohol, so I don't really drink much. And so, I just... you know... I'm just indoors most of the time anyway, so... lockdown wasn't that much different normal life for me in a way, apart from having C14MA at home all the time. And all the work basically. And obviously with all the other surrounding things that came with covid, you know... I missed my local [inaudible] so much, but I only just opened up a few months ago... I was like 'can we go there, please please'? [inaudible]

R: OK, so that's the questions I had for this picture. Do you want to add anything about the space and your experiences...

A33F: I suppose it's just the most favourite space at the house really. And where most... but obviously everyone is mostly in this room most of the time, but I thought as if we had friends around or family round, we're always in this room... Basically this is the social room. This is the room to be... basically. This is where you got to be, this room.

R: Can I ask you, where do you have lunch? Do you have lunch in this room, or do you have like a dining room or in the kitchen?

A33F: This is... I do not have a dining room; I just have this living room literally which... I have a hallway out there leading to the kitchen and then stairs leading upstairs to the bedrooms.

R: Lunchtime and dinnertime is in the living room as well?

A33F: Well, I'll make his lunch and he'll take it upstairs to his room, yeah. But there's certain dinners that I do make him sit down here and have with us, like our Sunday roast or if he had spaghetti Bolognese for instance. Yeah, he can't have them in his room but got to eat them with us.

R: OK, so should we move to the next picture, C14MA would you like to answer my questions?

A33F: Talk about your room...

C14MA: OK.

R: Let me show you the picture that I I've got so... I think they are the same it's just the colour in the...

A33F: Yes, they are the same, one of them got flash and one of them hasn't basically.

R: OK, so that's your nice room. Let me stop sharing so you can see me again. OK, that's a little bit obvious question, but you know, I want to hear you, I don't want to make assumptions... so, why is this room so important to you?

C14MA: Well, because I can have all the space, I want... like, if I don't have any mess to clean up.

R: How did you feel about it?

C14MA: How I felt about the room?

R: Yes, how do you feel about the room like... how do you feel when you are in your room?

C14MA: I feel pretty, very happy in my room.

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A33F: Relaxed

C14MA: Yeah, I always relax in my room.

A33F: Yeah, it is your haven.

C14MA: Yeah, in my room.

R: [inaudible] divided the House to like... both of you have your own little spaces like...

A33F: Yeah

R: ...other families don't have that and it's you know, nice that you did. OK, so what did you do in your room during lockdown.

C14MA: Well, usually I just, you know, watch Sports News and maybe play my iPad games or videos or whatever...

A33F: What sports do you like?

C14MA: I like [inaudible]mum football and darts and formula 1.

R: And was anyone else allowed in your room or it was only you?

C14MA: I mean, I do allow people in my room...

A33F: Sometimes... Doesn't really like people in his room.

C14MA: Apart from you mum!

A33F: Yeah, well [inaudible as phone is ringing in the background] you know, I just go in. But yeah, no, he doesn't like anyone. But if we go in there a lot of the time within 5 minutes, he's 'alright are you going now. Could you go out now please?' Like 'leave'...

R: To be honest. I was like that at his age.

A33F: I don't think I liked it with my mom as well to be fair. Bless him!

R: OK, so did you do anything ... OK, let me think... so before lockdown did you use your room the same way? Or rather, let me rephrase that... during lockdown, did you do anything more than what you did before?

C14MA: Not really...

A33F: You may be watching telly, more video game playing.

C14MA: Maybe I did more video and play...

A33F: And more telly watching

C14MA: More, yeah...

R: So, did you make any changes?

C14MA: Don't think I did any.

A33F: You did discover any like new TV shows or anything?

C14MA: Yes, I have.

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A33F: Yeah, what was it?

C14MA: What was it?

A33F: I don't know.

C14MA: I think...

A33F: Ah, he got into the 'only way is Essex'. [talks about tv preferences -I reply]

R: So, I will focus on the TV that you said that you watch in your room. Why do you watch TV on your room and not in the living room?

C14MA: Because I want to watch all my shows upstairs and not sometimes down here.

A33F: You want to watch what you want to watch basically?

C14MA: Yeah, yeah...

R: Yeah, of course...

A33F: He has his own skybox in his room. So yeah, yeah...

R: OK, what else? what other activities you may have done in your room during lockdown?

A33F: You like making marble runs, don't you.

C14MA: Yeah, I do

A33F: He likes making marble runs. He has lots of different bits from lots of different boxes and he builds them and just...

C14MA: Yeah

A33F: ...just throws all the marbles down all the time and back on full **** hearing him and doing it from upstairs because he reaches the floor like that...

C14MA: Yeah, yeah.

R: OK, did you have to home school... like online classes?

A33F: Yes

C14MA: yeah

R: Did you do that in there in your room as well?

C14MA: Some of it, but mainly in here.

R: OK, yeah, we discussed. OK, I'm just trying to put the pieces together, you know. Now, after lockdown has anything changed in how you use or what you do in your room?

C14MA: I think... don't think, so no...

A33F: it's just... using it less I suppose, doing everything less than what it was before.

R: Do you want to say anything extra about your room or anything to add that you think is important and I may have missed.

C14MA: No

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R: OK, no worries. Right, so let's move to the second part then, about your well-being and how your house supported it or not- it goes both ways, doesn't have to be only positive. So, by home we mean both inside but also your garden or maybe the front, the sidewalk... close to your house. What you feel that it is your home. By well-being we refer to your feelings, to how well you felt or not, how well you communicated between you... and again it's a little bit broad, the definition well-being... how you are coping with everyday life. OK, so the first question is: do you feel like your home supported your family's well-being during lockdown?

A33F: Yeah, 100 per cent. Wouldn't be without it 100%. Definitely.

R: In what ways do you feel...?

A33F: Well, it's... to me. It's my safe place. I'm sure you feel the same, didn't you C14MA?

C14MA: Yes, I feel the same

A33F: Yeah, it's my safe place. I always say my home is my haven and with everything that was going on... it was all fresh and new and bit scary and yeah... so it was like... glad to have a roof over your head in those times. Yeah, definitely...

R: Certainly. So, you felt that you had enough space and then you had some time alone spaces.

A33F: Yeah, yeah, just about any way. What I mean, once he got off of school, I didn't get much alone space. But at the same time, I did, because he's always in his room... So no, I actually like coached him downstairs quite a lot just to play a bit of Crash Bandicoot because I'm so bored...

R: I see. Where there any rooms or spaces inside rooms that you found challenging?

A33F: My garden always... oh I hate cutting the grass. Hate it. I just hate the garden maintenance in general. Yeah, hate it.

R: How did you use the garden during lockdown?

A33F: Just the same way, really. I mean we have a hot tub so whenever it's sunny, the hot tub came out. We go get it and yeah and we would make the most of it really, I suppose...

R: OK, so you found the maintenance challenging... Like, you enjoyed the space, but the whole effort it needs with...

A33F: The thing is... it was different for lockdown because my uncle died at the beginning of lockdown, and he was really... we were really close, and he used to help me with my garden bless his heart. So, I've been having to do it all on my own, so it's been even harder to not remain... So yeah, it's just been a little bit harder.

R: And did you make any changes to your home? So not only the rooms we talked about that you didn't do many things, but the other rooms as well, in order to make it better for you during lockdown?

A33F: I bought these little under counter... you know you get it... on your kitchen under counters, the cupboards... I bought under counter lights underneath. They are brilliant, that's it brilliant! Yeah, I've gotta get some more. I bought some of them and they made such a difference to my kitchen. I thought I'd just yeah... But the only problem is it's gone through so many batteries with it. The only problem.

R: OK and you said that it made a difference, in what way?

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A33F: It just... I've got a bit of an obsession with lights to be honest with you. I've passed it on to him as well, he's got one too. And so, it just... anything like that... It just makes it feel nice to me... You know... like, so you can change the colours on it. You can have it blue, purple, you can have it red, green... I've I just had it blue all the time, that's my favourite one and it just looks so cool. I loved it. I loved it!

R: I was thinking of getting some myself to be honest, with warm lights...

A33F: They are really cheap. They're not that expensive. Go on Amazon, they're really cheap.

R: Because I had it in my head, but now that you said...

A33F: [talks about lights]

R: OK, so how did you cope? I think I know the answer to that one, but I will ask anyway. So how did you cope when different things needed to happen in the same place at the same time?

A33F: Uhm? It's challenging at times, I suppose... Yeah, because we've got a dog who was a puppy at the time and bloody nightmare to be honest. She's so naughty it's unreal and C14MA and her are like little partners in crime. So, they drove me mad through lockdown. I will say that much they did... I'd be screaming at them sometimes to shut up and stop because they just don't hit... They've been winding each other on all the time.

C14MA: [inaudible]

A33F: Yes, but you always playing with her, wasn't it?

C14MA: Yes, I was winding her up

A33F: Yes, and winding me up in the process...

R: Where did you used to play with the doggo

A33F: All around really. So, he's being at the front room, he'd get her to chase him all the way up and down the stairs and back. And yeah, just for a basic this...

R: This may connect to my next question, so... many families found out there were conflicts and tensions between people during lockdown because you had to... we had to coexist with other people all day, every day. How did you deal with that? Did you make any changes to help with that?

A33F: And yeah, I suppose we had to put for regime in place, didn't we?

C14MA: Yeah

A33F: Because things weren't... he doesn't listen to me very much. Just typical teenage stuff really. So, there was a couple of little conflict things there where I'd be telling him off and he get a bit mouthy back at me. And then I feel bad for telling him off. It's like a typical mum thing, like I don't know... I don't remember with my mum to be honest, but I tell him off and I just feel bad instead and wanna cry. But I think that's 'cause of the way he is, though at the same time you know, like... yeah, that said he's very gentle, light natured boy. Bless him. It's not like your average teenager. I don't think like... not most teenagers would sit here and do this. I think at his age.

R: Yeah, I agree. OK, uhm so you didn't change many things? Is there something that you would like to have changed and you didn't for whatever reason, is there anything?

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A33F: I'd love to redecorate it. That's what I would have loved to have done, but it's just getting someone to help me do it because on my own I could... I wouldn't be able to do it on my own, so it's just getting in. I know they say we've been locked down; no one was supposed to go near each other so... [inaudible]. At least you know that.

R: OK, I'm let me see I haven't missed anything. OK, we have some time. Can I ask you?... Before I ask C14MA if he wants to say about favourite and least favourite space, can I ask about the kitchen and... or do you want to tell me about other rooms in the house we didn't talk about?

A33F: Well, we've got a spare room, but C14MA only goes in there to look out the window when the weather is bad, don't you,

C14MA: Yeah, when there is lighting or a storm maybe

A33F: He's a bit of a weather fanatic. He loves the weather, so if we've got a storm going on or anything, he's back and forth from every window looking out to see what he can see basically.

R: How did you use it like during lockdown?

A33F: I did get new rug actually, during lockdown, didn't I, for the bedrooms. I bought two huge rugs for mine and C14MA's bedrooms and it... Basically his one nearly fills his whole room, it's that big... and you like the rug in there.

C14MA: Yeah, yeah.

A33F: It is not a big improvement but it's nice that it's added some like ambiance to the room... better than cold floors and it... my mums... 'cause it's an old house now... 21 years old this house is. It was a new build when we first got it, but it's 21 years old now and the carpet up there is quite old, and I've been very ill over the years obviously... So, I was like 'I know I need a big rug just to cover everything'. Just get a big rug... and so I've got... he got a grey one and I've got a black one from my room. And yeah, I love it. It did make a big difference. Makes it feel a lot better. Yeah,

R: more cosy...

A33F: Yeah, that's it.

R: Would you move out if you could? Or are you happy?

A33F: Oh no, no, no. This house is so special to me and C14MA said the same thing to me. Funny enough, but he feels the same way that I do about this house. It would be traumatic for me to leave this House. I've only ever had two homes, where I lived before here and this house, and I've lived here now longer than I lived at the place before, and it was traumatic leaving there. I still have dreams about the place now 21 years later. So, I just don't even I can't even imagine what it would be like if I had to leave this house. I just, it's just, you know...

R: It's very clear that you are satisfied.

A33F: Yeah, I love my house, it's not the most perfect looking house or whatever, but it's my house. Do you know what I mean? It was my mum's house too, so it's like... there's just a lot of sentiment in this house, really is and it's only ever been our house too, so it's like... it's just it's special. It is really special.

R: And one last question, 'cause I saw someone going around. How many people do you live in the house?

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A33F: It's just us two, but we've got his dad. He's over there. He lives across the road, because obviously I was 17 when my mom died and I lived here and he lived across the road, yeah... So, we're still really good friends.

R: I'm only asking for lockdown, and you know, see how many people had...

A33F: I mean my sister, my youngest sister. She even though we wasn't... we didn't like really to keep fully to the ropes, admittedly, but my sister, bless her, he's like in a less fortunate position so she would come round a lot, and I'd help her out a lot with things. And she also got pregnant through lockdown as well.

R: Would she stay with you as well?

A33F: Sometimes she stayed, sometimes yeah, but not really. She's living in her own place now, but obviously she was pregnant through lockdown. So, it was yeah... so we were there for her a lot, and she was coming round here whenever she could. It got to the end thar she couldn't really do much, bless her, but she's still trying. [inaudible]

R: I see OK and so now we have this last part... Actually, before that... if you want to tell me anything more about the house that you feel it's important...

A33F: it's just the sentiment behind it because of I've lost a lot of family. [talks about uncle] He was used to ride a bike everywhere and we've got... we live on the end, so we've got a side gate, so he'd always come in through the gate and just knock on the window basically. And it was just a normal think for him to do... and I'm getting a new front door Thursday and I'm sentimental about the flipping door. My... Oh my God, it was mum's door... Mum and P knocked on that door. Oh my God I am like... but it's just a door you know... put can't help but think things...

R: Yeah, I understand that actually I I'm like that with houses I have lived and... you know I totally understand what you're describing,

A33F: Yeah

R: OK, so should then I ask C14MA then... if you want of course... again I don't want to press you or anything... OK, I will ask anyway, although I think I know the answer. So, what was your favourite place in in the house during lockdown?

C14MA: Of course, it is my room

R: I was expecting that, we said about that. OK, so I'm not going to ask you more about that because we discussed, but can you tell me about your least favourite space or room in the house during lockdown. The one that you really hate it, that you didn't want to be there.

C14MA: I might have to say my mom's room.

A33F: You never have to go in there anyway.

C14MA: But mom is bit busy... but your room is the hottest room in the house.

A33F: Oh right, because my room gets so hot in the summer. It's ridiculous how hot my room gets... no one likes my room. So, you didn't really do anything there. You didn't really go. Did you? Apart from to look out the window, no?

C14MA: And to wake you up.

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A33F: And to wake me up in the morning.

A33F: OK I don't have any more questions then. I think I have gotten an idea a little bit. So that was all, we are a little bit early. If you want again to add anything that you feel it's important about your experience during lockdown.

A33F: [shares personal information irrelevant to our topic]

R: OK. So, yeah that that was all from me. Thank you very much for your time.

[concluding remarks]

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Participants	A51F - 51yrs, White, Female, Bachelor's Degree, Pre-Lockdown Not in Paid Employment, During Lockdown Not in Paid Employment A56M - 56yrs, White, Male, Master's Degree, Pre-Lockdown Work Outside Home, During Lockdown Furloughed C7M - 7yrs, White, Male, No schooling Completed
House Details	3 Bedrooms Medium/Large Terrace Rent Privately Private Garden

R: It just takes a little bit of time to start recording... AH, it did, ok... OK, so the first question, and I don't think it was included in the questions I sent you and I apologize for that, how did you come to live in that space... in that house, I'm sorry?

A51F How many long?

R: No, like... why did you choose it? And you told me that you moved between lockdowns so, why? Was there a reason that you moved, or it just happened?

A51F Uhm, for the business reason because my husband changed place of work

R: OK, I see OK, OK

A51F Yeah, during the first lockdown we lived in **** during the second lockdown we moved in ***. Yeah, we did the lockdown in two different ways and places.

R: Yeah, I just wanted to make sure, you know, if you moved because the previous house was not good for you or, you know, it was other reasons like work or... you know.

A51F No, no only for work, no. We lived very well in in ***. The house no bad, was not bad, but this is better. The place is better, and the house is better with no problem.

R: OK, great. OK, so I will share my screen so you can see the pictures that you sent me, and we can...

A51F Yeah, you can see C7M while doing his homework.

R: So, which picture would you like to discuss first?

A51F The first when C7M look at me and in front of him there is the personal computer, my computer.

R: Right! OK, let me stop sharing so you can see me again because when I'm sharing you can't see me for some reason... OK, first of all, did you choose all the pictures?

A51F ...

R: Did you choose which pictures to share? Or did C7M as well chose some?

A51F Uh, I... Why I choose this picture?

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R: Before that, because I will ask you that, but before that: was it you that you chose this picture?

A51F Yes

R: OK, no because you know if it was C7M it would make... so OK. So, let's start... so why did you choose this picture?

A51F: I choose... only me I choose photo because C7M was busy

R: No problem at all. So, I know, you know... No problem at all. OK, so, uh, was this picture taken during lockdown?

A51F What?

R: Did you took the picture during lockdown?

A51F Yes, yes.

R: Great.

A51F ...during the homework

R: OK, why did you choose this picture to share with us?

A51F For show you where C7M did... were doing his home learning together... we did together home learning.

R: And then, where is he? I can see he's on the table, but, in which room is that?

A51F Yes, this is the table of our living, dining-living room. We adapt the room that is big... there is a lot of sun for home learning activities... was better, because it is more space.

R: OK, so OK, home-schooling happened there... did anyone else use this the same space?... While C7M was home-schooling?

A51F The one... sorry, sorry because... [she is distracted by C7M]

R: Yeah, no worries at all.

A51F There are other noise, I don't understand well, sorry

R: No worries. So, he was doing his homework on the table in the dining-living room. Did other people use the dining-living room while he was doing his work? Did your husband, basically?

A51F Yes... Usually it's only a glass table because we have a [inaudible] table kitchen and we have meals in kitchen, is no problem...

R: I see...

A51F: In this case, during the lockdown, the big table for the... it's a big table for six people, is become a big desk.

R: Yeah, yeah. And why did you choose this space for the homework? Because you mentioned it had space, is there any other reason?

A51F: Besides of the table and... for the big window for sun. The best place, yes.

R: OK. And how did you use the living room, dining room before lockdown?

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A51F: Uh, how... a relaxing room. Because there are two sofas, a TV and usually is this the place where we relax. Relaxing.

R: Where was he doing his homework before lockdown?

A51F: Uhm, in primary school the children, they do not have...

R: Yeah, yeah.

A51F: At school. And usually in the kitchen, in the table of kitchen. It's... [to C7M] not now, not now. If you want to participate... won't participate in conversation, OK, but no question, no printer, no other things. OK.

R: It's OK, no worries at all. Uhm, OK, may I? Actually no... So OK, did anything else happen in the... Did you do anything else in the table the rest of the day when he was not home schooling? Or it was just only for him and his work?

A51F: Yes, during the lockdown the... that part of the room with the table was used only for homework because this school last year during the lockdown use a lot YouTube, computer, teacher use the lesson from YouTube and [inaudible] a little a space in the third bedroom for me for printer and computer, but this... too little. Then I put my computer and printer in the living room, and I covered the glass table with a tablecloth, and we use only for homework of... only for the... and then when C7M finished the homework he used the same space for drawing, colouring and other activities.

R: OK, and did you use the living room? You and your husband... did you use the living room, while he was home-schooling? Or did you avoid it?

A51F: ...

R: So, while he was doing his classes or his homework, were you in the living room...? Like did you see it in the sofa to relax or was the whole room for him?

A51F: No, but... he really. There is no there aren't problem there. There wasn't a problem because in the morning and part of afternoon my husband works. And at home we are only three people. And then in the morning we dedicate the time for homework. And I was with C7M for help him... Follow him a step by step because children not... out of school... Everything is a distraction and then... there aren't problem.

R: I see, may I ask in which the room your husband worked, where did he work in the house?

A51F: My husband didn't work in the house

R: Ah, he was... OK, OK I misunderstood...

A51F: No, no, my husband worked out of the home.

R: OK, and how do you use this desk area and the living room, the whole room, now after lockdown? do you still have the table there? Does C7M still do his crafts there?

A51F: No, everything is back before... C7M has his room with his space and becoming... everything is back before the lockdown. You use the usual space for homework and C7M play draw, everything in his room. Now he doesn't need a computer or printer.

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R: Yeah of course. OK, and so if there is anything else you want us to add and about this specific picture, otherwise we can move to the next one.

A51F: Uhm, there is another picture when you can see the tablecloth and then C7M play a plastic box for music lesson.

R: So, he was doing all his classes there... different types of classes?

A51F: Yeah.

R: Yeah, I see. And how did he have.... like when he was doing his crafts for example, did you clear the space for him? like take the laptop a little bit further or something. Did he have to adjust the space, or didn't need to?

A51F: Not that the table is very... I don't know if I understand well, but the table is very large, and half was for home learning. The other half for craft, draw picture, watercolour when he wanted.

R: OK, so we talked about this space. Let's talk about the one with the toys maybe? Is that his bedroom? Let me... I can share my screen.

A51F: Yes, the other photo is his bedroom with his favourite character.

R: From Toy Story! I love toy story!

A51F: Yes, yes. One of his favourite characters of Toy Story, the Avengers, Harry Potter... that period Toy Story yeah... I need [she calls C7M] C7M come here. Rapunzel, I forgot the Rapunzel. [talks to C7M in Italian]

R: Come talk to me about your room. What did you do in your room.?

C7M: My room?

A51F: Your room yes, talk about your room.

C7M: It's a bit difficult to say, but... OK,

A51F: [in Italian]

C7M: My room, yes,

A51F: it's... C7M is not an ordinary...

C7M: Tidy...

A51F: A tidy lover.

C7M: Now my room is... So messy!

R: Eh now... that's the case with most bedrooms, isn't it? children's bedrooms...

A51F: Yeah!

R: So, tell me about your room, what did you do in your room?

C7M: Colouring, just colouring... play and... Nothing else.

A51F: Playing, colouring...

C7M: Playing, colouring and nothing else...

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R: Well

C7M: [inaudible]

R: Eh?

C7M: Wait a minute

A51F: Wait a minute

R: Yeah, I am waiting.

[C7M leaves the room]

A51F: No, I don't know... Maybe he will show you something... The hardest room.

R: Why do you say that?

A51F: No, that's no C7M [speaking Italian] some draw, some picture. Show some picture.

R: Were you allowed to his room? Or is it his own Territory?

[C7M shows a picture with Disney characters]

R: Oh, that's nice. Is that from The Sleeping Beauty? Is that the dragon? Can't see very well.

C7M: [inaudible] The Princess Disney.

R: Yeah, that's great! I recognize that... yeah, that's great! Did you draw it?

A51F: This period is Princess period now.

C7M: [C7M is heard from far away]

A51F: Now is play and draw

R: If he wants to draw which was his favourite room in the house and what was his... The room he hated and then we can discuss in the end, you know he's welcome to... like we can discuss what he draws. If he feels like drawing, I'm just giving an idea.

A51F: [to C7M] Did you understand?

C7M: Yes

A51F: [Italian]

R: If you want to draw your favourite space or your worst space...

A51F: Draw something about your favourite space.

R: Think which one was your favourite space.

A51F: Which one is your favourite space?

C7M: [speaks Italian]

A51F: In English, please.

C7M: My favourite space of the house?

A51F: Especially?

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C7M: Especially... nothing.

A51F: No, it's not your room?

C7M: My room, yes, but other than this is... everything

A51F: Everything.

C7M: So, if you want to tell me to draw all... everything you mean... I'm not!

R: If you want you can but I will not make you. OK, then we will discuss... Let's finish with the pictures and then I will ask you more specific questions about your favourite space. No need to draw it. You can just tell me.

A51F: [inaudible]

R: OK yeah.

C7M: [inaudible] movie

A51F No, not now. Because... [Italian] we have the discussion, OK? Draw.

R: I hope he's not very bored. OK, so about his space and... what did he do in his room doing during lockdown? How did he use it?

A51F: Uh, sorry?

R: In his bedroom. We're talking about the picture of the bedroom... So, what did he do there?

A51F: When he finished, uh, when he finished the homework that really... really, engagement... And he used his room and then he is playing with his character or draw. Most of the time was in living room because after... usually, after the homework he preferred relaxed with watching a little bit of television.

R: Yeah, OK. Did he use his room differently before lockdown or not?

A51F Nods negatively

R: The same? Yeah, I thought so... I Had to ask. OK and did you make any changes during lockdown to his room?

A51F: In his room?

R: Yes

A51F: Nods negatively

R: Yeah, no OK...

A51F: No, no [inaudible]

R: OK, and I assume he uses the room similarly now, after lockdown, as he did before and during, didn't he?

A51F: His room doesn't... It doesn't change.

R: OK. If you have anything else to add about this photo. About his room and how he used it.

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A51F: No, we can talk about the time... the free time of C7M he spent his time in his room after work, after homework... and part of the time in his room drawing, playing... the other part on the ground floor watching TV and so on... drawing. When he needed a large space, he preferred to use the large table. For little space, he could use his room. He divided his time between his room and the living room when...

R: Yeah, that's nice, he had the choice. And then... let me share with you the other pictures... Where is it?

A51F: The last picture you can see C7M, while help me to doing biscuits...

R: In the kitchen... That's, I guess it's the kitchen table you mentioned?

A51F: Yeah, the table that is very suitable for three people and... for pass the time during the lockdown when the weather was no good, all time at home... Children needed more activities. He can't stay all the time... he couldn't stay all the time in front of TV or all the time to home learning. He needs to play and then he [inaudible] help me in kitchen.

R: OK, that's nice. What else did you do in the kitchen? I'm interested in the kitchen as a room. So, what other activities? I mean, I can think of some, like cooking, but what else did you do in the kitchen?

A51F: Uh, me or C7M?

R: Your family. So, all of you.

A51F: A kitchen is a kitchen. We use a kitchen for cook for have meals and heat...

C7M: [inaudible]

A51F: [to C7M] eat? [to me] Eat, he corrects me. And now for homework on Saturday. That is a large space I used for my time for study for me for ironing...

R: Oh, in the kitchen, that's interesting. Uhm, why did you choose the kitchen to do the ironing?

A51F: Because in the kitchen there is radio, and there is no carpet in the floor is good for ironing because water... no wet the carpet.

R: That's very interesting to know. That's very, very interesting. like it may sound, you know, a bit banal, but it's really interesting. OK, let me see, let me see... OK, so during lockdown you were having your lunch in the kitchen. Do you usually do that... like for example now, after lockdown, do you still have your lunch in the kitchen? Or now you can have it in the living room, because C7M is not on the table.

A51F: Usually we have our meals in the kitchen because... but only the dinner really... because in the morning... for lunch... my husband... C7M is at school, I'm alone is no problem. For dinner we usually use the kitchen for... for eat and sometimes. But for special occasion we use the large table. For example, a big, special dinner... now it's finished lockdown we can have guests at home or for a birthday for Christmas. Yes, for special occasion we use the living room, yeah? With the tablecloth, we set the table...

R: Uh, yeah, that's always the case, isn't it? That was how it was in my home as well. OK, uhm you said that during lockdown you and C7M were doing some cooking, some activities, making biscuits...

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Did you need to make any changes in the kitchen room in order to be able to do these activities? Or you didn't need to?

A51F: No, not necessary. Not necessary.

R: And do you still do these activities now, after lockdown?

A51F: Yes, yes. during the lockdown more times...

R: more yes, yeah...

A51F: But we make a lot of things together. Yes, yes... we sing, we sing songs together. Watching films... Yeah...

R: OK. If there's anything else you want to add and about the kitchen...?

A51F: No, I don't think...

R: OK, before I move to the next part, I just want to ask you about... So, you mentioned you have an extra room like a... Is it a study that... you mentioned that you had the printer there? What is this room used for?

A51F: This room, that where I am actually, is a very little bedroom, is a little office...

R: OK and did you use it somehow during lockdown, or you didn't need to?

A51F: During the lockdown I couldn't use because the printer and the computer was all the time, most of the time, it was for C7M.

R: Yeah, I see OK. And so, I assume now you have put the things back and you can use it as a little study, now after lockdown?

A51F: Yes, and now I use with a little office, little for my English learning...

R: Great! I hope you're comfortable with interview. I hope... you know... anything that I may say in a strange way, just ask me. I don't have any issue repeating things. *[we had already discussed her English level before the interview, and I had told her that I will make the questions simple etc... so here I am just repeating stuff to make sure she is confident]*

A51F: Yes sorry, but sometimes I don't understand well I ask you to repeat.

R: Yeah, yeah, certainly do. Don't worry at all about that. OK, so the second part... I'm going to ask you about your well-being during lockdown and how you feel that your home supported or made it worse. So, when we say... when we refer to... when we say home, we mean both inside and outside. Do you have a garden?

A51F: Yes.

R: OK so you know it includes the garden. It may include the front and the front porch...

A51F: The garden is in the back. The window of the living room is in the garden, and when we was in the living room during the day, we can see the green of the garden, the tree and cats that playing in the garden.

R: Yeah, it's nice to have a nice view, isn't it? It's important.

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A51F: For us is a necessary because we have four cats, and we need a large space out of the home for four cats.

R: How did you use the garden during lockdown?

A51F: A little bit because the weather was not good, was cold and was a lot of rain. During the first lockdown was a fantastic weather...

R: Yeah, true, but you were in a different house then, weren't you?... That's the second house that we're talking to.

A51F: Yeah...

R: OK, just to confirm that I have this correct!

A51F: But during the lockdown this year start in January and finished in March...

R: Yeah, there's not...

A51F: Terrible weather...

R: Yeah. But what when you could go out, what did you do? Did you play? Did you relax or anything else? In the garden I mean...

A51F: You know the garden is large. We can use for different things... for relax, for gardening, for eating.

R: Ah, that is nice.

A51F: Yes, and especially C7M can play with cats.

R: Yeah, I have one, she is sleeping upstairs. Sleepyheads, cats sleeping all day.

A51F: Lovely animals, fantastic animals.

R: Yes, I am a big fan, clean and quiet and lovable. OK, so, let's go to Part 2. So yeah... by home we mean both the garden and your home inside. And when I say well-being. What I mean is... so it's a little bit of a broad definition... so it is your family's psychological state during lockdown, how well you communicated between you and your family, how well you were coping every day and you know... How happy you were, how positive you may have felt or not... obviously it can be negative one what I refer when I say wellbeing. OK so do you feel that your home supported your family's wellbeing during lockdown?

A51F: Absolutely yes. Yes, we are well. We felt well during the lockdown. Really there are no change for our situation because we are always alone, we are here. My family is in Italy and during the lockdown it was the same time because we communicate with WhatsApp every day, is not changed. The only one thing is changed, we cannot meet.

R: Yeah, yeah...

A51F: I can't go in Italy during the holiday. This is the only change but not having here...

R: Yeah, I feel you. I haven't seen my family for two years now. And it's not easy. I hope I go in Christmas, but yeah... fingers crossed. OK, but what about... like your family: yourself, C7M and your husband living in your home... Do you think that the space you had, your home, and how it is, did it support or made worse your wellbeing?

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A51F No, no... we... the structure of the house and the how we adapt the house for C7M supported us because everything was more comfortable, more suitable for a... Especially C7M's needs.

R: Yeah. That's good.

A51F: We are only three people is not a problem, because when my husband back at home everything... everyone can have a space is no crowded home.

R: Yeah, yeah... go and close the door and just have some...

A51F: No problem yeah.

R: OK, where there any rooms or spaces that you found challenging, that you found difficult during lockdown?

A51F: No, absolutely no. No, not really. This house is big three bedroom, living room, kitchen and three bathrooms.

R: That's great. Yeah, but that's very great that you didn't have any issues. Did you make any...OK, so we talked about the change you made for C7M's schooling... and from my understanding, you didn't really make any other changes, but I have to ask. So, did you make any other changes in order to support your wellbeing?

A51F: No, yeah no, no. And they change made not in in the home but in how our behaviour in our attitude to do the... for our wellbeing. Because all day together alone we need to find some activities for entertainment for C7M, because he is a child, he's only 7 years

R: Yeah of course. What kind of activities did you do?

A51F: Apart of... a good part of the day was dedicated to home learning. Very, very busy. And then I already talk... watching television, especially musical... in that way you could dance, sing and a little activity drawing, craft, and play, and some little help for cooking.

R: OK, so. We said that you had time alone, you had spaces that you could go and just close the door and be on your own and relax, so that was not a problem. Other families have found that there were conflicts and tensions... You know, just because everyone had to live with everyone else every day... did you have any tensions and if so, how did you deal with them? Like, did you make any changes in the house?

A51F: No, no tension in, no tensions in the house... very love and peace.

R: Yeah, OK, is there anything that if you could... like if you had a magic wand, what would you have changed in your house? Is there anything that you would like to be different?

A51F: No, I think this house was very comfortable, was perfect. Yes... no, no problem. And when the house become too little for us because maybe was a lot of time inside home, we live in the coast *** is in the coast and we go out for a little walk on the long see a for to relax, for walk for... To step out. But not, the home no is very comfortable.

R: That sounds ideal. Being so close to the sea. OK, so that was, the second part. If you have anything to add about... something that I missed to ask and you think it's important about... Your house in lockdown...You know you can...

A51F: OK, uh, there is an interesting question on the number 10, because about change. For make us feel better. We created our routine because I think especially children needs a routine. and our

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routine was the morning homework and was dedicated specially to learning. A part of the afternoon finish the other activity about school and then the activity that C7M preferred to do.

R: Yeah, I see...

A51F: Television or the other [inaudible] relax

R: But you didn't have to kind of change your schedule in order to... because there wasn't enough space, or... you know other families have said that because they were like too many in one house, for example, they had to take turns using... I don't know... the kitchen.... But you didn't have to make this kind of... you know... working around someone's...

A51F: No, no. Everyone can have his space. when necessary, I use the kitchen because is in front of the living room... is not a problem. No no, we live really in peace, not friction in the house. No. Because when my husband, back home and... was the time of relax and often they watched the film together.

R: Yeah, I see, you...

A51F: ...they would relax on the sofa reading a book.

R: Yeah, I see C7M had already finished his homework, home schooling and then it was just... coincided with relaxation time.

A51F: Relax for mum!

R: Yeah, for you as well of course, yeah. OK. So, then if C7M wants to come talk, we could go for the third part just to ask him about his favourite and worst space

A51F: OK [Italian to C7M].

R: Hello again! do you want to tell me about which was your favourite space during lockdown, your favourite room in the house? Try to think back.

C7M: Living room

R: Why?

C7M: Because I loved it. Comfortable and... And even that. But I could say and do television!

R: OK, so what did you do there? Did you watch TV? Did you do anything else?

C7M: Uh, yes. I coloured in my room I. I played in my room and we watched a film... and nothing else.

R: No. I mean in the living room, part from watching TV... What else did you do?

C7M: Playing.

R: In the living room?

C7M: Yes

A51F: Sometimes

C7M: Sometimes well...

R: OK, was someone else with you? When you were you playing together?

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C7M: No.

R: Not allowed [jokingly]. OK, did you choose to play there? Was it your decision to play there?

C7M: Yeah, it was my decision.

R: And why did you prefer to play in the living room?

C7M: Because I love the comfortable.

R: Why not in your room?

C7M: Because I didn't want to...

A51F: but maybe because there is a television in living room.

C7M: Yeah.

A51F: OK, and then, how did you feel when you were in the living room? That's a strange question, I know.

C7M: Happy.

R: That's nice. OK, and do you want to tell me which space in your home or garden you didn't like at all... You didn't want to be there during lockdown? Like, you hated it... you know... the worst space!

C7M: Nothing, nothing.

R: You didn't have a space you didn't like

C7M: Nothing

R: OK, which one you liked the least.

C7M: The least... Well, nothing.

R: OK, that's OK. You don't have to have a least favourite space. OK, what else did you do during lockdown? I know that you were studying in the living room as well, doing your homework

C7M: During lockdown...? The same things playing and colouring in, drawing and watching television and playing.

R: OK. OK, uhm do you want to tell me anything else about what you did in the house during the day? I don't have any more, questions, but if you want to say anything more, you're welcome to.

C7M: No thanks.

R: OK that is ok. So that was all that was.

[closing remarks]

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Participants	A42M- 42yrs, White, Male, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home A38F- 38yrs, White, Female, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home C14F- 14yrs, White, Female, Primary Education Completed C12F- 12yrs, White, Female, Primary Education Completed C7F- 7yrs, White, Female, No Schooling Completed
House Details	2 Bedrooms Tenement Rent Privately No Outdoor Space

R asking C14F: which one would you like to start with?

C14F: Uhm? The party one.

R: OK, why was it so important for you? Why did you choose this photo in particular?

C14F: I think I chose that one because it highlighted like togetherness of lock down and how during like when we were spending all this time alone, we kind of bonded closer as a family. and I think this is one of those instances where it shows how, like closely around 'cause we like spending more time together.

C14F: That's really nice, and where was this party?

C14F: just in our bedroom

R: in your bedroom... so uhm and how frequent did you do such fun things?

C14F: and. Uhm, I think we did a lot more things together, but like we had something going on where like every week. we'd choose like a different way to hang out as a family. So, like we did like a movie night, we did like a quiz night and this one we had a party.

A42M: Yeah, we did. We did as well. Sorry if I can jump in. We did like a like a poster every morning, you know, broke down what's going on that evening, so we did like a disco in the in the room then movie night and one of the kids picked a movie and stuff like that. So, I tried to make it... As in more and more interesting, you know, like. About once or twice a week, wasn't it? Then this call and some other stuff coming. Remember really, but yeah,

R: that's really nice. and was it always in the evening time?

A 42M: I think most of it was in the evening, this is kind of put up the poster in the morning and so they had something to look forward too.

C14F: Yeah, we like get ready for it throughout the day for the later in the day.

R: was that part of your routine before the lockdown?

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C14F: No, no, we didn't do it. Anything like that before.

R: like we did have like a movie night every now and then. Like you watch movies but not something that we would do like...

C14F: on a regular basis.

A 42M: Yeah, create a box office, C12F would create a little tickets as well. Do you remember (talking to C14F).

C14F: Yeah

A42M: yeah, and stuff like that, so yeah.

R: And he has this routine state with you even after the lock down has been lifted.

A42M: No

C14F: no,

R: no? OK yeah. And I see like a difference in the in your bedroom C14F and also I think that's the living room or the other...

A42M: uh, it is.

R: Yes, So what changes did you have to do in in both rooms in order to, you know, make this party and gathering time?

A42M: in the living room, we did, the main change was, removed the sofa and created like a den behind as you can see in one of the pictures there.

C14F: and in the bedroom we just made like decorations out of like we printed out some photos and we put them as like little pictures. I think we; it was like we did lol dolls and we made like little like banners out of them and we put like little [inaudible] all around it.

R: Yeah. OK, that's nice. And how did it feel during that time like? Safety like during that time? I mean, how did you feel either about the whole thing, the party time, or how did you feel about your bedroom or the living room during the that time? Uhm you if you would like to describe your bedroom or the living room while having this party or while having the movie night.

A42M: for me it was really crowded like full of people. No privacy, you know no space is always someone somewhere but, just it's alright but...

C14F: Time it was really crowded, but it was like some nice still though, because it made it feel more like everyone was involved.

R: It's nice and would you like to add anything more about that?

A42M: I would just save it. Didn't really argue that much in the first few weeks of lockdown.

C14F: no.

A42M: If I remember correctly, which is surprising. 'cause normally everyone is arguing with everyone you know the kids are at each other's throat all the time. But I think the first few weeks everyone was kind of a bit scared, not knowing. But you know, not knowing what to expect, what's gonna happen and stuff. So, everyone was bit nicer to each other... the girls. and they didn't last very

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long. They're arguing all the time now. But yeah, the first few weeks I think it was... It was kind of OK. It was a nice experience. I think it's going to be a nice memory one day. that's all.

R: That's great, yeah. So, shall we move to another photo?

A42M: yeah, sure?

R: So, uhm, who would like to talk?

C12F? I remember yours was with the one with the rainbows and the. Was that the one?

A42M: I think so yeah.

R: Is that the one?

A42M: I can't remember because some of them. Obviously, it's for all of us. Kind of...

yeah, that's when we went for a run. Yeah, that's the one.

R: There's another one I know, so I think C12F you shared. You also sent the one with the in the outdoors. Yeah, I think wasn't that...

A42M: could be that. Could be that one. Yeah, that's when we were going for a run, you know, during the hour when you were allowed to go. Yeah, as you can see, they are very happy about that.

R: So C12F, which one would you like to start with to talk about?

C12F was very timid to talk and her father talked most of the time on her behalf. I didn't probe when I felt she's getting stressed when she was in the position that she had to respond.

A42M: just talk about this one with the rainbow wants to remember it's on the right.

R: Why did you pick this photo in specific? Just to talk about and share.

C12F: the NHS.

A42M: she's very shy. It's gonna be hard for you to get anything from her.

R: what was so special about the NHS, was it all the crafts and drawing about the NHS? Did you do any of these drawings in your home? Also, there were many people who drew, you know, these rainbows on the and stuck them at the on the front window. And did you do any of these?

C12F: Yeah, yeah.

R: So why did you do that? Why did you do pictures?

C12F: I like the NHS

A42M: Yeah she enjoyed you know, clapping every Thursday so did the little one C7F, the youngest one. They very much enjoyed it every Thursday. If I didn't do it I was told off that's for sure. 'cause sometimes I couldn't. You know I had other things to do obviously, but I was very much told off for not clapping

but this this picture of the rainbow... It was one of the days when I finally took them to the shop with me, not at the very start of the lockdown, it was bit few weeks after. It was a bit closer cause we were allowed to go. We walked on the way to Lidl and we saw this this graffiti appearing and they both loved it. They felt it was really nice, so I remember taking that picture.

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They were both (C7F & C12F) pretty much obsessed with the clapping really.

R: And how does it feel like during this clapping? Is it like it? Is it like uhm, did it bring sense of cheerfulness or being part of the community or like there are many people talked about it in different ways How did you find it?

C12F: I don't know

R: And maybe sometimes these multiple colours were very cheerful

C12F: kind of.

R: And what about UM, this noise outdoor photo? So, did you go outside a lot?

C12F: yeah

R: you have like some active time? Did you take them like some sports?

A42M: we were trying to go for runs on a regular basis, obviously as part of the like... instead of, you know, 'cause they're not at school, so try to do 5K, didn't we? At least you know they usually do like two or three K, but. Uh, they were motivated by if they do 5K they can buy a toy and stuff like that. So yeah, we tried to go on a regular run and then just for walks to the park as well and we have a dog as well, so you know obviously walking the dog was big thing.

R: and was that part of your routine before lockdown?

A42M: yeah, I always go for a run, I mean. So, it was part of my routines. They didn't, but I forced them to do it. They weren't very pleased. But yeah.

R: what about after the lockdown? Has this routine state?

A42M: I don't think so. I'll still go for my runs, but they don't. I mean, they do obviously now they do stuff at school so. There's less time for that. So yeah, no, that didn't stay. We were planning on like keeping that activity going for a run regularly, but. I've always gone and then say, oh, we're gonna go again next week and then it's like three months later when we go again.

R: And C12F if you would like to draw any of any other places that you have liked or places that you didn't like during lockdown in your home in specific, yeah, that would be great and you can share it with us either during the interview or after the interview you can send it by a mail or by post, if you'd like to.

A42M: go on, draw.

R: And we also have...

A42M: C7F the youngest. I'm sure you remember this (her photo in the park)

R: and there is another photo in your room, I guess.

A42M: which one would you like to talk about first, this one?

R: OK, so why did you pick this photo, why did you like this place? Where is it anyway?

A42M: Do you remember?

R: do you go there a lot?

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A42M: Yeah, it's our local park. Everyone there pretty much every day. Do these little fairy houses we build like what 4-5 of them

C7F: I think 6

A42M: every day we kind of build a bit because at the first few weeks were only allowed to go out for an hour a day, right? So, we kind of slowly building it. Then every day we came back to check it and add some things to it. And yeah, just it was nice to get out of the house, wasn't it? See what's going on. They stay there for the few months really 'cause it was in the part of the park that not many people go to.

R: and you still go as frequent until?

A42M: we don't build houses anymore. But yeah, we still we still we still go to the park? Yeah, that's something we've always been doing it. Obviously during the lockdown, when they're more often every day. But in normal times outside we go like two or three times a week, at least one.

The father encouraging C7F to talk.

Yeah, sure, I will build one. Doesn't look down OK. You can speak loudly, you can tell. Why do you like the park? Would you like to park there?

R: What's it called this park?

A42M: ***, it's it's in ***.

R: and why do you like it? Is that your favourite park?

C7F shock her head to show disapproval.

A42M: No, no, no. It's the closest one. It's literally like about 5 minutes' walk from our house.

R: And what else do you find there? Do you like you? You played in with the? At the tree there are there also like a. Is there a playground?

Do you like to play the playground there?

C7F: Yes.

R: yes. And did you like it when there were no other children around?

silence

R: Did you still like it to play there with your sisters and with your parents?

silence

R: Would you like to draw to draw it to me or do to draw any other place that you like? During the lock down?

silence

A42M: draw a picture of the park on there?

R: but first would you like to talk to me about the other photo?

A42M: C7F, come back just in a minute.

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C7F: but I wanna do it now (the drawing).

R: What about the other picture, this picture (her phot in her bedroom)?

A42M: Do you remember that?

C7F: no

A42M: come on.

R: What happened there is that is that your bedroom

C7F: yes.

R: and you have lots of toys there?

C7F: yes.

R: And is that your favourite toy?

C7F: No

R: No? what's your favourite?

Talking to her father.

C7F: Can I show it?

R: Yeah, that's fine. You could show it to me if you want to.

A42M: Yeah. Yeah, it's so hard for kids. Yeah, this this picture. This is where we were playing. Obviously, we're trying to kill the time as much as possible. Not to go crazy, so we were building like a cities and little towns. And with all these little dolls acting playful like fighting there. You can see this is a runway we build paper planes. This is like a airport, airport tower. Yes, they spent a good 3-4 hours every day playing this, this kind of cities and towns and. Dolls fighting against each other and.

C7F got her soft toy

C7F: it's not my favourite one.

A42M: show it in the camera.

R: That's really nice, yeah? What do you call it?

C7F: I call it Brownie

R: brownie. OK, and you keep it in your bedroom.

C7F: Yes,

R: who else played with you in the bedroom in your bedroom?

C7F: No one else.

A42M: we did during the lockdown!

C7F: no, you didn't.

A42M: when the lock down was on, we were playing all the time. Do you remember?

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C7F: no.

A42M: really?

C7F: really

A42M: So, who was building this with you?

C7F: me!

A42M: who built the aeroplanes?

C7F: C14F!

A42M: C14F can't do it. I was playing with you every day. Little liar.

R: What else do you like to do? Do you like to colour and draw?

C7F: Yes,

R: yes, and you have all your tools. They like the colours and colouring pens and pencils in your bedroom. And colouring paper?

C7F: nodded.

R: And do you take any of these toys in the living room?

C7F: Sometimes not that much though.

A42M: You did during the lock down.

C7F: yeah, but not that much.

A42M: during the lock down all the time.

C7F: Not that much

A42M: a lot. Yeah

C7F: not that much

A42M: yeah, a lot.

C7F: Not that much.

R: And why don't you take him out of the bedroom? Do you prefer to play in your bedroom more?

C7F: Yes.

R: And uhm, do you after the lockdown, the invite friends in your bedroom and play with you?

silence

A42M: you had *** a couple of times.

C7F: yeah, but my friend lives across the road.

A42M: Yes, still.

C7F: yeah, but that doesn't count

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A42M: that counts. She came to your house.

C7F: she lives across the road.

A42M: And then she came to your house. So yes, I would say yes.

C7F: It was like 5 times. That was not locked down.

A42M: Because the lady was asking after lockdown.

C7F: no

A42M: what do you mean no?

C7F: she only came once.

A42M: she came more than once.

R: Well, OK, so C7F, is it different now from during the lockdown? is your bedroom different now?

C7F: yes.

R: How different?

C7F: Less toys,

R: less toys? where did the toys go?

C7F: In the bin.

A42M: Yeah, no. It's actually true. 'cause we're buying a house so we kind of preparing for the move, which should happen in next few weeks. So, we're getting rid of loads of things. Yeah, so yeah, she's not actually lying. I had to throw some things away and give them to charities and stuff so

R: So yeah. OK, that's nice.

Would you like to draw anything that you would like to add? You can also draw a place that you like the most or the place, or maybe a place that you didn't like, and you would like to say anything about why you didn't like it.

C7F: Can I draw a tree?

R: Yeah, so I think that's important. Any place that was important for you during the lockdown.

A42M: Do you remember the lockdown? What did we do? We went to the park all the time. You loved that

C7F: and build a den next to the tree. Can I draw that?

R: yeah, of course, yeah. And you can also write what do you like about this den? Or about the tree? You can describe it if you would like to.

A42M: OK.

R: OK. So shall we, uh, move to there is from this photo that you have sent, and there is also another photo that. Oh yeah, yeah, that that's how that's

A42M: that's the den we build behind the sofa. So, we basically moved so far that I've used a couple of blankets, nailed them to the wall and there's quite a quite a big space there.

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C7F: I was the one who dressed up like...

A42M: yeah, and the kids even like slept in there at some point. Yeah, it was quite like an extra room. You know, even though you were in the same room you could hear everyone. It felt like a bit of a privacy. She (C7F) have toys there. She was playing there. and we kept it for good few weeks.

R: but it's mainly for C7F? Or...

A42M: all of us really, I was in there at some point just reading a book. You know, I had my headphones on just. Just so I didn't have to see anybody even though they were literally sitting on the sofa that was behind the sofa and it was just. It's like nice extra space. Yeah, it's because we live in a fairly small flat right now, or a maisonette. So, he gave us an extra bit for a while.

R: And just did you still keep it after the lock down?

A42M: no, no, no, of course not.

R: you returned it back.

A42M: after lockdown, few weeks after we bought new furniture. New sofa and stuff like that. So, we kind of replaced pretty much all of it, so yeah. Yeah, and things change.

R: there is another photo. So that was shared. So which one would you like to talk about there too?

A42M: The black and white one was... I took that picture. This is literally like a day before the lockdown started. OK, 'cause we knew it was coming. Obviously, everyone knew it was coming and, you know, worries because everyone wasn't very sure about it. But we all knew. So, I remember, I was going to certain park because for you this is probably our very last trip for a while. So, this is basically the last trip before lockdown. Uhm, so yeah. So, I think that was kind of important because it was the last day before for next three months or so. Lost proper trip out of the local area.

R: OK, that's nice. and as you said that some going out was not did not as part of your like daily routine has not been kept in your daily routine after the lockdown.

A42M: Will you still be still going out like this? We always even before the lock down. And now we always go in there like loads of trips and stuff, you know. always that's something we've always been doing. You know, if we have a day off or something and as long as no one is ill or something we're always somewhere. so that's probably that's one of the yeah, that's probably why the lockdown was a bit difficult, especially for my wife 'cause she loves to be outside as well. Some people didn't miss the trips and stuff. We did because we did loads always did and will always do. so that's something that stayed.

R: so, like we would say the occasional outings return back to routine for occasional outings but not the daily.

A42M: yeah, not daily obviously. No, there's no time for that because as we said because of school, and you know we both work as well. So, during the lockdown when I was at home for a while. Obviously, we had time, so we could go to the park every day, you know. Even if it was just for an hour, we could do more of them obviously. now it's kind of different. Now obviously, if I'm if I have a day off, we go out for the whole day. So so technically we spend more time outdoors, but it might just be one once a week, twice a week, but it's for longer.

R: so yeah. So uhm, yeah. Before we move to the second part of the, UM, yeah I will, uh, anything that we would like to add that you haven't shared during the interview, you can add it in a booklet

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that I will send you after the interview so you can talk about anything that just came into mind after the interview or anything that you would like to give more details or add more please. Come and so I'm gonna stop sharing the photos. Yeah, off to the next part. so the next part is about the changes that you have made to your home. So, uh, and as I said, it's all about the changes and relating them to the wellbeing how far? They were successful or not successful in supporting the wellbeing of the family. But before doing that I would like to ask also to ask two questions. Why did you choose your home that you live in at the moment? And why are you moving right?

A42M: So, we're moving... why did we chose this one we live in now? Oh gosh, I can't even remember. I've been here for so long. Yeah. When we first found this place 'cause we were renting this place when we first found this place, we were fairly young along time ago and we're only one child, so it seemed big enough. It was an upgrade because we lived in this one small sort of room with a kitchen. Uh, so yeah, it was massive upgrade, but obviously we had more kids and all that now. Now it's just small is too small, especially during the lockdowns you realize how small it actually is. when you can go out when people go to work and to school and you're not spending that much time together, you know, it's fine. It's doable. But the lock down definitely made us realize that we need to move to bigger place and we all, we were saving money for, you know, for the house anyway. and so, the whole lockdown. Uh, definitely speed things up. And, uh, yeah, we hopefully moving soon. And now I think I would say... Because we don't have a garden, obviously, 'cause it's a maisonette, it's first floor. During the lockdowns you realize that you definitely need the garden. and even though I don't think there's gonna be any more lockdowns or like the first one or so, but still, you realize that you should have a bit of a garden. It helps the kids and everyone as well. So yeah.

R: So, the move is one of the changes that you are making.

A42M: Yeah, the move is the big change. But as I said, we also after the first lockdown... We kind of sold all the furniture that we had in the living room, bought new sofa and stuff just to make it nicer. So I guess yeah the furniture was kind of bit oldish anyway, but it just needed to change because once you're stuck in the place for so long for four weeks and weeks you kind of need refresh I guess. You know you need to feel like you're someone else for a bit. so that's what we did as well.

R: And how did that help?

A42M: Definitely helped. It's kind of bit brightened and stuff. Yeah it, it's different. It's change, isn't it? So, you know when you buy a completely new furniture in in one room for few weeks you feel like oh, I'm somewhere else. You know I mean, then the novelty wears off obviously after a while.

R: Is it only new furniture? Have you changed the styles with colours?

A42M: it's a different colour, different style of the furniture. I remember office also painting all the rules which they won't do again, but again, it was something to do is it. Wasn't it like you know you? Yeah, you're at home, you need something to do so I was. Yeah, we have painted pretty much all of the rooms. Yeah as well during the lockdown.

R: Yeah, and what about the colours?

A42M: the colours are still the same.

R: any changes in the settings or the arrangement of the furniture?

A42M: that's pretty much the same. So, it's just kind of replacing it. And, uh, yeah, that's it.

R: yeah. So, what specifically are the where the where the challenges?

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A42M: The challenges, as I said, their lack of space. That's the main challenge. I mean with three kids, and since we only have two bedrooms. So, we had to sleep in the living room, and you know, it's not easy. So, we. That's why we one of the reasons why you want to move for passage to have a proper space for everyone. So those are the challenges like being on, you know, seeing each other all the time 24/7 almost. And yeah, that there was a challenge because with kids they wanted to watch TV. They wanted to spend time with us, but sometimes we as parents we needed time together as well. It's kind of it wasn't easiest. But nothing too horrible I would say.

R: So, what is it specifically that you are looking at in the bigger home so it could be a home with a bigger area, but the design could vary from a place to another. So, what are the specific features that you're looking at and you feel that they will be very important to support your wellbeing and give you a better experience in your home?

A42M: Well, we obviously yeah, the extra bedroom that's one thing, but the main thing is the garden. We found the house. We got a really big garden like a. Bigger than average in this this area we actually. One of the things that the lockdown probably pushed us to do was move out of ***. 'cause right now we live in ***. She's a big city. Obviously over a million people and stuff. And at first, we were looking at houses near the area. But don't realize why. Don't we just move somewhere to the countryside, and we found the house and will be moving to out of the *** to the countryside to small town like 20,000 people live there so close to big boots and for us with big garden so close to nature really. Oh yeah, yeah. So yeah. So having the nice big garden, it's probably. Yes, one of the main things that, I would say, we need, yeah.

R: So also, there were very. I mean, uhm. There were some challenges that were very common in most of the family that we experienced with the families with children. So, one of them was home schooling.

A42M: Yes, forgot about that.

R: And the other one was work from home and I'm interested in hearing your experience.

A42M: well, I didn't work for home because of work as a carer, so I couldn't possibly work from home. so I was at home for a couple of weeks when the client I worked with didn't want anyone coming in so. Just put in table darling. Sorry uhm so I was at home. Yes, I was doing all of the home schooling because my wife completely refused to do it. She knows she doesn't have patience for it. and so yeah, I was doing the home schooling with three kids. You know from different years. Two of them at secondary school. Well, one of them was just finishing primary schools, so it was the last year at primary school. And so, so like looking at three different sort of resources. Trying to prepare some lessons for them. that was there was a bit of a nightmare 'cause I did, I didn't have an idea what they were actually doing at school before the lockdown. You know it's easier for the primary school child that it's kind of. You can easily find out and it's fairly easy. Secondary school started. I had no clue where they were since they don't have any books, you know. 'cause even when I was a kid we always had books at school, right? You had a book and you knew exactly what page you are, where you are. So, your parents could look and see what you should be doing. But in here in England it isn't like that. They don't bring any books whole nothing. So that was a bit of a struggle for me, so I do like Google everything. Look at all these bite size, BBC bite size websites and Doctor frost and stuff. Try to find something for them to do and sometimes it took me ages to find something to do with them only for them to tell me oh, we've already done that a year ago so. It's just yeah.

R: And that way I how was it managed in in space? I mean who worked where?

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A42M: well, I think we all work kind of in here in the living room mostly. You know, I gave them something to do and I try to do like swap things. like one of them was being marked the other one. For example, I told her to go for a run or something like that. You know, do PE so they're not in each other's faces all the time. But yeah, yeah, they're definitely. The first lockdown was much harder because there was nothing. Literally, we weren't getting anything from the schools obviously. 'cause they were not prepared for it. Is the other lockdowns later on when they were doing zoom calls there was a lot easier obviously. zoom calls with the teachers. but the first one was a... I think its first. They found it really funny. They force, it's just dead. You know trying to teach us something? Uh, so they didn't really take it very seriously, but then they realized they actually have to do some homework, so they get a bit upset about it, but. We did. We did a lot of it was. Obviously, I'm not a teacher. I can't explain things to them like maths II. I don't know very, very good. I start and stuff so, it was mainly me printing things out for them to do some equations and things, but a lot of it, a lot of it. What we did it was a. Watch stuff as well on Disney plus. Which I don't know if you remember. It was coincidentally Disney Plus launched in in Britain. On the day of the lockdown, when the lockdown started. And then there's they have a lot of National Geographic stuff, so a lot of the documentaries that were very helpful. Yeah, there's a lot of subjects like, C12F was doing at school about Egypt and stuff. You know, ancient Egypt and stuff. So, so we watched some of it together as well as part of the planning. And yeah, it's stuff like that. A lot of improvisation.

R: Yeah, that's great. It was challenging for everyone.

A42M: Yeah

R: So, what? Was there anything else going on in in the living room other than studying during that time?

A42M: Yeah, I mean everything is going on that. As I said, the movie nights, Days, TV, playing games with the played a lot of lot of board games as well during the time, during the long time.

R: How were these multiple uses scheduled?

A42M: It was like, I don't know some of the some of the things I said we kind of scheduled like we can have the movie night but say it's 6:00 o'clock. So, we knew that. We did couple of hours of the learning and then then the kids obviously bored. and your kind of... had to do something. So, we have, so it was just random. Like if someone decided something. Oh, let's do this. Let's play monopoly or you know. This is just a, it's just all happening. I remember for me personally. Are my escape was elected and wait for it to go to the shop. Obviously, do the essential shopping. I did bit more of a central shopping. There probably should have, but sometimes you just wanted to go out for a bit.

R: And but what about their bedroom during that time? I mean I, if everything... if there were lots of users accommodated or happening in the living room. So, what about...

A42M: they were doing stuff in the in their bedrooms as well. for example. Yeah, C7F, she was playing there with her toys, so when she was doing that, the other girls were doing, for example, their homework in here in the living room or just they were just chilling, chilling in here, watching TV. So yes, not all the time in the same room obviously. It would just be crazy. but no. We also had a during the lockdown. I probably should mention we had a bit of a. Drama with the eldest girl she ended up in the hospital for a week. Uh, because she had a lot of. Lot of seizures which at first before it was an epilepsy. But it turned out it was they were psychological, so it might have something to do with the lockdown. We don't know till today. but she ended up in hospital for a

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week. And, I remember that it was a bit worrying. Obviously because you hear from everyone. Oh my God, you don't want to go anywhere near the hospital and stuff like that. That week after we ended up in the hospital for a week so but yeah, she's fine. But a lot of it was psychological that the doctor thought it could have been triggered by the whole pandemic as well. You know, because we see she was at that time she was about 13. If I'm correct is 14. Oh yeah, yeah, she was 13, you know, going just kind of started secondary school so a lot of things. A lot of changes in her life. Yeah, she just. I guess she just couldn't cope with it. So that was another thing.

R: I'm glad to know that she's OK.

A42M: Yeah, she's fine. She's yeah, it was just bit worrying. You know, you know 'cause she was having seizure after seizure and if it was an epilepsy that could be very dangerous to have, like a like 40 seizures in an hour. But because it was only there for psychological seizures, so they're not dangerous or anything, or not too dangerous, to the extent that you have brain would be damaged or anything like that. she's fine.

R: Yeah, that's great to know. so would I add like I now, I get the image and please correct me if I'm wrong, that I feel like the like the girls bedroom was used as like some sort of a place for relaxing or keeping away from, I wouldn't say the crowd but the crowd, but like being together...

A42M: yeah, yeah, possibly. Yeah, I think I think so, yeah. If someone didn't want to join in with the family stuff, they just went to their bedroom, and you know lie down in bed or whatever it was currently knows. Playing with her toys. Their own yeah, but most of the like the actual family stuff was happening in the living room, So yeah.

R: OK, that's great. Uhm, well. Thank you very much for sharing this with me.

A42M: OK, no problem.

R: And uh yeah as I say anything that you would like to add after the interview you can add it in the in this booklet. and would it be possible to talk with the girls now?

A42M: Which one? All of them or...

R: whoever would like to talk to me.

A42M: come on girls (calling the girls after they left the conversation)

C7F: what we're doing?

A42M: just talking with you.

R: did any of you have drawn any anything or would you like just to talk? We can either talk about the drawings that you have done or just talk without anything.

C14F showing C7F's drawing: OK, so this is a I think it's pencil one, so it might be difficult to see.

R: I can see it. Yeah, it's a tree and who's standing beside the tree C7F?

C7F: me

R: and where is that?

C7F: in the park

R: the park that you showed me in the picture?

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C7F: yeah

R: And is that the place that you like the most during the lockdown?

C7F: And kind of.

R: Is there another place that you also liked?

C7F: Not that not that much.

R: not that much... OK, so you talk to me a lot about why you like the park, but I'm also interested in hearing about a place that you didn't like, and you were not comfortable to be in for any reason. Like a place that you tried to avoid. I don't wanna go to this place.

C7F: the shops.

R: you didn't like the shops. Why didn't you like the shops?

C7F: It's just boring walking through the shops.

R: Even during the lockdown.

C7F: Yeah.

R: OK, so you wear when your parents will have to go to the shops. Did you prefer to stay at home?

C7F: Yes.

R: OK, what did you do during that time?

C7F: Probably play on my tablet.

R: OK right in your bedroom too?

C7F: yes.

R: And why do you choose your bedroom to play? Why not living room?

C7F: 'cause they're always watching TV. And like all my friends are like talking so much.

R: And you sit on the floor or do you sit on your bed?

C7F: my bed.

R: is it because it's comfortable?

C7F: Yes.

R: And is there? Is there anything else that you'd like to talk to me about? Anything that you liked him or anything that didn't like.

C7F: no.

R: And what about C12F AND C14F? So, what were your favourite places in your home during the lockdown? And it doesn't have to be inside your home. It could be any place that was part of your everyday life during the lockdown.

C14F: Uh, my favourite place was my bedroom.

R: OK, and why is that place your favourite?

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C14F: Because that was when I was like on my own and no one else was in there and no one could like bother me.

R: And what did you do when you were alone?

C14F: UM, I would like got my phone might message my friends like watch TV or like read or like do some schoolwork.

R: Yeah, and as far as I understand you share your bedroom with your sister.

C14F: I did for the first half of lockdown, but I don't anymore.

R: OK, and uhm, so when you shared your bedroom so how? How were you able to stay alone in the bedroom?

C14F: I wasn't. I was always being bothered by my sisters but I had because we have a bunk bed so I would sleep on the top and then C12F and C7F they'd be like the bottom bunk. So that was kind of like the most privacy that I would get, like being on the top bunk.

R: Yeah OK and was there a place that you didn't like during that time and you? Or do you try to avoid you were not comfortable to be in.

C14F: just going outdoors in general.

R: you don't like going outdoors?

C14F: No, it was really boring. I didn't like the walking I. I would just prefer to stay home because I'd like gone used to staying home. So then when we went out it was just I didn't wanna go.

R: OK, and was it because of the weather or was it because of? Not socializing with anyone outside or...

C14F: uh, I just really can't be bothered. I just didn't have the effort to go outside.

R: And when everyone went outside, what did you do at home?

C14F: UM, when I was at home? I was just like message my phones or like play games.

R: Yeah. OK. and what about your favourite place now and? After the lockdown.

C14F: My favourite place now is, uhm, probably the city centre.

R: The city centre.

R: And why is that?

C14F: 'cause there's loads of like shops there and I like going there with my friends and it's like a good social place to hang out.

R: And it's not your bedroom anymore, is it?

C14F: no

R: So, what's the place that you? Mostly dislike now. You don't want to be in.

C14F: Probably my bedroom now.

R: OK, why don't you like your bedroom anymore?

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C14F: Oh, it's just boring. like I do stay in there like all the time but it's like if I had the choice to like to go out with my friends or stay in my room I would choose to go out with my friends.

R: OK yeah, that's nice to hear. So yeah as I said as I said, if you'd like to draw or share by writing anything more that you'd like to express about the places that you like to the places that you dislike. You can do that individually, like separately, and you can send it by email or send it by post to our. So, the other members of the project, the team of the project. And, uh, yeah, it could be. Any thoughts that we would like to reflect on anything that you'd like to say, but specifically about the lockdown time? And maybe sometimes you would like to. Uh, we fear that by comparing between now and during the lock down and you start to see other things that you were not. You know I am very aware of that. It was really happening or that's where your choices. But you became aware of after the lock down and after everything has changed so up that would be great. and for C12F so would you like to talk to me about the important places for you?

A2: Probably just going outside.

R: OK, so that's what's your favourite thing. So, what did you do when you when you went outside?

A2: Like go with my friends and stuff.

A2: But what did you do during the lockdown when we were not allowed to meet anyone outside?

C12F: Just go for walks and stuff.

R: OK, and uhm, so as I saw your picture you walked with your family, and did you walk alone?

C12F: no, not just with my family, just with your family. And how does it feel like during the walks.

Is it more entertaining? Or is it's refreshing.

C12F: refreshing.

R: But what about the places that you didn't like, which place that you didn't like the most during the lockdown?

C12F: I don't know.

R: Was there any place that you try to avoid it? Feels uncomfortable to be in?

C12F: not really.

OK, well that that's great and thank you for sharing this with me.

[Closing and debrief]

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Participants	A35F: 35yrs, White, Female, Master's Degree, Pre-Lockdown Not in Paid Employment, During Lockdown Not in Paid Employment A60M: 60yrs, Other Ethnic Group, Male, Pre-Lockdown Work Outside Home, During Lockdown Work from Home C5F: 5yrs, Mixed Race, Female, No Schooling Completed
House Details	Semi-Detached 2-Bedroom Rent Privately Private Garden

The interview setting was changed at the beginning from the living room to the dining table at the kitchen to allow the child draw.

R: On screen so we can talk together about them, sure. Just a moment please. OK. So it should be sharing now.

R: Yeah, so can you see the photo?

A35F: Yeah, there's the one here. You can see we are certain now. Yes, yeah, using it for the homework because a school been given lots of tasks for the developments their motorics [motor skills], they've been doing putting a little hoop on. They've been doing their names from the cereals they've been doing. The numbers and other things. So that's also now doing their homework. So you started. I mean, we've been doing the tasks. Yeah, we just keep going using it. We didn't buy separate the desk for her 'cause it's quite comfortable using the kitchen table. You know, we have also a snack over here, doing her homework, drink milk or some other water.

R: and you still, uh, use them also for your family meals?

A35F: yes, for family meals

R: Also, what happened during... like during the homework time? What's what other things happened like in parallel, or I can see there it's connected to the kitchen?

A35F: It is in the kitchen; this kitchen is connected to the living room.

R: Yeah, So what? Also, what other things that happened while C5F was doing her homework on the dining table?

A60M: What other things would happen was the C5F was doing her homework. So well, her friend would join. The neighbours' have a little daughter.

A side conversation between the adults about recalling what happened.

A60M: Yes, so her friend, her next-door neighbour, C5F has a friend round about the same age, maybe a year older.

A35F: She's two years old

A60M: and she would pop round and they would both sit here and do some drawings and some... And... mainly drawings, really.

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C5F: My friends [listing names of her friends] And much more friends in the world.

R: that's so nice and and you always do it. Did you do that before the lockdown? Did she come to you before Lockdown time?

C5F: yeah there is *** in the class, well...

A: because the girl next door when they couldn't go to school, they could play at some point. it's just. It's difficult as well. One year this year and that year was kind of very different and the length of lockdown was different.

R: So how different were the two years from each other? That was it the change in?

A35F: During the first one, yeah, we didn't know everything we've been consuming a lot of news.

A60M: Well, we were wary initially of this, a virus obviously and so. But then if you read around it, we read around it. So, I would definitely read around it and, uh. Uh, I felt that there was too much, what can I say? Yeah, fear mongering really with the press. Yeah, and dumb. Definite definitely, uh, uh. Doctor *** was a great influence. Uh, he's. He's a Doctor who's been in Pfizer in fact, have you seen him?

R: actually no,

A60M: he was a voice, a voice... Well, he was fairly high up in the hierarchy. And he. He said that the virus was very much akin to the cold. common cold. Obviously, it has a slightly more virulence. But as time goes on, that this virulence dissipates and... So, I chose to listen to what he said. So yeah, I had this translate to our everyday lives. Then we were less. Uhm, we listen less to the to the news really because it's just whipping up too much fear and...

A35F: negativity

A60M: Yeah.

A35F: I'm not sure. They did a mental health also. Yeah, because we've been scared, we didn't know what to do. So, with no masks, no antiseptics. you would be afraid to come out and be around people. Other people also would be afraid, you know you can come close, they can't keep a distance from me and... So, after lockdown it's already easy because we already got used to this. Yeah, and uh, there already has some things which we do, and we help us relax and get away from all this. We go for walks, started doing like a movie night. Like rent in some cartoon and watch it together. Uh, we got this got older now will be played at the board games like snake and ladders, Domino's hopping baskets.

A60M: So, so the neighbours were also sceptical. So, we... Their daughter mainly would come here and play with C5F. and uh. We went, obviously. We did wear masks at work or in adhere to the to the rules, obviously. But, uh, anybody come into the house, obviously to fix anything we would insist on them wearing the masks and...

but I I think that, uh. We paid little notice really to the news. Obviously, uh, yes. We just washed our hands, wore masks... But never bought into this hysteria. That's right. That's the word out that I was thinking. Obviously, hysteria that people... I don't know. It's a... I think if you don't read around the subject if you don't read about the situation, you are very likely to be prey to this hysteria. And I could see this obviously in my workplace.

The irony is a neighbour have caught this virus.

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A35F: All of them except...

A60M: I mean, you know, I think if you got a strong constitution, you could overcome this. and I mean... According to my deed and this is just a common cold, is this not a distant custom by any means. and uh. Uh, we have faith in good nutrition good... A35F cooks great meals.

A35F: Yeah, we got the vegetables and we all taken vitamins. I have to strengthen

A60M: we exercise. So, yes, uh, I think armed with that, then we're gonna be less fearful, less intimidated by circumstances.

A35F: And come back to the table. Uh, just like popped in my mind. We started doing during the lock down, for example, Christmas postcards, and we've been doing some baking and decorate and over here and C5F start helping me to do the pizzas so I would put over here the pizza and we would put the sauce.

The child's interruption

R: Yeah, and you do that all together or do you do that?

A35F: yes, my husband was quite busy. I was really trying to keep C5F out of her [unclear word] because he had one meeting after another and C5F would want to pop up over there and say hello to everybody and everything else so. That was a bit difficult, so for her that there is a home. Yes, it is home, daddy's at home and he's woken and it was a big difficult for her to understand.

A60M: I think they can now, while also using the different apps like WhatsApp to communicate with colleagues, it's good. But it can be overdone really, because if you if you don't put a if you don't draw a line on a work taking over after yours school hours, then it can impose upon your Uhm, like here in in in the house after school. Even though I was working at home I would get a annoyed if it go it would if it went beyond four o'clock say. And I would hold the notifications. and I could still see that they were still communicating beyond those hours, you know. Uh, especially. I mean if I had to mark any work after that time, uhm. I would switch off any notifications. So, uh, yeah, I'm definitely would stop anything impinging on my family life. Much to the annoyance of some people. I wanted to get hold of you at anytime of the day! but I I drew the line on that. But it was essential that we did have some means of communication, so we use their teams Google Class the WhatsApp, the Skype. Whichever actually the facility that this... and we found that WhatsApp was very good and the Google class. But, uh, obviously. We drew the line with any one-to-one with pupils.

A35F: Yeah, I think one area is that anybody can see you.

A60M: no no no. with teachers and pupils, you've gotta be more strict.

R: yeah, I would like to ask where did you do your work? Is it also on this table or did you have a separate place to work?

A60M: No, uh, I would do it upstairs in the bedroom.

A35F: Yeah, because ours... we have two floors. Our house is not a big uhh... two bedrooms upstairs and a living room and a kitchen downstairs.

A60M: or the lounge, would do it [work] on the sofa.

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A35F: yeah, , I was just trying to keep C5F occupied over here, do give you some peace and quite [unclear words]... will keep go up [unclear word] to check on daddy. That was challenging a bit. Especially when he had a meeting, she can't understand [unclear word].

Interrupted by the child

(We made our own ice cream also on the table, so we've gotten a ice cream maker. Yes. Yeah, we make together. And why was he doing? Say again, Sir, why would you? She's making. Juice and squeeze in the juice for everybody. Oh yeah, she's making great juices. Well you do. What do you like the most? Which juice you like the most? Do you like that images? Aren't I like? Oh squeeze, she'll squeeze the lemons. And then, uh, we try to win a not put too much sugar, but she, but she doesn't make these nice juices, yes, and oranges also. Oh, that's very clever, C. Orange shreds the lime juice to it.)

R: So why was it challenging for for A60M to the work if he had, if he had the opportunity to be separated upstairs from...

A35F: there are no locks on the doors so, you can close the door but she can open.

A60M: cause I'll be doing a conference call on WhatsApp, no no no , what's it called? Teams. Sometimes we use Teams. So, I would have to mute that, 'cause I'll be speaking to colleagues.

A35F: (explaining how she explained to C5F) Sweetie this is a working space, let daddy finish, you can come to daddy. So, I will bring that in ***. I want to know how is daddy doing.

When there was a lift for lockdown and we were part[ial]ly back to school, he would spend the morning, like a 9 o'clock start till 5, he will just have a lunch break, prepare the lessons and marking, a lot of time, [unclear words] just tea, coffee, some food.

R: yeah, it must have been very challenging. So, if we move to the other photo which is the sofa, I'll also share it with you.

A35F: we do know how sofa looks

R: So, if we start with talking about the importance of this place for you... the sofa or the living room as a whole.

A35F: [unclear words] big, I just can't take a photo of the whole living room. Because sofa is just the place that we use most. The floor around it is the playing in some sense. The sofa, there will be reading over there, we usually sit over there, close to the door, reading over there, or watch the TV on the other side.

A60M: On the left side, there's a TV

A35F: yes, there's a TV, Big TV. We watch something, we watch...

A60M: the sofa is comfortable and it's leather. And it's, it's oversized. I mean, having moved to this new place, this new house, it was difficult to get this sofa in.

A35F: it doesn't fit through the doors properly. Challenging when we moved in.

A60M: A35F wants to cover it. What's the point of having leather if you're not gonna sit on it? I mean that that's that's the focal point in the in the house. It's a it's comfortable.

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A35F: we don't spend as many time at anywhere else as we do on the sofa. Just sitting there in the corner connecting his laptop to the TV, he's checking his homework [marking] or there's something else, and [unclear word] the big screen

A60M: and C5F is sitting on the other side. She also has her iPad and she'll be jumping up and down.

A35F: watching something

R: So, did all these happen... All these things happen all at the same time or were there times when you sat in the living room alone or all other times where when you sat altogether or times when you sat there after C5F goes to bed. So, it's were there...

A35F: [unclear words] ... depends on situation and what we need to do. If I was doing something, watching something and then going upstairs to read or the kitchen closing the door. We can also sit together over there, all sitting

A60M: Well, A35F would wake up early. A35F would wake up early so she said she'd have her time to herself early in the morning. Then, actually, she'll leave just before eight. Her bedtime is eight times. So, when we all have time out for the laptops, A35F would go upstairs in the bedroom, C5F would go to one extreme of the sofa and I go to the other. I'll probably be on headphones because C5F would play her iPad very loud.

A35F: [unclear words] these videos and these singers, so it's very loud.

A60M: she would be on her I pad, but she could be playing on her piano and she could be dancing also. So, she's never still. She's always moving around.... And her mummy would want her to be quite if she's [the mother] is doing a survey or something so she'll go upstairs, and I'll be on the headphones.

R: So A35F, if you're doing some work, what time of the day do you... Did you prefer to do your work?

A35F: In the morning, then, when C5F was in the nursery (interrupted by the child) So work was twice a day, lunch time and in the evening, I have two hours. So, that's the time when I would do some work or some other things. It's just real fuss, 'cause we don't have relative that help as a child care. So, I'm just at home. I would [unclear word] doing some [unclear word] surveys.

R: and where do you normally work at home?

A35F: on the sofa. My husband says I'm always taking that place. The one over there is where C5F sits, the one with big depressions is where we sit because we are heavier. It is comfortable cause we have covers, the blankets. Sit down, cover with the blankets, cup of tea on the side. It's very comfortable. We can sleep on this sofa.

R: you also mentioned, uhm, having lots of toys in the living room.

A60M: Yes

A35F: Yeah

A60M: Too many to mention! You wanna have a look?

A35F: I keep doing something, trying to keep them tidy but...

R: I will stop sharing now

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The participants showing me the their child's things in the living room.

A60M: this is almost like a classroom.

R: yeah

A35F: the toys are over there, you just put them all down over here.

A60M: this is the piano

A35F: the doll house. There is more! There's like a couple of boxes. [Unclear words (explaining the process of recycling the toys)].

A60M: so yes, we use this as a classroom, and we've got set times for C5F to do her numeracy and...

A35F: Yes... and she knows all of them have been counting. Start from this year she's been counting from 1 till 100, to talk [unclear word] over here, and the alphabet and the numbers. We're gonna add over here some [unclear word] and the human body. A space map in the bedroom, [unclear word] down all the planets.

Having some cereals (giving the child some cereals in the kitchen)

R: (asking C5F) You must be very busy playing in your living room.

The child left the table heading towards the living room

A35F: it would be nice to have more toys (commenting on the C5F's excitement about playing with the toys).

R: I believe that's a big part of her, like development happened during the lockdown because it's already like two years.

A35F: Yeah. So, it was. It was a difficult because she's the only child. Yes, there's no family around this bubble. Didn't see other kids so he would come out and she would see some of her classmates or just somewhere. So just run to these kids and they would kind of freak them out of it. Yeah, because she would come and say it's telling them something. I want to play with them. We did go to the playground, but once there was a lot of people we would just stay away. We wouldn't mix up with a lot of people. If there is one, two person with the kids, it's fine, but if it's a playground is full, no.

Well, we'll gonna always have hand sanitisers when we come out. And the mask in the pocket. Hand sanitiser, so when we touch anything... Hand sanitiser, come home wash my- hands... [unclear words].

R: This sounds so yeah, good. Well yeah that's great. We are probably that hints to moving towards all the things that you did to support your wellbeing. and but before that moving to this part of the interview. Uhm I would say if there's anything more that you remember, you know that we didn't talk about any more places that you felt important and in your home that... you know,

A60M: the garden! You know the garden is very focal here. A35F plants, has planted a lot of vegetables and this garden has produced a bumper harvest.

A35F: yeah, C5F was helping. We have potatoes, courgettes, tomatoes, pumpkins, beetroots. We had carrots. [unclear word] of our pumpkin left, but, uh, we still gotta [unclear word].

oh you're gonna show her the pumpkin! (A60M showed a Halloween themed decorated pumpkin).

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C5F helps in planting and watering the plants. She has a watering can or she would just have to do it with a hose. She helped planting the potatoes and green onions.

R: did that all happened because of the lockdown? Or did you...

A35F: we did use it last two years. Because, uh, we did move here just... when mid 2019

And then all the sudden all the thing started. it's really when we really figure out what will go in the garden with freed more space, the garden for the vegetables and flowers.

A60M: it's a small garden, but it does produce a lot as well.

A35F: We did painting as we'll. We painted the fences, [C5F] also helping in painting.

R: What did you paint C5F?

A35F: She's colouring the Pumpkin. (The mother clarified what C5F was doing during the interview).

R: so, the way you used the kitchen and the kitchen table or the living room... Were there any changes to the way we use them after the lock down?

A35F: we just generally spend that much [time]. We've been doing now most things 'cause she got older. And as they get older, you do most things with them. She does... She always like painting and she always has been doing, but we added more play dough, more some kind of slime, but it didn't work [unclear words] and we had to get rid of it, kinetic sense. She has Lego, so she's supposed to kinda play over here (on the kitchen table) we're trying to develop [her] motorics.

A60M: I put a C5F some puzzles so that she can manipulate with their hands, but I think that it's still not... They're targeted to older kids.

A35F: so, something that we tried, but it wasn't age proper, so we put them away.

A60M: so, we're waiting to reintroduce these things, otherwise they'll get lost or broken, so I had to take them away.

A35F: isn't right, but he said they're not as pretty as you put them away, so waiting? Waiting. Otherwise, they'll get lost or broken. So, I've taken the morning. Yeah, yeah, sounds like a bigger lego and smaller, like a smaller like we didn't go because it's too small for fun and manipulate. So, we got four more bigger like a Duplo. Know the bigger ones. Yeah, I also got like a dope. I have to be small one that's a play dough. Plus, so it's all big aren't like there is a small Lego Duplo. (Explaining the size of the Lego).

R: that's all happens. You use it all in the on the dining table or in the living room?

A35F: She can use it anywhere, in the bedroom, on [in] the kitchen, on journal table. she's building on the floor. They have Lego train as well, so, there was a lot of train, all of us being built in different tracks and castles and everything else.

A60M: The Lego train is particularly good because she was actually controlling it using her iPad.

A35F: No, my phone has app and do some tasks, so is there so surely love that. So, like was really good. It's a shame that the train broke down. It fell from a journal table, and it doesn't work.

A60M: that's something I definitely want her to get into, controlling remotely.

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R: what about your workspace is now after the lock down. Apparently A35F returned back to school... working in school. And for you A60M, have you work pattern changed?

A35F: now, she's in primary one, it is different. I can't work now really in the evening because we have to do homework. [unclear words] she's going on a cheerleading and Karate. More things to do. So, in the evening if I already have time left, I just go and watch something to relax. No more work for me in the evening.

R: So, what about the home working spaces that you... That you've developed during lockdown using the bedroom for work for A60M and you said the sofa for your work.

A35F: Nothing changed because there's no, there's no other rooms over here, so you can change it. So, and in the garden there is no Wi-Fi [unclear word] in the summer, lots of houses. It's too noisy outside. So over here, with closed doors and everything you can make it work. So, we used to it.

A60M: Also, I'll keep my marking and my... anything work related. Try to keep it within in school. So when I leave school? that's it. I'll switch off. Maybe at weekends on the Sunday I'll do a bit of a bit of preparation for my lessons. But I try to definitely try to divorce my work and my family life. Even meet colleagues we don't talk about work. So that's another good thing. Uh. That that keeps you sane really, because if you start talking about work, I know it's a common currency, but it can run away with you, so I draw a line on that. But, uh, you know that corner might still be the in this on the sofa would be where I'll do some bit of work. Yes, we tended to go for walks more.

A35F: the beginning of this year, we really explode. It doesn't matter what the weather, we would just dress up and come out, uh, just local over here. take drinks with us and everything, yeah, and it was really great. Must be crazy t's cold there. Snow, rain, we're going for a walk. And even if not a long one, but still, it was really nice to get out of the house and just change it.

R: If we talk about the changes that you have made to your home life, and also specifically to the place... to the place in your home either by changing the furniture, the setting or even by adding any or removing any part of the home.

A35F: We'll change it but later. While at home I got some ideas and I wanted to improve at home. I got the same storage for toys that's there downstairs. We got the curtains, we got the cushions. We didn't have the cushions. In the living room, the wall was covered in paintings. but they got attached with blue tack. So, when we take them off the wall was all kind of taken up the paint off. We got to level it up and I painted we got the new picture. We got the same in the kitchen. At home we have lots of tasks. time to change something, have to change something. Starting for looking for ideas, looking for things and kinda bit by bit done it. I think now it looks more cosy. [unclear word] the budget cause this is a rented accommodation, so you don't wanna spend too much, yes. But still wanted it to look nice cause it's still our home.

R: And how far do you feel that these changes supported your wellbeing during the lockdown?

A35F: I started thinking about them, we already done them after the lockdown finished.

R: You did them [the changes] after the lockdown.

A35F: after the lock down. The idea came while [being] at home [unclear word] again more time, yes. I also started them bit by bit, I was done in a couple of months... over three months.

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A60M: I think for mental health, I think everybody needs their own space. And A35F would always, well anyway, she always tends to wake up early in the morning and have that hour or so by herself on the sofa. And when I wake up, I just will go for a morning run and uh.

A35F: so that C will go with daddy. She likes running as well.

A60M: so, we head to the park and do a little bit of exercise in there and then head back. And that that would set me off. Set my day off quite nicely even while before going to school. I would do that. So, it's always good to have time out and not... Just to be quiet and get used to do your own thing. Yes, you have your own corners in the house where you could just have time to time out, time out, time to yourself.

A35F: during the last lockdown, because before when I've been going shopping kind of, it was mostly kind of... they would drop me and they go to the playground and I would shop and then I would call them and they come and pick me up. Now, I started, if the weather allows, if it's not raining or something, I will walk to the shop with the bags and everything to shop and then I'll phone and then they will come and pick me up. Some days they do go to the playground, but that's less often. Mostly, they kinda stay at home. They relax or they do something else. Now while I'm shopping around, she goes Karate in the evening. She goes Karate and I'm going shopping. Things change. For me, I think it's an extra way for getting exercise. I do like to do my belly dance or some kinda stretching. But it's hard. I try to do it with her but she's getting on the way. Maybe she would like to exercise with me, she didn't like it, it's useless. So, I try, if I can to walk, with her or by myself to the shops. A way of getting my exercise on top of the walks we do together. It does help to clear your head and extra exercise. At home you do a lot of baking when you're at home, so gets around your waistline. So, you gotta get healthier in some way.

C5F showing her sheep soft toy.

R: oh! Look at this sheep! What's it called?

C5F: have a sheep

R: Is it your favourite?

C5F: yeah!

A35F: flowers and ponies, she's got a few favourite one, but this is also nice. All her toys now are families. This is mummy, this is daddy. Or this is not enough, I need another one to be mummy or daddy or something else. [unclear word] owls, we bought them at different times, so the one we've just bought ended up being the baby, and a mummy, and a third one ended up to be a daddy.

R: and where do you keep them C5F?

A60M: everywhere!

A35F: everywhere

R: everywhere.

A35F: everywhere, beside [the] bed, under the bed, in the cupboards. They are everywhere. We just pick them up and put them in the storage and then we take them out again.

R: know some, as you mentioned that going outside the home or something that was that really supported your wellbeing during the lockdown, So there were some, uh, I would say this

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phenomenon that appeared that people started to communicate with their surroundings, You know the surrounding context, with neighbours' and these yeah, either by using the front yard, if they had any, or by you know, putting these rainbows and colourful drawings on the front window and these things. But did you find any opportunity, or did you want to actually?

A35F: we've done the clapping when everybody been doing it. Yes, but otherwise we didn't do anything. we're here, kind of... everybody keeps to themselves. People they know and they don't let you in this bubble.

A60M: well, the post woman is very... She keeps herself most times but actually I've got a chance to speak to her and she's a very grounded. I'd say she's about fifty - sixty and she says that she doesn't buy into this COVID hysteria. we had a lot of a lot of things in common. I mean, don't get it, we're not anti-vaccines or anything like that. So, I had to persuade my wife to think more closely about that. But I felt. That going that, extra mile and I'm getting vaccination, I think, was not conducive to our health. OK, if people if people read about it and were well informed and went ahead with it, well we you've gotta respect their choice so. But I think if you're informed and you decide not to do it, then that should be a personal choice. And, uh, we found some commonality, some something to talk about with the post lady and I found that to be grounded, you know. And I think if you if you if you have that you're not gonna be hysterical, you know going to think, oh, it's the end of time, you know. You've got one variant after another, then you've got this other variation. It's just madness. All we felt, you know, yes. And, uh, I mean the irony of it, with their neighbours who we've we mainly talked to is that they feel the same way, but they've caught it. but. I see, I think I don't think they've been vaccinated, have they been vaccinated?

A35F: No

A60M: I think natural immunity, natural immunity, and eventually herd immunity is the saving grace. You know.

A35F: The only person I did talk to... I used the post office a lot, I send a lot of parcels and I did start to go on 'marketplace' and I started to put clothes, and some books and some toys. So, I would go to the post office. And the lady over there, 'cause I go and I talk and we would talk and she's not a friend but she gave me some good advice [unclear words] that I don't know where to find cause she's local. 'Oh! You need to go there or over there; you find things cheaper' (A35F recalling the advice given by the lady at the post office). When I always come in, I always share a couple of words. I'm always happy to see her in the post office. I just don't have any person I got close to from neighbours.

R: and what are the things that you found the most challenging in the design of your home in terms of supporting your wellbeing. Like, for example, some people, it was very challenging for them trying to accommodate different activities at the same time. And sometimes even these activities were conflicting. So that was caused a lot of tension in their life. And some people, the design of their home was like... Forcing them to be separated from one another they were not connected and that that was not like a nice form of being... relaxing alone it it reached in some situation the feeling of isolation. Did you have faced any of these challenges? So or what was your case during... when you had to spend all that own inside your home?

A60M: Well.

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A35F: I don't think it was that difficult. Because when she was born, [unclear words] so building the routine. So, all our day's structured and it doesn't matter, it's lock down or school holidays, we're trying to keep the same routines.

Even if it's kind of slight variation, kind of if we come out, we cannot do this thing that we usually do. But if we're at home, still. It's almost at the same time. she's watching at the same time, we're eating at the same time, we're going to bed at the same time, so more or less it's the same. So, it helps us. It helps us more than the others. because I heard from my friends or my [unclear word]. 'Oh! Our routine went out of the window' and they found it so difficult because the kids been watching more or kind of going to sleep at the other times, taking naps at different times. So, for the mother it's very difficult. As I come back to the routine when the school started, we always kept the routine. Yes, so it did help us. And we all have our own devices so there is no this quarrelling about how can I can I use this stuff when somebody has it, because we all have our own devices.

A60M: I think their routine. If we've deviated from my routine, then that caused the dis-harmony stress.

A35F: [unclear words] you still keep going doing it the same way

A60M: The routine, yes, I think this seems madness, but this sense in the madness of maintaining a routine. Definitely, bedtime, getting a good night's rest. And a routine for C5F, definitely helped.

R: and was that enabled by a for having A35F, like more flexible form of work?

A60M: yes, for sure because. A35F does great with C5F. She'll spend time reading to her. She'll spend time doing the numbers and everything. A35F even I mean... Although she doesn't work in the conventional sense, she's come to the [unclear word] and many times. I remember when we didn't have a washing machine. Well, our washing machine didn't work [unclear word] stage and, what is it? a free fridge freezer? Where coupled and uh. With all her savings, she managed to actually save the day, you know, so it might seem like pennies, in time she has saved the day. So, it's been great that she's had this this flexibility A35F doesn't drive. I mean, I've tried to encourage you to take lessons. It's been good to have that, uh, maternal influence in the house. Yeah, yeah. Something that C5F can depend on. Or someone that C5F can depend on for sure, and that that gives me peace of mind that for sure.

A35F: She did try to get kind of more screen time or something, but I say no. Because it's your eyes and you're watching enough. so she has particular amount is watching. Watching something that is not very big... That's that's of helped. Once the school started, we're still the same. Kinda changed because of the timing. But still, kind of... She knows it and kind of just doing more of it.

A60M: I think the main [litmus] test is how she has been... How C5F is developed. I mean, A35F took it to my school and the teachers there in my department said How rounded she was! Very outspoken, very confident and I think A35F must be doing something right. I credit my wife mainly because it's mainly A35F who's been doing all these drawings with her. I mean, I try to get as many involved with the phonetics. We've got these phonetic cards and trying to get her to read. She has I think she's grounded. She's confident and other kids tend to gravitate towards her, and I think that that must be a plus.

A35F: What if your shy kid in school afraid to get separated from Mommy and everything?

A60M: She can be quiet. She can be quiet Madam. She can be quiet, but then she'll realize that she's being a naughty and that come round. Yeah, she's not an angle, a total angle.

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R: That's great that this balance and this structure was not affected, and you were able to keep the structure for C5F and for the whole home. even during the most challenging time that was that's so great.

A60M: Yes, because what if I compared to the kids that I teach, really it's a big difference you know. Of course, I think if you haven't had the time to spend with your children. All this nonsense, all this clamp down and social distancing and introducing more hygiene and all this washing your hands, it's definitely gonna affect your mental health. But, uh, if you, if you do it as a family. If you combine all these regiments as a family and make it a fun thing, then it's not going to affect your mental health. Gonna think that it's part of normality and then... She does question, obviously. there's this YouTube channels that she wants me to play - maybe at the end of the day just before she sleeps. 'Can I hear something about coronavirus? What's this coronavirus?' (A60M recalling C5F's words) And we'll put some animated YouTube channel.

A35F: They did tell them in school and nursery, but she wants to know more. The flu and everything and how we do catch the cold It's always the washing hands well.

A60M: So, she is inquisitive, but she's not afraid. she doesn't show fear only or any. she's like inquisitive. She wants to know what it is, and she will use the sort of terminology and it's amazing that she'll use medical terms also. So, we do definitely encourage her to question we'll encourage it to ask questions and anything like that. So, nothing on my side that I worry about. Let's put it this way.

A60M: I cook a lot. She says 'mummy, I wanna be chief'. So, this year she started. She would take different vegetables, 'so mummy, I'm making a soup' (A35F recalling what C5F says). And she manages to put together a nice soup. And we would laugh at the end, and actually, we would a plate for everybody. Cooking like some salad. I try to involve her to do some cooking. Doing the pizza together. She's now [unclear word] at the table. doing cupcakes together. I got matching aprons. like this is hers. And I have the same one. She puts them on yes, and she helps me. So can use the knife, but she's taking the usual knife, like a butter knife and tries to kind of cuts off, so she's like I'm making the salad. I do teach her how to use the knife with supervision. She'll get there, she'll get there. For the girl, it's important to know about the cooking. So, she can make egg, so she can make the omelette. Yes, she will break the eggs. She already learned how to do it. She grates the cheese, she puts the spices.

A60M: She's looking forward to Halloween and going door to door.

A35F: It was crazy when we've been doing it because kind of also have been afraid. some people didn't open up the doors or...

R: Hopefully this year is gonna be great success and you get lots of sweets.

A35F: Yeah, this year she asked me 'mummy can I come with one of my friends to do it?' so I'm gonna ask mums of her friends. [some unclear words] Some of them were like 'yes, we're gonna go and this all together'.

A60M: put on your Cruella costum.

A35F: yes, I got Cruella. I'm gonna be in this in suits as well. She likes it. [unclear words] decorating the house, doing some cookies.

R: that's interesting.

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A35F: We've already done the skeleton ones and there is a new one

(Details about cookies and recipes: and task for magazine. There is another one from oranges. You can make a scary. Scary cakes in the microwave, so it's not gonna get the oranges)

A60M: and you have a play date.

A35F: [unclear words]

R: Some someone is looking forward for having lots of sweets. Oh! look at this! (Commenting on C5F's drawing) And seeing you know the centrality of all the activities related to C5F and her development... and centrality in your life. So, I was wondering. What were the reasons you moved to your new home to this home and?

A60M: Uh, well I was working in ****. And, uh, we've been doing that for years for years. And before that I was teaching in another island. I think we just got a little bit cabin fever, so, we decided to go to the mainland.

(Describing the process of application: This was the first uh interview I had, uh, on the mainland, and, uh, they offered me the post and so we made it to. Ideally, I wanted somewhere. Yeah, I think of *** for sure. Yeah, but uhm. Somewhere near where the ****, so I don't know if you ever been this is great, it's fantastic. Yes, the label was that. So that's right ***, it's like *** that really picturesque and they've got some mountains out there. Fantastic, yeah. So I applied to 544 posts and a *** invited me and they offered me the post that. This is why we're here. I got the words out of my mouth)

R: And what were the features that made you choose this House in specific?

A60M: well, choosing a house remotely to rent, initially...

A35F: we can't do choosing because we have this usually amounts to move and find a property. So, wherever we can get the hold on... we nearly managed to secured this one like two weeks before our move. because they didn't want to give to somebody without the viewing. and no way we would make all this journey just to look at the house.

A60M: they wanted you to view the house but to traveling from *** to see a place it was just not... and plus the fact that I couldn't get time out.

A35F: We were packing because we had a month to do everything. to change all the providers, to pack, everything, to clean the house

A60M: that's just very close to the knuckle before we got the place. And, uh, actually the error is quite nice. We're quite glad we could have ended up closer to the port. Uh, I remember looking to other house there and that there wouldn't be. That wouldn't be as nice really.

A35F: this one is good because we just five minutes from her school. And yeah, it's also a few minutes, uh, the secondary school also [is] off the road so you (referring to A60M) can come for the lunch during the usual days, and you can walk to school. Also, now we're trying to work when we can, to exercise. Use the car less.

A60M: I wanted a place closer to the school. And, uh, and our budget obviously determine what we went for. Plus, the fact that we still had a mortgage because we bought a house in the ***. So, there

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was a stage when lockdown first came that we were paying for our mortgage and renting. So, we really had to tighten our belts.

A35F: we got to hold out just kind of just before lockdown was announced about. otherwise, would not go through,

A60M: but we had to knock the price down dramatically,

A35F: yes. Oh yeah,

R: reaching the end of the interview. First, I would like to thank you for all the things that you shared with me and also, uhm, I will be sharing with you or sending you a booklet which is like a like a personal challenge channel that where you can reflect any more information, information that you would like to add. Maybe anything you remembered after the interview. Or for any other reason you would like to share more information, you can send it back by mail or by post as you like to.

A35F: I remember I read through. I can remove the battery in a little bit to connect it to the OK. Yeah, and probably

R: now if it's possible. If I can still talk to C5F?

A35F: yeah can. C5F please come here. Come here, sit down please.

R: Hi! So C5F, would you like to talk to me about your home?

C5F: Yeah.

R: I think you had the drawing, you drew something about the play about your living room. Would you like to show it to me?

The mother showing the picture

The child got a toy (projector) to show me

R: you have lots of colourful things in the living room.

R: Yeah, I even got some toys [unclear words] real!

R: that sounds like you have lots of fun in the living room.

A35F: She really likes books. When we get books, she wants to read it straight away.

(Description of her books interrupted by the child)

A35F: It doesn't help that the library is closed down. You can borrow the books online from the library, so we've been borrowing some books online and getting some books. I got some new books for Facebook marketplace or on Amazon. We got an encyclopaedia.

R: C5F, why do you like the living room?

C5F: the piano

C5F started to show her piano

R: But is there a place that C5F didn't like? You know, during the lockdown, you try to avoid, or she wasn't happy to be in during the lockdown.

A35F asking C5F: Do you like to be in house or outside?

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C5F: I like to. I like to be everywhere.

A35F: Yeah, she likes everywhere.

R: Well done C5F. That's so great. That's so nice C5F. would you like to send me your photo? Your picture, the picture that you've just drew now? Your living room picture. Would you like to send it to me? like a photo and send it to me.

C5F: Wait, wait where do you live?

R: I live far away, but you can send it to me but with the computer. Through the computer or by phone, you can take the photo and then send it. Is that OK?

C5F: Ah, OK!

R: OK, thank you.

C5F: I'm so confused why you live far away. We're like we live close to my school.

R: Yes, I'm a little bit, far away from your school. Let's still send me by phone.

C5F PLAYING THE PIANO

A35F: WE'LL send it.

R (DEBRIEFING): Thank you very much, that's great. So yeah, as I said, uhm, if there's anything more that you would like to share with me, so just uhm, please feel free to share it through these booklets. But it's other compulsory thing if you don't.

A35F: usually after the interview is finished when you kind of you always kind of thinking it through. There's always something popping up to your mind, yeah? Before hand sink about the topic, yes, and make it easier for today, but something might happen. Yeah, yeah, exactly.

R: And also there will be a a third phase for this project and during this third phase it will be like a group focus Group interviews... [debriefing]

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<p>Participants</p> <p>C17F Did Not Attend Due To Social Communication And SEN Needs, A54F Felt The Interview Would Be Too Difficult For The Child To Engage With.</p>	<p>A54F - 54yrs, White, Female, Associate Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home</p> <p>C15M - 15yrs, White, Male, Primary Education Completed</p> <p>C17F - 17yrs, White, Female, Primary Education Completed</p>
<p>House Details</p>	<p>3 Bedrooms</p> <p>Low Rise Flat</p> <p>Social Housing</p> <p>Shared Garden</p>

R - Could you tell me how did you come to live where you do now? Sort of what was the decisions that led to you choosing to live there?

A54F - Well, originally, I'm from [European Country]. So, at that time my boyfriend. Uh, he's also from [European Country], and he wanted to live here in ***. So, and I was 23 years ago almost. So, he asked me if I wanted to go with him and I said yes. That's fine because we didn't have our own home or we didn't have a job permanent job in [European Country], so it's easy for us to go and we didn't have any kids then yet. So, we came then in 99, 1999 in, in ***, in the 1st of March and then. So yeah, then when we tried to find the job, because I know if you're coming in *** you have to have a job if you want to stay so. After two weeks my boyfriend, my ex-husband now but my boyfriend then had a job and then a week after I also had a job in catering. So, it was not the nicest job. But it was better then. Yeah, it's a job you know, for the start it was a good job to start with and then yeah, from then on we maintained and we came in ***. OK, we went. We always been in *** so we had a house. We bought the house, but then we sold it again because we couldn't keep up with the payments and then now, I'm living in in here with my kids alone because in the meantime I'm divorced. So, we we've been divorced in 2011 so the kids were like around five or six years old so.

R- And where you live now is that close to where the children go to school close to where you work? Is that why you towards that sort of area?

A54F - Yeah. Uh, so I'm at the moment I'm working from home. Since the lockdown last year, we still working from home probably for another year. Uhm, but normally we are in the office in in outside ***. but at the moment nobody can't go back so now. So we are still working from home. my son is near his school here so it's like around 10/15 minutes walking. My daughter needs to take two buses. It's near my work. My office space. Where she is at school, so because she's autistic and we heard from one of the neighbours in the in the street here, they told us that her school where she is going is very good schools for support for people with mental issues with autism with all different disabilities. And she loves it there. So last year, so yeah, she's like it. So yeah, so she's fine.

R - fantastic. So, can you talk me through, and you sent me some pictures but can you talk me through just what rooms are in in your house?

A54F - Right, so we've got a living room so when you saw the picture from my computer on, that's my work office, but it's in my living room 'cause I don't have any other space in my bedroom to do this So that's where I'm working from home doing. Also, my personal stuff on there on my computer and it. It's also my radio is on in the background when I'm working, but that's fine. But then the other pictures are sent is for my daughter's bedroom. And that's where she's been in lock down the

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whole time, day and night, and sleeping, eating, playing games on her computer. Also, online learning some. Some of them thinks that she needs to do online so she did it all in the bedroom.

R - right so should we talk about, UM? We'll talk about the living room first, so why did he choose to share a photo of this space? Why was it important? How do you feel about it?

A54F - Well, that's the space where I'm normally living, like watching TV, working from home in the day like between 8 and four at 4:30. I'm finished, so that's my whole day there. Uh, but then when I finished, which could watch TV at night-time when I finish my work So yeah, that that's where I'm most. I'm also do my financial stuff in my sofa. Reading, yeah, talking to my kids or something most time is always in the sofa after so yeah, that's the most important room for us.

R- And did you use the living room any differently during lock down that you do normally?

A54F - No no no.

R - So you didn't move any furniture around or adapt it in any way.

A54F - No, no, then move it. No no no 'cause I got two big cupboards and one big cupboard. And then yeah there's no space to move this around so no good move. That one though it's always been the same as before so.

R- Yeah, and then did anything else happen in the living room like say at different times of the day? So did the children use the living room at any point?

A54F - Only in the morning before she like when they wake up they coming like my son came out around maybe 11/12 o'clock at lunchtime. Woke up and then used his PlayStation or his Xbox to play games on it for the whole day or doing his homework on the tablet 'cause he didn't have the Internet on his PlayStation. So, he needs to use a tablet from school. So, he did that in the sofa most time. Uh, but otherwise, no, it's. It's always been in the living room, shouldn't nothing much changed then?

R - Yeah, and do you use it the same like unison? Use it the same? Now that we're not in lockdown?

A54F - Yeah yes yes yes yes.

R - Let's go to the picture of your desk? So, he said that's in the living room as well. How do you kind of separate those spaces like work and and pleasure at how do you work that out in there?

A54F - Uhm well I I do love cooking and baking so well. I'm working from home. Yeah of course I need to sit at a desk unfortunately, but but sometimes you know, yes, you can go like go in the kitchen and get a cup of coffee or whatever. But you have also had breaks. We have our 15 minutes breaks in the morning in the afternoon and then the other half an hour lunch. But then most time if it's very quiet we also go like I do like sometimes cooking in between the hours of working so maybe preparing like maybe some vegetables or meat or something and then just put it in the oven or my potato peeling my potatoes or something. You know, like something like that and then put it on and then back then come back to my desk or waiting for a call. Or sometimes I hear the call when I'm in the kitchen and come back again to my desk and then pick up the call. That's fine. So yeah, uh, but there is not much difference really between work and personal life, because I'm also using the computer well because we were allowed for personal stuff. So, if I need to do my banking or do something else like all service now can I can do with you? Then I'll use the computer also so it's like boot.

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R - yeah and so you said like the kitchen is your kind of space. Maybe to have a bit flooding baking. How did the children use the kitchen?

A54F - Just to take the food like I've if I make my food so just put them on the plates and then they come back in the living room to eat it. That's it. 'cause I know kitchen and kitchen is good for cooking but it's not enough space to put a table and chairs in there to eat there. So, it's too small the kitchen so I just can cook and use my oven and put stuff there and then just come back in the living room to eat over here 'cause there's no space there, so yeah.

R - Yeah, and is that on the sofa, eating?

A54F - That's on the sofa. Yes yeah. And a coffee table, yes.

R - And your son's bedroom was that the picture? Was it your daughters but?

A54F - No, my daughter bedroom yeah.

R - And so you say she used that quite a lot of the time.

A54F - Yes, yes she is in there day and night, she still is. She's very introvert or 'cause she's autistic. He doesn't like to come talk to other people. You know for us to me and to her brother. She's fine and her friends, which is OK. But other people like strange people or strangers. He doesn't like to talk. So, I think she doesn't even like to ask in school stuff if she doesn't know she doesn't want to ask because she's scared that everybody is laughing with her or cuddle offered her or something. So yeah, she's very on her own. In her own world.

R - And so how does she use her bedroom? Does she have a desk or anything like that?

A54F - No, no, she doesn't have any tasks. She sits on her bed and she's like playing games on her iPad and or phone on her bed sheets on her bed. do her school stuff on her bed up. But yeah, everything else on the bed so sleeping on a bed. Yep, everything on there.

R - And did you or your son use your daughter's bedroom at all, or is that very much her space?

A54F - No, no, no no. That's her space no, no, no. As soon as she's coming into, she is leave me alone. Go away, yeah.

R - So how do you feel your home supported or made your wellbeing worse during lockdown?

A54F - Well, these are saying in the first couple of months when it was locked down and to like it's went a bit less like in June when it went better than it was really bad all although like I had really good colleagues. I have really good friends 'cause we were like really quickly 'cause we were in the office before lockdown on the Monday and we needed to move everything from home. On that day. So, on Monday afternoon, like around 12 o'clock 1:00 o'clock. In the afternoon, everybody says yes, we have to go. Now we have to go home. So, we needed to pack everything. All the computers, all that stuff. So, one of my colleagues who lives near me here he took me and then we need to set up everything on the Monday night so make sure that we can work on Tuesday morning, but it was really like I missed the colleagues because I like to talk, and they like to have. Chats with the people with the colleagues. I met friends and it was really difficult No, I don't want to be here but my first day on the Tuesday morning my lunch buddies my lunch buddies? They phoned me and they were seeing of us OK and I was so nice it was so sweet so yeah so and now we're chatting every day on WhatsApp each other so it's really good Now yeah now like it's working from home. Well then then the beginning. It's just because you couldn't go, I could go because I could go to food shopping 'cause he could go to the supermarket. But that's it. Nothing else. So, it was really difficult. Yes, you

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could see people, but it's not the same because you had the masks on, and you had to wait in the queue for us and then going in the shop and then quickly as I can and then back out again and then back home again. So yeah, it was really difficult sometimes but yeah after June when it was less like the lockdown restrictions. That's fine, that finished. Then we met, met up with some friends and then and then went for coffee or something in the town and then it was much better, yeah?

R - And was there anything about your home that made it more difficult for your family? Like caused any tensions or anything?

A54F - Yeah yeah, 'cause they missed their friends. They couldn't talk to the friends like my daughter was like chatting with them and I'm a son. Also was chatting with them online but in no it was not the same because they couldn't go in the houses and my son is normally going in houses from his friends and he couldn't go there so it was really difficult for him, and he was really like sometimes grumpy and angry. And yeah, he didn't like it at all and my son and my daughter was the same she likes chatting with friends online, but it was not the same because she's gonna go to the house he couldn't see them because there was no school. So yeah, it was difficult for her also to meet people. But after that I like when school started last year in August. Again, it was better for her 'cause she could see her friends again and she was like going back in the house was from one of the friends only one. But yeah, she was. She was much better for me because we are also in. Since then, we've seen also more. Colleagues now and fans from each other and from the work. And also yeah, it was much much better now.

R - And so if you think about like how everybody was feeling during lockdown and what was it like when you really couldn't leave? Sort of where the place is in the home that you really sort of avoided because it was difficult.

A54F - Yeah. Uhm, I didn't avoid any rooms really when I wasn't logged on the bathroom. The bathroom most probably my sanctuary like having a shower. I mean it's some me time or having like a nice part on Sunday afternoon relaxing time. Yeah, I don't know. It's probably my sanctuary bottom to top for me time alone. And then my bedroom. Of course, when I was sleeping. Almost made me time to but yeah, otherwise no. Otherwise it was like really dumb. Everywhere it was OK for us, so yeah.

R - And what about the children? Where did they go? If they wanted just some time alone, did they go to their bedrooms?

A54F - yes in the bedrooms alone chatting to their friends online or on the mobile phone or something? Yeah then they have test run or they went like outside like we have a backyard and we have a front garden but they didn't want to really go outside so sometimes they went outside with some neighbours, boys and friends but yeah they have distancing and but yeah it was OK because they didn't go out so much so. 'cause I don't like to go out, go out my kids so.

R - And the outside spaces that private just for you? Or is that shared?

A54F - It's the front garden is mine, but the background in this communal says shared but my neighbour from upstairs made that's all very nice and put like got the cuts the grass every time for us for me and then we are sitting together in the garden that's why we did. Also, in the summer with her sitting outside when it was nice weather talking to her and chatting with. Yeah, it was nice and and she made it all nicely in the in the front garden with trees and flowers and also yeah it's very nice now.

R - And was that got used by the children at all to play or?

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A54F - It's no, no, no, they didn't know they don't use at all because it's normally my garden my neighbour likes to have a ground floor 'cause I'm living on the ground floor and see on the 2nd floor. So and she asked me if She could use the front garden because she had her grandfather that passed away and she had lots of plants and flowers from him inherited so she wants to use it and she wanted to put them somewhere. So yes of course she can use my garden because. I can see it so she can see it, so it's nice to see and in the front, so I'm 'cause I'm sitting at the window working from home. So, when I will go when I see outside I see the garden. So, in the trees are there and the flowers are there. So yeah, it's very nice.

R - And did she do that during lockdown? I was at before lockdown

R - Yeah yeah, I know she did do that last time she did do the lock and lockdown when it was nice weather, she did a little bit before, but she put more and last year about the lock down so yeah.

R - was there any kind of changes you made to any of the rooms or the way you used the rooms to to help you during lockdown?

A54F - No, no, I didn't do any changes, no no.

R - Is that because it? Is it you are renting?

A54F - Yes, I'm renting yes.

R - So are you not able to change anything or decorate?

A54F - Oh yeah, yeah, we can do. We can do like wait but I didn't do it because I don't like.

R - Yeah.

A54F- I don't like that could make things so I have to do it one point, but not now. Maybe next year maybe. And yeah, I don't know. I I maybe in the wintertime, maybe I don't know. Yes, and it should be like painting my living room my bed but yeah, at the moment it's OK.

R - Is there anything else like think of sort of how you use your home differently during lockdown, or how you use your home now that you didn't do in lockdown?

A54F - No, no no. It was always being the same. Working from home, finish your work, then went to the kitchen eating our dinner, watching TV, then and then in our bed. And then I went to my bed and the kids were like up till like twelve 1:00 o'clock in the morning because yeah, there was no school so yeah, but yeah it was. It was fine, yeah?

R - Yeah, teenagers.

A54F - Yes yes yes yes yes.

R - So I'll ask you these questions come about, and if you could speak for your daughter and then if your son wants to come and join in and answer these questions, he can and so can you tell me. I mean, I can probably guess, but could you tell me your daughters favourite place and how she used it?

A54F - Yeah yeah, her bedroom itself is please, uh, she used it for everything for chatting to her boyfriend in ****. Uh, for playing games on her phone or the iPad for her home schoolwork when it was locked down? Uh, yeah, for everything for eating for sleeping. So yeah, she did too, yeah.

R - And was the where was her like least favourite place in the house? Where did she really avoid?

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A54F - No really know where she went everywhere.

R - that's good.

A54F - Yeah, she yeah she went everywhere.

R - And so those are the questions I put to your son as well. If he wants to answer.

A54F - Ah yeah, wait one moment. I'll give it to you.

C15M - Hello.

R - Hi my name is ***. I'm just asking your mum some questions and we've just got to the little bit about your experience of lockdowns. There are just two little questions for you and where in the house do you think was your sort of favourite place to be during lockdown?

C15M - Uh, probably the living room.

R - So what did you do there? Let tell me about it. What was it like?

C15M - Uh, I did. Schoolwork played on my PlayStation. That's really all.

R - Yeah, and did you do that with anybody else, or was it just sort of you?

C15M - No. Just me.

R - Yeah, I'm. Where was the kind of the place you really didn't like to be in the house?

C15M - My sister's room.

R - And why is that?

C15M - 'cause every time you would go on it, she would scream at you.

R - So what was it like in lockdown trying to kind of negotiate living with everyone in one place?

C15M - It was OK. It did. It did get annoying at some points, but overall it's OK.

R - Cool, uh, and was there anything about, your home that like helped during lockdown or really made it worse?

C15M - No, it made it worse.

R - Yeah, what do you think made it worse?

C15M - Not seeing anyone else except from my own family. It got the first few months. It wasn't that bad, but then it when it like go to more like. The 4th or 5th month starting out we've been doing.

R - Yeah, well, thank you very much. That's all my questions, unless there's anything else you can think of around your experience of lock down.

C15M - No. It's really that.

R - Great, well thank you very much for speaking to me. You can help me back to your mom now.

A54F - Hello.

R - Well, that is the end of the interview. Unless there's anything else you can think of.

A54F - OK. No.

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Participants	<p>A61F- 61yrs, White, Female, Associate Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home</p> <p>A72M- 72yrs, White, Male, Vocational Training, Pre-Lockdown Not In Paid Employment, During Lockdown Not In Paid Employment</p> <p>C10F- 10yrs, White, Female, No Education completed</p>
House Details	<p>4 Bedrooms</p> <p>Semi-Detached</p> <p>Own Outright</p> <p>Private Garden</p>

[the recording stopped after R had asked the brief summary of the house and the reason they lived there. The rooms in their house were: lounge-dining room, separate kitchen, office room, garage, garden, shed, 2 bathrooms downstairs and 4 bedrooms and bathrooms upstairs]

R: OK, so about the office...?

A61F: Yea, sorry, I was saying...Yeah, sorry... But yeah, I was saying that on the first lockdown, because A72M has a bad chest, my manager told me that I need to work from home and on the same day pretty much, we said we've taken C9F at home as well and start her at home because of what was happening. And one week later we were all in lockdown. So, it was... for me it was fine because working from home was lovely. You know, I had everything I needed around me could do my job the same as at work. C9F, on the other hand, didn't quite enjoy it as much.

A72M: I don't know, she worked where she worked...

A61F: Well at the beginning...

A72M: At the beginning. Yeah...

A61F: The first lockdown there was a lot of 'you're not my teacher. Why are you telling me that?' And 'I don't want to do any work and I'm tired'. And then we had a little bit where it was a battle of the wills if you like, and then suddenly, she sprung into things and she was very good. Still, you know, it wasn't perfect, because, obviously, the first time wasn't perfect. However, I've been working from home up until September and we've had two lockdowns, I think, or something like that, since then and she's been perfect, she's been working on her own, she's been self-driven and yeah...

A72M: In fact, the teacher at the school said she's far more advanced now than she would have been if she had kept coming to school.

A61F: So, yeah...

R: That is great.

A61F: But now it's over, we've decided it's craft room now. So, it's turned into a nice a nice space for right now...

A72M: But having said that, it went back to being an office 'cause we've just all had covid yes.

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A61F: Yeah.

A72M: It was brought home from school.

R: What was brought back from school?

A72M: COVID.

R: Ah, yeah.

A72M: Yeah, yeah, because they changed everything. All the kids of her age, they're all good... I mean, it's [inaudible] all the kids are having covid...

R: Yeah.

A72M: They're bringing it back home to us.

R: Yeah

A61F: Yeah. So, we yeah...

A72M: Luckily with the vaccination, hopefully with the vaccination, won't be too bad...

R: And hopefully, now, you are even more immune so you will not get it again. You have double immunity.

A72M: Yeah, yeah.

R: May I ask C9F for the office...

A61F: Come close for this one.

R: Did you do your home schooling there as well?

C9F: Yeah.

R: So, you were sharing the office?

A61F: Yeah, OK. And we had put the desks next to each other.

R: OK. And so, how did you feel about that space then?

A61F: C9F she is talking to you.

A72M: You enjoyed it, you liked it?

C9F: Yeah

A61F: You enjoyed it. Why did you enjoy it there?

C9F: [inaudible]

A61F: Speak louder

C9F: Because there was lots of space.

A61F: Oh, because there was a lot of space, she enjoyed it.

R: So, did you have enough space for both of you to work there?

C9F: Yeah.

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R: Great. OK. So, the question is what happened there during lockdown? You were working and you were home-schooling. Did anything else happen during the day?

A61F: Well, we got... We had time for each other. We had a lot of... a lot of time for each other. Didn't we had time to have lunch together... It was very nice.

A72M: So how we found it... Quite nice.

R: Yeah, yeah...

A61F: Yeah, it's nice we could organize... you know, I still had to work but we could take a half an hour and we will be together, which was lovely.

R: Yeah, no no, I mean in this particular room... Also, may I ask, is the office on the ground floor?

A61F: Yes, it is, yeah.

A72M: Yeah

R: OK

A61F: Yeah, so anything else in there? No, pretty much It was just that. She used to come in in the morning and maybe put her headphones on and listen to watch videos or something before class. Yeah, we just... what we did is we regimented it a little bit, so it was nine o'clock start finishing it, you know, lunch time and everything else... But no, only... the office was purely just...

A72M: Work.

A61F: Working and home-schooling yeah.

R: OK, and did you make any adjustments? Uhm, actually before I ask this, how did you use this office room before lockdown?

A61F: For crafting, for painting, occasional work, and that was it wasn't it? Yeah, that's it...

A72M: Well, prior to that, A61F was a teacher, prior to that.

A61F: Yeah

A72M: So, it was before that it was used an awful lot for lessons and preparation... exactly.

A61F: But uh, COVID time... it was before, just before covid, it was a craft room and we used to go in there and do painting, all our stuff is in there for painting and drawing things.

R: OK, so did you make any changes in order to facilitate both of you working there?

A61F: Uh, yeahhh? [laughs] We had to put a lot of things away and we had to bring a desk down from upstairs and we had another chair so it's quite tight in there with the desks. But we had two desks. I mean in the picture. You'll see the big desk for one and that's...

A72M: That's all the equipment from your work...

A61F: Yeah, I had all the...

A72M: ...computer

A61F: ...desktop and all that type of thing in there, so it was quite a lot of equipment really. But no, it... we fitted, we fitted.

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R: OK and why did you choose to work in the office and not, let's say, the dining room table or somewhere else? Why did you choose this space?

A61F: I think...

A72M: It just seemed like a working environment to be honest.

A61F: Yeah

A72M: It's, always has been, working... some sort of working environment and just seemed the obvious place. Where is, you know, you come into the dining room is [inaudible], you go to the lounge, it is for watching, you know, watching TV

A61F: A72M had the television on as well and it can be distracting, I suppose... you know, accommodating everybody because otherwise, if we were in here [dining room-lounge], then where would A72M go?

R: Yeah, yeah. Yeah of course yeah, yeah. These are the tensions I'm trying to understand. That's why I'm asking these strange questions.

A61F: Yeah, yeah, yeah it would just be a bit awkward because if he wants to watch telly or he wants to do some work at the table and we're discussing something, is distracting. So, as we walk in the office door, that's like saying 'right now we're working and we're at school'. When we come out of the office we are at home.

R: OK. And why did you choose to use the space, both of you, to have... you know, to be together basically?

A61F: Well, there was an element of keeping an eye to make sure that the work was being done and company.

A72M: And guidance. I mean she gave a lot of guidance.

A61F: Yeah, guidance. Let's say the first lockdown was very, very difficult. It was very difficult to get into the routine of... and also the schoolwork wasn't prepared either, so the work wasn't there, and it was very tense for me to have to find work for her. And things like that. But in the second lockdown, they were very organized, and they had online lessons, so she's headphones on and she could... She was with her teacher.

R: Yeah, yeah.

A61F: And if she needed help, she could ask me.

R: Yeah.

C9F: [inaudible]

A61F: All right, she's made a home plan for us.

R: Oh, that is great! Please, yes, show me!

A61F: I don't know if you can see it [holds notepad in the camera]

R: I can see a part of it.

A61F: Yeah, around that way [turns it 90 degrees], you can't see it properly, but she's got... Yeah, she's done it all nicely. We can always take a picture and send it.

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R: Yeah, thank you very much. That'll be super helpful. OK, and you said now that it has turned back a crafts room...

A72M: Yeah

R: ...and then so, what, again, what changes did you do for this? is it like before lockdown?

A61F: Yeah. When I... when... I took all the work equipment away, we just unloaded the shelves, unloaded the cupboards and put it all back out again to make it look more comfortable and relaxing place to work really. So, doing things you like to do rather than things you don't want to do...

R: Yeah, I see OK. Do you want to add anything regarding the office space? The office-room?

A72M: No, not really. I mean, it's a nice room, it's a comfortable room it's, isn't it? I mean, you know when the sun shines it, it's a nice, comfortable working area.

A61F: Yeah

R: Do you use it A72M for anything?

A72M: No, no. I left it to...

A61F: [inaudible]. Yeah.

R: Yeah, yeah. OK, before we go to the next picture, may I ask C9F, what was your favourite space during lockdown? Favorite space or room... you know, it can be an area of the room or whole room.

C9F: My bedroom.

R: Why was your bedroom?

C9F: ...

A72M: Because you were going online with your friends, wasn't it? Yeah, they were going online and playing games and...

A61F: Yeah online...

A72M: ... so they could.... She still kept her little group of friends online, you know?

R: Yeah, yeah, yeah, that was really needed, wasn't it?

A72M: Yeah, yeah.

R: And so, did you do anything else in in the room or was it only for social...?

C9F: ...

A72M: Yeah? Yeah, you did a lot of playing, didn't you? Playing with your dolls and...

R: Yeah

A61F: speak and tell.

R: Again, if you don't want, you don't have. Yeah, actually I forgot to mention that in the beginning you don't have to answer any question you don't want to.

A72M: It was just the fact she could socialize with her friends. Because she couldn't go and see them physically, but she could still physically, you know, talk to them and...

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A61F: She did role plays. She did plays with dolls, Barbies, and things like that. So, they did everything online.

R: Yeah. And why... I'll ask C9F again, why did you like see your friends in your room? Why, you know, didn't you do... I don't know in the living room or somewhere else.

C9F: I like being alone and just talk to my friends.

R: Some privacy, you want the privacy?

C9F: [nods positively]

R: Yeah, yeah, of course. And what was a room or an area in the house that you really didn't like during lockdown?

C9F: ...

A61F: Which would it have been?

A72M: probably...

C9F: [inaudible]

A61F: It was the office! Wasn't it? Yeah, as soon as you came downstairs that was it, she had to go in there and she really didn't always want to, did you?

R: OK, let me share the second picture as well which... You said it's a shed, didn't you?

A72M: Yeah, that's yeah A61F shed at the top of the garden.

A61F: Yeah, yeah that's mine,

R: OK? So, what did you do there?

A61F: Uhm... Get away from everything! I think I used to finish work and put some scruffy clothes on and go up the shed. I mean I like to do gardening anyway, so I would like to be outside. I don't like being indoors. And in lockdown it was nice because I could say 'OK, I can just take my break and go up there and I used to make things and do a little bit of painting up there, or a bit of woodwork and things like that. And shut the door. And have a cup of coffee. Sometimes just sit there and think, 'Oh'. Yeah... no, it's a good relaxing space. It's nice up there, nice and peaceful. So, I enjoyed that yeah...

R: So, it was your time alone space?

A61F: Yeah, yeah. I enjoyed that. I would just go up there sometimes I put the radio on. But mostly I just like the peace and quiet, listening to the birds, you know... Sometimes just sitting at the top there with just a cup of coffee.

R: Yeah, yeah, I see. OK so, what activities you may did there? Uhm, just relaxing. Or did you do anything else?

A61F: Make little things, I used to paint pots.

A72M: She's quite good artist actually... She will not say that, but she's quite good.

A61F: If there's something I felt like, you know... just had a piece of wood and I think 'oh, what should I do?' And occasionally... so I started on a money box and nearly finished it, not quite, and

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then I started painting a ceramic doll, then not quite finished it. So, it's lots of not quite finished jobs because lockdown finished, and I didn't have the time anymore.

A72M: We liked it quite back, actually, it was quite nice...

A61F: Yeah, it was perfect. I just had... so, I used to have so much time.... And I think that's what I really enjoyed about lockdown. Because work... Once, you know, once work is over and then you have to do the school run and then you come home, and you do tea and before... it is six o'clock. Whereas, here, I finished work at half past two, I would go straight up the garden and stay there till 4:00 o'clock and then come down and do tea and it was wonderful.

R: Yeah, yeah of course. Did anyone else... was anyone else allowed in the shed?

A61F: No, no!

A72M: [laughs]

A61F: Oh yeah, C9F was allowed. She painted the odd pot, and you painted a swing and things like that. because I've got everything up there.

C9F: [inaudible]

A61F: Yeah, you painted the swing with your friend, didn't you? And things like that... Yeah! Eh, no my friends come up there, we were having cups of tea outside.

A72M: That was outside.

A61F: Yeah, outside obviously, because it was lockdown, but they will come and we sit in the garden at distancing, you know... And I would be making coffee or something. But yeah, no, it was lovely.

R: And did you... How did you use it before lockdown? Did it have the same importance for you?

A61F: No, not really. Did it? I used to go up there but never had the time. I could never... I think that's what it was really... I never really had the time to get on with something and finish it, so I used to get put off by going up there. I didn't enjoy it as much as I did in lockdown.

A72M: [inaudible]

R: Yeah, I see, and did you...

A72M: No, just, there just seemed to be more time within the day to do...

R: Yeah, yeah.

A72M: You know you didn't have all these distractions of having to go out of the house and go to work and come home from work. That said, the school run takes a lot of time.

R: Yeah, yeah indeed commuting... Yeah, it does. Yeah, and so did you make any adaptations during lockdown to... so you make it into your little time alone space? Or was this...?

A61F: Yeah! Yeah! I bought lots of things. Lots of tools.

A72M: Amazon, has done well!

A61F: Yeah, Amazon done well yeah. I bought some tools and I emptied it all out and fidget it around. I put my coffee and tea up there obviously. Bought myself lots of bits and pieces, Didn't I?

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Made it into a proper workshop. I made myself a stool, so I had somewhere to sit, otherwise I was getting neck ache, so I thought 'I will make myself a stool to sit on' and yeah...

R: And now, after a lockdown, has it gone back to previous or is it still very important? Like...

A61F: It's very important but I haven't been there yet. Because I haven't got the time. Weekends, you know, you have the house to do. You have shopping to do... I haven't had any time at all to go up there and get to run anything. So no, not since, not since I've been back at work in September, I haven't been... Well, I've been in there to check it's not leaking, but yeah, but I haven't done anything at all.

R: Yeah, I see. OK, do you want to add anything more? Anything that you think maybe is important and I have missed?

A72M: I think the garden was very important. Having that space... I mean C9F has a swing... It's just the whole thing...

A61F: [inaudible] and a paddling pool

A72M: And apparently a bit more paddling. Yeah. But you know, you could actually get it. But yeah, I think it was an important space to get out of the house, wasn't it?

A61F: It was. And also, we could all enjoy it as well because I do the gardening, but we could go out there and we'll sit together and just enjoy each other's company. [inaudible] Sunshine, yeah it was lovely.

R: Yeah, so did you use it very often? Did you... I mean OK, obviously when the weather was good, I assume...

A61F: Yeah, yeah, we used it... If the weather was good, we were outside at break time. We had lunch with... me and C9F occasionally had breakfast at the top outside, and we usually set out the site at the back and had a drink or something or my friends socially distancing... And it was nice, and yeah... And it was nice to be able to have the time to do the garden without, again, without the distraction of... the time limiting things that you have in a day.

R: Yeah, and did you make any changes in the garden during lockdown?

A61F: Oh...

A72M: I don't think so.

A61F: Not really just tidied it up a bit more, maybe, so that it's more accommodating... I think that's really it wasn't it?

A72M: Or mind your ground lines of vegetables.

A61F: Oh yeah, I grew a lot more vegetable. I used to grow a couple of vegies and now I've grown a bit more, so I just...

R: That sounds really nice.

A61F: I think what I can say about the lockdown overall and all COVID, is how much more time we had to enjoy each other's company and just enjoy the things that we do like to do.

A72M: I think we're lucky that we've got the house with the space, and we've got the garden and we've got these areas... Like, C9F, if she wanted to, she could go to her bedroom. You know, I've got,

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I've got the garage as a workshop, that's got a little workshop at the top, and we've got, you know, we've got that... We're lucky that we had that space.

A61F: Yeah

A72M: It must have been awful for people that are in a flat or something, you know with four kids. I can imagine how terrible it must have been, but I think we were very lucky to work and, to be honest, we quite enjoyed it.

A61F: Yeah.

R: Yeah, no, I understand that I'm... I know it's... it... generally it's not a thing, you know, when you say it out loud... But I, you know, I personally enjoyed parts of it, yeah... Like, you know, it depends of course in the conditions of everyone. OK, so the garden was important for you during lockdown. Did you use to use it as much before?

A61F: No

A72M: What?

A61F: The garden. We didn't get...

A72M: No, probably not.

A61F: I was the only really, the person spent time in the garden because I used to do the gardening and set up the top and C9F would come up and use a swing for a little while and if the paddling pool was out, she would use it in the summer. But not all the time, no, we didn't...

A72M: Not a lot.

A61F: ...we used it awful lot more in lockdown.

R: OK, A72M do you want to tell me what was a place during lockdown was important for you? That you were using and was important for you?

A72M: I think... Probably my workshop down in the garage. Yeah... it's a space...

A61F: Your own space, isn't it?

A72M: Yeah, I think that was important to me to be able to go down to the garage. So, I mean... we sort of really felt very vulnerable as well... go walking out the front door, you know? I mean weird... because I've got to go down the steps again. Yeah, very strange.

A61F: Was feeling strange at times

A72M: Yeah, but yeah, that was important. It was quite nice...

R: And then, why was it important for you? Uhm, I think just like I said, just time alone, isn't it? I think it's your own space for a little while.

A61F: To get away from us two, I would expect. Because A72M, when I am at work C9F is at school, He has a lot of time. Peaceful time and in lockdown...

A72M: Because I'm retired...

A61F: So, I think that was...

A72M: Yeah, that's probably it.

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A61F: Yeah, it was.

R: Yeah. And what did you do in there? Is it the garage that you said that is your workshop?

A72M: Yeah, yeah, it's like a workshop. Yeah, I do a bit of electronics.

R: So yeah, you we're building stuff?

A72M: Yeah, yeah, yeah, I'm repairing and that sort of thing.

A61F: Yeah, yeah, yeah.

R: OK and then were there any differences between before lockdown and during on how you used it or any changes you may have done?

A72M: Not really no, no.

A61F: He used a bit more. Maybe...

A72M: Yeah, probably, yeah. But well yeah, say... but when you are at work and C9F is at school I get quite a lot of free time.

A61F: To do whatever you like, yeah.

A72M: Yeah.

R: Yeah. No, it's really great and I'm happy to hear that you all three had your own private spaces. I think... you know, we consider that important. OK and before we go to the second part, may I ask... I asked C9F so I'll ask you two what was a room in the house that you didn't like during lockdown?

A61F: I would say the kitchen because I seemed to be constantly cooking, from the minute I opened my eyes to when I went to bed, and I was sick to death cooking.

A72M: I don't think it was a room I didn't like to be honest. I didn't really find... I mean, I didn't really get involved in the office because they [inaudible]... I mean they were working... So, no I was fine with everything.

C9F: [inaudible] the room you didn't like was the car.

A61F: The car's not a room.

[everyone laughs]

A61F: Yeah, for me the kitchen definitely.

R: OK, and before we go... may I ask for the room we didn't really talk about, the lounge-dining room? You say, you mentioned the TV that, you know, it was... So, what was happening there? And who was using the space through the day?

A61F: Through the day it was A72M.

A72M: Yeah, mainly me, I suppose. Yeah, I mean I'd have the computer in here, I was doing any work on that... Oh relax, sitting watching, you know, TV or something like that. Yeah.

A61F: Yeah, we did do a lot of dieting at that time because we put on a lot of weight, didn't we? So, we were doing a lot of dieting so...

A72M: We did really well, actually.

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A61F: So, we've got a bike and... in the corner...

A72M: Of course, we done that, to get some gentle exercise. Because we couldn't go out.

A61F: Yeah, so we were doing a lot more exercise on the bike... well, I wasn't personally, because I was doing the gardening, but A72M and you [C9F] were. Yeah, she was doing biking as well.

A72M: Yeah, like a lot of people put on loads of weight, we actually lost quite a lot.

R: I see and just one last question regarding this... in the garden, did you home school or work in the garden?

A61F: No, no, no we tried to keep home schooling and work in the workplace, if you like. And then that way it kept everywhere else for the fun.

R: Yeah, I see.

A61F: Leisure as opposed to... [C9F gives her another drawing] She's done the swing and the greenhouse in the shed and I have to show you because she's trying to make me show you, show you.

R: I see now. Yeah, is it the greenhouse where you grow your vegetables?

A61F: That's it yeah, yeah.

R: That's great. OK, do you want to add anything, or should I move to the next part?

A61F: No, I do not think so.

A72M: No really. It just seems strange talking about. It's just seeming we ought to change our life completely.

R: How do you find, you know, how do you see your house now after you know this experience?

A61F: I don't know...

A72M: I don't know, it's... it's almost more of a home, isn't it?

A61F: It is a home.... Yeah.

A72M: It is. Yeah. Yeah, because we spent so much time... yeah... No, Yeah, it's good. It's nice we like it. Yeah.

A61F: And I think we also noticed all the things that needed doing...

A72M: Well, is that.

A61F: I think when we're at home you sort of look around and think 'I really need to do this' so... But we did do a few things. We had time for those things and also, we overlooked a lot of things too. To leave them till the next day but we never came to it, never actually did any bit different.

R: I see OK, uhm, so I'll move to Part 2 about your wellbeing during lockdown... and space of course. So, I will ask you how you think your home might have supported or hindered your well-being. And so, when I'm referring to 'home' again, I'm also interested in the garden in the outside as well, or maybe even in the front and, not only the inside, but the outside as well. And by wellbeing I'm referring to, you know your social and psychological state how well you may be feeling, how well you were coping with everyday life, how, you know, positively you would view your everyday life,

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how well you communicated between you. So, do you feel that your home supported your family's wellbeing during lockdown?

A72M: Yeah, I think so. Definitely yeah, definitely with the space we... yeah, you know, you don't realize how much space you actually have, and you know... No, it was fine, wasn't it?

A61F: Yeah, yeah.

A72M: Definitely.

R: So, in what ways? is it because of the abundance of space? Or is there are other reasons as well?

A72M: I think it's just the time element as well. We just seemed to have more, as we said before, lots of time to do what we wanted to do, wasn't it?

A61F: You know, I think generally, I mean, I know myself and I think A72M that... life is generally a big stress all the time.

A72M: Rush, rush...

A61F: Yeah, everything is time limiting. Everything is a rush all the time. So, I think the stress is more now than it was then. Because I think back then you know, yes, we got up early, but we didn't have to get up quite so early and so we slept well, we relaxed a lot more. And there wasn't so much sort of... What is the word... It's not shouting, is it? It's like stress related incidents, if you like, where, you know, 'come on, we got to go, we got to go' and all that sort of thing so I think... It was great. Wellbeing wise, I think that I was probably the best I've felt for years.

R: Yeah, that's good.

A72M: Yeah great. Yeah, yeah, great.

R: Were there any UM areas in your house that you found particularly challenging?

A61F: The kitchen

A72M: Kitchen. No, I mean not many obviously, but yeah, no.

A61F: I mean, I've I find it... I've always found that sort of thing, you know, where you've got this again, what's for breakfast? What's for lunch? Have we got food? online shopping...

A72M: Well, that was. That was the biggest stress.

[they talk about online shopping being difficult to book]

A72M: Yeah, initially that was our biggest stress, wasn't it? Making sure that we had what we needed?

A61F: Yeah, yeah it was.

A72M: Yeah, and the way the whole thing was portrayed. I mean we were virtually frightened to go out, you know... They made it sound really bad.

A61F: I mean we did have, we do tend to keep a few things back anyway, food wise, so we weren't, you know, weren't completely without food. I can imagine some people must have been...

A72M: It was just the everyday, you know, your bread and milk and yeah...

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A61F: That was the only stress we had at the start. But once we organized ourselves, to be honest, as I say, I've never felt so well.

R: Yeah, do you have enough storage space?

A61F: Storage space, yeah.

A72M: Yeah.

R: For this kind of...

A61F: Yeah, we have got utility room. We've got lots of cupboard space in the office actually as well.

A72M: And lots of cupboards, obviously, in the kitchen. Yeah, yeah, we have plenty of storage.

A61F: We stuck in the few bits, big bits in the garage. Yeah, you know, like pasta and bits and bobs which we had anyway.

R: Yeah, yeah.

A61F: So yeah, we've got...

A72M: ... preparing for doomsday.

A61F: We have got lots and lots and lots of storage space.

R: Uhm, did you make any changes that were particularly about supporting or improving your wellbeing...

A61F: We bought more Gin

R: ... or any of them...

A61F: Yeah, we bought more gin and had the odd glass of gin at lunchtime with our meal. That was very nice.

R: Anything in the in the space?

[everyone laughs]

A72M: We didn't have any changes, did we?

A61F: No, no everything was the same. I mean we had to tidy up so it wouldn't feel quite so cluttered, I suppose, because you used to have toys downstairs and everything, but we changed upstairs and gave C9F an extra, a different room and a toy room. So, she had a toy room to play in and so I suppose that was it, wasn't it? That this has changed.

A72M: Yeah, we, yeah...

A61F: We had a big declutter, gave her a toy room with the fourth bedroom, got rid of all their toys downstairs and put them up in there. So, it was...

A72M: It made a big difference actually.

R: Yeah. So, she didn't have the playroom before, you made it during lockdown?

A61F: Yeah, we created... we took the toys upstairs

A72M: A lot of toys downstairs.

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A61F: A lot of a lot of toys downstairs, and that's what we did. We just got them all together and put them upstairs and made the small room a toy room.

A72M: Yeah

R: OK, may I ask why?

A72M: They just wanted... because we're spending a lot more time in this area, you know, the lounge and the dining room, I think we just wanted to make it feel more... space to move... it just...

A61F: Well, it was just more comfortable. You know when you've got...

A72M: You wouldn't believe C9F's toys [inaudible]

A61F: You can dismiss rubbish around... Not rubbish, sorry C9F. You can dismiss toys around when you're not there very often, so you go to work, come back there, quick, what should [inaudible] go? And you can dismiss it, but when you're actually faced with it, morning, noon and night, then it starts to become messy, or it feels messy... So yeah, by doing that it was lovely. Made it more spacious down here.

A72M: Because I mean, it's a big room, is a very big you know... I don't know its measurements, but I mean, it's not that... it's a big area.

A61F: Yeah.

A72M: But it can soon get much smaller, it starts...

R: Yeah, yeah, I see. OK, so, upstairs you had four bedrooms, one of which was a playroom... where the other three all bedrooms?

A61F: Yeah.

A72M: Yeah

R: OK. So, did you have any issue with things needed to happen in the same space at the same time?

A72M: I don't think so, did we?

A61F: No

A72M: No

A61F: No, I don't think so.

A72M: I think we're quite organized to be honest,

A61F: Yeah, but yeah... Well, I don't think we did... again because we've got, we very much have specific rooms for specific things, we tend to keep it like that. So, mostly we don't eat in the lounge we eat at the table.

A72M: Yeah.

A61F: You know, we don't, you know, no food upstairs necessarily. The office is for working and so on and so forth.

R: Yeah, I see.

A61F: I mean we do break the rules occasionally, but we...

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A72M: I just think it's important to eat at the table as a family.

A61F: Yeah, so it's, it's....

A72M: It's an important time, isn't it? When you have your meals and you all sitting together, it is A61F's Italian heritage on it. So, we just all sit around the table. It's good, I think it's good.

A61F: Yeah.

A72M: Lots of kids don't do that you know, you listen to the kids at school, they don't do that. And you're missing out on something by not...

A61F: Yeah, so I think that's it. So no, we didn't really relocate things or change things. Everything was as is, just tidier.

R: Yeah, I see. OK, so many families found also that there were conflicts and tensions between people and members of the family. Did you have this kind of experience and if you did, what... How did you deal with it? Like, did space help or make it worse or...

A72M: No, I don't think so...

A61F: We didn't really had conflict, but if we did, and if we do even now, I got my shed where I go in the garden and that diffuses the situation anyway. So, we had again, going back to the space is...

A72M: But yeah, the only problem was initially, was C9F wouldn't get into the... It was obviously very difficult for her. One minute is with all her friends at school, next minute she was with us...

A61F: There was that tension, that, at the beginning.

A72M: Yeah, but once we resolved all that, everything it was OK, wasn't it?

A61F: Yeah. But I think in general you know that's the beauty of this house and the spaces we have, is if we have any stress or anything, you know, it'll be...

A72M: We have got somewhere to go

A61F: ...I would go to the shed, or I'm going down my garage and then... you know... and that's diffused.

R: Yeah, yeah. And that actually answers part of my next question about alone spaces. And so, did you find that you had too much time together or too much time alone during lockdown?

A72M: It was ok, wasn't it? I didn't find a problem at all, did it?

A61F: No, I don't... I don't think, I don't think we're often like other families because we enjoy each other's company.

A72M: We're not very gregarious [laughs]

A61F: We... and I think, I think that's what changed... You know, other people don't have... And you often find couples who can't... they love each other to bits, but they can't actually live together very often, they couldn't be in the same building together for very long, whereas we don't have that. And if we do occasionally have a moan at each other, it's usually because of the media. And in which case, as I say, then we just go to our other spots. I would say we spent a lot more time together than alone, but actually we enjoyed it as opposed to hate it.

R: Yeah, yeah, I see... it was not a negative situation. Yeah

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A61F: Yeah

R: C9F may, may I ask you about your playroom? Did you like that you have this change? You know, that now you had a specific room where you could play rather than being in the living room? How did you, you know, how do you feel about that room?

C9F: I feel quite happy that I have a big room to play in.

R: Do you, do you prefer it than... did you like this change during lockdown?

C9F: Yeah.

R: OK

A61F: You met a lot of friends in there didn't you? She would have role plays because she would have her iPad on, and they would play together with their Barbie dolls because I made them [inaudible] and then they played Barbie. Did you?

A72M: So that was one big project.

A61F: Oh yeah, I made a Barbie house.

A72M: Yeah, yeah.

R: OK. So, regarding the playroom, because that's the big change that, from my understanding, that you made... do you think that eventually, you know, using it for play... confining play in this room, in a way, helped the situation in the house and maybe even your general wellbeing?

A61F: It probably did, because as I said, with that... without all the toys all over the floor... I think that used to cause a little bit of stress in the house. Because, you know, 'your toys are getting everywhere', 'put them away' and there was always a little bit of conflict there... Before we created the toy room...

A72M: I think it made a difference, didn't it?

A61F: Yeah, yeah. I mean she's allowed to have her toys in other, you know... she's brought some Sylvanian families down [inaudible] but it's just reduced.

A72M: It's just the amount, yeah, it's just...

R: Yeah, yeah, of course.

A61F: It has reduced the conflict. And I think now that she's brought some of them back down... we still get that now... we're getting that a little bit back again... where, you know, 'Your toys are in the way. Put your toys away'. So, then... but, you know, you can't just make somebody sit upstairs to play all the time. It's nice to have other people around you when you do play.

R: Yeah, I see. So eventually now, after lockdown, play has expanded, again, hasn't it?

A72M: Yeah

A61F: Yeah, it has a little bit. Yeah, yeah,

R: If you had a magic wand and you could change anything in your house during lockdown, what would you have changed?

A61F: [inaudible]

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A72M: I don't know. I can't think about anything. I mean, I think we must be a bit odd because we didn't really... We quite enjoyed it.

C9F: [inaudible]

A72M: Oh yeah, because he said he would.

A61F: C9F would make it a bigger house so we could have more pets

A72M: But it is quite a big house to be honest

A61F: But I mean in general, if I could have changed anything would have been given me an extra time to clear the junk that we've got up in our loft. I think that would have been nice...

A72M: That is true.

R: Yeah, I see

A72M: No

R: Is that so you could use the loft or just because it has to be done?

A72M: It just has to be done

A61F: Yes, it's been 10 years in the... thinking about it and not doing it. So, yeah, it's been... It's one of those in the back of your mind all the time and I wish I'd done a bit more of it during lockdown. because now I don't have the time to do it.

A72M: I wish I had done more reading.

A61F: Yeah

A72M: Because there are things that I wish I'd read, you know,

A61F: Oh, I did loads of reading and that was in lockdown. I was reading about three books a week I think, now I've got one book and I have to keep renewing it and remembering the page.

R: Yeah, remembering... I have the same issue. Did you use to read in the shed or... because it was your... I'm asking 'cause was your little personal space.

A61F: No, I only read in bed.

R: OK

A61F: That's my, it's a routine thing, but no in the shed was... the shed was making things or just sitting there staring into space, but yeah...

R: OK. And the last question is: would you move if you could?

A72M: Move?

R: Yeah

A72M: Yeah, we would move it to a more countryside position away from the town. For C9F. Well for us really. We prefer to be, you know, more rural?

C9F: [inaudible]

A61F: Yeah, here, you talk.

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A72M: Because a lot of this town, particularly, I don't know, like a lot of towns, is not going in the right direction to be honest. You know, socially and it is not... It's not good and we worry a lot about C9F's future. As regards to schooling, you know, all these sorts of things. We really would like to move, wouldn't we?

A61F: We discussed moving. We discussed it all the way through lockdown and, even now, that we would... we want to be more rural. If we could take our house, if somebody could dig our house up and take it there that would be great.

A72M: Yeah, I mean it is a perfect house. It's a lovely house.

A61F: To move to the countryside, we'd have to downsize because obviously properties are much more expensive. But it's something we're seriously considering,

A72M: Yeah

A61F: For more quiet

A72M: In the new Year

A61F: Yeah. And hopefully better schools

R: And was that thought that you... it emerged during lockdown, or you had it from before as well?

A61F: No, I think it was during lockdown. Actually, wasn't it?

A72M: Yeah, yeah. But it did become more and more...

A61F: You know it, it's because we noticed during lockdown how quiet it really was. Because it was very quiet, no cars, no airplanes. It was lovely. And now it's... we notice how busy it is and actually was saying we really need to go somewhere else. So yeah, it's because of lockdown, I think, that we really...

A72M: Yeah.

A61F: Mostly, it started...

A72M: Plus, the town itself is, as I said really, it's not really going in the right direction.

A61F: Yeah, but it was lockdown it did start, didn't it?

A72M: Yeah, yeah.

A61F: Because it's lovely. It was blue sky. It was peaceful. It was lovely.

A72M: Did you notice that? How blue the sky was without the aircraft?

R: Yeah, basically the first lockdown was nice with the weather... The weather was really nice, wasn't it? I was outside all as much as I could.

A61F: Yeah, I think a lot of people, they did quite a lot of walking, a lot more people said they did take more exercise, didn't they? And things like that. And the time for that, especially for the dads to have with their family, because mostly the dads are off, aren't they? They're off working and are getting back late. So, I think I notice that now, back at the school, how many parents, husbands and wives or partners turn up at the school every day. Whereas before they didn't. So, they're obviously still working from home and they're able to come through their children. Lovely for them really.

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R: Yeah, yeah. Many people still... like from our interviews... many people still work from home quite a lot. We haven't really gone back to normal.

A72M: Well, you [A61F] would prefer to, wouldn't you?

A61F: I would prefer to work from home, but they won't let me. They decided that we can't. So, you know... what can you do?

R: Yeah. OK, so that was all from me. If you want to add anything, you're welcome to.

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Participants	<p>A50F - 50yrs, Chinese, Female, Master's Degree, Pre-Lockdown Not in Paid Employment, During Lockdown Not in Paid Employment</p> <p>C14F - 14yrs, Chinese, Female, Primary Education Completed</p> <p>C17M - 17yrs, Chinese, Male, Secondary Education Completed</p>
House Details	<p>4-Bedroom</p> <p>Medium/Large Terrace</p> <p>Mortgage/Loan</p> <p>Private Yard</p>

R - Right, so could you let me know just as an introductory question, kind of how you came to living in this particular house.

A50F - When I had one child, so that's my son and we were at that time living in a small flat not far from here. And but in order to expand the room, we had to move further away from where we had the flats, 'cause that was in [Area of City] which is like really expensive. So, we had to move a bit further out. So, this house is about a mile away and it's quite a big house. And at that point I was married and with my eldest child. And then about two years later, after moving here, [2nd child] arrived, and so there were four of us. But then my husband decided he wanted to live in another country. So off he went, and we got divorced, and so it's still three of us here. And it's quite it's yeah, plus a dog. Now we have a dog, but before lockdown dog. And I mean, it seems like a big house, and it is. But it's you always fill up all the space and so we need to be a bit more ruthless about what we keep really. And so anyway, that's how we ended up living here, and I like this area because I didn't know it at the time. But it was close to some really good schools. And also, it's close to the parks and I do a lot of running and so it was very useful to be here. So, we're in. Yeah, we're in a we're between [regions of city] I don't know if you know [city] at all, no?

R - I mean, as you can tell by the accent, I'm from the ***, so I think my brother lives in [city] and I can make it to his house and that's about it. And so, you shared quite a few lovely photos with me. I'm a have massive plant envy. So, there was pictures of the garden, the desk in the basement, the desk in on the ground floor and then your first-floor escape. So, who would like to pick one first to talk about?

A50F - I would like to talk about that so the garden is on the basement obviously, and the plants are actually really overgrown. 'cause when we first moved here, we got someone to plant plants that were easy to grow. But now, they're like trifids, they've just overgrown, but it's really quite nice. Uhm well, especially during lockdown. So yeah, I enjoyed getting out there. And we use that space actually come because we have some garden chairs and garden table which we hardly ever used pre lockdown. But then during lockdown especially the first lockdown which happened around March, April may Time, C14F used it to study.

C14F - Yeah yeah

A50F - and then we bought an adapter so that the extension lead

C14F – So we could charge the laptop

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A50F - and she could study out there. Plus, it was waterproof just in case. The extension lead, not the laptop.

R - So did you spend most of your time studying out there? Do you think?

C14F - Yeah.

R - And so they say you didn't really use it much before lockdown, and so is it just sort of the adapter you used to kind of make it, at least if you have power out there. Were any other changes you made.

A50F - Not really. I mean I tidied up the garden of it and also, we played quite a lot of swing ball out there. But we already had the swing ball, so we didn't really make a huge amount of changes of well apart from the table and chairs, we hadn't used them for years, so you obviously have to remove all the spiders' webs and put teak oil on it. Yeah, it was really quite gross, and it was bit mouldy so we had to sort that out as well. Looking at his big but that's 'cause we haven't used it for, you know about five years, six years,

C14F - yeah.

R - And then so did anything else happen in the garden and use it for anything else other than the studying and sort of a bit of play?

C14F - Football I practice football though yeah.

A50F - And I think we took the occasional meal out, but not really.

C14F - I remember the few but not yeah, all the time

A50F - No 'cause they both have hay fever. Actually, my son and my daughter have hay fever and my son is very much an indoorsy person, so he didn't really want to be out in the garden at all. Not even for a meal.

C14F - I think I l'm lunch out there

A50F - Yeah you were out there. I mean typically was out there in all weathers even when it was freezing cold. it was really cold, and you just went out there in your... And C14F is good with cold weather, yeah?

R - I think it's anything, anything to get a break from the house.

A50F - Yeah yeah, just to see some greenery.

R - So you say you didn't use it the garden much before lockdown? Do you use it much after?

A50F - yeah, well I started here. We did start using it even when locked down had finished. Just sort of like veg vegetating out there or taking our laptops out there. So, it did start a slightly new habits and we even well Oh yeah, we did actually buy a big container to put the toys. We did buy extra toy, did we? Yeah, we did buy some extra toys and then we bought big container to put the toys

C14F – for the dog?

A50F - No, that that we bought that football thing. Remember what you know?

C14F - Yeah that one yeah.

A50F - And then the balls that accumulated and just all sorts of bits and bobs. That's just seemed to appear. So, we did by sort of like 2 extra items for the garden.

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R - Well, so C14F. Would you like to pick one of the pictures that you'd like to talk about?

C14F - Well, I. Uhm, I used the first floor upstairs. to watch like films during the Easter holidays and

A50F - I didn't show you a picture of that, actually,

R - It's OK.

C14F- Uhm, doing these two holidays I've I watched films 5 films.

R - And so that is that your room, or is there a separate room for kind of chilling in?

C14F - Separate it well, it's...

A50F - It's above the basement floor and it's one end. My son studies and the other end is TV, so C14F would have watched TV when my son wasn't studying.

R - Yeah, so is that like this like the sitting room sort of thing.

A50F - Yeah, that's it. Yeah yeah.

R - Uh, and so like you say, some used it for studying in one side with the desk, which is one of the photos, isn't it?

A50F - Yeah.

C14F - Yeah.

R - Uhm, so did anything else that happened in that kind of space that you (A50F) used it for as well?

A50F- No, I didn't tend to use it actually because it's my son was in there I couldn't really use it. And then if C14F was in there she was watching her TV and then also the dog likes to be in the basement. So, I said to follow the dog. So, I'm with him downstairs most of the time.

R - So is that sitting room more for the for the kids then is that their space?

A50F - Yeah yeah definitely yeah. Well and more for the son I would say so like sent at the time he did in there, right? Yeah. So, he's he. He almost rules the house if we're not careful if you would.

R - So apart from watching films, did you do anything else in that kind of space?

C14F - I've played with the Wii I played with sports and another game I can't remember.

R - Uhm, and did you still use the sitting room area the same before lockdown?

C14F - I don't think so, no.

R - So how come you didn't really use it?

C14F - I just didn't use it.

R - So how come you chose the sitting room for like the way in that? Instead, I'd say your bedroom or something like another room.

C14F - Well, well the bedroom my bedroom the Wi-Fi doesn't work as well as in the sitting room and also like that's the only correct. Well, that's whether we set up and you know, yeah, we don't have them.

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A50F - There's no screens in their bedrooms. And also, if they do take their phones up well, C14F doesn't. But when my son takes his phone up, there's hardly any Wi-Fi up there anyway, so he's back on today to at that point. So yeah, so the sitting room has the smart TV and it's got the Wii set up. And then that's it really. Who are not that high tech? Actually, we don't. We only have one TV. Well, three laptops, but yeah.

R - That's really clever. I dare they. They know screens in the bedroom kinda went out the window with lock down for me.

A50F – ah, really...?

R - Yeah, 'cause we were all fighting over the same TV.

A50F - Oh yeah, of course. Yeah, it's yeah, I think yeah, I think we're... C14F doesn't have much data on her phone anyway. So, and any case, the phone her phone lives in the basement when she's yeah, when you're going upstairs to get ready and all that.

R - Well, congratulations on like parenting goals there

A50F – I don't know how much longer it will last though

R - So, did anything else happen in the sitting room at different times of day? So, like you say some used it for studying, thinking used it for entertainment. Were there any other activities that maybe in the evening or early in the morning?

A50F - Not really, I mean, think, did you? I think C14F sometimes practiced her flute there

C14F – that was in your room.

A50F - So OK, OK, no my son practiced his music in the sitting room. So that really just studying, practicing and then C14F used for TV quite a lot in there.

R - And so do you want to pick a so you wanna tell me about the basement then so can actually can you talk me through the rooms of your home? Just certain kind of get it a picture in my head.

A50F - So Umm, we always use the basement door so you come in through the basement door and then immediately to the left is C17M's desk which you have a picture of it. That's where C14F does most of her studying now

C14F – Or all of it

A50F - yeah, all her studying. Yeah, she would. I mean obviously we don't use the outside anymore for studying and then, but during lockdown C14F was using her desk as well as outside mostly outside for her studying. And then between C14F desk and the back garden which you have a photo of is the kitchen which is.

C14F – and the table

A50F – Yeah so, you've got C14F desk then you've got the table where we normally eat at and where my laptop sits and then we've got the dogs bed and then we've got the kitchen. And then we've got the back garden. With all the bamboos. And then we would then go upstairs and then upstairs is the sitting room where my son would work and C17M would sometimes play.

C14F - And then there's a front door which we don't really use unless with cycling.

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A50F - Oh yeah, and there's two bikes there. And then you go up some stairs and then it's my bedroom which you have a photo of where I would sometimes chill out

C14F - and the bathroom.

A50F - Yeah, a bathroom there. And then on the top floor there are 3 bedrooms. But one is tiny so it's just the storeroom and then the other bedroom belongs to my daughter and then the other one to my son.

R - So would you say like the basement is the basement quite open plan?

A50F - Oh yeah, yeah, the whole house is quite open plan and yeah, so I would spend most of the time in the basement. Yeah, so in the kitchen and from my table which is the dining room table, I can see my daughter working most of the time. Or not

R - So you chose to kind of work and school in a similar sort of area. So how? How did that work for being able to concentrate and things like that?

C14F - I'd be using air phones for Google meets.

A50F - Yeah, and then I'm. I'm not actually working as such though it was alright so I just do some admin stuff for my parents and also for friends of mine so it didn't really involve meetings as such, but on the occasion, I did have meetings then I would use headphones.

R - Where is your son? Chose a kind of space away from it. Do you think that was so that he could concentrate or?

A50F - Yeah, but he's been upstairs in the fitting room for a while now. I think for about three or four years. So, way before lockdown.

R - Did he [inaudible] from home before lockdown?

A50F - No, and it only happened during lockdown. So, lockdown happened 2020, wasn't it? So, I think he was already A level year first year level, so I suppose he was doing some work at home and some work at school 'cause he's only like 400 meters away from the school. So, he was tooing and froing anyway between the school and home, studying at home and then obviously it all moved into the home during lockdown, but he always chose that space to study.

R - And C14F would you have chosen that to put your desk there anyway? Or would you have chosen a different space if you could?

C14F - I'd probably like keep it though it well, like I've probably would have chosen that place because so the only place where there's room

A50F - I mean, I suppose said she could study in her bedroom, but then the Wi-Fi, yeah, but Wi-Fi doesn't reach there and then also we have to put a desk there and it's there's not really enough space in her bedroom. And then the spare room is just a complete tip. It's just got lots of stuff in it, so I don't know where else you could study. Didn't we? Did think about studying outside the sitting room, didn't we?

C14F - Oh yeah, but that's like a bit too cramped

A50F - That was only a recent thing actually. When my parents kept on coming round and they were like really noisy. So, we thought about moving C14F's desk,

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C14F – to your room

A50F - to my room or outside the sitting room. But anyway, somewhere quieter. But anyway, that's not a lockdown thing. That was something else.

R - So during lockdown, obviously noise and things maybe wasn't an issue in the basement, was it not?

Child - No

A50F - No, not at all. Touch wood only cooking noise and smells I suppose.

R - But that's not necessarily too off putting.

[Short break for participants]

R – So let's talk about your room as well, just 'cause your room was one of the ones that you shared so and kind of. What did you use your room for and during lockdown?

A50F - Well, it was just to veg out sometimes, because then it's much warmer in my room than it is in the basement. And also, the sunlight comes straight through, so I really liked sitting there. And also, I've got like quite a lot of plants, and I find clients quite therapeutic, so I used that. Maybe I mean just randomly, so maybe one a day. Maybe I'd be in my room not even that long. Maybe half an hour here and there and that would be it really. Just to have a bit of a. Break from this from the basement. And from dogs sometimes.

R - And so it's more like a quite like a quiet space reflects in space.

A50F - Yeah, yeah, 'cause they weren't there and also the dog wasn't there and it was really nice and warm when the sun comes through, yeah

R - And so, C14F if you wanted some like quiet alone space, where did you go?

C14F – well I think it was either outside or just. I just stayed in the basement.

A50F - Yeah, it's the garden. I think we've why didn't really go out there that much. So yeah, you tend to use the garden. Didn't you

C14F - yeah

R - So if we talk about these questions are kind of around the way your form impacted your family's wellbeing. So, did you feel overall that your home was like quite supportive of your wellbeing? Or did it sort of feel quite oppressive?

A50F - And now I thought it was really nice actually. Luckily, the only thing I missed was not being able to see the sunrise and sunset.

C14F - Yeah,

A50F - I mean not that we tend to see it anyway, but at least sometimes we used to go away and then when you're in *** you can't really see the sunrise and sunset. So, I really missed that. Actually, come but apart from that we are really lucky to be in London and have so much room. So, I was really aware of that compared to friends and other people, so we didn't feel we didn't feel oppressed in any way. And we just felt really grateful.

R - And so what kind of views do you have?

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A50F - Well, it's a bit crummy, isn't it? Well, the back garden you've got a picture of, which is nice, but the front garden is, we're like at a junction. I mean, luckily there's not many cars or people, but you know about 20 meters away or other buildings flats, so it's not much of a view.

R - So was anything about your home that made it more difficult for your family just so day-to-day life? Getting on with each other? It was there any places like sort of cause conflict or arguments?

C14F - Wi-Fi. One time I was on a Google meet. I think I mean club and I kept rolling cutting off. Could C17M was playing games. Oh right.

A50F - How do you test that happened once it once? It won't fit in one giggle. Meet it happened 1 gig or meet about three or four times and so we didn't have enough bandwidth, but that I think that was an anomaly. Luckily, when C14F was on a meeting and then C17M was using his laptop for gaming, then calling people yeah or calling or whatever he does and so he didn't have enough so we didn't have enough bandwidth, so C14F meeting kept on dropping out and it was for a computer programming club, wasn't it? Yeah, yeah, so that's a bit annoying. So, we then we had to ask C17M to stop playing and he did though didn't he. Yeah. But that didn't happen often, did it? Yeah yeah. So, we're quite lucky with that.

R - So will you quite lucky that say, if you had to do activities in the same space, was there any kind of changes you made to any of the spaces to make sure you could all get on with your separate activities and not sort of get on top of each other?

C14F - Well, when we had an online like... Music lesson we wouldn't have, but we would have to like, not use the Wi-Fi.

A50F - So yeah, yeah, so C17M had an online orchestra for example on Friday nights, so we were quite good about not using the Wi-Fi. But then we started using it again, didn't we actually. It was still alright, but that was about it really. So, we yeah we were able to use the Wi-Fi, but we did stop a little bit at first and then we started using it again, yeah? So now we're OK. Yeah, I know.

R - And. I and you mentioned my obviously. Tidying up in the garden and everything so that you could use it more. Was there any other sort of changes that you did that were really around trying to support your wellbeing?

C14F - No apart from the garden.

A50F - not in the house I mean, like we used to go. I used to exercise quite a lot, but then no, not really. I'm just trying to think there. I think when I don't think we even cleaned more to be honest, don't do anything like that. No, we were quite chilled out. Actually, I have to say we didn't. I mean for us the lockdown was alright. It's a bit boring, but it's OK. Yeah, we just got on with it. We did a lot of baking, didn't we?

C14F - Yeah, we did.

A50F - yeah, 'cause C14F like some studying with her mates

C14F - or not studying but chatting.

A50F - Yeah, chatting with her friends and things like that so I think it affected her a lot and

C14F – and being outside.

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A50F - Yeah, so taking just football with the team and she didn't do that. So that was a bit sad. Yeah exactly. And then C17M missed his orchestra and all but he's quite an introvert. But even he found online learning quite tedious.

R - Yeah and was there. Was there any kind of capacity for. Any interactions and all like some people would like to sit in their front garden and talked to people that walked past.

C14F - I heard people do that and something.

A50F - Yeah, we didn't do that. But when we walked the dog, people talk to us. You know dogs are real great socialiser yeah so, we didn't. We didn't do that, no.

R - So is it is there's no like way of depends on how you live I suppose or where you live as to whether you have that kind of through traffic. Or people neighbours that look over the fence.

A50F - Yeah, I I think yeah, we do have through traffic, but we didn't feel that lonely or yeah, not that people have to be lonely like that, but we didn't feel like we needed to. Because whenever you walk the dog, people tend to talk to you anyway. Which is nice.

R - It's nice to hear someone having a good experience of lockdown after some other people we spoke to.

A50F - Yeah, I'm not sure. I know it's really. Yeah, we feel a bit guilty actually, for almost enjoying it in a way.

R - No, I mean I, I loved it. My family hated it. I loved it.

A50F - Funny how people experience is really different.

R - If you imagine, in a perfect world, is there anything that you'd like to be different about your home if we were to be locked down again and change anything was, would there be anything?

A50F - Yeah

C14F – more space and better Wi-Fi

A50F – I would really like a view so we could see the sunrise and sunset and you know with a I mean it's really stretching it. But if we could see the beach and the mountains, that would be awesome because I think we really miss going away and so we didn't really. You know there was no change of scenery so a lovely view would be awesome

C14F - bigger gardening

A50F - and a bigger garden with a swimming pool or something like yeah. That's really ridiculous.

C14F - Very nice and cold in the summer with a go ape. Kind of climbing.

A50F - But no, realistically we're lucky, and we do count our blessings. We'll probably get burst pipe now, but anyway, apart from hopefully I don't think so.

C14F – don't jinx it

A50F I won't jinx it. That's the only thing if you have big house there's loads of maintenance to do. There's always something popping up.

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R - But then I suppose it's nice, like, like you say that if you're very outdoorsy people, that's one thing you really notice. If the gardens quite small but say like I'm assuming it wasn't big enough for you to play football in.

C14F - No.

A50F - No, just kicking against the wall and then it rebounding, wasn't it? Yeah, yeah.

R - Uh, so off the changes that you have made. Do you plan on keeping them or was there any sort of temporary changes that once we were out of lockdown, you thought we don't need this anymore?

A50F - No, we're definitely keeping it. 'cause it's an improvement to the garden, isn't it?

C14F - Yeah,

A50F - and yeah, so we wouldn't change anything back. I mean that we made that many changes either.

R - Well, so that's the end of the wellbeing questions so that the children's questions are kind of simple and it's basically just sort of asking children what they're like during lockdown. Where was your like favourite place to go?

C14F - in the house?

R - Yeah.

C14F - Either the garden or the sitting room or the desk.

A50F - Basically normal then yeah.

R - And was there anywhere that you really avoided or just really didn't wanna be?

C14F - No.

R - That's good. You can see their aimed at younger kids.

A50F - Are we getting locked in cupboards or find these crates? Yeah, check his crate. Even 'cause we got a big crate for the dog or small dog. It's actually a huge crate or a great Dane and our dogs only 7 kilos. But sometimes my son would sit in there.

C14F - No, not in that, but like to tempt the dog that's true. He said it tasted alright.

[Family start to move around the house showing the rooms]

A50F - You can see how should I show you the crate?

R - Yeah. So, the dog wasn't the new addition then.

A50F - No, he came along in November 2019, so it was really good timing actually, so we should have just shown it to you. Can you see?

R - Yeah, wow and how big the dog.

A50F - and that's the dog

R - You are a little puppy. That's a big house.

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A50F - So it's a big crate for him, and it's a small dog. Yeah, and this is the that's the basement entrance that we always use. you see, it's really like it's not that nice we've got mould and stuff there and then we come in here and then that's why showing it c17M desk. It's a very messy

C14F - Start and this is outside.

A50F - Can you see the view from outside, it's not very nice

R - Yeah. So yeah, I can see you probably couldn't get much view of a sky.

A50F - Yeah, I know it's really hideous

C14F – should we go through to the sitting room bit?

A50F - but I think and then back to the back. The back garden is much nicer.

R - Yeah, so that's oh that's lovely. I see what you mean there. Definitely like jungle plants.

Child - Yeah, let's go. So, we go outside. Yes, I'm sweating, so I want to go outside.

R - Actually, it's a lot bigger than it looks in the pictures.

A50F - Actually, we did get a new barbecue cover.

A50F - We did, we have the other one was really grubby and disgusting. Did you hear the sirens as well?

R - So is that quite common? That kind of obviously in a city noise.

A50F – Yeah but during lockdown it was quite quiet.

R - Well, yeah, I suppose there's nobody was going anywhere.

C14F - Yeah, it's very nice.

A50F - then these are the steps going up to the sitting room.

C14F So this is like TV and the sofa area.

A50F - Then that's where they practice nuts the piano.

C14F - Yeah, so like this is the view from like the window wide the dog likes to sit.

R - they're really high ceilings. Is it a bit of a hard house to heat?

A50F - Oh completely yeah. So, it is very. It's a hard house to heat and also the windows they were supposed to be replaced in 2005 but we ran out of money, so they still haven't been replaced and so it's quite drafty. We have got secondary glazing but it's still not that great. So, we haven't even switched on the heating yet because it's just too expensive, so we just wear loads of clothes indoors.

R - I'm very much a believer in that whenever my wife turns the heating on, I'm going to turn off again. I just put a jumper on.

A50F - I don't know, it's more, it's more environmentally friendly, yeah? And like where do you stop? You know like 2 hours in the morning still isn't enough, so it's just goes on and on. Did you want a tour?

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R - I mean, if you want to, yeah, it's all really useful for us. 'cause that's it. We can sort of see like you see it as you're going round. You're telling us which bits you use and.

C14F - Yeah, we can. We go upstairs.

R - The did he use the plants as kind of a way of bringing the outside in a bit.

A50F - Yeah, but we we had all these plants before lockdown. 'cause I quite like plants anyway. OK, this is my room.

C14F – so that's the view outside

R - Oh wow again. Plant envy

A50F - Yeah trees. It takes a long time actually to water and nurture them well. I say that half an hour a week so. So, it's been with me since 1996. Wow Oh yeah, we have to show you a really old plant we have. I mean like 55 years old. He's called Grandad Yeah, it belonged to my parents.

[participants frozen due to poor Wi-Fi on upper floors]

A50F - Sorry, it's the Wi-Fi.

R - Don't worry, I so I thought.

A50F - that was Grandad plant. I don't say we trim it quite often and then we plant the trimmings, so I don't know if you notice in my room there were three little plants and that's all from Grandad. We call him grandad. Yeah so, I mean they those little trimmings we keep them, but they we could sell them for like 10 or £15 each. It's ridiculous. So, as you say a plant price have gone up an awful lot. But yeah, so grandad is with us, and he lives right up there 'cause it's really sunny and warm. Because in the basement It's quite, you know, cold.

R - Well, thank you so much for taking the time to speak to me and show me your home and sharing your experiences. I really appreciate it.

[End of recording]

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Participants	A35F - 35yrs, White, Female, Vocational Training, Pre-Lockdown Work from Home, During Lockdown Furloughed A36M - 36yrs, White, Male, Vocational Training, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home C2M - 2yrs, White, Male
House Details	2 Bedrooms Small Terrace Mortgage/Loan Private Garden

Unfortunately, due to my error I did not press the record button properly and the recording didn't engage, meaning I did the whole interview, and the recording was unusable. The participant was kind enough to agree to do the interview again, so the questions may seem a bit leading, but it was because I was trying to prompt her to say all the things she had said to me previously.

R - It's a Sunday, isn't it my brain is just a mess! We will try to do a bit quicker this time. AS we did the whole thing and I forgot to press record! so let's go back to the photos. Tell me about your bedroom, um? What happened in your bedroom and how you changed it?

A35F - OK, so the bedroom was quite dark. If it's lots of chocolate brown colours and it was just a really dark room. So, during lockdown we decided we had the time. We brightened it up it's all a purple colour now it just makes it a lot nicer. It's sort of a lighter room. It just feels fresher in there. It's also our own style as well, so it's not the other persons.

R - Oh so it that what you kind of came to when you moved in?

A35F - Yeah, so chocolate brown colours were all what the previous people had done. So, it was us putting our own mark on it as well.

R- You mentioned putting in the new windows and stuff.

A35F - Yes, so we put in new Windows in 'cause they're all rotten and wooden ones. I mean, when we bought the house, the woman was quite pleased, so it's all original would. Oh yeah, it's all falling to bits. We couldn't, we couldn't even open the windows 'cause the whole frame had just fallen out.

R - Oh god

A35F - The new windows have been a lot nice 'cause you can open it if it's really hot. Um and the double glass so it keeps heating when it's cold. So yeah, there's been a lot more so positive.

R - And was that the whole house or just the bedroom?

A35F - No, it was all the house 'cause they were all exactly the same.

R - You said to use the bedroom the same and you didn't use a bedroom in any sort of different ways during lockdown.

A35F - yeah it was just the same

R - And So what about your? so this wonderfully decorated, spectacular room?

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A35F - So yeah, son's room. It would just serve storage before he came along. Turn into a nursery, but then when we did our room. Well, if they all furniture went in there, it is going into it skip eventually when we get around to getting one. So now it's just a bit of a storage room again. They just sleep in our room so it's not too bad at the moment he's little. When he gets a little bit older and he needs his own space, obviously it'll be we will have to sort that room out again but for now its ok

R - And during lockdown, you didn't miss having that space and that extra room.

A35F - I think because we never really use that space, it had always been storage. see it's not like we missed the extra space, it was just it be nice if we have had the extra space.

R - Um, so sorry making you do all this again. Talk me through the house again.

A35F - Yeah, so this is the main entrance and we've got their kitchen, which is just sort of off to side of the hallway. At the end of the hallway it's a living room. And then after living room this is sunroom in the garden.

R - And the sunroom was a new addition during lockdown.

A35F - It was, yes. It's been a very long process, so we bought it for all the pre lockdown and then we couldn't get any bricks because of lockdown. And then I think there's a brief period where there wasn't any lockdown, so we got the bricks and then we went into lock down again. So that's when we started building it and it's just about just about finished it about 99% finished now just need some sealant on it. Then, um, that's being used for storage at the moment. Just because we haven't got a skip. And rather than things in the garden, where it gets a bit wet and nasty. We've been using that to sort of keep it dry.

R - If we talk about your home and how it's supported your family's wellbeing so were you happy in your home.

A35F - Yeah, I mean spaces. I was sort of being an issue. But it was just a nice step on the ladder. When we first bought it, but now we have been here six years. I think it's getting where we need to find somewhere bigger. We are about to get B&B at some time, so we probably would hold on here until we'd sort of saving the money to do with that. But yeah, it's got a nice garden at the back, so that's it was being quite pleasant still during lockdown. Just be somewhere else to go. It's even it's not outside. Well it is outside it's a garden [laugh] It's just be nice to get in there and it feels. It's a bit like extra space, so it's be something else to do. And then a lot more time for garden as well. With lockdown um, so it's like my setting. It probably would have been if it's all been going to work, but it's not somewhere you you're really bothered to go when you get to act two days off to do everything.

R - Yeah, so was it nice to spend that time in the garden with your son that you maybe wouldn't use the garden normally.

A35F - Yeah, I mean it when I say it just to go out there a bit more. I mean when I was on maternity, I went out there quite a bit so we're like going back to maternity being in lockdown. The spending time with him and So the actual sort of been paid but I wasn't doing anything. It was really strange time.

R - Like you said, the size of the living room was the one thing that kind of made it quite difficult for you and your family.

A35F - Yeah.

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R- how did you try and negotiate? Like you say your husband using his computer, your son, playing. You may be trying to watch the telly. How did you work?

A35F- Yeah, so we've also got our own little space. I mean my husband's sort of got one corner, my son had the other corner for his toys, and I've got at the back of the room where the sofa is. Yeah, it's just that we're all together, but it's making time for ourselves, so that was sort of our own thing.

R - Um, so it's that's one way that you kind of dealt with potential conflicts and things like that. You said you can be alone, even though you're still together.

A35F - Yeah, I mean it's sort of. I'm sure there is a word for it. It's like it's together, but you're separating yourselves.

R – And you mentioned the kitchen being kind of being an area that was maybe a bit like on top of each other.

A35F - Yeah, the kitchens really so small, um. So, it's really for only one person. Mean you couldn't do roast dinner in there in there and have somebody else in there at the same time. So yeah, it usually like someone would wait It's in the living room. The other person does whatever they want to do, and they'll come out and they were person will go in. Or I'll say you want a drink and I'll go in and do the drinks rather than do it separately. Say it's at 1 space where you just want one person in.

R - and like and you say it didn't have enough space for anywhere to sit and eat. So how do you? How do you negotiate eating? Especially with the little one?

A35F - Yeah, so mainly that's all done in the living room will just sit on the sofa and eat. It's not the it's not the best, but there isn't really any other option really.

R - So do you have a highchair for you son or is he kind of let free?

A35F – We did have highchair for him He absolutely hated sitting in a highchair or being constraint so he will just sit on the chair and eat it or sit on the floor

R - You're brave, I'd be scared. I'm like no, don't make a mess.

A35F - Yeah, I'm used to messes. So mantelpieces splattered all think it's barbecue sauce up there. So that'll be fun to clean up.

R - Um, so like you said, when you had to do more than one thing in the same space, so you mentioned you sons played.

A35F - So yeah, it goes in there. If we're doing things like cooking and we don't want him touching the cooker or the washing machines, also trying keep him out of that room and we've got baby gates as well, but this is just a bit of extra security. It's so we don't have to be with him all time. If we need to do something.

R - Yeah, and so it was like helpful when you're trying to work from home.

A35F - Yes, because they will touch keyboard and they'll get in the way and that sort of thing.

R - So at least it's somewhere he's saying if you know he's safe.

A35F - He's safe he's got his own toys. You can watch TV. I don't. I can do this now and I'm sort of glancing over that way, but I know is absolutely fine.

R- was there anywhere else in the house that you used if you wanted to get some alone time?

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A35F - I mean, during is summer, the sunroom are quite nice 'cause I could sit in there. I could do a bit of work. I can maybe watch something, but now it's just getting a little bit too cold in there.

R - And I'm assuming you in the winter lockdown it wasn't enough of a room to use.

A35F - No, no. Just basically I'm a platform during the winter.

R - you mentioned oversee changed the bedrooms to kind of um to to brighten it up. Were there any other changes you made to help you families? Wellbeing and mental health.

A35F - No, that's not related to fit sort of things, so we have extra space, in the sunroom and the bedroom

R - And how did you get around the constraints of the house? So, like you say, the size of the living room, was there anything you did? And you mentioned using the front garden.

A35F - Yeah, um, so yeah, when people could set a start visiting but not coming in. We did sort of sit in the front down for a little bit and that would just be nice 'cause it's sort of an outdoor space, but you can still sort of communal thing.

R - Did you do that with your neighbours and things you know, like when the clap for carers and stuff? Did you use it?

A35F - No, it will very much. We just came out... There's a bit of a clap, went back in again. We do speak to the neighbours but we're not sort of really close to them.

R - And so you say, the changes that you've made, um, your plan to keep do you?

A35F - yeah

R - Yeah, was there any kind of temporary changes you made that you thought we don't need This now we can go out.

A35F - Um, no, not really. I mean, I'm always sort of looking it from and money point of view. I wouldn't want to change something, and it just be temporary. So, it's a bit of wasted money doing it for a short amount of time. And so now everything is being set permanent that we've done.

R - Fantastic Um, and so if we talked about your son where's his favourite place to be like during the lockdown when you couldn't go anywhere else?

A35F - Yeah, so he's always been a fan of the living room it. Yes, that's where the TV is and where he as his snacks and everything. Say it's always quite happy there. He likes the bathroom as well. If he can get in there.

R - So is it fun for bath time and things as well?

A35F - Yeah, he likes bath time. It makes playing with the toilet. So, it's probably his second favourite room

R - So is the is the bathroom? Quite small, quite big.

A35F - Yes, no expressed clicking standing there. If you turn back there, it's toilet and sink in front. Yeah, and that's it.

R - Yeah, so how was that for? Like trying to give him a bath and things when water everywhere.

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A35F - Yeah, it's not too fat or you just set the sort of end up sitting on the on the toilet seat while he's in the bath. Just got dog likes to come in as well, so there's three of us in there at same time.

R - in the bath?

A35F - Well, I think the dog would get in the bath if he could.

R - Um, and was there any spaces in the house? It just really didn't work for your son.

A35F - Again, that probably be the kitchen. I mean, it's not big enough where he can safely be in there where I'm cooking or doing the washing or anything like that.

R - So say if you want it to like bake together or anything, it just wouldn't allow that.

A35F - He really would probably have to sit on a worktop if I wanted to bake of him and be scared of me falling off while I'm trying to do whatever things. That's it, yeah, it's not very practical. Rarely, maybe when he's little bit older. It won't be too bad although having two people in that kitchen at same time would be fully a bit of an issue.

R - So was there anything like activities wise that you really kind of enjoy doing with your son doing lockdown?

A35F - Yeah, he started going in the garden a little bit together where it's been a bit too small to do like previously. And so, he's in a bit digging with me, and I've been going like different flowers, flowers, sunflower, Daisy, red flower, and that's being nice to do with him as well. 'cause it's sort of helping him learn the same time. There's been practical.

R - Fantastic, um. Well, thank you so much for just repeat yourself for me because I was. Just totally forgot to press record and I really, really appreciate all the time you've given me um, and I'll stop the recording now.

A35F – No problem

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Participants	A48F - 48yrs, White, Female, Doctorate Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A46M - 46yrs, White, Male, Primary Education, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home C10F - 10yrs, White, Female No Schooling Completed
House Details	2 Bedrooms Bungalow Mortgage/Loan Private Garden

R: Before we go to the pictures can you just briefly talk me through the rooms in your house?

A48F: So, we have two bedrooms. Uhm, a fairly good size lounge. Uhm, smallish kitchen and a family bathroom. And then we've got a funny little room which is kind of a conservatory, which we use as a dining room. It's got like a plastic roof on the top. But the lounge actually has, well, it's sort of patio doors... Out to it... So...

C10F: Yeah, 'cause it would have been [inaudible].

A48F: Yeah yeah, so we're in the process of remodelling everything, but at the moment that's how it is.

R: That's good. And one more question before the photos. How did you come to live there?

A48F: So, it's a two-bedroom detached bungalow on a corner plot. So, we always recognize that it had potential for extending. My husband is a self-employed builder, so the plan was always to get him to do the work. We've been here around five years, but he's always quite busy with work, so... progress is fairly slow, but we're getting there.

R: OK, thank you very much. I'll share my screen so you can see the pictures. You will stop seeing me for a moment. I'm not sure why that happens, but then I will stop sharing. So, who wants to start first?

A48F: [to C10F] Do you want to go first or should I? OK, I'll go first, as this was [inaudible] my thing

R: Are you adult one or adult 2?

A48F: Adult one, yeah...

R: OK. So, it's this one and this one. I mean they are the same room, so we can talk...

A48F: They are both the same room, and this was one of the examples of an area that we changed. So obviously this is our lounge, our living room. And when we first went into lockdown, and I had to work from home and C10F had to do her home-schooling, we put like.... well, you can see the setup there, it's kind of a wooden... [to C10F] What do you call this? [to R] It's actually a manicure table that we done, we bought, with a load of other furniture, and it was kind of spare. We had it stored somewhere, so I thought, well, that'll do as a desk and then I have my IT set up from work. So, I was given a monitor and my laptop and chair. But I only work part time, so, I do 0.5, so I do two days one

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week and three days the next, so I use this space on all my working days and C10F was using this space for her schoolwork on my non-working days.

R: I see.

A48F: And then she was using one of the other rooms, that will look at later... on the days I had to work, she had to work in a different room. So yeah, basically we repurposed the lounge... to sort of be our working area as well.

R: We will talk about C10F's desk, the other desk, but why did you do this moving between the two areas? And you didn't just have this other desk as your desk for home schooling?

A48F: Because this is a noisy environment for her to be in.

R: OK.

A48F: The lounge is much nicer... it's much brighter... it's warmer... much more cosy... more comfortable...

C10F: More peaceful...

A48F: [laughs] More peaceful yeah. The other area was less than ideal.

C10F: Yeah...

A48F: Uhm...

R: OK, we will talk about that with the pictures as well. OK so, how do you feel about this space?... About working in the living room...?

A48F: I quite like it. it's never really bothered me 'cause it's a really nice room. It's a spacious room and obviously we don't really have any other space in the house at the moment. Obviously one day we'll have a couple of spare rooms and one of those might be an office but, you know, I didn't wanna be working in the bedroom or the hall. Uhm, there really wasn't any other options. So luckily because the lounge was quite big, we just kind of stuck it behind the sofa... And you know, it's a nice, comfortable space. [inaudible] because my husband is a builder, you know, he wasn't working at home as well, he was outside all the time, so you know, it meant... it's not like we were intruding on his living area....

R: Yeah...

A48F: ...during the day I think it would have been harder... if he was working from home, I don't think it would have worked.

R: Yeah, I see... of course it took some strain away didn't?

A48F: Yeah...

R: And what about you C10F? How did you feel working in that desk?

C10F: It was quite nice 'cause it was like a big room... spacious... It was fine, nice and bright, having a window near you...

R: Which one did you prefer the most?

C10F: Probably this one, because it was sort of a bit more... easier to work on.

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R: OK, I have many questions, but I'll ask them later when we discuss the other space as well. OK, so, you both were in the living room during the... actually you were not both at the same time in the living room you were alternating between you... did anything else happen in the living room at other times when either one of you was there... like, did other people use the living room for anything when someone had to work on the desk?

A48F: Not really, no. No, like I say, most of the time my husband was at work. Occasionally he had to do paperwork and he might just sit on the sofa with his laptop and do that, but it's fairly minimal and then sort of after dinner time it just becomes our space to relax and watch TV.

R: OK, and you said that the desk was a new addition in the living room. How did you use the living room before lockdown?

A48F: Yeah, just for sitting and watching TV...

R: There wasn't like... any desk there at all or...?

A48F: No.

C10F: [inaudible]

A48F: Which one?

C10F: There's a really small one, like a short one that I would store my Lego on. [inaudible]

A48F: That wasn't in this house.

C10F: Yeah, it was.

A48F: In this room?

C10F: Yeah [inaudible]

A48F: Oh, was it? It was a coffee table wasn't it?

C10F: Yeah, and I used to store Lego on it on it.

A48F: Yes, there was a coffee table when it had Lego on it. You're right, gosh, that sounds like...

R: But you didn't work on that, you just use it for play?

C10F: Yeah.

R: OK and, you have answered this question, but I'll just ask again, why did you choose this space for your work and your home schooling?

C10F: Peaceful...

A48F: Yeah, really, because it's the nicest decorated room. It's the...

C10F: Yeah...

A48F... sort of cleaner, more spacious, warmer area, isn't it?

C10F: Yeah.

R: I want to ask about the size. Is it bigger than the other rooms?

A48F + C10F: Yes, yeah

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C10F: It is a spacious room.

R: OK. And then how do you use this space now?

A48F: The same. I'm still working from home at the moment.

C10F: Yeah.

A48F: I was due to go back to work a couple of weeks ago, but I've actually put in a homeworking request for now, and so it's just me using the space now 'cause C10F is back at school.

R: Yeah, I see. And how does that make any difference? Like when you were both using the desk, did you have, like, to clean it from paperwork or other objects? Has... I don't know... was that an issue? And if it was, how is it now?

C10F: I did you still have quite a lot of paper things.

A48F: It's more the laptop, isn't it? Because in the second lockdown most of your stuff.... It was really just switching between my work laptop and your... well our home piece or home laptop which you used for your schooling, yeah... So really, it's just switching the IT around really. Not much of it was done on paper the second time around, was it?

C10F: [inaudible] the first time that first time learning path?

A48F: Yeah, that makes a bit different.

C10F: Yeah.

A48F: I think it was a big difference between the experience of the first lockdown and the second lockdown. So, second time around, it was much more technology based. Just everything got done on the laptop. First time around... yeah...

R: They were not so prepared the first time. The weather was nice as well, everyone was out.

A48F: Yeah

R: OK, should we? Do you want to add anything? Or should we move to the next picture?

A48F: Now we can move to the next one.

R: OK, let me share again. Right. OK, so let me see because here we have many different spaces. So, it is this garden... this is... is this the kitchen table?

A48F: That's the dining room. So that is sort of the conservatory with the funny roof.

R: Ah I see, yeah you mentioned this.

A48F: Yeah [inaudible]

R: OK so what time is it? I guess we will have time to talk about like, maybe two of the spaces and maybe briefly the other adult's? I saw that you probably made an extension, I assume... So, which do you want to start? Which one do you want to discuss?

C10F: The garden.

A48F: The garden room and the garden.

R: So why? Why did you share the picture? Was it an important space? A difficult space?

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C10F: [to A48F] the dining room?

A48F: Yeah, yeah.

C10F: It's sort of in a way a difficult one because it was really hot in the summer, quite cold in the winter and when it rained it was just constant noise. So, you can't really concentrate in it.

R: I see. So, what were you doing there?

C10F: When it was my mom's working days had to work and do my schoolwork in there.

R: OK I see. Yeah, I see the comparison now between the two spaces. The two options...

A48F: [laughs]

R: OK, and how did you feel about this space?

C10F: It wasn't very peaceful, so it was a bit hard to sort of working... It wasn't my favourite space to be in.

R: What do you think would have made it better?

C10F: Maybe having an insulated roof? So, you can't hear anything.

R: So yeah, it was the noise that was the problem, wasn't it? OK, so you were studying there and home schooling. Did you use it... What else was happening there? I'm asking basically the same questions. And did you eat your lunch or dinner there or?

C10F: Yeah, we did sort of eat in there 'cause there wasn't enough space for the [inaudible] table.

A48F: Yes, we did put your little desk there, didn't we?

C10F: Yeah.

A48F: The picture is from today...

R: OK

C10F: So, it would be bigger

A48F: It was bigger, during lockdown. if you see the stud wall that we put in has made it smaller.

C10F: So, you would usually be able to fit four chairs...

A48F: Yes. So, we used to have the dinner table and a desk was separate,

C10F: Yeah? [there was more space around it]

R: Yeah, here?

A48F: Yeah.

R: I see. So, you had... sorry let me appear again [stops sharing screen]. So, you had that separated eating table and a separated working table just in the same space. OK, did anything else happen in the conservatory? If I can call it that?

A48F: The cat eats some food...

C10F: Ah yeah, the cat ate some food and that [laughs]

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A48F: Oh, we did not have her in the first lockdown,

C10F: [inaudible] but I didn't work then.

A48F: No.

C10F: But yeah, we did have her in the second lockdown.

A48F: Yeah, we did.

R: OK, and you said that you put an extra table in order to facilitate working. Did, you adapt it anyway... sorry. Did you do anything different to change the room in order to accommodate your needs?

C10F: [inaudible]

A48F: Yeah, we moved something didn't we?

C10F: We moved that little table. You know...

A48F: It wasn't that coffee table...

C10F: The one with the chillies on.

A48F: Yeah, if that was the one that was where this desk was.

C10F: [inaudible] freezer

A48F: It was a different one... Oh, we had to move the freezer as well.

C10F: Yeah [inaudible] the chili plant thing.

A48F: Yes, yes, we had to move a few bits of furniture

C10F: ... around.

R: Yeah, I see. And have you changed it back to pre-lockdown...

C10F: A little

R: ... arrangements?

C10F: It is quite different.

A48F: Yeah, but your desk isn't out there anymore so it's back in your bedroom.

C10F: Yeah, I see.

R: So now if you need to do any extra homework do you do it in your bedroom?

C10F: Um...

A48F: Kitchen.

C10F: Yeah, usually the kitchen on the breakfast bar. I do usually homework.

R: OK, in the kitchen, is there an extra table, or is it... I'm just trying to understand... So, you have that table in the conservatory bit...

A48F: Yeah

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R: Is this the same with the kitchen one, or is it in a different one the kitchen one?

A48F: So, it is a breakfast bar.

R: OK, it's like tall with stools, I guess.

A48F: Yeah.

R: OK like an island.

A48F: Yeah

R: OK, so do you want to talk about this other picture? Let me see...

C10F: The garden...

R: Yeah, was it the garden?

C10F: Yeah.

R: Here. Is this the one? it should be, Yeah, that's the kitchen. OK, so here's the garden. There's a table there and a shed. So yeah, you talk me through what we see?

C10F: Yeah. And so, the smaller shed was sort of my play shared storage sort of shed and it was a lot tidier then... so you could sit in it then. So that it was, I did spend a bit of time in there...

A48F: Reading your books and stuff yeah?

C10F: Yeah

R: What did you do in the shed, can you repeat that?

C10F: I did read a bit in the shed, and I did spend some time in there.

A48F: You have got a drop-down desk in there.

C10F: Yeah, I have!

A48F: Yeah, I don't think that you used that.

C10F: [inaudible]

A48F: But yeah, no, that's true, you wouldn't fit underneath it anymore.

C10F: No.

R: Is that the building that is that is visible, is that the extension or is that the conservatory bit?

A48F: That's like a summer house.

R: Ah, OK is it a separate structure like detached from the...?

A48F: It's like a wooden cabin that we store everything in whilst we're doing the building work.

C10F: [inaudible]

A48F: [Laughs]

R: Yeah, I see. OK, so why, again I'll ask the same questions. Why did you share this picture? Was that an important space, like your favourite space, or...

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C10F: it was a nice place to be in when I wasn't doing any work, like to relax, or play or do something nicer? And there is quite enough space to be in... just when we didn't have anything else to do.

R: OK, did anyone else... did you... were you alone? Was it like, your time alone space or other people were using that?

C10F: Mom did come out and sometimes we actually had lunch when it was sunny. Quite a lot of the time it was sort of my alone space and I used to play out there quite [inaudible] by myself. Yeah...

R: And how often did you... were you outside?

C10F: I tried to go out there most days, obviously if it was raining, I wouldn't go out. And if it was like... if it was only drizzling I would but if it was raining hard then I wouldn't. So tried to go out as often as I could. I am still doing work...

R: Did you do home-school outside?

A48F: Definitely in the first look down, yeah, less so in the second.

C10F: Because the first one was a lot more sunnier

A48F: Yeah, it was. Well, I was setting you more stuff to do, wasn't I? And that was a bit more outdoors then....

C10F: Yeah,

A48F: ...perhaps than what you heard from schools

C10F: Yeah.

A48F: A lot more nature things.

R: I see. Did you adapt it somehow since before lockdown? Did you make any changes during lockdown?

C10F: I think we didn't make any like big changes, you know, we did use the table a bit more... anyway.

R: What else were you doing on the table? Or other people as well, what... your family... What did your family do?

C10F: We used to [inaudible] of internet,

A48F: EE

C10F: Yeas, EE broadband, right?

A48F: Yeah. You do your painting.

C10F: Yeah, I could do some painting and so I do that and some school working.

R: Was it like the messy- messy crafts that was sent outside?

C10F: Yeah

R: OK, and do you use this differently now after the lockdown?

C10F: I don't really use the shed as much [inaudible] really.

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A48F: No, you're getting a little bit big for [inaudible].

C10F: Yeah, uhm. I do still go out there...

A48F: You still use the garden.

C10F: Yeah, I still use the garden. Yeah, uhm. Obviously, it shrunk quite a bit because...

A48F: [laughs] no it hasn't.

C11: it has...

A48F: You've got bigger.

C10F: [inaudible] the block walls.

A48F: Oh, I see what you mean.

C10F: I can't go on my bike around.

A48F: Yeah, so the garden has got smaller because of the extension. The block works out the back. Yeah, I see what you mean...

C10F: Can't go around my bike anymore because...

A48F: Yeah

C10F: I will go right into the block work

A48F: That's true.

R: OK. I think we covered all the points. Do you want to tell me about this extension? Are you still building it or have you finished?

C10F + A48F: Still building yeah.

A48F: Yes, we have no roof on either bits yet...

C10F: No

R: And what room will it be?

A48F: So, there will be...

C10F: A master bedroom

A48F: There will be a bedroom with an en-suite on the side of the house and extension to the kitchen and dining room at the back.

C10F: Yeah.

A48F: And then, two rooms up in the loft. Two and the bathroom

C10F: 3

A48F: 3

R: OK, and is that... how did you... Why did you decide to...? You mentioned that that was your intention from the beginning when you bought the house, but did you identify any problems now with your house and you want the extension or is it just...?

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A48F: Uh, yeah, I mean, I think the same sort of issues as when we moved here really. It is a fairly... It's a fairly small 2 bed bungalow. Looks like the only decent size room is the lounge is not the rest of it, it's just a little bit small.

C10F: Your bedroom is pretty big, but you don't [inaudible]

A48F: Yeah, we got oversized furniture from the previous house.

C10F: Yeah [inaudible]

A48F: Yeah. So, really, we just wanted to get to a point where we had more than one bathroom, you know, that was always a problem with...

C10F: Yeah.

A48F: Well. Even with the three of us, you know, everyone's trying to get ready for school and work at the same time.

C10F: [inaudible]

A48F: Definitely it will be good to have another bathroom.

C10F: Yeah

A48F: And it would be nice to have, a spare bedroom so that friends can come to stay... family.

C10F: Yeah,

A48F: Eventually... uhm, yeah, friends. And I think, you know in my head I'd sort of always wanted another little room as an office and I think that some... possibly, yeah, even more important, if I end up working from home. And C10F would like a lot of space for books

C10F: I got too many books

R: I see, and I hope you finish it soon and you and you get to enjoy it. OK, do you want to add anything, regarding the discussion we have so far, or should I move to the second part?

A48F: Yeah, that's fine.

R: Yep, OK. So, for the second part I will ask you about changes, we have already started talking about this, and how you feel they supported or hindered your family's wellbeing. So, when I say house, we mean both changes inside and outside... we already discussed the outside ones anyway. And by well-being, we refer to someone's social and psychological state, how positive you may have fared during lockdown, how you were coping with your everyday life, how you were communicating between you, if there were tensions or not. That's how broadly, how we define wellbeing. So, the first question is do you feel that your home supported Your family's wellbeing during lockdown.

A48F: Yeah.

R: In what ways?

A48F: I think having the outside space really helped,

C10F: Yeah.

A48F: Because we have got a nice garden that we can all sit in and it's private and it faces South, so it gets a lot of sun. And it's all hard landscaped at the moment so, even if it sorts of rains, it's drying in

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half an hour, you know, as soon as the sun comes out you can go out and use that space. And having... we've got like a running machine and some fitness stuff in in the summer house there. I sort of missed going to the gym

C10F: You did.

A48F: Whenever I got stressed, I just go and have a little a little run on the running machine. C10F would use it at lunch times as well.

C10F: Yeah, [inaudible] TV.

A48F: Yeah, so lucky to have the outdoor space and I think that made the biggest difference and I think having the lounge quite nice really helped. 'cause I liked working in here and I like relaxing in here in the evening. The rest of the house is less conducive to improving my well-being. But the bedrooms are a bit damp and stuff like that and I think as C10F alluded to, we've got really big furniture from a previous house, so we don't get a lot of air circulation, so it's a bit... Yeah, I don't know where it is, but yeah, it's just damp and smells a bit funny.

C10F: Yeah... Well, my room doesn't like your room does

A48F: So yeah, so we try and, you know, we've tried various things with dehumidifiers, and...

C10F: I think your bedroom is bigger than mine because my wardrobe is bigger than normal [inaudible]

A48F: Yeah, but I think if you look at... If we just been in this house compared to our previous house, I think our wellbeing was better served here because...

C10F: Do you?

A48F: Yeah, because of the outdoor space... was nice. No, we had a very small garden. And it didn't get any sun...

C10F: [inaudible] couldn't grow grass

R: So, the question is, if you found any rooms particularly challenging, you mentioned of course, the bedrooms and the reasons for that. Were there any other rooms that you found challenging during lockdown? Or areas inside rooms if not the whole room?

A48F: I think the bathroom is, well just... we could have done with, you know...

C10F: We could have done with two.

A48F: Could have done with two.

C10F: Because people get [inaudible]

A48F: Because... Yes, silly things like having a bath became a thing I did more of... you know, before lockdown I'd probably, hardly ever... And it's like, yeah, you know, just that self-care element and you know, wanting to just spend half an hour an hour in the bath...

C10F: Hours on the phone.

A48F: Yeah.

R: How did you get around this kind of constraints, like with the one bathroom for example, how did you make it work?

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A48F: We sort of take it in turns, don't we? We kind of let my husband have a bath. Because he's a builder, obviously he comes out dirty and you know, really needs a bath, whereas you know if we've just been at home all day, we can wait so he normally gets first bath. And I'll have little bit later...

C10F: And then I would have mine [inaudible] when I got home

A48F: yeah

C10F: I usually have mine around 5:00 and still feel like you have it at 6.00.

R: Yeah, yeah, I see. OK. So, did you make any changes in your home that were about supporting your well-being? I assume the extension is one of them, of course. Did you make anything else to support your wellbeing during lockdown?

C10F: I can't think of anything that stands out.

A48F: No, I mean silly little things like buying more of those, what do you call them?

C10F: Candles?

A48F: No, the diffusers. like things to make your house smell nice and... buying flowers a bit more. But nothing really material because, we're just waiting for the extension, aren't we? Buying new bedlinen, I suppose just to make you feel a bit nicer. But yeah, I don't think we had really done anything significant other than... Everything that dad has been doing outside...

R: OK. Many families found that there were conflicts and tensions between people and activities. You know, many things happening at the same time. I assume maybe for you, maybe that was not the case, but I want to ask you was this the case and if it was, how did you... did you do anything to the space in order to accommodate your activities?

A48F: No, I mean, I think the biggest thing for me is when I work from home and C10F is at school. I would maybe put a load of washing on at lunchtime or with the Hoover round, but you can't really do that if she's doing her home schooling. So, it meant that all the housework that I was kind, of you know, had to be done at the weekend, so...

R: Yeah, I see. So, during lockdown you just left it for the weekend, while she didn't have any home schooling?

A48F: Yeah. So that's a bit. Yeah, I didn't like not being able to just clean whenever we wanted to do or do the washing whenever it needed doing like.

C10F: Trying to concentrate.

A48F: I do not think there were any other conflicts around activities other than... Certainly not... in the second lockdown it was just a breeze, it was so much easier. That first one I did find C10F needed a lot more time from me. Not to help her with her work, but to find suitable work to give her to do, to keep her busy for all the hours that I was working. Just still didn't send a lot home...

C10F: [inaudible, talks about how many sheets of work she had to do]

A48F: Yeah,

C10F: Through teachers reading and four sheets.

A48F: So again, the biggest conflict for me was... Yeah... When do I sort out enough schoolwork for you to do [to C10F] whilst trying to work from home.

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R: Yeah, I see. OK. So, some families also found that they had too much time together and others that they had too much time alone. What was the case with your family? And then I would like each of you to tell me what your time alone space was.

A48F: Do you want to get that?

C10F: [inaudible]

A48F: You want me to go first. Yeah, I mean ultimately C10F and I ended up spending pretty much every... Well, apart from my working days, I suppose, 'cause I was in here on my own working, and particularly in a second lockdown I didn't feel it as much. First lockdown, yeah, it was quite intense as... you know, in terms of us being together all the time.

C10F: Yeah

A48F: My alone time really was kind of trying to go out for a walk. I would do when my husband came home or we'd go out for a walk at lunchtime wouldn't we but... Yeah, that wasn't really alone. Yeah, definitely a lot of time together, wasn't it?

R: If you needed to be alone for, you know, a couple of minutes or more, where would you go? Did you have a space to go, first of all?

A48F: Well, like I said, we did have like the running machine in the summer house thing.

C10F: That was probably where I'd sneak off.

A48F: That was probably where I'd sneak off too.

C10F: Yeah, I just quite often [inaudible]

A48F: Yeah, yeah.

R: OK, and what about you, C10F?

C10F: I either went to my bedroom or outside. Not really [inaudible] any running machine, obviously I did use it. Sometimes just got to go outside and we're going to [inaudible].

R: Yeah, we talked for the garden as well. OK, do you think that these changes that come you talked about actually helped eventually?

C10F: I think they did, yeah.

A48F: Yeah.

R: OK. So again, we have touched this question a little bit, but I will ask anyway... so, if you had a magic wand and you could change anything in your house, what would you have changed? During lockdown, specifically.

C10F: My own sort of space. Having a designated office space, I could work in. So, I didn't have to store everything away from the desk.

R: Where would that be? Would that be a different room or a space in your bedroom?

C10F: It would be a different room preferably. So, I could sort of spread everything, all my books around me, instead of crammed into that little desk I had. Because I had a tiny drawn and 2 tiny shelves. And everything was kind of wrapped into that.

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R: Yeah, I see. Is there anything else?

C10F: Don't think so.

A48F: What about you, A48F?

A48F: Uhm? I think for me, where I sit to do my work, although it's a nice room, it's north facing, and I get quite cold in the winter. So yeah, make that a warmer place, a bit lighter, would help me through my working day. That and a nicer bathroom to retreat to at the end of it. Get a nice bath...

R: Very, very soon you will have all these nice things. OK, so that was the questions for the second part, do you want to add anything that I may have missed? Anything that may have been important?

A48F: No, I don't think so.

C10F: No.

R: OK, I just want to ask him, C10F, what was your favourite space in the house during lockdown?

C10F: I would say [inaudible] the lounge and the bedroom and obviously the garden and [inaudible].

R: OK, and what was the one that you didn't like at all? Even hated if possible.

C10F: Probably the dining room, because that was not very nice to work in. It's my least favourite place in the world.

R: And just a clarifying question, why didn't you... I think you may have said already, but I can't remember, why didn't you do home schooling in your bedroom? Was there the space to have a desk? Was it a spatial issue or just means...

C10F: There wasn't really much space for a desk...

A48F: That was my decision really...

C10F: Yeah, and I didn't also really want to spend the whole day in my bedroom.

A48F: Didn't want her studying in what should be a relaxing space.

C10F: Because I don't really have much light unless you completely open up the one [inaudible]...

A48F: Yeah, I wanted to keep it separate for her, really. On hindsight, I'm not sure it was the right thing 'cause her room is quite nice,

C10F: Yeah.

A48F: but at least you had that kind of separation.

[debrief]

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Participants	A38M -38yrs, Asian, Male, Master's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home A34F -34yrs, Asian, Female, Master's Degree, Pre-Lockdown Work from Home, During Lockdown Work from Home C9F - 9yrs, Asian, Female, No schooling completed
House Details	Large / Medium Terrace 3-Bedroom Mortgage/Loan Private Garden

No photos were uploaded prior the interview, so the conversation relied on recalling past experience (lockdown experience).

R: So as like an opening question, I would like to know what why did you choose your home from the very beginning? Why did you choose to live in in your home and specific even before the lockdown?

A34F: Yeah, actually the UM, quite strange that we moved here before the lockdown, so it's like in 2019 we moved here we were looking out looking for a couple of houses and searching for that. So, we end up here. So, it was three bedrooms before that we are in two-bedroom house. So now this is 3-bedroom house, and it has a big garden. So, children can play outside, so uhm, that's the reason. So, when we moved here and we did some couple of changes and soon we did finish them and they lock down just happened.

R: And how far were you satisfied? Like in general? In a nutshell, when you're your home living in in your recent home.

A34F: two years almost.

R: how far are you satisfied with your experience in home in your home? Your experience of living in your home? How far are you satisfied?

A34F: Oh, we are satisfied yeah, but obviously lockdown change so much in our life. It's like we should have this and this. We should look for these points when we were searching, but we didn't. We just wanted a big house, a big place outside the area. But obviously, when according to if we see it according to log down. Yeah, well, maybe we think we add up more things in our list or so in our checklist, so obviously that's different.

R: And that's what we're going to talk about today.

A34F: probably.

R: So, my first question would be like if you... Actually, if you take a minute or two like to remember the important, for both of you, to remember important places for you during the lockdown in your home, and when we talk about your home, we talk about not just you know the boundaries, the physical boundaries of your house, but also any places that were important for you during your daily home life, during, when, during the lockdown when you were not able to go anywhere else. Away

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from, you know, the immediate premises. Uhm, so which place would you like first? Like to talk to me about?

A34F: A living area living room?

R: Yeah.

A34F: So right now, we're having a living room and we have a dining as well. This in the same room. So, this is really complicated things a lot, living and dining in the same room. So, and also, we have a table here. Dining table, so everything like studying and we are using the same table, the dining table. So, it's like more like study table and dining table rather than just a tiny table. So, it's like the living room is like family room and it changes with everything. So yeah, so most of the time we are spending in this room.

R: So, if you talk to me about the schedule, if you have you talked about many things that happened there. So how did you schedule all these things?

A34F: So, uhm, actually I'm a graphic designer as well, so I do some work on my laptop and most of the time. I'm independent, not working with the company. I was working with the company as well, but soon the lockdown happened I changed it. It gives me a time for my... I can choose my own time.

(the interview was interrupted for technical reasons – the Participant's laptop was running out of charge: So, my, uh, sorry, can you give me the? The. Charger piece, sorry about that.)

Yeah, that's how things worked. With my laptop, I was using for the home learning as well. So, I'm working, as a as well with my daughter, she's working with the laptop as well. So that changes a lot. And we're sharing the same table, same room, same area and working and I'm home schooling as well. So, like, like all the parents.

R: Was it like a some sort of like segmenting your schedule like a little bit of this and then a little bit of that.

A34F: yes.

R: Or were you able to separate like a whole morning chunk, you know?

A34F: Yes, I really try hard to separate things, separate tables. OK, you can sit down there then we have to switch places. And, yeah, the thing like that, yes.

R: and how did that feel? How did you feel about the about the experience in general and about and the living room? The space living.

A34F: Yeah, in sort of the lockdown. We enjoyed it working and spending time together as a family and doing lots of work together. Uh, there are sometimes fun tasks and which from the school, so she was in year one at that time when the lockdown happened. So not much homework, home learning at that time. But the second lockdown happened, the stress was... Amazing! Overwhelmed with the homework and everything and the assignments. So, at the first time we enjoyed it a little bit of the difference. OK, we are spending time together. We're working out together how to do things, how to manage things. But the second time was very hard. so, to have this pile of my papers, my work, my files here on the table, the same table and then with the children. so, it was difficult.

R asking C9F: So, what your experience of the living room?

C9F: Good.

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R: So, what did you do there?

C9F: I done my learning, I done colouring. I used...

A34F: He watched TV.

C9F: Telly yeah,

A34F: we did the Joe Wicks

C9F: the PE.

A34F: You know the Joe Wicks videos. In the living with her.

C9F: yeah. And I had to do the homework.

R: your homework, so was that also you're the most important place for you during the lockdown?
Or was there another place in your home that you felt that this was most important?

C9F: This is the important place.

R: So why was it important for you?

C9F: Because I spend most of the time here with my family.

R: yeah. And uhm, what was that for you... Also, like a fun time? Or did you feel like many things were happening.

C9F: It's a fun time.

R: Yeah, so what was the thing that you enjoyed the most there, doing that in the living room?

C9F: Colouring

R: and when did when did you do your colouring?

C9F: Mostly in the afternoon and morning.

R: Yeah, and did you do that with when you were alone in the living room or did other members of your family were around?

C9F: Other members were around.

R: Yeah, So what about your bedroom?

C9F: My bedroom is this really nice? Yeah. I got lots of books and toys, decorations.

R: And how did you use it during the lockdown? In did you use it more?

C9F: no

R: Not that much.

C9F: yeah.

R: Do you normally use it a lot or was that a change? Or that's how you do it all the time?

C9F: Yeah.

R: So, what happened? What did you use to do there? And you stop doing?

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C9F: This is just play with the toys and read.

R: Yeah, and what was this change? Did you stop reading and playing with toys? Or did you do that somewhere else?

C9F: I done that a little bit more. But I stopped doing that.

R: Yeah. Yeah. So, what are the other places that were important for you? Mommy just mentioned that there is you moved to a house where you have a big garden.

C9F: Yeah,

R: so that they can it change

C9F: yes.

R: So, what happened there?

C9F: So in the starting of the year, last year, we built this trampoline and me and my other members of the family we all started jumping up and our neighbours sometimes came to our house and start playing and that didn't happen in our old house.

R: Yeah. And is that something that made your lockdown experience better?

C9F: yes

R: and also, so do you, you said members of the family, so is that only your siblings or your parents as well joined?

C9F: my siblings.

R: yes. And for A34F, what are the other important places for you?

A34F: So obviously the kitchen area is important, but uh, we have a separate kitchen, not the open plan. I wish we had open plan Kitchen so because it will be easier for us to get to cope up there with the kids and their studies. And we can share a chat with them at same when I was busy in the cooking and stuff. [unclear word] come back to the to the area to see the area in the living to see what they are doing and what's happening. So that's important. So maybe in future we have a plan. Maybe we do some conversions or some constructions, yeah.

R: So, I also forgot to ask you, so if your children were the main users of the garden, so did you make any use for yourself?

A34F: Yes, we did some gardening's and some place, uhm, some gazebo and we build that. So, a little area sitting area there so we can enjoy the evenings there.

R: Yeah, And even after the lockdown we still use it the same way.

A34F: Uhm, much more in the summers we use that, but obviously in winters it's gonna be a bit hard to go there. we enjoyed the summers.

R: so, are there any other places that you would like to talk to me about in your home?

A34F: So, we have my room the, the big room master bedroom we have that big one. so, we have a couple of... one bed and wardrobe there and also, we have space, a lot of space there, so kids most of the time kids can play there as well. So, I have my desk there. My printer. Uh, so some more time I do my printing there my work there as well. uh, I used to do my work in the in my bedroom but in

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the log down because the because of the studies and everything together. so, we move, I have to move my things down so living room becomes the study room and everything.

R: Yeah, so you working from home was something that you did before even before lockdown?

A34F: Yeah, much no not much, but yes, a couple of days in a week sometimes yes.

R: So, if you compare between a home working in the bedroom and home, working in the living room so. How do you find it the difference?

A34F: I think the bedroom in my bedroom I was like on my own. I can shut my room and do my quiet time and I can focus on my work but in lock down I have to share my room with everyone there are telly going on their phones going on their YouTube going on and everything so it's like it's hard to focus. Yes, it's tough and not in living room should not be.

R: Yeah, so after the lock down have you returned back to your bedroom for working?

A34F: Uhm not yet. Still struggling.

R: yeah, so is there anything else that you would like to mention? Some anything important in your home experience during lockdown?

A34F: Yeah, there are a couple of things that I wish I could come see when I was looking for home so it must be a open plan. Kitchen area or living area or maybe two rooms like living room and the and one other room for children or for the family. So, I saw a couple of homes. They have these two living areas, two living rooms, a separate rooms.

C9F: that's quite good.

A34F: Yeah

R: So that will help us to move to the next part of the interview, which is more about your... The changes that you have made and even also the challenges that you have faced to support your wellbeing. So, normally the first question is you know how do you find your home supported? Your wellbeing? What were the aspects that you felt that were helped you during this time?

A34F: so obviously the garden was a plus point for us and it was summer, luckily, we can go outside, we have a nice evening time and less stress so we can reduce some stress and the kids can play outside. And so, we can do some gardening as well. We did some gardening together. Yeah, that's how we did.

R talking to C9F: So, what about you? What do you find that the thing that most supported made you happy and make your experience more positive during the lockdown...? In your home?

C9F: yeah. I get to watch TV, I get to do colouring, I get to do learning, I get to...

A34F: What about garden, you loved the gardening.

C9F: yeah, I like the garden the most.

R: garden and you still use the garden that much after the lockdown.

C9F: Yeah, I still use it and my bother has a lot of a lot and lot of plants.

R: OK, and what does he plan there?

C9F: Tomatoes and chili cheese and strawberries...

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A34F: and apple tree as well,

C9F: yeah, an apple tree, Delia

R: Yeah, that's really nice.

C9F: Yeah yeah, and it wasn't really fun in the lock down that much because I couldn't go to school, and I missed my friends a lot.

R: Yeah yeah, that was hard.

C9F: yeah.

R: And some people, try to overcome this feeling of separation from, you know, their networks by having a walk around. And sometimes people also used UM, if they had the front garden and, uh, just to start to see people outside in the street. Yeah, what was your experience?

A34F: So luckily, we were having very nicely with both sides, so the one on the left side. They don't have kids, but they are nice. They chitchat and say the hello, hi even in the lock down. But the right side they have two daughters the same age as mine, so luckily, we enjoyed the time with them. So, it quite really reduced our stress. that so we can at least see some people, some other faces and talk to them. So, I think that was that really helps us. So, so like it's kind of a socializing you know to look around, to talk to them in the evenings. They when they have their tea in the garden so we can chat with them. So that was good. So sometimes they can come to our house, and they have the big they have the same garden set, same size garden. So, and they have the, uh, the Playhouse. Yes, they have, so they go there with them and play with them. So that's how we actually deal with the lockdown stress.

R: And when he's you say the garden, you mean the back garden?

A34F: yeah, the back garden.

R: so, what were the challenging things? What the things that were really hard and you couldn't change?

A34F: I think the trust, obviously at that time, uh, we could not trust somebody or someone like meeting people. It it's really quite hesitant even when we are sending their kids to the next door, we were quite hesitant, obviously to whether we should or we should not. But I think we started to overcome that fear a little bit after a few after some time. But in the start, it was hard. The trust was not there, it was quite different.

R: Yeah yeah. And what were the challenging spaces in your home? But you are the most challenging space?

A34F: I think most challenging is the living room as well. the same. Obviously, because we are having the same one room one living room and the kitchen is separate. So that is quite [make it] changing for us.

R: And how did you get around this challenge? Like, how did you try to resolve this?

A34F: So, we just move some.... We did some changes. We move around with the sofas and do some different settings and we add up a space. So, for our tables, we add one more table in the corner and so that we can put some stuff there, my files and everything. So, and we moved a chest of drawers.

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We bring that and we put it under the staircase so we can put the handy papers and some stationeries and everything in there. So, these are these are the kind of changes we did.

R: so uhm I can imagine that the changes that you have made were mainly to be able to accommodate all your work together.

A34F: yeah yes.

R: and what about sitting together like watching the television? Or you know all this time? So, what was the so what was the other quality when you changed...

A34F: so, we move the TV actually at that side of the room. So, because of her studies, we want some plain background so that she doesn't have any distraction. So, we have to move that to other side, and we want a plain background plain wall so for her online studies. So, move that. Yeah, it's not back on the position where it should be, so it wasn't hard to watch TV at that time. We hardly watch it hardly have time to watch it because by the time it's evening, we are tired of all day work.. My dog stares to sleep. and on weekends like we do watch some movies. We try to have some time... Yeah, movie time. Yes.

R directing the question to C9F: And for you, what was the most challenging thing in in the home, a place that you felt like really difficult and you felt like you wanted to change.

C9F: Living room. I couldn't do my learning.

R: And what work what could have made it better?

A34F: The separate area?

C9F: yeah, I could do my learning in my own room. Yeah, yeah. Yeah, have a little desk. [unclear word: Not] papers and pencils. Computer.

R: So, do you normally study independently? Do you, or do you need your parents do for help?

C9F: yes, sometimes.

R: and before the lockdown, did you study here in the living room too? like, do your homework or UM, any tasks that you needed to do after school time? So, it was it also in the living room?

C9F: Yes.

R: but because it was short time, it wasn't that hard.

C9F: Yes, like online like online work.

R: Yes that's great.

C9F: and sometimes when our neighbours came to our house, the right-side neighbours, we normally made a little theatre in the garden. my mom put a... It's a movie. Beauty and the beast. And then we all watched it together and we had cookies and chocolate. Yeah.

R: Oh, that's really nice. Sounds like lots of fun.

A34F and C9F: Yeah.

R: So that's something that made it... that was a bit helpful.

C9F: yes.

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R: OK, so is there anything else that you would like to share with me about the challenges or things that were maybe quite positive in your home? In supporting your wellbeing like places.

A34F: And. Not, not really, yeah

R: I mean, for both of you. Like if anything that you felt like... maybe also it doesn't have to be something challenging. It's also could be something that you really appreciated. You talked to me about the garden. So, is there anything else that you feel like? If maybe in few years later and you remembered lock down and you think, oh, that, that was so great. It was so great in our home. What would you remember?

C9F: I remember...

A34F: the garden especially the garden.

C9F: the garden especially, yes.

A34F: because of her friends. They come over. They have the nice time together. They developed their friendship with them at that at that time because we moved there. We hardly know anyone here so soon the lockdown happened. So, they have time to understand each other to know them better. So that time the garden was the only, UM, escape.

C9F: [unclear word: we got off] of the storm happened, some of our fence fell off [unclear words] the trampoline.

A34F: that how we got to know them. So, the fence fell down because of the storm.

C9F: in the winters, when there was snow, on Saturdays, our neighbours came to our house, and we were throwing snowballs at each other and making snow [mans].

R: That sounds like fun. Lots of fun. Did you ever play outside in the like a street in the street or did you, uh, like in the front garden? And with neighbours,

C9F: yes.

A34F: Yesterday we did have... We did trick or treating with our neighbours. that it was fun.

C9F: yeah.

R: But is it mainly in the backyard in the back garden?

C9F: Yeah yeah. Sometimes in the park too.

A34F: Yeah,

R: in a nearby park.

A34F an C9F: Yeah,

A: it's quite a big park here nearby, so we walked there, usually, and met some neighbours, familiar faces, so it's good. Quite a good place. Yeah, then the neighbourhood is very good. The people are nice.

R: That's great.

A34F: yeah, it's pretty good.

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R to c: What would you prefer more? Playing it with your friends and neighbours in the back garden or in the park?

C9F: In the park in the park, cause a humongous playground that we get to play in.

A34F: cycling.

C9F: cycling, especially cycling. My sibling, he always wants to do bike races with me.

R: that's great. That's nice.

C9F: yeah.

R: So, uhm, reaching this point in the interview. First, I'd like to thank you for things that you shared with me and UM, and before talking about your children experience in specific... I'll be sending you booklets so too just to add anything that you like. We didn't talk to me about today during the interview. Maybe you started to remember more things, or you have we would like to comment more so they are age specific. For adults and for children, so come and you can send it back to us by post or by email by email and just the most convenient for you. But it's also it's not something mandatory, so it's just if you would like to share. If you'd like to add anything.

A34F: yeah, sure.

R: so, the final part of the interview is about. The most important spaces and the most disliked places in the home during the lockdown. And you shared with me a lot about the garden. Yeah, uh, so how about picking another place that was... that you liked the most, even if it was outside your home? That you used to go like really regularly during the lockdown. Inside or outside.

C9F: outside

R: The Park?

C9F: Yeah

R: so, during the lockdown, would you able to meet people there or did you go with your family?

C9F: Yeah, I went with my family. Yeah, sometimes every Sunday in a month.

R: Why was that so special for you? You already had the garden, and you were able to play in the garden.

C9F: Because in the garden we only get to have a trampoline and rider bikes, then the playground. We have Playhouse and slide and swings.

R: Yeah, so more options.

A34F: Yeah, more options, and the ducks

C9F: yeah, the ducks. Once I went to the park before and the duck almost bit my hand.

R: you must have like a fed her a lot?

C9F: yeah, feeding her with my hand like that. (C9F making a hand move to show how she fed the ducks)

R: Yeah. Sometimes they're cheeky.

C9F: Yeah.

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R: and what about the place that you disliked and try to avoid the most in your home?

A34F talking to C to recall a disliked place in the home

A34F: A space where you time we don't want to spend time. In small room?

C9F: yeah, yeah. I don't wanna spend time in the small room.

R: What's the small room?

C9F: It's my room.

A34F: Your room is quite big, your dad's room.

C9F: yeah?

R: So, what happens in the small room normally?

A34F: is his [her] dad's room actually. Because he has his own space, his closet and his things, his files and everything. So, it's not really allowed there to go and sneak in it and open that. So quite hard to go. You know?

C9F: And during the lockdown, I accidentally broke the curtain.

A34F: [unclear words]

R: So, it's a place where trouble can happen.

C9F: yeah. And like in my room, cause my curtain is broken too.

R: yeah, actually didn't talk to me a lot about your room. So, what really happens there?

C9F: So sometimes my mom is making my sibling's milk. So then that that's the time when I can read a story book to him, So, they spend time together during that time, bedtime.

C9F: Yeah.

A34F: that's my best time.

C9F: Yes, yeah. Normally he just wants to play.

A34F: with your choice.

R: yes.

R: So, you share your room to get together.

C9F: Yeah.

R: That's nice. So, what changed after the lockdown? What was the thing that's like...? The big change that happened in the way you used the different spaces in your home. Maybe the living room, maybe your bedroom, maybe the garden. What was something that's remarkably different? Maybe use it more or use it less? Maybe it feels better or worse.

A34F: Now you're using your room quite a bit more with your reading and stuff. Yeah, quite your books moved upstairs quite of them.

C9F: a lot of them

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A34F: a lot of them moved back in your room.

C9F: I still got [unclear word] in the living room, but normally in the lock down, when I was in year two, when I when I had the books during the lockdown I normally put them upstairs and now I just put them underneath the table over there (*C pointing toward the TV table*)

A34F: 'cause it's quite handy so you can read quickly here and finish it and then go back to sleep and do stuff. Downstairs is easy to help kids with their studies. They're not that much independent yet when they are, maybe in few years, I hope so. Maybe she is getting independent now. She's more responsible now, so, maybe I can give a whole room to spend more time there. She can do her work all by herself.

R: Yes.

C9F: During the lockdown, when I was doing my learning, my mother used to give me little booklets. To do my learning in, like maths, especially math because I really like maths and English, I use a workbook to do it, to learn with, and the maths workbook.

R: and you do them all on the table in the living room.

A34F: Yeah,

C9F: on that table or this table. (*Both tables are in the living room*).

R: But actually, when did you do your work schoolwork during the lockdown in the evening or the afternoon?

C9F: I normally done it in the afternoon. [unclear word] having a rest.

R: and what did you do in the mornings?

C9F: In the mornings I normally did my online work.

R: with the school.

C9F: Yeah,

R: and then in the evening like mostly TV time, free time...

C9F: yes. I don't normally use that TV that much.

R: So, what was? So, what was the most? What was the main entertainment thing that you used to do?

C9F: Uhm, I used to use the phone

A34F: YouTube.

R: Yeah, me and my sibling had to share it and my sibling won't let me use it. Then this year we brought an iPad so that was good.

R: Yeah, and if you want to hide from him, where would you hide?

C9F: I well, I don't normally do this. I only do it when my little brother is disturbing me when I'm doing my online work. I would go upstairs and close the door and do it like times table rockstars.

A34F: In your own room.

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C9F: yes.

R: Yeah, sounds great. Well, it's great that you're having more independence now.

C9F: Yeah

A34F: yeah

R: that's great and thank you very much for sharing this with me.

C9F: you're welcome

Interview debriefing

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Participants	A41F - 41yrs, Asian, Female, Vocational Training, Pre-Lockdown Not In Paid Employment, During Lockdown Not In Paid Employment C5F - 5yrs, Asian, Female, No schooling completed
House Details	2 Bedroom Low Rise Flat Social Housing Private Balcony

R - 'cause we didn't have any pictures. It's fine, we don't need them. Can you talk me through your home so I can get a picture of it? So, what rooms there are, how? How you move around. So, start at the front door and kind of talked me through it.

A41F - OK alright yeah. OK, so I'm just gonna flip the camera.

R - I mean, you don't have to move if you don't want it, but you can.

A41F - Oh no, no, I'm fine with it. So let me just start from the front. Right, so this is the hallway, That's the front door here and then I've got a storage room here. It's quite spacious. And then I've got a utility room here. Just got the washing machine and the boiler. So yeah, and then I've got the open plan kitchen, a kitchen living room area. So, and then she's got a big doll house here.

R - Cool.

A41F - And then so that's the kitchen area. Yeah, and then. The living room bit here, For that TV. OK, so that's one room. And then if I walk down the hallway. So that's my daughter's bedroom here. Full of toys. And that's the bathroom, I don't know if you can see it clearly.

R - Yeah, yeah, that's cool.

A41F - OK, and then that's my bedroom here. And that's it. That's it. Every room.

R - Awesome. Thank you, it just sort of helps me a little bit when I'm talking about it, I can kind of know what rooms you are talking about.

A41F - OK.

R - And can you tell me about a place that was important to you during the lockdown, like a room that, um, that was sort of which room was so particularly important to you? Or you used quite a lot.

A41F - I think I'd say the living room area 'cause it's got the TV so I can just sit down, relax and watch TV. Um, I think the second most will be my bedroom because I usually go and like sometimes when I'm when I need a bit of quiet time I go to my room. I go on the phone; we just lay in the bed.

R - And so say like the living room, you know it was kind of your space, for chilling. Did other people use the living room as well with you?

A41F - Yeah, um, it's my daughter.

R - Um, so how did you use it together, especially when you were kind of really locked down? Was that where home-schooling was as well, or?

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A41F - Uh, yeah, home-schooling will, normally I'll do it in her bedroom. It's more comfortable here because I, uh, she's got carpet, so we just sit down on the floor and do it, whereas living room, it's got flooring and it just gets a bit cold for me, so I prefer in her bedroom, so I'd normally do it in their bedroom. And in the living room, we just sit down and watch TV. Maybe movies like cuddle up and on the so far without blankets.

R - And was that like the same way that you used the space, like the living room before lockdown

A41F - Same way yeah, same way.

R - And was there any other things you did in the living room? Sort of so maybe.

A41F - Eating I eat in the living room because obviously it's connected to the kitchen, so I don't have a dining table and chair, so I just sit on the sofa. I would just see it and so far. And that's it. Just eating, watching TV relaxing.

R - and during lockdown, was there anything that you did in the living room that you haven't done since?

A41F - No. I think everything has been the same really.

R - Yeah, did you move any furniture around or add anything or like?

A41F - No, no, nothing like that, no. 'cause because I I literally moved in in 2019. So that was like few months before the pandemic came i. So yneah, everything has been the same really. I think. Uh yeah I haven't moved anything around or added anything.

R - Uh, so you say sort of you used your bedroom for if you want it a bit of quiet time, um.

A41F - Yeah.

R - Is that again? Is that something you did before lockdown, or is that something you really needed to do during lockdown?

A41F - I think during lockdown I needed to do that more. Yeah, because we're like my daughter. She's been at home every day and she's been off school so most of time like you know, I've been spending a lot of time with them at home and sometimes like for even 5/10 minutes. You know, I just needed to get away and you know, see I have a bit of me time and not do anything. Just be on my phone.

R - Uh, and again is that sort of the same since the lockdowns finished, is that still your sort of go to place for alone time?

A41F - I still do that, yes, I'll still do it.

R - Um, and what about, um, your daughter? So where was her kind of goal? Took place during the lockdown when she just wanted to chill?

A41F - Her bedroom. Yeah, mainly like daytime her bedroom and then evening time she would tell me like she wants time to self, so which means when she says she wants time to self she wants me to go and sit down with her in my bedroom and just sort of relax on the bed and watch. Like go on the phone.

R - Yeah, so you kind of together but not engaging with each other kind of thing.

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A41F - Yeah, yeah.

R - That's cool. So, so it's all on one floor, isn't it?

A41F - One floor, yeah?

R - Um, so what's the anything like, say, for home schooling? Was there any kind of adaptations you made two daughter's room, a desk, or anything that wasn't there before?

A41F - Yeah, the desk wasn't there. Actually, it was a birthday present she received, so I thought like because she doesn't have a desk and because of the pandemic and everything, I thought it might be a good idea to get a desk for us. So at least you can sit down and like when she is doing like homework, um for school and stuff. Then she can do it on their desk. But that was something new we actually got.

R - It was is there any other examples of anything new we got kind of during lockdown even if like little things, furnishings, new toys just to kind of.

A41F - Sure. Oh well, a lot of toys. Yeah. Every couple of weeks toys. Like different toys like dolls and stuff, random puzzles, um, like scientific and experiments and things like that and board games. And a lot of books as well.

R - Scientific experiments that sounds cool. Where did you do them?

A41F - What did you do then?

C5F - here

R You did them in your room.

A41F - Sit down and talk for a bit, what kind of scientific experiment did you do?

C5F - Rainbow, rainbow colours

A41F - Rainbow crystals you made.

R - Mammy let you do them in your room, wow. I'd be worried about the mess.

A41F - Oh yeah, I had to put down like newspapers on the carpet. 'cause you know, she's always spilling things.

R - Um, and what about the kitchen? Did you kind of use the kitchen together at all? Baking that kind of thing?

A41F - Oh yeah, yeah, we did um, quite a bit of baking as well, like making cupcakes is like every time I go to the supermarket, she always comes back with the boxes of cupcake mix. So, I'm always making those like it's probably about like every 2-3 weeks. I'll make baking something she'll tell me to bake it. She'll say to me she will help me and stuff. And then when it comes to actually. that's issues leaves me alone and then and after it's done, she won't eat them.

R - Yeah, it's my once. It's all about licking the bowl. I don't want it. Once it's cooked, I want the uncooked stuff.

A41F - Yeah, yeah, so yeah. A little baking and cooking. I normally do cooking. from scratch like every two to three days.

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R - Well, that's good. And what's it like trying to um, like with the open plan, so when you're cooking you can keep an eye on her. Is that handy or is it sort of a bit dangerous?

A41F - In a way it is very handy because obviously you know I can like when I'm like waiting for something to boil or something. I'm just quickly sitting down on the sofa, which is, like, you know, like a yard away from the kitchen so I can quickly run to the kitchen. And you know, I always keep an eye on that, but the thing I don't like about open plan is when I'm when I'm cooking all the smell sort of lingers around everywhere. It doesn't, you know it takes ages to come out even opening the windows and everything, so that's one thing I don't like, but there's smell of cooking. But otherwise, it's quite handy and then anytime we were sitting down in the living room watching movies is quick to just like get up and go and get something to eat.

R - If we talk about, yeah, you're sort of your experiences of lockdown. Did you feel like your home supported your families? Well, being?

A41F - I'd say I'd say in a way it has. It has because, um, because we've recently moved here, and it's been sort of like an exciting experience for us as well. So, we will still like, you know, exploring everything and getting used to settling down so it has been. It has been a help kind of way.

R - So I mean, you can tell me it's none of my business if you want to what made you move to that that house particularly?

A41F - Um, so the previous property I was living in it had one bedroom. So, and because I've got a daughter now, so they've given me, uh, the housing association, so they've given me two bedrooms so one for me, one for my daughter, well when I first came to view it, I quite likely it's a new built as well, so it was quite yeah, I liked it and it was spacious, more spacious for us, so it had more rooms. You know instead of like we are being stuck with me in one room and she's got nowhere else to go then you know that's why I accepted this place. There's more space for us.

R - And did you get much choice around like the area? Is it near schools and things like that?

A41F - Yeah, the school is very close by, so it's like um, well, a couple of minutes so we're on the highway and it's just like after we crossed the highway. school is literally there so it's you know it's very handy that school is nearby, but the only problem is the transport links, which I mean we have the closest two train stations, and that's probably like back 10 minutes' walk from my place and then we have a bus stop which is about 7 minutes' walk to. The bus stop, which is only one bus that travels, so we can only get that bus and then like change few times if we have to get to a place. So that's one disadvantage for moving here, but I do like the area as well so you know that. Yeah, and because of the area I chose because of the area and its school is close by as well.

R - And what about your outside space? What kind of access do you have to outside space?

A41F - So outside spaces, mainly we're close to a ***. So, we which is about 10 minutes' walk. So, we have like the main sightseeing area there [local area] and we have I wouldn't say it's huge. like a field is sort of like a well I say about like medium size park, a field and it's got a children playground there as well. And then I've got lights on behind me. I've got um I I don't know how well you know ***

R - You can tell by the accent. Not particularly well I live ***.

A41F- OK, yeah no for right. OK yeah. So, we have *** close by and then we have um something called *** which is getting like a bit more like touristy area now so that's quite nice and then got all

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the like the riverside is where river around close by so we have a lot of like places to go and go and explore as well.

R - What about like during lockdown? So, when you like you've got all these wonderful places quite close to you when you couldn't use any of them. What was the sort of outdoor space you could use?

A41F - So the outdoor space we were able to use still, um, going to [local area] visiting um. and the parks as well, the big field the parks. So, at the riverside walk as well, we did riverside walk, so that will still you know something we could do every day.

R - Yeah, and do you have any like for the building itself? Any sort of outdoor space that specifically for you or if like shared?

A41F - Oh yeah, yeah. So, we have a communal area which is on the 1st floor, so that's where like most of the kids come out and play it. I mean, it's not my. It's not very big and it's not um. Yeah, it's not a very big place, but you know, the kids do come out. They use their scooters, their bikes, and sometimes they play football as well, um, but that place. I think they, we had a notice up saying look due to coronavirus. Um, no one is supposed to go down and play because it was going to be sort of like mixing together and there's not going to be like social distancing, so they're sort of like told everyone not to go. I did see the kids still coming out and playing together.

R - I mean, you can't keep kids inside, can you? It's pretty hard

A41F - Yeah, but uh, I normally take it. I mean, I did used to take it, but I've normally taken it when there's no one downstairs, and then when I used to see like people you know, coming out slowly, slowly than you know I just come back up with uh, because of the social distancing and stuff.

R - And so was there anything about your home that made it more difficult for you and your daughter? Sort of to just day to day

A41F - No, I think. I mean, uh, I'm so like, surprise 'cause I think we've done quite well in terms of lockdown. You know we've been alright at home there's you know we haven't had any problems. I mean, we, we weren't. We didn't feel that bored sitting at home or though yeah, sometimes we did, but because you know I've been going out and going shopping because we're on our own and you know I needed to go shopping to do grocery shopping, so we did have a bit of time bit of fresh air outside as well. We weren't like cooped up 24/7 indoors. So I think, yeah, I think we were right then.

R - Was there anything you did to kind of? When the when there were times where you couldn't leave for one reason or another, was there anything you did to kind of make it feel like you were somewhere else? I know some people did like you know, pretending to be on a spa day or something like that.

A41F - Yeah, well, we play pretend school game and pretend picnic games at home, so that's sort of like, you know, um? Well, it's more with my daughter, so she would pretend she's at school, so it would we would use to pretend that we're at school. We're doing all this schoolwork and activities and stuff, and sometimes we used to pretend we're at the park having picnics. So, I'd get like, you know. Um, a picnic mat and get all the food together in the bedroom and then you know we would just do pretend to do that. So yeah, it wasn't that bad actually.

R - Yeah, and there was enough space to be able to kind of play those games. Get the mat out.

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A41F - Yeah yeah. And then we had that we we've got what she likes. She loves making videos Tik T.O.K videos so you know she was busy making videos as well, so she wasn't yeah.

R - Oh cool She got like a backdrop that she uses for that

A41F - Oh no, no backdrops. It's just like anything she wants to do, any dances he wants to do. She will do that or any like you know the face filters and stuff. She will do that, but there's a there's no like backdrops, yeah.

R - I saw so some people were like, you know, putting up it to paper and getting the kids to decorate and all sorts just to give him something to do.

A41F - Yeah, and then like you know we do the creative stuff as well at home like where the paper things like.

[shows a paper animal]

R - Wow that's cute.

A41F - Yeah, and then the recent ones like she will get ideas so we, like we've been busy doing all these stuff, like making Maltesers from paper stuffing Cotton wool in there.

R - That's cool, so like making those kinds of make-believe foods and then you can kind of use them in your games.

A41F - Yeah yeah and then make videos of it would Tik T.O.K.

R - I'm not cool, I I'm I. I don't quite understand the Tik T.O.K thing. I'm quite lucky that my kids not really into that yet, so I haven't managed to work out what it is.

A41F - Ah, I see the Tik T.O.K actually did come in during the lockdown times beginning from the beginning of the lockdown times. So, I think that's sort of like kept her little bit busy. But before then, she never knew about what I never knew about Tik T.O.K as well before the lockdown.

R - So how did you cope? Say if you had to do sort of two very different things in the same space, so you know, for example, you needed to get on with like work or your own sort of finances or whatever. And you had daughter had to home school how were you negotiating and doing more than one thing in the same space.

A41F - OK, so at the moment I'm not working so I'm unemployed at the moment. Um, so while she was at home if I needed to do like cleaning household chores and cooking. So, what I'll do? I'll um, I'll be cooking, and while she's playing should be asking me to play with there. So, what I normally do is do a bit of cooking, and while you know something is boiling or something and then I'll quickly come over to her and you know, sit down for a couple of minutes, do stuff whatever she wants me to do. Or just play with their bit and they like keep on going back and forth. That's how you know. Normally I do things with her and with the clean when it comes to cleaning, you know, because I don't want to delay the cleaning, it will take all day. So, I usually say to her let me quickly do the cleaning and I'll do it as quick as possible. And then we're not as soon as I finish and then I, you know, sit down and play with her. Well, it's sort of like juggling two things at a time most of the time.

R - So be quite exhausting that.

A41F - Yeah it is, yeah.

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R - And so say like you know you were wanting to get in and clean her room like and she's in the middle of schoolwork. Where were you? How you kind of putting her somewhere else.

A41F - It's your normal. It's you'll normally sitting on the on the floor or on her desk to do her homework. She's all over, even though she's got a desk, she's all over. You know, doing homework and drawing or whatever, so I normally say to her can you just sit up on your bunk bed on the top bunk so she will sit there Do whatever she's doing well like you know, tidy up everything on the bottom and then once you've done that then I say to her could you can see on the floor and then I quickly make their bed so you know double like that working around here.

R - Yeah, so working around each other. Um, and was there any kind of spaces in the house that caused anymore conflicts or tension? Was there anywhere where you found? the there was something about the house that kind of caused you to argue.

A41F - Um, no, not really. I mean it, it's quite spacious for both of us, but the fact what factors like you know it in the living room, it would have been. It would have been better if I had a dining table and chair, so at least you could have sat in the living room and did some work while I was sitting watching TV or relaxing. So that's one or eating time, or like you know, we don't really. Really have anywhere to sit down any apart from the sofa, so. Yeah, sometimes you know that. That is quite difficult as well.

R - Yeah, so like you say, if you had a magic wand and you could have anything you wanted during the lockdown to make it easier, what would you have? What would you have done?

A41F - I think with my magic wand I probably. Prefer having a garden. Garden and probably a separate kitchen and separate living room, so a lot more space and a lot more rooms for her to like. Explore around.

R - So I don't know if C5F has been drawing whilst we've been chatting or not. If she has anything she wants to show me

A41F - OK, do you want to show your drawing. Yeah, social yeah, let's show me your drawing. So, you tell R what you drew here. So she's done this drawing while we were talking away.

C5F - Yeah, I done this girl

A41F - So who is this the girl you want to tell?

R - tell me about it.

C5F - That girl is me

R - And what is she doing?

A41F - What is she doing? What's you doing? Just standing there dancing?

C5F - She's standing and dancing.

A41F - OK, OK, so what's the next one? What did you draw here?

C5F - It's a house with a face.

R - So is that what your house looks like?

A41F - No.

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R – No? Is that what you want your house to look like?

C5F - Yeah.

A41F - You got pen mark on your face look.

R- So where is your favourite place in your house?

C5F - My room.

R - Why? Why is that your favourite place?

C5F – because there is lots of stuff there

R - There's lots of stuff, all your stuff. And with that way you played lots when you couldn't go out the house. When we have to stay in.

C5F - Yeah.

R - Um, when we couldn't go out the house and we had to stay in? Where was the place in the house that you really didn't wanna be and you didn't like it?

A41F - Is it? Was there any place where you don't want to be in the house?

C5F - Yeah,

A41F - which place?

C5F – your room

R - Was Mommy sharing boring or?

C5F - Boring here.

R - And what about what was your favourite thing to do during the lockdown?

C5F - playing with my toys.

R – which kind of toys

C5F - My. Barbie camper van

R - Do you have a Barbie camper van that's so cool? I'm so jealous. I want a camper van. We have we're building 1 but it's taking a long time.

A41F - Wow.

R - So well, thank you very much. Is there anything else about it when you couldn't go out the house and you were stuck in the house when lockdown that you can think of that. I should know about.

C5F - No.

R - No. How about my mommy? Was there anything else that Mommy can think of?

A41F - ah, no, I don't think so. Just so just not being able to go out to friends and families.

R - How, how did you negotiate that as well? Being a single parent like did you have a bubble or um, did? How did you kind of contact?

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A41F - No. So, it was just us and normally like um. So instead of going to families and friends with normally video, call them every day, so we'll see everyone through or through the video calling. And then. Yeah, so in the beginning it was quite hard, but then like you know you get used to it. So, I've also got used to it, but because we've been seeing them on video calls like will solve sort of alright.

R - Do you have family nearby so you would normally see them in person or?

A41F - Uh, yeah, I've got. I've got like three sisters nearby and that's it.

R - Yeah, so it was. It was a bit of a change, kind of not being able to just go around and see them.

A41F - Oh yeah, yeah, 'cause where? Whereas like before the lockdown I used to always be like every couple of weeks. You know we'd go to my sisters stays there for the weekend. Come back or they'll come here they will stay for the weekend so yeah, it was a, you know, big change.

R - Well, thank you so much for talking to me I hugely appreciate you taking time to talk to me. Um, it's been really nice to meet you,

[End of recording]

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Participants	A43MM -43yrs, White, Male, Secondary Education, Pre-Lockdown Not in Paid Employment, During Lockdown Work A33F - 33yrs, White, Female, Secondary Education, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home C9F - 9yrs, White, Female, No schooling completed C4F : 4yrs, White, Female, No Education Completed C2 -2yrs, White, (No Gender), No Education Completed
House Details	3 Bedrooms Low Rise Flat Social Housing Shared Garden

R: OK so I will also share the photo that you have sent me so we can talk together about.

A43M: Uh, I'm glad you got it. To be honest. It go to the way I did it, so some reason. (talking to the child) Oh well, now she's gonna show you a photograph of the one that I sent you about our living room. Yeah, and I will explain to her why I sent that photo. It was that one yes, yeah.

A43M: You don't like that one? Why do you not like it?

C4F: because you didn't send the picture of me.

A43M: Oh well, yeah, I'm not allowed to take photos of your mate, so although I did initially, don't know?

C4F: Yeah,

R: unfortunately I would have loved to see these photos. Yeah, yeah. But we really wanted the things that you like in your home, C4F.

What is there in this photo, C4F what is there in this photo?

C4F: a Hoover.

A43M: Ah. She picks on that one cause I'm always cleaning.

R: Yeah, there must have been lots of cleaning during the lockdown. Do you remember to lock down the time when no one when we all had to stay at home?

A43M: do you remember when you didn't go to school for all that time?

C4F: Yeah, I was sick.

A: yeah you weren't happy where are you?

C4F: I was having a tummy ache.

A43M: Yeah, you had lots of tummy aches, didn't you?

C4F: yeah. Yeah, maybe the bugs catching up.

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R: Oh, and how are you feeling now?

C4F: Now.

R: Are you feeling better?

C4F: Yeah. Yeah.

R: And what else can you let us see in this photo, C4F?

A43M: C4F, what else can you see in that photo?

C4F: a chair

A43M: a chair?

R: So what did you do on the on this chair? Did you ever use it for drawing or eating or playing?

C4F: drawing, eating and playing.

R: You did, did you play like building blocks on this chair? All this on the table?

C4F: Yeah,

R: and who played with you there?

A43M and C4F talking about the building blocks:

[Is it called? He played. So it could get our babies want to. So I'll just pick it up by. She can just bring over and we can make it together. Nothing OK then. Hello Dolly.]

R: So would you talk to me about this photo. I would first like to hear why did you choose this photo in specific?

A43M: It's mainly because I've got a knackered mobile phone. And the camera doesn't work very well, it's scratched. I live in the countryside area. It's very beautiful and I haven't got any photos of the nice areas that we visit 'cause the girls go out working, maybe delivering leaflets. so the only thing I could think of are taking is the living room because it's we love being at home and we spend a lot of time together either playing or building blocks, drawing or watching films. And so it's our hope. Where we feel safe if you know what I mean. otherwise, it would be lovely pictures of the countryside.

R: Yeah, well maybe that leads me to a question that I should have asked you at the beginning before sharing the photo. Why actually did you choose your home... to live in this flat In specific?

A43M: I'm proud of it. I love it. You know I love keeping it... Well, try to keep it tidy. And I love spending time, I've got three kids, you see, so I love spending time at home when I'm not working. Well, I won't say we spend a lot of time here 'cause we don't. But, UM, the time we do spend his precious, you know. Otherwise, it would like say, it would it be pictures of the countryside which we are lucky where we live. It's beautiful. Yeah, not so I sold my camera out.

R: So I can see also like it's. It's very obvious that the television and the CCTV camera, and a dining table. Yeah, so uhm can you just like tell me about all these things and how you use them? What happened there?

A43M: Well CCTV 'cause I feel even though we live in a posh area I don't always feel safe. We've got a bit of a naughty neighbour, a bit trouble that goes on. So I've got the CCTV installed and I feel a lot

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safer now. I've got three kids. and that's about it, really. UM, it? It just makes me feel a lot more comfortable in the home, you know.

R: and I see the children's artwork and I see lots of...

A43M: yes, we always have it on the wall. You can see some calendars that the girls have been doing. You might also see Dojo points which always in frames one of them is. which is their special awards that they get from the head teachers, like Head Teachers Awards. So we get them on the wall as soon as we can, you know.

R: So great. but how was the use of the space of the of your living room changed during the lockdown?

A43M: How and? I don't know. I've installed the CCTV. Uhm? The TV has always been there, you know, since before lockdown, so that hasn't changed. Yeah, we've got a lot more DVD's as well. Yeah, and we couldn't go out. As you know no one could go out. So, we ended up buying... Those are DVD's or getting them given to us for family and watching lots and lots of films. Yeah, uh, plus I know the TV's kind of irrelevant 'cause that was always that, but I also uploaded all the different streaming sites like all4, Netflix Prime Video. Or you know all the different ones, the ones, especially Disney costs it have to pay for the WWE so we could all watch the right range of children and adult stuff as well.

R: if you if you tell me about like for example like the schedule of the day like UM is or things that happened in the living room all through the day. Like if you take me like. If you like, it's like a diary of your like. The normal things that happened during the lockdown.

A43M: It's slightly different for me because I started my business when we were kind of in lockdown will just coming out. I've been working for 12 months now. Yeah, and so most people had to stay in. But I didn't. I went out with the children delivering leaflets. Yeah, so it's yeah I still do it now. I'm unusual for starting business or not though. But yeah, basically we just start upcoming breakfast in the morning. I don't have cartoons on in the morning unless of course you're on school holidays or weekends. Um, breakfast, tea, go out, deliver. Come back, watch films.

R: So this breakfast is still in the living room? the breakfast in the living room?

A43M: yes with, that's another reason why I took the picture of the table because we have a galley type kitchen quite small. So we have we have evening meals that we have breakfast all on the table.

R: And I also expect there is a sofa on the other side of the living room.

A43M: you would have seen it. You can see the sofa behind.

R: So is that some like I can see it could be like. The place for comfort also in in your home?

A43M: It is, 'cause the girls, I mean, you might have heard the baby coughing in the background. She's lying next to me at the minute, she's asleep. Yeah, we sit here a lot of watching TV cuddling up before bedtime and normally between bed after teams but before bedtime.

R: Yeah, but what about the floor? Like put in? like some people play on the floor...

A43M: It's a bit of a mess at the minute.

They do a lot of playing on the floor. C4F at the minute, you know, just building more blocks, they do a lot of colouring. the mainly do that on the table though. Play with slime as well, we've got some in

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or the [unclear word] sand stuff, you know. Or teddy bears really so. Yeah, but they're very old fashioned children. They like to play with the old toys like I used to and things like the Lego, the big building blocks, marbles. You know the old fashioned stuff. This is brilliant.

R: Yeah yes, and I do. They are these stuff all stored in the living room after playing or they put them back in their bedroom?

A43M: Yeah, they do tidy them up and sometimes it can be harder than others 'cause sometimes we have a massive tidy up job, today. Obviously they don't always want to do it. So you work with them and you do it with them. You know 'cause I've got a call in there, for example, that I've left for about three days now. [unclear word] free that I need to tidy up.

R: And all these things, are they mostly stored in the living room or in their bedroom or somewhere else?

A43M: what do you mean?

R: where do they store their toys, the drawing kits?

A43M: drawing, I'm quite strict with drawing. Drawing is always downstairs. You can imagine why... Pens don't go upstairs. Toys, I'm mainly upstairs however, at the minute I've been doing I've been going through all the toys. Three kids, you could imagine how many we've got. Gotta fill the many boxes of toys were bringing them downstairs. Going through them, being in things that are broken or wet. It's a process that I haven't finished yet. so I still got boxes downstairs full of toys. But ideally I prefer the toys to be upstairs. but however, it's nice that they're downstairs playing with the blocks and the Lego and the teddies and stuff like that while I'm going through the toys because they're spending time with me, I'm spending time with them playing as well. so I don't mind them downstairs. But normally they're upstairs.

R: Add a like during the lockdown you had the three children at home at the same time.

A43M: yes.

R: So how was the use of the living room during the lockdown with when everyone was there?

A43M: We found it pretty hard because we couldn't go out to school. Going shopping was a no no. and things like that. you couldn't go anywhere. However, thankfully, because of my business, and because I'm classed a bit like working for Royal Mail, we could go out a lot. So, we spent most of the time out delivering leaflets. and but the time. But we did spend at home pretty hard because as you know you know schools were closed. Yeah, the little baby wasn't old enough to be able to go to play school at the time anyway. So we also all confined, if you know what I mean, to the flat. and obviously as C4F was explaining earlier on, she was not feeling particularly too happy. Yes, because she couldn't go and see her friends or teachers. Then she wants to at play school. You know that some of the customers that you know, although, the neighbours, sorry that you know we normally talk so.

R: and after the lockdown how do you feel? How would you describe the change in the users of the living room or other important places in your home?

A43M: I don't know. I don't think it's been as... because I'll continue to work on the business. And I've just got on with basically doing more cleaning and tidying, if you know what I mean. It's got me into more, UM. Making sure that the toys, for example, the Legos in the Lego box. Yeah, mega blocks are in the mega box plot. You know where things should be in their place or the colouring together,

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books together. I think that's the only change that we have done. we've got the CCTV. We've watched more Telly during locked down. But yeah, uhm, I think the changes we've done, now they're back to school, it's giving me a little bit more chance to think about priorities. Make sure that the place looks tidier. And it's a happier place for them, because you know, if you got closer everywhere, it's not a happy place. Uhm? You know the [unclear word] or what you would have called. I'd say we watched a lot less telly as well. Uh, because the kids, if they're not work they're not working with me, they're out at school, you know so...

R: Why did you, like, decide to make it more tidy after the lock down and not before?

A43M: I think it's all sort of mental health issues to be honest. A closer place to me doesn't feel like home, if you know what I mean. it's just a pit where you dump things. Though, it gives you a bit more pride. You know when you've done a massive tidying and exercise deciding what's basic and what's not. And then you just feel a lot happy when you come home at the end of the day, I've been working all day delivering or, you know, [unclear word] ones or twice at the same time, you come in and it's nice and tidy. And you find the children a lot happy as well. They feel a lot more at home, they feel a lot more comfortable than there a lot healthier as well. Yes, I think it's helped a great deal.

R: so would you like to add anything more about this photo or any input on any other important places for you?

A43M: Apart from... you might see, this sort of upside-down rainbow that one of the girls did. but I think we mentioned that, didn't we? so far we're done. It gives me both sorts of encouragement to try and source more frames. You know, for a lot more of their pictures 'cause some of them are actually amazing. We did a lot of colouring, a lot of paintings during lockdown. Yeah a lot of stuff that I think really we need a lot more on the wall if you know what I mean, yeah. Well, I think that's about it about the photo. It's just a shame we can't get you the one to the countryside. We live 'cause you would actually love them.

R: Yeah, yeah, that sounds so unfortunate. But yeah yeah. But we encourage the participants if they would like to add something more or, share something else that you would like, add more details up about the things that you have mentioned or other things, UM related to our chats. Just I will send you UM, like a book that were yes, no question, right in it. Or throw or like just feel free. It's a personal funnel where you can add whatever reflections.

A43M: for sure, that you would 'cause soon I should be able to get more photos. Cause my partners bought a phone for me. The photos now aren't it, but it's getting the photos from the phone to the laptop to send to you.

R: OK, that's fine.

C4F came to show her Lego

A43M: let's show the lady come on. What have you built?

C4F: a tree

R: I love the colours. Do you like trees?

C4F: yeah

R: Do you like going to the garden through the park?

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C4F: yeah

R: Why do you like the trees the most? Do you like it because you play around them? You see the birds there.

C4F: Sometimes I bang my head on them.

All laughing

A43M: you do, yeah.

C4F: playing

A43M: It's a rocket now.

C4F: I'm joking.

R: So do you like to go to the park?

C4F nodded

R: Is there a park near your home that you like to go to?

A43M: Yeah, which part do you prefer? There is loads, isn't there? about five.

C4F: the big park

A43M: The main park.

C4F: the one with the wheel.

A43M: the wheel? no, that's the one. That's the one in our round. That's a tiny park.

C4F: yeah, and now you want to go to that one.

A43M: that's the one with the woodchip at the bottom. Isn't it?

C4F: can we do that tomorrow?

A43M: Yes, if the weather is alright. not been very nice weather at the minute, isn't it?

Yeah, we're lucky we have got a lot of parks on where I deliver to. They're all quite easy walking distance as well.

(A43M talking to C4F) I thought you liked the*** one.

C4F: yeah

A43M: the one with the big slide and they the swing so you can swing yourself on now, can't you? yes you can. One thing I will say she learned how to, not long after lock down, when we started going out of home, she learns how to get confidence going up and massive slide and also swinging herself on the swings as well, didn't you?

C4F: I want you to push me

A43M: No, I don't need to, you do it yourself.

R: what else do you like to do in the park?

C4F: gone slide and play on the roundabout.

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A43M: Oh yes, that awful roundabout, that does my lungs then yeah.

C4F: And I have to sit down and you push.

A43M: Yes, exactly yes. Yeah, it's one of those now. It's one of those roundabouts. You know, there's metal in a metal plate. You have to spin it round, but it's really hard. But it's really stiff. I've I'm an ex-smoker, so it knacks my lungs in doing it. 'cause it's really heavy. It makes me go out of breath. But I can still do it, just about.

R: if we if we move to the second part

A43M: no prob

R: and uh to talk about the changes that you have made some new home and particularly the changes that you have made for supporting your wellbeing and wellbeing of the members of your family. So I would ask first the like in in the nutshell how far were you satisfied with your experience or. Right, how far you were you satisfied the way your home supported your wellbeing during the lockdown?

A43M: How I felt being supported.

R: The design of your home. By the way, yeah, the way your home is. Particularly during the lockdown. Maybe you felt that some specific feature that was quite helpful for you during this difficult time.

A43M: Again, it was it. It was different for me 'cause a lot of parents and a lot of families had stay in. we were unusual because I could go out to work. 'cause that's when I started for business. So yeah, I mean, talking about the sort of changes that I made, one of the changes we did them enjoying lockdown. We did a lot of home learning, which I didn't mention. I should mention really. we did a lot of doctor byknox. I'm sure you've heard a doctor by Knox, mainly for the eldest with the 9 year old, but the younger one liked it too. Plus BBC bite size. BBC Bite size things for the younger ones. Yeah yeah, we used to watch a lot of us as well. It's found help. we didn't do any modifications to the House apart in the flat part from CCTV. And just doing learning activities with the children's for you. And try to get the children out more, but I mean it like say we used it as a family 'cause we run out a lot. That could do. I'm so apart from the learning that's all we did really. I spent a lot more time with the children sort of colouring in which I wouldn't normally do. because obviously children would have normally been at school. But I found in the doctor by Knox things a lot of the learning for children certainly helped them. A lot because they were missing their friends at school, The teaching, a lot

R: and how did you manage a home learning?

A43M: it was hard! it's hard because I'm, I'm not an expert. I've got three kids, but you never feel that you're an expert, so. I just basically sat down and thought, well, I'm going to do this. I got three kids at home bored, but right? OK, what resources are available there is doctor by Knox. BBC started inventing the bite size at certain times in the morning and for different age groups as well, which is fantastic. And then I went online a lot basically just to see if there's any other help. Some of the schools did provide some help. But I don't really think it was enough to be fair, a lot of it was BBC and I-TV to be fair. I hate to plug them, but they did very well and actually I am total for sorry. Also did a lot of help for mental health. Uh, plus we also watched a lot of programs about mental health and children as well.

C4F showing ice lolly she made by her building blocks

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C4F: and how do you make ice lollies.

A43M: That's nice, do you like ice lollies?

C4F: Yeah.

A43M: you might get it.

R: So how did you manage that in the place like in in the in the place of your home? Like did it all happen at the same time? Did you have to schedule and where? Where was that home-schooling take place?

A43M: Oh, a lot of that was it on TV? A lot of it was basically, it sounds really, really bad, but a lot of it was TV lead, Internet lead, got the laptop on and the girls have tablets as well. So I I forgot to mention that. My eldest has a amazon fire and now she used that a heck of a lot for the learning and then the four-year-old who was a bit younger at the time, but she got into using it quite a bit. That gives me idea for Christmas, so she now wants a separate one so she can do the learning as well as the games. 'cause a lot of the games that are learning based and like motoring skills and you know and. Anything really? I can't think of what to say, really, uhm? Things like movements and coordinating things like that. Although even though there's nothing wrong with it, but it just helped them think. it all happens in the living room. Yes, I'd say maybe we did a lot of playing upstairs. Don't get me wrong, they did a lot of playing independently upstairs which all children do, but mainly the learning is downstairs on TV. But the learning is just the TV base 'cause there's so much available.

R: so, did it happen in the morning or evening?

A43M: the Bite Size was always the morning 'cause that's when BBC used to it. It was always like 8 between 8:00 and 10/8 and 11, Doctor by Knox I used to basically just try to do an hour in the morning now in the afternoon and evening, something like that, but I didn't want to do too much because it gets a bit too much[y], if you get the meaning. A bit boring and so amalgamated we just watching films and watching all this stuff. Like a lot of stuff you can find on YouTube. learning. Especially the eldest, who is not here at the minute, and she was watching a lot of relaxing things. I don't know how to explain it 'cause I don't want some myself sort of things where people show slime and how slime explodes when you sit on it and things like things were getting ticked off. Yeah and or sand. You know like when you run it through a car wheel you know, and things like that. but she found it very relaxing for mental health etc.

R: So how was the living room and their bedroom, for example, did they play all together at the same place at the same time or?

A43M: no, I've got free. You can imagine. Have you got children yourself.

R: Yes

A: You know what it's like. No. as you know I've got 9 year old for you out and our three years old 'cause she was two when it started up. No, it's normally... They're playful for a little while then they get a bit annoyed with each other like any children does.

so more often enough it was a 9 year old and then, now, 4 year old. And then the four years old gets bored, then the two come downstairs, and a 9-year-old and the baby you know and swapping around. Sometimes yes all together, but when they're all together. They can explode quite quickly. They play upstairs and down.

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R: So, what's with the challenges? What were the things that you were not able to change that you wanted and you felt that it could have been? It could have helped, but you change it in the way...

A43M: I'd say more education in a mess because they missed so much on social interaction. I found that impossible because they couldn't see their friends. Couldn't see the teachers they couldn't go out learning properly, like proper curriculum. And I tried the best with. I've got the Bynoxs with the science and math study English. Well, I'm not teacher so. I did teach him a bit, but I would never be a teacher. we could have done with a lot more helpful. I think all the children are behind. The 9-year-old who we believe she's got autism and she's. I think because it because of the lock down and although issues she went downhill pretty badly. But also because the flat that we've got it's from the photo. The living room is quite big, the bedroom is massive. It's like it's the size of the flat. I really can't explain it, however, she's 9, Possibly got autism. She wants her own space, three girls living in the same bedroom. Doesn't get that, so we look into move, then another reason why of me having a mass clear out and tried to deal with different bits of the flats so that we could hopefully try and get to move. So we got a bigger place. Yeah, that makes sense.

R: So a bigger place in the sense of having an extra bedroom or yeah for the 9 year old, especially 'cause other two are fine at the minute. But the 9 year old, with her special needs, definitely needs her own bedroom. But that's nearly impossible when you got three girls, the housing associating Council don't wanna move you, so... But we'll get there.

R: So yeah, and. If I would say also the like, have you made any changes in the setting of your home, like furniture or like it doesn't have to be how the design of your home, or the walls or these big changes, but maybe just slight changes in this how the furniture is arranged.

A43M: Not really. I mean my partner started. my partner started on sort of decorating a little bit. And then she lost the will to live on it. Yeah, I mean I do sometimes where you start a job and then you just leave the will to live on it. Now I'm not continue with that. So we kind of gave up. We did do quite a bit though, we put some flooring in the toilet bathroom, and that was finished. We started on doing like the walls in there just to make it all nice. You know we just paint all get with the old paint. We kind of started it and then left it. I mean, it's generally, the tidiness, what I would say, and putting CCTV in. 'cause it lights up, as I say, cluttered space doesn't feel welcoming, especially for me. So I wouldn't say, control of it when it comes to be tidy. but I like it being tidy. But when you got children, it's never tidy.

R: absolutely

A43M: yeah, like we started projects, but we just never finished them. Yeah, with those thinking of wanted to move especially we kind of thought. Well, what's the point? It's not our flat, it's rented, so we kind of don't see the point. but in my mind, I think if we did, you know, just buy paint did the basics. It might make you feel a bit better, though, a little bit better than we are now. A little bit better than where we were, if that makes sense. 'cause you know? Especially, I've got nice colourful wall, or you know, no dA43Mage to, you know, wallpaper, you know, and it just feels a bit better cause it feels bit more homely, doesn't it?

R: And it's the design is your home like an open plan home?

A43M: no, the only thing that is open plan is the kitchen and living room. It's a bit smallest living room, but it's got a galley kitchen. [unclear word] for hallway, a toilet and a bathroom on its own. Mine and my partner's bedroom. That's all downstairs, by the way, and upstairs just one massive

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bedroom for the girls. it's big enough, but not so you got 9 year old with special needs. You need a bigger place.

R: yes, absolutely right? Yeah, thank you very much for sharing.

A43M: That's right. I mean, I could send photos to the flat.

R: if you, uh, it's the most important thing it's to be places that are important for you or even places that you found challenging. That's also very will be very helpful, So, uh, yeah, so uh, was there actually any space in specific that you found challenging?

A43M: The girls at first, I'll be honest, the girl's bedroom because before I started thinking to us we need to tidy up and the girl's bedroom was a complete tip. And I mean complete tip. Toys we never put him put away. May be my [unclear word] really, I should be a bit firm with the kids. and yes so when I started right? OK, let's think it's myself. Why don't we just start putting things away? Be firm with the kids, get things into boxes 'you're not stepping on things and falling over thing's'. And it was a challenge because it's, you know, I want a business as well, so you know, I, I did this. Now obviously I did this for one as well and it was a challenge. Obviously because about I've got certain quotes that I've got weeks delivering leaflets. I know it's that I'm out and about and so and then you've got to do this this call the, you know the meals as well. Make sure the girls are fed and everything and so you can imagine there's not a lot of time in the day to do the cleaning. but I found when we came out a lot down it's a bit easier 'cause the kids could go back to school. I mean, we're lucky in a way though. One thing I've point out, because my partner works for health care industry, it was unusual, the eldest, was able and allowed to go to school. They had a school hub in *** which they set up for *** workers *** workers, so it was kind of unusual in a way, because the eldest could go to school partly. When a lot of the parents had to have all children at home all the time. so that helped UM. And it was then when that hub started being arranged, that was during lockdown, and it helped me find the time as well and just start tidying the girls' bedrooms. Make sure it's a lot needs to entire do and happy for them and they love they love it a lot tidy as well.

R: That's great,

A43M: yeah, but yeah, it's challenging. 'cause I was on my own. It was a nightmare today.

R: Yes, thank you very much for sharing this with me,

A43M: no problem. Uh, so yeah, we've reached the end of the interview. Like now we should be great if I can talk with C4F, and because this part is in focuses on the children experience in specific and knowing the places that they liked the most and the places that they dislike, knowing why?

A43M: OK, would you come a minute babe. been over here. Yeah, we've got. We've been over. Pick up my mic easy when did we get here, bye? Yeah, remember that's gonna come off darling. And still here now don't come off that. Hey babe comma. The lady. So that I did not hear beautiful. Oh wow nice yes. Where?

R: What was the most is in the building with the building blocks. Did you do anything else other than the lollipop? The other than the ice lolly. Was it a nice loli?

C4F: I'll show you

The father turned the device around to show me C4F's building blocks.

yeah, so OK yeah, just put out the table 'cause they don't like it when things break. Although they don't, you know. So they used to keep off but they don't kick off now. Frozen, not this tri-state yeah.

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OK hang on the back not like that in the camera around like that. I don't know if you see that you see that yeah yeah yeah oh that's so sad right now with the tree next to it. Oh OK, that's so nice. That's really OK. I see that you like threesomes. Minute. She loves flying. Now it's better. I will be darling. Gal. Yeah,

A43M: I mean I'm quite lucky with it. 'cause they do, UM, play with the old fashioned toys rather than the new ones. You know, yeah, rather than wanting TV on all the time and things like that, they're not. They do like new stuff. Don't get me wrong, but it's nice that they play with the stuff that we used to play with this sort of thing.

R: Yeah.

A43M: I suppose the other one's fast asleep still sell the sofa.

The father turning the device to show me the little child sleeping on the sofa.

Well, she had a busy she's been out with me all day. You know she delivered too. 200 properties so she's knackered. Yeah, and she's at that stage now where she's running around everywhere, so she walks everywhere now and. She's got, she's got the seasonal cough at the minute, so she's like leave me alone.

R: these toys like that you have mentioned they are they called like lots of bits and pieces everywhere.

A43M: Do you mean build the building blocks? Yeah, the building blocks, and although I don't mind they're putting out there the good Now because when I got home from the school run like I was emailing early while they were going around picking everything up because we made a right mess this morning playing with them before school and then had to go out delivering so I've not been in all day. so, I've got the girls today when we came back, you know, and I did and then I hoovered. They are good girls

R: they must be, I'm sure.

A43M turns the camera towards C4F playing on the floor.

A43M: Speak to the lady.

R: Can I talk to you, C4F? I would like to talk to you about a place that you like so much in your home. What is your favourite place in your home? Is it? Is it? Is it the living room or your bedroom? Or the kitchen?

C4F: bedroom

R: Oh you like the bedroom? Is it your favourite place?

C: yeah

R: Why do you like it so much? Do you like it because you play there?

C4F nodded

R: You play there with your sisters?

C4F: Yeah, they play with me as well.

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R: And what else do you do there in your bedroom? Ah. What? What else do you do there in your bedroom?

C4F: we play with the balloons.

R: Must be very big.

C4F: my daddy always like cooking.

A43M: I'm always cooking. It's always gonna cook.

R: Do you like to do cooking as well, C4F?

C4F: no, I don't

R: Yeah. Is there a place that you don't like a tool or is there a place that you don't like at all and you always you will always like leave and just move away from it?

C4F: This house is my favourite at the minute.

R: Oh, that's so nice. So you like it all.

C4F: Yeah, I do.

R: that's great.

Well, thank you very much C4F. Yeah, I think that's all the things that I could talk with her about

A43M: Well, it's nice that she likes to stay in the house. Actually, you know? Yeah, 'cause the nine years old hates it. Yeah, your sister hates this place. Well, according to a grandparent and I'm not sure about that. Mainly 'cause she doesn't have her own space.

C4F: I love this place

A43M: I like this place. I almost met I like this place only because I've I moved here six years ago but I've it's hard to explain. I've I know this flat for the last 20 years. Yeah, because I met about a friend of mine who used to live opposite in the same flat. Yeah, and that friend lived in the flat block down the road. Which is the same flat as this? Yeah, I've known her 20 years. Yeah, so just partly there. For six years I've actually known the residents in the flats for 20 years. OK, so it's quite like it, yeah, but yeah, we need more space. That's why.

R: and C4F. Would you like to draw to me? Uhm your flat or your bedroom and send it back to me. We thought to do that. Yeah, she told me he gave her paper and then she can draw Pixie fly.

[debriefing]

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Participants	A42F - 42yrs, White, Female, Secondary Education, Pre-Lockdown Not in Paid Employment, During Lockdown Not in Paid Employment A52M - 52yrs, White, Male, Secondary Education, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home C4M - 4yrs, White, Male, No Education Completed C2F - 2yrs, White, Female, No Education Completed
House Details	3 Bedrooms Semi Detached Mortgage/Loan Private Garden

R: So, before we go to the pictures, I have two questions. First, can you talk me through briefly their rooms in your house?

A42F: So, we've got three bedrooms, a through-lounge, so we've got a living room and a dining room in one room, a separate kitchen, one bathroom, one hallway, stroke stairs, stroke, landing. Front and back garden and a driveway.

[noise as the children whine]

R: Is your garden private, is it only for your house?

A42F: Yes.

R: OK, and the second question before the pictures: How did you come to live in this house?

A52M: Sorry, just give me one second.

R: Yes, of course

[children whine, parents are attending to them]

A52M: Sorry, what was that?

R: How did you come to live in that specific house?

A52M: When we moved into the area, we were looking around for somewhere to rent and this came on the market to rent. We were in here renting it for a couple of years. Uhm, and then it came... We negotiated with the landlord to buy it off him, because we felt at home.

R: OK, I'll share my screen and so we can see the pictures. Right... so, who wants to start?

A42F: With the pictures that we sent?

R: Yes

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A42F: There is the first, I think the first one is the... [R shares picture of sofa] Yeah. So, this is our sofa in our living room, and I don't know whether you can see but it's actually a sofa and a chair and we ended up putting them together.

R: Yeah, I can see it now that you said this, yes!

A42F: Because during lockdown I think we ended up... It was lovely, we were very close, but I think the kids were also... They needed a lot of reassurance. We suddenly went from saying 'go out, socialize, say hello, be friends, play with other children' and we suddenly went 'Don't go near people' and they needed a lot of reassurance. At the same time, it was slightly different for us. On the ** of February A52M had a full hip replacement. Had to go into hospital so the children were nervous anyway and it was just a way for us all to sit together because we were sort of crammed.

A52M: [to C5MA screaming] Stop it, stop.

A42F: So, we were all crammed on the sofa, and they just needed so much reassurance so you can see that we pushed him over. But our living room was the most important place, it really was. We spent a lot of time there and I think the reason being is [inaudible] in comparison to friends. [to C5MA] Stop. Right, sorry. [to R] I must admit and not being rude to my amazing friends... [to C5MA shouting for his mum] shush. Stop, I'm here, look! [To R] sorry. I must admit, I feel that because we had through lounge and we had that space, the living room, because it's quite a big room, it was an absolute godsend, and it became a little bit of everything. You know we did do... I know there were only like three and one at the time, but I did try and do like some numbers and... Because remember there was no baby groups. There was nowhere to go all the parks closed. There was no development, so I did try and find pictures and print numbers and just basic... so it... Then it was the floor space we put out train sets and.... when I've got friends where they've got like a kitchen diner and a smaller living room, we did notice the difference, to be quite honest, it was really quite nice you know, you could... you could have a Lego table set up and then you could watch a film on the sofa and then we could put out a train track and then we could sit at the table and, you know, and do play, you know, play-Doh if you like. And that sort of more space, that floor space, made a massive difference. I think it did for us.

R: So, you said that the living-room and the dining room is 1 big room?

A42F: Yeah

R: Just to confirm that I have understood correctly. So, you have the table as well nearby to do all these different.

A42F: Yeah

R: OK, that's very interesting. May I ask, who chose this photo? is it you 'adult one' in a way or did you choose it for the whole family?

A42F: I think we chose it really for the whole family because what I did do was, I said to the children... I said to A52M 'do you think it was the living room?'- 'Yes it was'. And then I said to the children: 'what's your favourite room in the house?' and then they chose this room, the living room. And then they chose the... They do like their bedroom, especially C5MA's bedroom, which is one of the other pictures.

R: OK. C5MA, [to A42F] sorry I'm just, I'll just do a little.... [to C5MA] Why do you like your bedroom?

C5MA: [inaudible]

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A42F: And you got all your toys out there and you like your den. You spent a lot of time in your den...

R: Oh, you have a den in your bedroom, that is nice!

A42F: Because we... In that picture, when we get to it, we changed the bed from a single bed. And he went to a mid-sleeper, so he had the den underneath. And I suppose, again, it was that floor space, because we will... You basically left, you know, we got the whole room.

R: Yeah

A42F: C2F was too young for one. Obviously, she was still in her cot at the time, so her room was sort of just a nursery, is just a nursery. So, we're changing, we've changed it now for her, but at the time she was obviously in a nursery.

R: OK, well let's go back to the living room. So, what happened there during lockdown? You said different activities. Was it... the ones you mentioned are centred around the children, children's activities...? Did you adults do anything else in this space? How was this space, used during the day?

A42F: During the day... So, I mean, really, it did everything... it did A52M's convalescence. So, I mean, we were so lucky we got that operation in Before they shut the hospitals down... So, and it was nice as well, because we had that bigger room. We basically put A52M in the corner, because obviously they couldn't touch his leg or climb, anything like that. But it meant that because they had that space, that... and it was sort of in the corner of the room, it meant that he was downstairs. So, the train set was set up. So, it was a toy playing it... It was a playing area. And then on those rare occasions, my children are not brilliant sleepers, like in the evening it was quite nice because we would try and have like a dinner on our own. So, it was really like the dining room table, and you know... It was just... we tried to sort of, you know... and watch something on television, you know, that we wouldn't watch in front of the children like, you know, films and stuff like that. So, it was a lot of watching the television, lot of toys, trying to do some sort of education, what you would do with a three and a one-year-old... Yeah, really it did, it did everything. The other thing is at the other end of our living room we've got bifold doors and really, they opened at 8:00 o'clock. I did reduce the time we; the children were not allowed in their garden until 9:00 o'clock in the morning because I think it's unfair on the neighbours. We actually changed that to 8:00 o'clock because the children next door were out by 8:00 o'clock. So, we made that pact. We were just gonna let the kids out and then we sort of had ended up with a bit of an extension. We put a gazebo up in the garden for when it got really warm so it sort of just became one long... I mean, one day we built a slope up the steps of the doors, the path from the patio into the house and then we rammed remote controlled cars up it. It went all around the living room and back again and stuff like that. Because it was just to keep them occupied. We did an assault course sort of thing one day with stepping pads to step on, climb over cushions, underneath tables, outside back around again. So, it was all you know, it... Yeah, it was just it... The room had to do everything really

R: That's really interesting, can I ask... So, for example, this specific example after children playing all day and then you know they go to bed, and you want to relax, did you have to, I don't know... was there a mess? Did you have to make any adjustments before, or it was just everything stayed the way they were and just activities happened?

A42F: No. What we did do was, we got one big toy box and we changed the cupboards that we do have in the living room around and we took our stuff out because we were all together... as much as I love my kids, when they went to bed the toys have to go away. I'm not sitting in that lot; it drives me nuts and it was just to try and give us a sense to go from being mummy and Daddy to A42F and

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A52M again. For our relationship we had to do that. So, we did make sure like we've got a lot of good storage anyway, but yeah, the whole lot had to go away, so we've got some cupboards and we moved our stuff out and just sort of disperse it around the house and then their stuff went in. So, at the end of the day, the whole lot went away. And it just, and we still really do that now. You know, if not every... if, you know, some nights she's so tired you just put that to bed. But on the whole, no, it has to go away.

R: And so how did you use living room-dining room before lockdown? did it accommodate similar activities, or... do you find any differences?

A42F: Yeah, it did, but I think we were...

A52M: Just not so much.

A42F: Yeah, we were just so much more. No, to be quite honest, I went to baby groups for the play dough and the glitter and the rice and the sprinkles and the cake making, and C5MA was going to a little private nursery, we were really lucky we were able to pay for him to go into private nursery for a few hours a week, so I don't think I was adventurous if I'm honest with you. I was like 'no you do play Doh at nursery', that's what it's there for, that's what baby groups are there for. But we, if I'm honest with you, we basically just opened the house out. We just went for it, to be quite honest, and we, I mean, we've always, we sort of just said when C2F, C2F is 3 next month, when she gets to five then we look at the house because we actually just had to let it... You couldn't stand there and say 'oh don't use [inaudible] in case you draw on the wall'. It... we just had to find stuff to do. So yes, it just became... You know, we went from like a normal living room where there were a FEW toys and we watch television... and it went to full on playroom by day. And then it, sort of try to turn into sort of adult quarters at night if you like.

R: Did you make any changes, any adaptations to support, you know, this more intense activity?

A42F: No, not really, nothing permanent, nothing structural. It was literally moving furniture. Clearing out cupboards, bringing down more toys. Yeah it... no, there was no, there was nothing permanent. Uh, it was, uh, I don't know, you know, we've got a dining room table where you can add in a leaf. Do you know what I mean? We're extending, yeah makes it bigger, we made it bigger. It accommodated so much more and again it was lucky that we had the room to do it. You know, so the table became a great big area filled up with all the different things that we wanted to do.

R: Yeah, yeah.

A42F: And everyone could do something, you know. Because it was hard as well, because at the same time A52M went from being incredibly active, because he's a policeman, and he was literally told to sit down... I think, you know, and he had to find stuff to do as well when, you know... So yeah, yeah, no, nothing permanent, just lots of moving furniture around yes.

R: OK, and how do you use it, like now after lockdown, has it changed again? Has it gone to pre-lockdown?

A42F: It's changed from the point of view that they are more... They draw more, don't they? They're starting to draw more. C5MA is now in school. Because obviously he's been in school awhile and he's learning to read, and C2F follows everything he does. So, it has calmed down, hasn't it? I'm not gonna lie, we don't have as many toys down here. They have to go back upstairs.

A52M: Not enough to look at.

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A42F: But on a good day I... now, we're in a position where... because the other thing we did do as well was, not so relevant to you, when lockdown was over, I must admit, we cleared out a lot of the toys. Because they've looked at the same toys for a year and it was like they were sooo bored. And they age, they didn't want baby toys anymore and we had a real, like, decluttering because we... and we had to because we filled it up, because we were just doing so much and then we just cleared the house a bit more. But yes, I think my living room is slowly, but not quite, returning to normal. I think there's a part of us. I still wonder sometimes when the numbers start going up and you think 'are they gonna call it again?'

R: Yeah, yeah.

A42F: You know, so we don't want to do too much and then they call it again and we're all set at home. I don't think we'll go back to March 2020, but...

R: Yeah, yeah.

A42F: You still have to find stuff... And then when you find out a friend got it or A52M had to isolate for nine days a couple of months ago and then it could have been the kids, and then C5MA started coughing and so you have to... Still, I think we still have to be ready for it. Yeah, we're slowly moving back to where we were. C2F goes to nursery in January so a lot more of the activities are going to be done at Nursery. C5MA is there full time already. So yes, we're slowly moving back to where we were.

R: OK. Before we go to the next picture, let me ask you A52M. So, what were you doing since you had your surgery and you had to stay still, where in the house have you been? like where... I just try to place you, you know, during lockdown.

A52M: C5MA stop, I can't hear stop! [To R]? Sorry were in the house...?

R: Like, where you staying, since you needed, you know, to stay still and what activities you may have done?

[A52M replies but R can't hear because he goes frozen. He repeats. This happens two times, R turns off the camera to help things. Then turns it back again]

R: Yeah, I turned it off in case it helps a little bit. So, you said you alternated between the software and the dining room table?

A52M: Yes

R: OK. And what were you doing?

A52M: I build radio-controlled vehicles.

R: OK, I see.

A52M: Yeah, at quite a high level. So, I've done a lot, I've spent a lot of my time tinkering with those.

R: OK and did you do that in the dining room table?

A52M: Yes, yeah. The dining room table is the dining room table, the homework table and the hobby table all in one.

A42F: And the eating table?

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R: Yeah, yeah, but may I ask? Because this sounds very, you know, it needs precision... It's maybe fragile parts... How did the children... How did you manage with at the same time, you know, the same room being the children's playroom, basically?

A52M: Uhm, I was careful to keep everything I had on the table.

R: OK,

A52M: The table was basically considered out of bounds.

R: OK, yeah.

A42F: They don't, they don't actually touch it because they've been... He's been doing it since before they were born. So, they do not know no different. They are actually quite good for that. Aren't they?

A52M: Yeah.

A42F: And as long as you keep it on the table or the chair, so not just on the floor, they don't, they don't really know...

A52M: They're quite good. Quite good. Used to it.

R: Did they do the crafts in the dining room table, or did they do them in a coffee table, or somewhere else?

A42F: No, they were also at the table sometimes as well. That's why we put the leaf in an extended the table.

R: OK so that part was A52M's stuff and the other parts...

A52M: I just put all my stuff away when it was craft time.

A42F: Yeah, if it got really [inaudible] time and so it did move to be honest. But we've also got like we've got like a coffee table, we've got the floor because remember they were still so small, we got some little garden chairs and tables so we... there was times when we even brought them in as well. Like we often did, A52M and I would have dinner at the table, and they wanted to sit on a little garden table, little children's, garden table and chairs. I think they just wanted some space. You know they actually wanted some space from us really... Because they did... They were like kids were like looking at you as if to go 'you again'.

R: Yeah, yeah, I see OK. Should we go to the next? Do you want to add anything more about the living room?

[they nod negatively]

R: OK, should I move to the next picture?

A42F: Yeah

R: I think it was a challenging space the next one.

A42F: Yeah, that that was it. I mean, we love our home, the challenge in space was the hallway and the front door. Because they wanted to go out.

R: OK

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A42F: Everything, everything we had taught them, and it was so sort of... there... it was... There were days, we've got a curtain to keep the heat in, and there were days when we actually shut the curtain because they just kept going 'when we going out?' 'When are we going out?'. And it was like you can't go out. And then, and then they started 'have we been naughty?', and it was like 'no, you're not being naughty'. When the park shut: 'is it because we're naughty?' No, you're not naughty, we've had to shut it. So, we then discovered we, we called Covid the 'big bad cough'.

A42F: Because it was just everywhere, they didn't understand, and we had to have some way of explaining why they couldn't go out the door. So yeah, we had to start pulling out the 'big bad cough' and it stayed actually, yeah.

R: So, they didn't go out the front like they didn't go in their front porch or yard... ?

A52M: They can go in the front garden when we are out there, but the front garden is not enclosed.

A42F: No

R: Yeah, I see

A52M: It's not fenced, once they get past the grass and the driveway they are on the road.

R: So, did they go there, or did you prefer them to be on the back garden?

A52M: In the back

A42F: Always in the back

R: OK

A42F: It is totally enclosed, and it's totally theirs, and they can do what they like out there.

R: OK. So, my questions, I don't think we will apply so much for the hallway, but I will ask you about the garden. But before I ask you about the garden, did you do anything in the hallway, apart from the tension that you mentioned and is super interesting. Did you do any activities there or not?

A42F: Not really

A52M: It is too small.

A42F: I mean in hindsight, when we're talking to, you know, in about the lead... like where your questions are going, I think one thing that I wish I'd had during lockdown, which sounds really stupid, I wish we had a second bathroom. It was very hard without a second... at times... because the other thing was when we've only got one bathroom, we were washing a lot more because we didn't know what was happening. We were all showered when we came back from that hour's exercise, if me, or... Well, I did all the shopping, because yeah, at the same time A52M was up and moving, but his immune system must have been lower. So, I did all the shopping. I came back, showered, changed my clothes and in hindsight it would have been nice, that's what I mean. Even now, it's nice. We wish we had a second bathroom. I mean, it's pretty great looking into it now, because it's hard, but yes.

R: It's not stupid at all. Many people have said that they would really like a second bathroom.

A42F: If there was one challenge, if we have one challenge in his house, that especially came up in lockdown, it was not having a second bathroom. Even just a toilet and a basin so somebody could nick to the loo, you know. Because we were potty training at the same time for my son, which

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actually took a long time and I blame COVID [talks about C5MA's potty training and how it got them longer during covid because of lockdown]

R: Yeah, yeah of course. And it's the stress, the extra stress you know, no one needs that...

A42F: Not right when they're trying to learn!

R: Yeah, exactly.

A42F: The questions you're asking, if there was one challenge in place, it would be. I wish we had a second bathroom.

R: OK, that that actually answers a question I have later, but I'll ask it again and we can discuss it. OK, so can I ask you then...? Actually, you have a picture about the garden. Let me see that again. So, let me ask... It was oops. Uhm, is it this one? Yes, OK, so that's your back garden.

A42F: Yes

R: With all the play structures and is this a shed or is it just the house?

A42F: Yeah, the yellow is a shed and then where you can see that little kitchen, that is garage, that's the side of our garage.

R: OK. So let me appear again. Here I am. OK so. Who chose this picture?

A42F: We all did. Without that garden, we would not have coped. Just to save that garden was empty.

R: OK! Very different than the picture...

A42F: During lockdown it was like 'what do we do now'? and we filled it up during lockdown. And we had another trampoline, that has only just gone to the tip, smaller next to the big one because she was still only small. We even went and got her a little baby trampoline. That garden was filled and without that garden I think it would... how people did it without a garden, I will never know!

R: Yeah

A42F: It was a godsend. I couldn't... to be honest that garden and Amazon, because we ordered like... sand, got a sandpit going and like paddling pools and... all you did was ordered it off Amazon, they take to the front door, and you put it in the garden. That garden was empty though prior to lockdown.

R: I see OK, so, how did you feel about the space? I mean you said it's very important...

A42F: Oh, incredibly and I think our garden always has been, but it became... just to get some air out. You know, because you were out in a face mask or you were out walking avoiding other people thinking 'are they the ones with it?' 'Are we going to get it?' 'What they coughing?' or you know someone coughed and everyone was really annoyed and it was because, it was so, it was so...

A52M: Our garden has always been quite highly prized.

A42F: Yes!

A52M: We are the sort of people that on a nice summer weekend we might have our breakfast out.

A42F: Just sit outside all the time...

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A52M: On a summer evening we might sit out there with a gin with a light switch that kind of thing

A42F: Yeah, and we actually, when we both moved up here, we moved up here because we couldn't afford London prices. So, we actually moved out and we moved to get a garden because I have... [to A52M] have you always had a garden?

A52M: Yeah

A42F: We've always. We've been very lucky. We've always had gardens growing up and there was no way we could have done it without that garden, but yeah it was empty and we loved it... it was...

A42F: It won't be empty again [laughs]

A52M: It was hard for us because, you know, we loved sitting out there, but we had to give them something... we... you know, and I think we've ended up with quite a compromise. We can squeeze a chair in. Oh, I couldn't have done without it! We did everything out there: we ate out there, we sat out there at night, they shouted to the kids next door, because obviously we couldn't let the mix, so they shouted over the fence to each other. And I don't know whether you can see, it's a blue slide they can stand... They stood... and I actually thought it was really sad at one point... The kids stood; my kids stood at the top of that slide so they could shout over the fence to the other children. Because there was... we couldn't even... we thought about cutting a panel in the fence at one point, but when they worked out if they stood, if the kids next door stood on their trampoline and our kids stood to the top of that slide, they got to talk to each other. But we couldn't even remove the panel or cut a panel because they weren't meant to go near each other. We didn't, we didn't know if the kids were going to get it. We didn't... so but yeah, so they shouted over to each other. Yeah, and I think sometimes it's quite mixed emotions, though, you know, you were putting your kids in a garden and to watch him shouting at each other, even the mum next door was like...

A52M: It was sad.

A42F: It was really sad; it was awful at times! That garden is only 13 meters long and about 9 meters wide. But you'd be amazed what you can get in it. You know, yeah, and just a space that size really does everything we need it to do.

R: Yeah, so did these change you made... Was it only play structures or did you adults and make any changes for you?

A42F: No

A52M: Centred around the kids.

A42F: Yes, we kept the patio and a table and chairs for us to sit at. So, we've got a table that we didn't fill the patio too much because they can ride their bikes, but no, it was all kids. It's just to get them out in there and they spent this... We opened the doors at 8:00 o'clock in the morning and sometimes they didn't shut till 10:00 o'clock at night because none of the kids went to bed. You could hear them all in this area. They were all still out in the garden before it.

A52M: It was just a bit crazy.

A42F: It was like a roller thing that.

A52M: But as far as we're concerned, adults we know what's happening.

A42F: Yeah

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A52M: The kids don't. So yeah, we can just rain it in a bit and think 'well that time will come when we get our garden back one day in the future', but the kids don't get that. So, everything has to be really good towards them because they just didn't understand.

A42F: No, no. It was all about them. No, it wasn't about us

R: And before lockdown, you said you always had gardens in your homes and stuff. How did you use it? I mean OK, there weren't the play structures, but did you still do stuff outside and what did you do before lockdown?

A52M: [to A42F] Well you like nice flower beds?

A42F: Yeah, we did all the lovely gardening. I love all the nice flowers, we don't buy as many now because the kids jump on them and stuff like that. But at the moment we... Yeah... we... Yeah, it was ours, so it was just a lovely space. Clean, tidy. We like sitting outside. Before the kids came, we would go out there and spent the evening. Often had friends over had a barbeque. We got a really nice barbecue. Paid a lot of money for it. and we still, we can still use it now as they're getting older. And yeah, I mean it was a real...

A52M: Obviously the social gatherings haven't restarted...

A42F: Yeah, yeah, only just restarting.

R: How do you use it now? Do you still have the play structure? Is it still centered around children?

A52M: It is all still out there

A42F: Yes

A52M: All still there

A42F: But I couldn't... I don't think we could take it... I think, and I think they did... the one thing I am grateful for during lockdown though, is... we... not only we strengthened our bond, because you know I've got 5, I've got 4 friends who split up during lockdown, they're divorcing now. I've got four friends... I think we became stronger because if you get through that there's a lot you can get through, but I think the kids developed a really strong bond with their home. And I think that's really nice. And they feel... our son C5MA is currently being assessed for autism, very high functioning autism. And if you say to him, and there's times if it's all too much like nursery, he comes out and he goes 'can we go home?' And I've said to him before 'why?'. And he goes 'because it's mine and I know where everything is' and it is a real safe space for them. And I think that's really nice. And you notice when people come round now, like, their friends come and they go 'come in, come into my house, come in' and they invite and they take them around and show them. But it's like they are really proud, aren't they? They're really proud of their home. I couldn't, we couldn't take that garden away. It will last now for however long they are using it. Our son is currently on the trampoline, because this is a change to him, and a trampoline was constant, it just stays the same all the time. We couldn't get rid of that now. That's been a godsend. So no, it's generally the same. Yeah, it is. Yeah, it is the house yes and we sit out there, yes!

R: During the winter lockdown, like the second lockdown, which was during the winter months, did you still use the garden?

A42F: Yeah

A52M: We just put clothes on

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A42F: We just bought them sip up paddle suit things. You know, the all-in-one suits.

R: OK that's very interesting

A42F: [inaudible] change. I thought it would, but it didn't, it just didn't. So, I got a bigger coat, drink tea outside or... but they were older by then so they could go out by themselves.

A52M: It wasn't the case... so we said 'right now', you know, 'you can keep going out there'. They said we ARE still keep going and we are still keeping going out there. So, it was down to us to find a way to facilitate that

A42F: yeah

A52M: So that the warm clothing came into play.

A42F: Yeah, no, there's no difference

R: Teah. That's great. OK, so again, do you have to or do you want to add anything regarding the garden?

A42F: No, not really. I mean we would like it to be all airspace again with nice flowers and stuff, but at this moment in time I can't fault the fact that they go out there and they just thoroughly enjoy it and I couldn't take any of it away. No, we just wouldn't know. No, we just wouldn't. It's been a godsend. It has been an ab... I don't know how...

A52M: The only thing we had to do was put a padlock on the outside tap.

A42F: Oh yeah, because they drove us mad with the water and because it became a little bit... Like a lot of the kids, it was a bit like sort of they didn't go to beds because they weren't tired because they weren't going out, they weren't mixing. And yeah, so sometimes there was little bits and pieces we had to do. Obviously, we locked up the garage they didn't have access. They don't have access to the garage because that's tools, motorbike. Yes, that's the only... Yes, that's the only thing they can't have, is the garage that is.

A52M: So, we put all the metal toys on the wall, like the bees...

A42F: Yeah, yeah, yeah, we went out one day and...

A52M: ...just to brighten it up for them out there to make it more of a play area.

A42F: Yeah, when lockdown first struck, we went out, I think we spend about 100 pounds in B&M shop, the shop called B&M and we bought all the metal wall art, little flowers that you poked in the ground, windmills, bats, balls,

A52M: Lights

A42F: Lights... Because I know we didn't have... We realized we didn't have a lot. We found the kitchen [refers to a mud play kitchen outside] ... Yeah, yeah.

R: Can we move to the last picture. I'm a little bit concerned with the time, but we can just be quick

A52M: Anything else after the garden is always going to be quicker.

A42F: Yeah, it is because the garden was godsent, yeah

R: So basically, it is C5MA's rom this one.

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A42F: Yeah, this is... we got the bed because of lockdown really, because I don't, I didn't as my first child I suppose, love the idea of a higher bit. I'm only 5 foot one. If he was doing well, would I be able to get him out? But we actually threw caution to the wind and got that because one of the things we did notice was # 1 they had the floor space, they got the whole room back, and #2, they had a space to go to that wasn't ours, that was just for theirs. And they spent a lot...

A52M: Yeah, the little den under their bed, we didn't go in there unless invited.

A42F: And then, and they took... and they said ...and there was, I mean obviously I still had to watch him because they were still only three and one, but like if you went up the stairs and listened, they were actually having conversations. and I say now that my daughter, her speech is very advanced. I know mums, know parents blow, you know, always think their children are amazing... But her speech is incredibly advanced because they would sit up there sometimes for 40 minutes at a time just talking. And it was also interesting because we realized they had picked up the word lockdown without us telling them. So, C5MA would sit there and, say to C2F, 'we're in lockdown because of the big bad cough' and she would say 'what's lockdown?' and he would say 'we staying at home'. And we actually found out a lot about what they think and feel because they sit up there and talk together. But C5MA's room, it was just... I don't know, it was just their space, and it was nice that we had three bedrooms and we've all got a room each... yeah and it was... once made safe, obviously got all the windows locked and stuff like that, but yeah, and it and it was just, they just loved it! and we were so, we were so pleased. because at one point they were in together as we thought it would be nicer for them but actually it... And he and he sort of like... When we moved him, we moved him at lockdown because they were in together and they weren't sleeping very well when... we did not, we just spread out. We have it as a spare room like a dump and actually we just spread ourselves out in this house. Literally Just spread ourselves out. And I just said we just use every inch of space as much as we possibly can. Literally. So yeah, his bedroom... and he's all grew up a little bit as well he... He took it, he took... He cared for his sister, you know, he really sort of took her under his wing a little bit. I mean, she just followed him around. She knew no difference. She was 14 months old and she just loved him and their bond is so close and I had people commenting how close they are now. Sometimes they cry when they leave each other, so we've had to work on that a little bit because they got dreadful separation anxiety from each other. Dreadful, separation anxiety and that was hard.

A52M: I put the blame on that largely on the lockdown because there were the only people that they saw in their sort of age bracket...

A42F: Yeah

A52M: ...for months on end.

R: Yeah, yeah. I can see that. And so, what does it happen? Did they play in the room? It was C5MA's room but both of them were using it for play? But C2F was sleeping in her room and like sleeping was in separate rooms but...

A42F: Yes

R: OK and then did you make any, apart from... You said about... apart from the bed, did you make any other adaptations during lockdown?

A42F: We put television in there OK, but it's only on CDBaby. We did put a television in there. We don't love a television in the bedroom, but it was... They were just bored and looking at us.

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R: Yeah, of course.

A42F: I don't know what we would have done without this house, so I don't, you know what people?... No disrespect, I'm not being snobbish, what people did when they had no garden, or they were in like a really small.... They really like... We are really grateful for this home. We're lucky that, you know, A52M is very good at his job and so on, but you know, we just we just took this house and just loved it.

A52M: Yeah

A42F: I think we did. We never got annoyed because you suddenly realize it was what was protecting you from something we knew nothing about. Do you know what I mean? I mean, there was a lot... I know there was a lot of people who got... There was a... I mean, as I say, I've got four friends and they've split up and that's really sad... That's really sad. And they actually, and they've got children as well, and they've split up and you know, and three of them are currently going through divorce and they blame lockdown. But yeah, we just, we just loved the space. And I know there was people Who was 'I hate it', 'I hate my house' and they've actually now moved. 'It didn't do what we wanted to do', but no, we just loved it.

R: Than is nice

A42F: Yeah, I think we have...

R: Lets jump to the next part because I don't want to keep you much, much longer than I should. The second part I'm going to ask you about your wellbeing. like you have already started talking about that. and so, by building I mean both the inside and outside and the garden and the rooms in the house. and by well-being I refer to someone social psychological state, how positive you may have failed during lockdown, how well you were coping with everyday life, your communication between you and with children... So, do you feel like your home supported your family's wellbeing during lockdown? I mean I think I know the answer, but...

A42F Yes!

A52M: It gave us space to do our own thing, space to get out of each other's faces sometimes.

A42F: Yes, yeah... Yeah, yes yeah! And it's the little things like... We've got a garage, a shed, and a loft, and we organized those spaces like to within an inch of the, you know, we, they were organized and what that allowed was... we had no unnecessary furniture, no unnecessary storage, and we literally just went through this house and went 'Do we need it? No, do we need it? No', and we were literally booking, you know, you have to book to go to the tip, the waste place... We, and we would... We literally didn't wait... after when A52M had recovered, obviously, so he went back to work on **. So, then I was at home with the children and basically, we went through this house and just said if we're going to be stuck, because we didn't know how long we were going to be stuck, we went through it and said, you know, do what you wanna do, be happy as long as, you know, we were all happy, obviously. 'Do what you wanna do, be happy'. But yes, without this house... we did, we've developed an incredible bond with this house, which I don't know whether it would have come on as strong without lockdown. Does that make sense?

R: Yeah, absolute sense. Yeah, I can, I can see the bond!

A52M: [inaudible] C5MA and his autism

A42F: Yes, yes, yeah.

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R: Yeah, and OK. So, some families found that, you know, they had too much time together while others found that they had too much time alone. What was the case with your family? And did you have space to go if you wanted some time alone?

A42F: Yes, yes. And we did make sure that. I think we got stronger. A52M and I got a lot stronger thankfully. I developed anxiety, though it May 2020, I got really bad anxiety. I think it was just it was just on the news all day, every day.

A52M: Just depressing.

A42F: We were watching it; we were sitting there watching it all day and then I switched the television off. And my GP said to me 'turn the bloody television off'. Literally said to me, 'I'm sorry. Get that television turned off' because I just said to him 'we are gonna die!' and he was like, 'get that television turned off'. And that was tough, the anxiety was tough. My children never known.

R: How did you, so when you were, you know in this bad phase with the anxiety, did you take some time on your own? Did you go, I don't know to a room, did you have your space to relax?

A52M: [inaudible] to the shed for half an hour, to give her a little bit of breathing space by trying to entertain the kids and trying to keep them out of the way for a bit. Just saying 'mummy is just moving some stuff around in the shed so it's not safe'.

A42F: Yeah, no and I... and it wasn't... it wasn't... Then... I did... I didn't want them growing up with me.... constantly... my kids never knew, they never knew, because I don't want that for them. And then if I needed that, unfortunately A52M took a lot of the burden of it in the evenings so the kids will go ahead and then I'd go 'this is what I'm worried about'. I went onto antidepressants, that was prepared to do... because there was nowhere to go. You couldn't even go and get counselling. Because yeah, and you know, it's really under control, but I still say now that television was just all the time and just everyone was dying, and it was long. And then you got all those fear people: 'It's the end of the world' and all that sort of thing. And then the other difficult one for us on a psychological basis was their separation anxiety. They... so when C5MA went to school she just she cried for four hours and that was, that was hard. She just did not...

A52M: She didn't get it

A42F: She just didn't get it. And he cried, she cried, and they were crying together. And the teacher took C5MA and she was crying and he was crying and he was called and that was really hard for me. And yeah, that was that was, and we were worried we won't... They are fine now, they're close, but they're fine. The school helped us a lot, you know. So, they made sure they talked about C2F with C5MA and... but we were worried at one point, and we didn't know how we were going to get him out. They just couldn't leave each other's side. They were just clinging to each other. And the other thing was, we started going out and they would see like a person and go 'ahhhh! He's a person!' and run. But it turns out a lot of kids were doing it, and we're thinking we can't.... 'What do you do now?' When it was... like still now they socially distance. I've only just got them out of it. They moved to one side, or they run into the, you know, like if we are like walking down the road, if they can move into like the playground or the churchyard, or... they moved they moved for so long. You know it's still so quickly and yeah.

R: OK, did you find any rooms or spaces in your house or garden, you know inside and outside, and you found particularly challenging?

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A42F: Only not having the second bathroom. That would have made our lives a bit easier. The second bathroom. That was the only...

A42F: Everything else, I think we just we worked through everything else...

A42F: yeah, we did

A52M: ...just to try and create that space. We ordered a lot of extra cupboards and stuff for our bedrooms. So, our bedroom probably got more cupboards than is good for a bedroom, but it meant we could get all of our stuff from downstairs so the kids can have the downstairs.

A42F: Yeah, I mean we did nothing structural to the house, nothing permanent to the house. Only what we've put in the garden so... But things are even like storage boxes and putting stuff away and having everything organized a little bit more. And you know the kids can pull out something and know that they just gotta, you know that's the box to put it back in... And yeah, we did nothing permanent. There were no real challenges, apart from the bathroom, and I think we utilized every space, we... like... you know, sometimes ...

A52M: We have no dead spaces here.

A42F: And you know something like just baking some cakes, you know, when we've got a stair gate up at that, we have got a gate up at our kitchen door because they are still so young. You know, I'm just saying I'm just gonna go out there for a minute.

R: So, so the children didn't really go to the kitchen during lockdown?

A52M: Especially not when the oven is on.

A42F: No because that happens right by our kitchen door. So, if you open the oven door and they ran and they fell over that they would be falling over an oven door. So, our kitchen is still quite out of bounds, unfortunately, because the way it's set...

R: And may I ask where did you have lunch? Was in the dining room table?

A52M: We always eat at the dining room table. If you, if you like, it's always been a bit of a family rule.

A42F: Yes,

A52M: Dining table is where we will all get together, and all eat.

R: That's, that's, OK. So do you think that this little changes here and there, helped your family's well-being eventually

A52M: Massively

R: Like now, reflecting back?

A52M: Yeah, we just, we just had the opportunity. We were fortunate enough to have the space. By moving so far away from my work, OK takes me the best part of 2 hours to get to work but We've got space.

R: Yes, yeah. And especially during lockdown that was....

A52M: Yeah, it was absolutely...

R: ...really important.

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A52M: We couldn't have done it without it. Yeah, so we had space to move around, change things up, alter our routines just to make things work for us.

R: Yeah, now exactly now that you mentioned the routines... the next question was how did you get around any constraints that you may have had in the space? Like did you adjust your routines? Or you didn't need to? From my understanding you had space. But I may be wrong.

A52M: Yeah. We've always worked with the space we've got, so for us we're quite flexible in that. The only rule we had was mealtimes is at the table. That's it. So, whatever we were doing, we had to make sure the table was clear enough to eat on, but we did that before lockdown anyway, so with the rest of it, we kind of... Yeah, we got a little bit more relaxed with the amount of toys that were out all the time, yeah, but as A42F said we uh strict... tightened up on the routine a little bit to make sure everything went away at the end of the day, to turn it from a playroom to our living room.

R: Yeah, OK and apart from a second bathroom, is there anything else? If you could change anything magically in the house, is there anything else apart from the second bathroom that you would like?

A52M: No, not really. I mean yeah, long term we look at... we're looking at rather than... rather than moving house, largely due to C5MA and the fact that we like it here, we are looking at getting an extension. We've got two decent sized double bedrooms and the third bedroom is more a box room so once we get, once she gets old enough to need a makeup table and a dress wardrobe, she's gonna outgrow that room massively. So, the only thing... the only two things we need from this house, that it doesn't deliver, is a second bathroom, now ideally, and in the long term another bedroom, a full-size bedroom for her. And that would be that, we are pretty much happy with it.

A42F: I mean, I think we've and that's because at the time the little bedroom was lovely as a nursery. But I mean really, now people need to create big... they need to create family homes for adults because kids are not going to move out as quickly as we moved out, as quickly as... I mean... I was... I was late, I was 13 but you were a lot younger. They won't move out like that now... the house prices and we need to create a house for four adults and we, you know, we're fully aware of that. You know so, but no, there's nothing... I mean, you can always say a bigger house, but how much more you could go on forever about how much more space you want.

A52M: But logically we don't actually need more space.

A42F: No, we didn't because we cleared out as well. Like I've got friends as well now and they are now like 'we've just accumulated so much stuff'. And I... and I think that was a massive thing we did as well where we just cleared that everything we didn't need. And I think our priorities changed as well. We suddenly realized that all this stuff was not... where is important? We got through a pandemic. We didn't, I don't think you need... You know, sometimes we convince ourselves we need all these, you know, waffle makers of bread bakers and this and that, you know... do you know... you don't, you know? But yeah...

A52M: So, no, that way you discover what you really use and what sits there gathering.

A42F: Yeah, actually you really do.

R: Yeah, yeah. You mentioned and it is very interesting how you became very efficient, not became, how you were very efficient in in your use of space. OK, so that was all from me. I just want to ask the children if they want to say what they draw, about their favourite, which was their favourite space or their least favourite space? But if they don't want to answer any questions, that's fine, they don't have to.

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A52M: C5MA Come here for a second mate.

A42F: What do you think is your favourite space in this house C2F, what's your favourite room you like?

C2F: [inaudible]

A42F: Your bedroom is your favourite, isn't it your bed?

C2F: [screams]

A52M: [to C5MA] Lady wants to know, What's your favourite thing about this house?

C5MA: Because it has got Avengers toys

A42F: You've got your toys

A52M: It has got your avengers toys.

A42F: You have got all your toys in this house, yes?

R: what is your favourite room in the house?

A42F: Your favourite room?

C5MA: My bedroom.

A42F: Oh, Ok good boy!

R: And you said previously that you liked it because of the toys. What did you do in your bedroom?

A52M: C5MA What did you do in your bedroom?

[C2F screams]

C5MA: [inaudible] and jump on my bed, playing...

A52M: Jump on your bed.

A42F: Jump on your bed [laughs]

C5MA: And I jump down very fast [inaudible] to my chair.

A42F: Yeah, yeah, yeah, he jumps from his bed to the floor even though it's a mid-sleeper, yes. [to C5MA] But you do enjoy that, don't you? You play lots of games at yeah...

R: Apart from sleeping and playing do you do anything else in your bedroom?

A52M: [inaudible]

C5MA: Play games?

A52M: Play games... on Mommy's phone.

R: And then how do you feel when you are in your room?

C5MA: Cool and I sleep in. I dream about zombies. [inaudible] back off my mum. I'm here on her legs. Like my mum got mouths!

A52M: What?

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A42F: Well. We also did...

A52M: [laughs] you are a bit crazy!

[C2F screams]

A42F: C2F stop Screaming, please stop.

A42F: That is rude

A52M: That's not good.

A42F: We used to set up my phone and then his friends would read on Facebook Messenger, and they would play in the same room. So, they would play in their bedrooms.

A52M: C2F, can you get down, please?

A42F: [to C2F] Stop it!

R: We will finish very soon now, and I will leave you in peace, I promise. May I ask C5MA what was your least favourite room in the house? Which one you hated?

A52M: Which room don't you like?

C5MA: C2F's is room.

A52M: C2F's room? Why don't you like it?

R: OK, why?

C5MA: Because it's so tiny. And my one is soooo big.

R: And did you do anything in C2F's room?

C5MA: I play tracks and big tracks and...

A52M: Is that your train tracks?

C5MA: And my big one in...

[C5MA whisper's to A52M]

R: So, you were playing there, didn't you?

C5MA: And I just... play with my toys. Wait dad.

A52M: You need to go and get something. Hurry up then because the lady is talking to you quick.

R: Ok

A52M: Come on then quick, quick. because the lady wants to go and get a dinner.

R: Oh nice.

C5MA: [brings to toys. says the names of the characters]

R: And do you play with them in C2F's room or in your room?

C5MA: In my room because it doesn't have the right size like me.

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R: OK, that's nice. OK, so that was all my questions. if you have any questions or anything you want to add...

C5MA: I go to a lot of Toy shops.

A42F: Yes, you like the toy shops. You couldn't go to...

A42F: You missed the toy shops.

A52M: ...you couldn't go to the toy shops in lockdown, could you?

A42F: No.

A52M: Why did we have to stay at home during lockdown?

C5MA: Because people got a big bad cough

A52M: Good boy, well done.

R: That's true. Hopefully that's all in the past now, I hope so.

A52M: Oh, I hope so

R: Ah, actually before. Before I conclude very quickly, does C2F want to say about her favourite and... a room you didn't like

A52M: What's your favourite room?

C2F: [inaudible]

A52M: What room do you like the most?

C2F: [inaudible]

A42F: Yeah, in your tent.

A52M: In your tent? Where's your tent?

A42F: What's your least favourite? Do you like your bedroom or...?

C2F: [waves no]

A42F: No? Why? Why don't you like your bedroom?

A52M: What is wrong with your bedroom?

C2F: [inaudible]

A42F: No? it's small, isn't it? And even she notices it now. Yeah, yeah, she does notice.

R: Yeah, these box bedrooms are a joke, aren't they?

A52M: It served a purpose for a nursery, that's about it.

A42F: They are now useless now really; they really are useless.

R: Yeah

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Participants	A49F - 49yrs, Other Ethnic Group, Female Doctorate Degree, Pre-Lockdown Not in Paid Employment, During Lockdown Not in Paid Employment A41M -41yrs, White, Male, Professional Degree, Pre-Lockdown Work from Home, During Lockdown Work from Home C6F -6yrs, White, Female, Not Completed Education
House Details	2 Bedrooms Converted Flat Rent Privately Shared Garden

R: Yeah, so it's starting now the recording, so I'll be sharing the photos. So which photo would you like to start with?

A49F: So, we will be, so we start to talk about them. You start.

A41M: OK, mine was one with the best.

R; I'll share it now, yeah. Yep, so can you see it now?

A41M: Yeah

R: unfortunately my image disappears when I'm sharing this.

A41M: Uh, yeah,

R: So just to start and actually at the very beginning of the interview, I would like to know, in a nutshell, why did you choose the home where you live. Even before the lockdown. What were the qualities that attracted you?

A41M: Uhm, so we're actually in a part of my parents' property. so my parents live next door in a terraced house and about 30 years ago they bought the flat next door. And knocked through. Yeah, so uhm. The main thing was we're not paying rent. and we moved. We were living in *** before. And we moved back in June 2019. So just shortly before the pandemic started.

R: Oh OK, right? So yeah. And in general, how far are you satisfied in your home life there?

A41M: Sorry, could you repeat that.

R: like in general, how far were you satisfied or are you are satisfied in your home living in in this flat?

A41M: Yeah, I mean, I'd say we're fairly pretty satisfied at me.

A49F: Yes, we're fine. Yeah, we are a small family so we don't need a lot of space.

A41M: Yeah, we could do with more space. But we can do with what we've got.

A49F: Yeah

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R: that's great. if we start talking about the photos. The first thing I would like to know. Uhm, why did you choose this photo in specific what what's? Why was it so important?

A41M: I'm so in our flat we have one bedroom and this is the living room where we are now. Dining Kitchen dining Room kitchen combined and the bathroom. So, we all sleep together in the bedroom. But I think what changed for me is sometimes I needed a space to go and be on my own for a bit to relax. so here in the living room is where I work. I have my desk over here and that was before lockdown. I was working from home already. and we also had obviously C6f with her home schooling at her desk, which is behind me. And we have the sofa and the TV as well. So, there is obviously a lot going on with the home working, home schooling. And for me just going upstairs for maybe half an hour. Uhm, you know, maybe after lunch sometime I could just rest and read and have a little nap if I want. Sorry. You know, obviously it's where we sleep, but it also became... Somewhere where I like to just go and be by myself for a little bit and rest.

R: Did this rest time or like relaxing time and continue even after the lockdown is lifted?

A41M: yeah, sometimes yes, yeah. I'm here when C6F was back in school there was a period wasn't there when I was because I can often finish work fairly early and. Uhm, so after lunch I would sometimes go and have a have a rest or sometimes a bit later on.

R: Yeah, and did you need to make any changes in your bedroom in order to enjoy this time?

A41M: No, didn't change anything, Did we? No

R: and A49F did you need to use the bedroom the same way?

A49F: No, for me it was completely different. Yeah, for me the bedroom is a bit more exclusive, you know. Kind of everybody out. And I don't need that. if I'm staying in the living room, I'm very comfortable.

R: Yes.

A49F: it's my favourite room. That's why my photo is [the living room].

R: Yes, yes. So shall we move to the next photo? A41M would you like to add anything more, talk more about this photo?

A41M: I'm only just what A49F was saying. She feels comfortable here in the living room. Obviously she's here and often. If I wanted to rest here, A49F would be watching something on the Telly. So that's why some I think I wanted my own space to do my own thing, reading sleeping. It was A49F was already doing her thing here, which was more Telly, wasn't it?

A49F: for me, I need noise to relax. A41M needs silence to relax. so I guess since we are completely different.

A41M: yeah.

R: yes, before we move to the next photo, maybe, if A41M describes to me like the different things, like furniture, objects and things in the in the bedroom that made you feel like comfortable while having relaxed place you relaxed in the bedroom. Even the colours of the bedroom.

A41M: Yeah, uhm. I mean, obviously the bed is where I just rest up against those pillows. I think one of the things I liked was the, you know, we've got these skylights and a window, so there's quite a lot of light in there. I just find it quite a relaxing colour that blue. It's blue and you know, it's just got a

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off white. Uhm carpet. So all quite soft tones. I find them quite relaxing. And on top of the bed I can see out of a window as well. I can't see very much, but I can see the sky and.

A49F: Building,

A41M: yeah, I see you know what the... Where the sun is and you know just. Get an idea of, you know where we are in the day. If it's the afternoon, if it's the evening and...

R: Yeah, so actually I would like to ask you what when was normally like the relaxing time scheduled in your day.

A41M: Uhm, I suppose it wasn't really scheduled, but I would say probably about. 2:00 PM?

A49F: Yeah

A41M: so just after we'd have lunch about 1. So maybe 1:45 two o'clock? I'd say I'm just going up for. Little rest. Sometimes later, but that is probably the most common.

R: So normally during daytime?

A41M: yeah.

R: OK, that's great. So shall we move to the next photo

A49F and A41M: yeah.

R: the living room. So, for Sandy, I would also like to know from you why was it an important place for you during the lockdown?

A49F: Well I got COVID

R: oh.

A49F: So for me, being able to be part of the family without doing anything was important.

A41M: Yeah, long COVID

A49F: now I have long Covid, yeah.

R: Yeah.

A49F: So basically was a time where I couldn't deal with light or noises. and I wanted to be with my family, but I couldn't be exactly present for my family. I was just there without doing anything at all. We just with my eyes closed and with an ice pack in my head. Things were really complicated. The Telly, I couldn't watch the telly obviously, or any screen or at the window. So all the curtains need to be close and I was wearing sunglasses even in the dark that what was my life. The Telly needs to be like [three lines], you know, and that's all. So I was here with my family and it was nice to feel that I was out of bed. That at least I was able to be with them instead of just being, you know, in bed. I feel a lot better if I was resting in the living room, you know, separated completely from the family, so that's why the living room. Became very important even when I couldn't hear or read or watch anything.

R: Yeah, yeah it must be yes and so well were the qualities that made it like media able to sit there and even while you were very ill or very unwell.

A49F: Well, this sofa was very comfortable for me. And, uh, it was very nice that I have my daughter. It kind of comforting me and my husband doing something. As long as it wasn't so noisy was fine for

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me. Finding the place... Good for me. There were some changes to the to the room actually. The room needed some changes to make it more comfortable for all this. Before, the walls were yellow and we really didn't like it or well I what I hate them. My husband changed them to more neutral colours and blue.

A41M: this was before the lock down there.

A41M: Yeah, but you change the curtains that I was after the lock down. Yeah in the lock down with your light sensitivity, we changed the curtains.

A49F: couldn't stand the red curtains you know just coming through, and thinking they look a bit like hell playing with my mind in an awful way. basically, if I wanted to be with my family we need to change completely them. The curtains and also you change the direction of the sofa. Yeah, which was better for me because I wasn't facing the window. So simple to be more shield.

A41M: So if I just show you the curtains you can see they're just kind of grey blackout curtains. Before we had some red blinds which the light came through and.

A49F: Everything was red.

A41M: you hated it, you said it ['s] like hell.

A49F: yes, literally. And it would play awfully with my head. I probably would have played awfully anyway without Covid. So, I just thought that would you have to be in that room with red, oh God!

R: you say that you still have code now?

A49F: Yeah, I have a long Covid?

R: What's the long Covid?

A49F: It is basically. I still suffer from problems. My sight is still affected. I'm still noise sensitive. I get fatigue. I cannot walk long distances for example. I can't work around 250 meters now. At the beginning it was still to the door and that's all. For the rest, I need a wheelchair. I suffer from fatigue. I cannot go further in any activity because he can take me backwards. I won't be able to do anything at all.

R: Yeah yeah, and that will happen before because of the COVID infection?

A49F: Yes,

R: oh, I'm so sorry to hear this.

A41M: post viral condition.

R: I'm so sorry to hear that A49F and I hope you get better.

A49F: I'm getting better. Thank you.

R: That's great. So it must have been affected the way you're using. Actually the living room and we say that's your favourite place in your home. So how do you use it? What happens there?

A49F: I used to sleep here. Sometimes when I feel so tired to eat here. To entertain myself now that I can watch daily or hear music or read a bit again. I know so we came home schooling area. Yes, I was able to home school learning for some subjects.

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R: and having, all these things happening in the same place like the home schooling and being able to like eat there and it made it easier for you?

A49F: yes. You make a very valuable room.

R: Yeah. So what changes that you needed to do or in the place in order to allow C6f to study the living room.

A49F: you see some cushions on the floor. Just to sit there and have the... our classes. like a box, you see those boxes behind me. In the closet [referring the video frame]. Uh, some boxes, put one sometime here we use it as a table. basically not so much.

A41M: Yeah, I'm just laughing 'cause C6F has a desk.

The conversation interrupted due to problems with internet connection

(Yeah. Yeah, chill with cannabis. Oh I'll stop the sharing. Oh, I got you back. Sorry for that. Uhm? But I can't hear you. Now we can now we can. OK, sorry so uhm.)

R: I see that, uh, you'll be having your relaxed sitting, relax, being relaxed in the living room and C6f was studying. And A41M works in the living room. So can you please like explain to me how was that managed? How is it all happen in the same place? Was it scheduled? Did you do it all at the same time and just? Did some arrangements for that.

A41M: We did it well that the home schooling and my work. It was all at the same time, wasn't it? So sometimes, you know, I would do some of the home schooling. So I might start my work early and then do a bit with C6F, maybe a couple of hours with C6F. And then I'd go back to my work and then A49F would take over her parts.

A49F: Yeah, yeah, in the same room at the same time, because basically we are used to be together. C6F is not a noisy girl. So, basically, we're very calm the three of us. my mom says that we are very silent people.

R: So what happened during the rest of the day after work and home schooling?

A41M: So, uhm. Yeah, I mean I would often go for a walk with C6F. Especially in the summer. sometimes, she would go in a bike and go to the park and we do quite long walks, don't we? Yeah, and the play streets which is basically on our road. there's a little side road which isn't used for anything apart from for kids to run around... so yeah, we would often go out. And yeah, then obviously we'd have dinner in the kitchen. I go cook our meal in the in the kitchen and dining room. Yeah, so I said before that we're next door to my mum and dad. and so sometimes C6F would after school would go down to see her granny.

Interruption due to communication

(They've got. I'm sorry, you frozen. I don't know if you can hear me and you still hear us. Yeah I got you back.)

A41M: Yes, I often. I don't know if you heard that, but I was just saying that C6F used to go down next door with Granny and sometimes they would. And play it in the garden.

A49F: One of the advantages of living here. Is that my in-laws help us a lot with entertaining C6F. Like, she gets... She did never really got bored, you know, during the lockdown. Because she was with us bit and then going with her grandparents. and they will have different activities like cooking

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together or playing together or playing the piano together or doing something. Always something. My mother-in-law was a teacher so she knows how to keep her entertained.

R: That's great.

R: And after the lockdown have your users of living room changed?

A49F: Well... Not really, it's still the place where C6F does homework, still the place where I entertain myself. Of course I can walk now outside so. It's a bit less time in the living room.

Not yet frozen again. There. Frozen again. Oh yeah. Right? Yeah, uh, so can I?

R: Would like to talk to me about the photo of the living room because I noticed that she is. Has she sent the? Has she chosen the living room as a photo that of a place that she prefers? If she would like to talk to me, that would be great. Yeah, she shows the living room. OK, we can finish colouring in in a minute. You want to just come on? Yeah, I'll set up question to ask questions. OK. Timer.

R: Hi C6F. I can share the photo of the living room and you can tell me about the things that happened there and the things that you did. Things that you liked in the living room. Is that OK? So I'll show you this photo that you have sent me. Is that the one? Yeah, so why? Why was the living room important for you during the lockdown, do you remember during the lockdown when you had to do all the schoolwork at home?

C6F: I remember the schoolwork but I don't remember anything else that happened.

R: So what happened while you're doing the school work? So did you like to do it on the floor on the questions? Or on your desk?

C6F: On the floor

R: on the floor. why? So why did you prefer doing it on the floor?

C6F: Because there's a bit more space

A41M: than your desk

C6F: yeah

R: it looks like a very comfortable studies place.

A41M: is it comfy?

C6F: yeah

R: Good. but what else did you do there? Do you like to read?

C: yeah

R: where do you read?

C6F: When I read down here, I normally like, you know, I read on the sofa. Yeah.

R: And why do you read on the sofa? Not like... not on the floor like when you do your homework.

C6F: Because I kind of prefer to be on the sofa more and not being on the floor all the time.

R: And what else do? do you like to draw?

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C6F: Yep.

R: And where do you normally draw?

C6F: I normally draw on the floor

R: where do you keep your things like the colouring?

C6F: On my desk,

R: in the living room?

C6F: Yep.

R: And where do you like to keep your toys?

C6F: Umm... all of my toys are upstairs all sort of books.

A41M: under the bed, aren't they?

R: So do you have to go upstairs and bring them down to play with them?

C6F: yeah

R: and then you put them back upstairs again?

C6F: yes.

A41M: Sometimes.

R: So what happens when you

Communication interrupted

(out? I'm. Play here. Enjoy your desk. Do you like this? You like to watch TV? Me too. If you ask that again, then I said I like to watch TV. Hey. Are you? Can you translate this? Has this happened? Well, she hasn't disappeared before. Right hi sorry. Teams is not behaving well today. So, uh, yeah, we're still recording, so I'll continue with the questions).

R: So yes, C6F, you were talking to me about your toys and bringing your toys from Upstairs to downstairs. So, you do that all the time after playing or sometimes you forget the toys?

C6F: yeah, sometimes I pretend to forget the toys so that I didn't have to put them back up.

R: So, for A41M and A49F, so how was managing the toys and all the things related to C6F play in the living room? How was that managed?

A49F: It's not bad, actually. I am a bit... I like to keep everything in order. So sometimes I tell C6F we need to put everything, and we put it everything this place. it does look a lot less toys that we really have. Everywhere, where you can see, you have toys. You know, put in places where you cannot see them so much. Yeah, it's not that bad. C6F doesn't make such a big mess really. Let's just playing with someone, someone else, she would be a bit messy, but besides that, it's never bad, isn't it?

A41M: No. I mean, it just looks a bit of a mess.

A49F: Yeah.

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A41M: Sometimes, like, we need to tidy up now I want to just see more open areas. Some space with nothing in it. But, yeah, I think it's just a fact of life when you live in small places and have so many toys.

R: So yeah, but maybe that leads us to the next part of the interview about how he felt about the place. So before moving to this part, I would just uhm like you to know that I'll be sending you a booklet where you can extend more details, if you want to, about what you have, what you talk to me about the photos and all things that you have reflected on. Or you can add something that's totally different. Uh, then what you have told me so? Uhm, I'll send you this after the interview. And if we move to the next part of the interview, I would first like to ask you how far you felt that your home supported your wellbeing during the lockdown is specific?

A49F: For me, I think the location of the flat was very good because we are kind of very close to the *** and to a park. So basically we were able to go out without finding lots of people. Especially with a long Covid, I was paranoid, literally paranoid. When finding just even one person in the street. I will literally cross, you know, kind of move. 'A41M please move me' because I cannot be close to anybody else. Yes. And to recognize that that situation would have been really difficulty, we will have living. You know, in ***, for example, we were living in a flat and a bigger flat with. You know two bedrooms and you know. Uh, also open area and it's it was kind of... We had more rooms; you had more bathrooms. But, uh, if we wanted to go out in a situation like this one, it would have been really difficult because we will have been using the lift like many people were using, because otherwise they will. Having lots of stairs to go down. Yeah, we're playing the 6th floor, so. And the other thing is that going outside it was a bit far. The park was a bit far and it was a lot more people around, so it would have been a nightmare. I don't think we would have gone out a lot. Yeah, in this lockdown we were able at least to manage to go a bit out. To be able to have a bit of sun, a bit of light, a bit of... when I was able to go out with you were able to go out and C6F learn how to ride her bike in in that in that period. Yes, so it wasn't that bad. Yeah, even though the space is small, but in the great area.

R: Yeah, yeah, yeah, so the surrounding space was, UM, was helpful.

A49F: Very helpful.

A41M: Yeah.

R: that's great, yeah? And would you like to add anything else A41M on that?

A41M: I'm on that, specifically the location or...

R: how far you felt that your flat supported your well-being, location, or any qualities in the flat itself.

A41M: Yeah, I mean I, I think we've. Always felt quite comfortable here, you know. After the move from ***, there was obviously a period round we didn't quite feel at home and then, we kind of, you know, I did things like getting a big Telly and painting the walls and making it more homey, isn't it?

A49F nodded

A41M: And I think obviously, in the lockdown we spent a lot of time, a lot more time indoors together. And I think it served us quite well in terms of... You know, we felt we've always felt quite comfortable. Here we have, we can do what we want. I can go upstairs, have a rest if I want to get away from everybody. And I think being able to go out, which was very important. I think just things became a bit more compressed. You know, we were doing, we were having my office, A49F

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recuperating on the sofa, C6F doing home schooling. You know all in this one living room. And then sometimes as well, we did, yeah well me and C6F did some kind of the Joe Wicks exercise thing and C6F does these yoga things on the Telly. Yoga for kids thing. So you know we were doing additional things here in the living room.

A49F in Spanish [acupuncture]

A41M :So yeah, you had your acupuncture set up here up here too.

A49F: set up here, yeah.

A41M: So yeah, I think everything felt a bit more squeezed in when we were spending so much more time. Inside, you know not going to any social events.

R: So how did you get around these challenges? Like how did you deal with that?

A41M: I mean, I think as we said. Being able to go out and go to the park, go to play the *** was really how we dealt with it. 'cause even though you know we couldn't communicate much with people, at least we are outside and. Seeing people from a distance we did not know in a social way, but at least we were able to go out and do our own things. And keeping in touch with people. So we did some kind of, you know, not teams, but Zoom calls.

A49F: So what's it called? Yeah, Skype. Family mostly yeah.

R: Great. But if you think like, of what could have helped in the in the design of your home or the qualities of your home? Or maybe the context surrounding your home? What could have helped more in getting over these challenges like the challenges of having all these things happening in the same place and...

A41M: I mean more obviously

A49F: more space,

A41M: more space.

A49F: an extra room and it's little will be amazing.

A41M: Yeah, so if we had more space, but obviously you know it's not always feasible to have more space. 'cause.. I mean, I do some of you know these teams 'cause I do for my work sometimes. And I see. I mean, I'm a journalist. I might be doing an interview with someone, business people and they obviously also always seem to have a nice home office setup or some sort of space for themselves to work in. so having an additional kind of...

A49F: yeah, like an office.

A41M: Like a home office or something like that.

A49F: or I play room.

A41M: Yeah, uhm. I don't know what more you could do apart from having more space. I mean, one of the things being outdoors is always good. Uhm, and obviously if you have a garden that's that would be amazing and we have a. A flat roof with a window going out to it. and it's not used at all and I kind of got the idea of make turning it into a roof garden. But uhm, it all got a bit complicated, but that would have been great if there had been, you know, an additional... an outside space that

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we could use just as another area. If you want to change of scene if you want to just go and read or you want to enjoy it, a bit of sunshine or whatever that would have been...

A49F: I think for my husband, one of the main things was being able to be out. He needs to go out every single day. Whatever the reason, he wants to be out. For me, I spent two months literally without even looking at the window. So, I don't think I needed that much. I need it from time to time, but I think I can deal with being in the place. The only thing that I really wanted, and we got them a bit after lockdown, was the plants? Because I said, well, if he's going to be my space, I need something green. Something that makes me feel better. You know, like at least. Alive. Yes, it's for me. Plants having plans around it doesn't matter if I don't go out one day or two days. I don't care a lot, but my husband needs to go for a cycle. To cycle somewhere or run or walk. Yeah, he needs to do that when we have this positive. Got positive result in COVID. Yeah, he needed to be in completely quarantine. He was driving himself crazy doing stuff in the end house.

A41M: Yeah, I was asymptomatic so. Be at home for 10 days which was.. Yeah.

A49F: I think it was really bad for you, but you were doing this stuff.

A41M: Yeah, so yeah, that's one of the things is keeping active. And so I told you we did sometimes did some exercise here in the living room, but also I would do DIY projects. UM, when we painted the kitchen was on lockdown?

A49F: yes.

A41M: So yeah, painting the kitchen and that you know that was quite an exhausting job, but it was perfect for lockdown. Yes, I got to exercise a bit and tier myself out and we got, you know, the kitchen looking a bit better.

A49F: Yeah you also put some stuff from the roof, from storage you took some stuff out. [unclear word: Look at the trade-off] We were cleaning there.

A41M: I think not allowed to go out. I have to kind of do things to keep occupied and. DIY or little tiny home improvement projects work. Doing that. And also, obviously, the more you can make your home feel and look nice.

A49F: the body would like to be in there!

A41M: Yeah, especially when you're going to be spending so much time. For me, one of the challenges is we've got so much stuff, really. In terms of toys and... Well, toys on top of everything else, all our possessions, in a small flat. I just like to have a bit of open space. And that's very hard. Especially when I mean we when we walk around, sometimes people throw things away and they leave them outside the house and we think, oh, that could be good. And so I just show you this chair over here, for example. And it has been really helpful. Yes, I'm especially when A49F's mom came over and we had not seen enough seats for everybody. But at the same time when it was when we didn't have that seat, there was more space and I just felt. We had this room really nice for a bit when we had a bit more space and everything was tidy and there weren't so many things crammed in.

R: Yeah.

A49F: Basically, spaces in problem.

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R: And I also UM, I notice that you mentioned having a like a playroom as something that you will be thinking of if you have more space in your home. So how would you imagine the playroom? How do you imagine how it's going to be or...

A49F: Oh, I have lots of things in mind. Basically, the loss of shelves and kind of places where to put the toys so they are on display. But looking quite [ivy]. Some cushions, some area where she can have her books also tidy in some other kind of shelves. Also, probably another screen so we can sit down there to watch or to wait, you know, just sitting there while A41M is having his interview [in the living room]. All room for himself [the living room]. So that place where she can, for example set up her house and she doesn't need to take it off. You know just to leave the space open again, so she can't, you know, leave it for a couple of days, two days or whatever and she can feel that she can continue playing so. And I realize that would be nice. We might need [it] to [be] colourful and also with plants, lots of books, drawings. Yeah, a lot of cushions, colourful things.

R: That sounds like a very nice place. And where do you expect it to be? Like where we are in the home like is it going to be expected to be closer to the living room or separate in a separate floor or closer to. The kitchen or outdoor space you talked about having a garden? Yeah, so how would you imagine a playroom that will be helpful for you?

A49F: Close to the living room. we can still check on her. we like to keep our ways here on our sight you know.

R: yes, and do you expect any other uses for this place like for the playroom? Do you expect that it could also be helpful in using it in more for other things?

A49F: Yeah, also for homework at place where she can go and have her desk. For homework. and because it's going to be lots of shelves and places where to put stuff, the desk will be clean. [unclear word Quickly] use the desk. A reading area also for all so we want to stay there also in silence. Yes, oh, like me with music, noisy things for me. So yeah, something like that, but you can use it like a reading room, like some homework room. Oh, it's just a place where she can play and doesn't need to tidy up immediately. She can leave it for the next day or the next days to continue a bit to playing.

Connection interrupted

(yeah? Yeah. Like my idea? Just need more rooms or the opportunities. Yeah. I'm sorry you froze a little bit earlier.)

R: I say before moving to talking with C6F, would you like to add anything more about the challenges You faced during the lockdown and the design of your home and things that could have helped.

A49F: No. From my part, no.

A41M: No. It's got me thinking, but nothing spring to mind. At the moment. I don't. It's hard to think how it could be different really that you've got. You know I got a certain amount of space and I don't know how you can. Put it to better use ready.

A49F: For me, during the lockdown I put up, you know, this space between stairs when you going up how you call it?

A41M: landing

A49F: landing, I create a reading area there.

A41M: Do you want me to show you that?

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R: Yes please yeah.

A41M: Now show you C6F's desk.

R: Hello C6F. nice desk.

A41M: So it's a really tiny area. These are the stairs going up to the bedroom. Yeah, and so we just put this carpet down and this is the chest and it's got games and books and things in it. and so A49F just put this kind of Wicker box here with some books. And it's just a little tiny area where I played games with C6F after her work or before bed.

R: such a creative use of space.

A41M: Yeah, tiny little bits of space.

R: would you describe this game area like this? Nice and small game area like? How would you describe it if you would like to? If you will talk about it to someone else who hasn't seen it. How would you describe this space?

A41M: I suppose it's just a very small landing that we've converted into a games area. The nice carpet to sit on and. Chest of games and books. Yeah, with a small window we can see out outside.

A49F: For me is they came area.

R: I'm asking this question because it's not like a normal play space. It's quite defined and it's quite, small, so it probably playing there must feel different than any than playing in normal play spaces.

A41M: Yeah, yeah it does feel a bit different. Yeah, it's just where we play our games, so it's kind of... Except for big board games, of course, when we need that the dining table for that, but for the card games and chess and things like that.

A49F: Yeah, it's good. It's yeah, it's not different setting.

A41M: Yeah, feels like going to a different place so you get a bit of a change of scenery.

R: Yes, it's also reminded me because... children normally like to, you know, build these dens and you know they like to play in dens and tents and things like that. So it just reminded me or occurred to me like. It feels like it might have felt the same, or like playing in small spaces and playing in small defined spaces.

A41M: So yeah, it was quite a cosy place for. Yeah.

R: Well, thank you very much for sharing this with me and showing me the this nice place space.

A49F and A41M: Yes.

R: and as I say, if you would like to extend more or to come. Share more things you can share it in the booklet that I will send you.

A49F: Yeah.

R: Uh, so if it is possible to talk to C6F now? And if she would like to.

C6F: Yeah.

R: Hello again C6F. If you haven't finished your drawing, it's OK. You can finish it after the interview.

C6F: I've already finished.

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R: would you like to show it to me? Oh, is that the living room? Oh, that's very nice drawing C6F. You're very good at drawing. I can see the plants. And the sofa and your desk.

C6F: That's actually my dad's desk. I wasn't able to fit everything on.

A41M: Yeah, three 360 degree view.

R: That's really nice, so can you describe it to me? What's there in the in your in your drawing?

Do you know how Scott? Turn. Like and. Random. Safer. Yeah, and another plan.

C6F: fire place, and the plants around it, and then there's the sofa and another plant, and then Telly, and then, there's my dad's desk and the window. is great.

R: That's so great. So what's the most important thing for you in this drawing?

C6F stayed silent thinking before she answered.

C6F: The plants and Telly.

R: The plants on the telly. So can you tell me why they are important for you?

C6F: I think the plants are important for me because they make the house look a bit prettier and the Telly because I like watching TV.

R: When do you watch it?

C6F: Almost every day. Well, every day.

R: Sorry C6F, it was frozen. Can you say again, please?

C6F: every day.

R: every day. OK. after school?

C6F: Yeah.

R: And who watches with you? Do you watch with Mommy and Daddy? Or do you watch alone on the sofa, you like to sit and relax.

C6F: Sometimes I watch by myself or my mom, or Me and my dad.

R: And what about your desk? Do you put your things on your desk?

C6F nodded

A41M: do you want a closer look at the desk?

(then A41M asking C6F) do you want to show her the things you have done on your desk quite nicely, haven't you? The plants and things

(A41M started to show me around the living room using the laptop camera)

R: Yeah, I notice it's a very nice and interesting desk. Yeah, so what's there C6F? Can you show me?

C6F: doll's house

R: yeah, is that your plant?

C6F: yeah, I have more down there (pointing to more plants' behind the doll's house)

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A41M: you've got few plants down there, covered a bit by the doll's house. A small garden.

R: and you take care of these plants?

C6F: yeah, I water them.

R: that's very nice. And do you normally draw on your desk? You said you draw on the floor.

C6F: Yeah, I draw on both.

R: on both

A41M: you normally do your homework here, don't you?

C6F: yeah

R: what do you prefer more, the desk or the floor?

C6F: I think my desk

R: your desk, And why do you prefer it more? Is it more comfortable or is it where your things are?

C6F: Well. It's a bit smoother.

R: Yeah. So it makes it easy when you do your homework.

C6F: Yeah.

R: And what about the window? Where is this window that have you have drawn?

C6F: So that's the window that my dad has. Another big window here.

A41M: Yeah, so that was the picture was around here, wasn't it? My desk and that window around, and that's her desk.

C6F opened the curtains to show her decorated window.

R: oh, so that's your window? That's so nicely decorated window. So, do you like to look out of the window while you're doing your homework or while you're colouring?

C6F: yeah.

R: Yeah, so what do you look at? What do you see when you look out of the window?

C6F: The neighbours' houses

R: is it nicer to keep it opened, keep the windows opened or closed while you are doing your work?

C6F: um, opened, as long as mum would let me [unclear word]

R: And is there anything else that you would like to talk to me about your favourite place... the living room.

C6F stayed silent

R: There is also this nice game area on the landing. So do you like the space?

C6F: yeah

R: How do you find it? Would you like to describe why you like it?

Family Interview - 44

C6F: it kind of keeps all the games. I like it because then I didn't lose all my books and my games cause I like to play games.

R: yeah

C6F: and it in the area which will [unclear word]

R: yes, very nice.

C6F: and I like reading there a bit.

R: That's nice C6F, that's really nice.

So what about the places that you didn't like, you know at all? Places that you wouldn't prefer to sit in. It could be a particular place in the living room or the bedroom, or it could be the whole room.

C6F: I don't really know. sometimes I don't really like to go upstairs in the day because I don't want to be alone in the day.

A41M: you don't like downstairs when it's dark either.

C6F: Yeah,

R: but you like to go upstairs, you like it there upstairs when it's bedtime.

C6F nodded

R: It's nice and relaxing and comfortable?

C6F nodded

R: Nice C6F, thank you very much. Thank you for sharing this with me.

C6F: Thank you.

Closing and debriefing

Family Interview - 45

IN45EL

Participants	A44M - 44yrs, Black, Male, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home A29F - 29yrs, Black, Female, Doctorate Degree, Pre- Lockdown Work Outside Home, During Lockdown Work from Home C2F - 2yrs, Black, Female, No Schooling Completed
House Details	1 Bedroom Detached Social Housing Private Garden

This interview was cut short due to several tangents the participants went on around the political and social impacts of COVID and their experiences in their previous country of residence. I have not transcribed these as they are not strictly relevant to the study.

R - So what about what about how you came to living in that house that you live in now? So what made you choose to live there?

A44M - Yeah, because one is very nearest to where my wife is studying her PhD. When we came to this apartment we were choked up, everything was missing. Have you seen the pictures I sent?

R- yes

A44M - Yeah, so you can see our mattresses are on the ground. So initially this place was empty. Start looking like that. So, we had to restructure the furniture so that we can allow more ventilation. We can allow more space; you know after dinner served in the very good at night. Our bedroom, it's not as big as where we put our matrices where they are now. Because the way this house it we were not having a very good breathing, you know? So, we have to find a mix of, you know getting more space so we can put mattresses down and what more space so the C2F has space to play around so we are all comfortable.

R - Yeah.

R - If we think about your home that you live in now. You say you put the mattress is on the floor to try and make more space so that your C2F has space to play? And what was it like for you in that space during lockdown? I can see from the pictures you've got the beds and the sofa and the table. What does your house look like?

A44M - Yeah, initially it was alright

A29F - There is the separate bedroom, but the bed was not good, and the house was much cold in that bedroom, so we have to because of the baby. We have to move to the sitting room to so that it's warmer in the sitting room compared to the bedroom.

A44M – because we have to remember at this age, they are not compatible with cold because when it gets cold

A29F – it can trigger malaria symptoms

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A44M - So when it gets cold there is a lot of incompatibility in the body. So that's why we left the bedroom

A29F – we moved to where we are all more comfortable. So, we have arranged space so we move things around from how it was before.

R - And so do you have it still set up like that now? Or have you now that I mean it's getting colder again, but during the summer did you move back into the bedroom, or did you keep it all in the sitting room?

A44M - Yeah, we tried to. We move point and we're trying to you know? Yeah, it is. It depends

A29F - like in the summer we slept in the bedroom and in the day times we would stay in sitting room. Which was quite refreshing and not as cold in the summer.

R - Yeah, but now it's getting colder to winter. Have you gone back into the sitting room?

A29F - Yeah, that's where we are.

R - So thinking about your family, what was it like being locked down in the in that home? Did you find it a small home for the 3 of you?

A44M- Yeah, actually it's not small

A29F – It's not small for us compared to our previous country

A44M – it is not small for us, there is 1 bedroom but it its

A29F – it is more special

A44M – it is more special for us, it is ok. Because you know, because we are three.

A29F - And she was just a baby when we came to the UK

A44M - yeah she was almost around four months or three months.

R - So they don't take up much space.

A44M - Yeah yeah yeah yeah yeah so. But now that now that she can fly now you know, and she can play. We talked yesterday, you know COVID has negatives and positives now the negative aspect is what I've been saying. You understand, but the positives.

A29F – It has allowed us to be with our family, and be there for each other

A44M - Yeah, that's number one and number two it has allowed you to learn you can take care of yourselves and each other, that you can stand up for yourself. Its taught countries to be energetic and care for the economy and have a strategic planning.

A29F – and plan for the unforeseen

EP – So what about outside? Do you have any outside space that your little one play?

A44M – we have a big garden at the back and a little space at the front where we can go to get fresh air

A29F – it is so special

A44M – at the front and at the back

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R - so apart from moving into the sitting room, did you make any changes to kind of make the space more fun for your little one when you were stuck in the house?

A44M - We don't need to adjust anything from now

A29F - We've already adjusted it for her

R - Brilliant. And so, was there anything that you wish you had that your home didn't have?

A44M – No we have what a home should have, we have food and an oven to cook good food, we have everything we are OK. But you cannot have everything, but we are not riches we came here for my wife to get a PhD so we cannot have everything.

R - So what was it like trying to study for your PhD during lockdown in the home with your C2F?

A44M – she has had to try, she is studying and PhD in chemistry, you know? So, when she is studying I will take care of the C2F, and when she is old enough she start from kindergarten, you know? But we follow all the guidelines for COVID

R - If we think about your little one where in the house is her favourite place to go?

A29F – she likes the kitchen.

A44M – she likes the kitchen to play in

A29F – when I am cooking, she likes to follow me

A44M – she is always eager to know where her mum is, but we watch her

A29F – because she is still little. She still likes her toy section, because we have a particular space for toys so most of the time, she is in the toy section to play

R - Yeah and is there anywhere she really doesn't like that you kind of.

A29F – She doesn't like the bedroom

EP – But is that because she doesn't like going to bed?

A29F – she just doesn't like the bedroom

R - So that gets me to the end of my questions. So thank you very much for speaking to me today, uh me, and telling me about your family and your home and your experience. I really, really appreciate it.

[De-brief discussion]

Family Interview - 46

House Details	Small Terrace 2011 Onwards Mortgage/Loan 2 Bedrooms
Participant Details 2 Older Children Were At An Activity And Could Not Attend	A32f - 32yrs, Black, Female, Bachelor's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work Outside Home A36m - 36yrs, Black, Male, Master's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home C3f -3yrs, Black, Female, No Schooling Completed C6m - 6yrs, Black, Male, No Schooling Completed C16m - 16yrs, Black, Male, Primary Education Completed

R - Could you just as a kind of icebreaker? Could you tell me how you came to live in the house like in house in the area that you do live in now?

A32F - OK, um, we actually move. I moved to the country like six months ago. So, I've been living in [Country] before I came So when I came in six months or in six months when I came in, I was staying in like a temporary accommodation offered by the hospital.

R - And so you say you've moved, you moved into this house 3-3 months ago. So, during the lockdown, were you living in a similar house or was it very different?

A32F - Yeah, then again in a 2-bedroom house but not this one. So, it is also a two-bedroom house but not as big as this.

R - So when we talk when we're talking today. We're going to talk about the house you lived in during lockdown, so might be a little bit confusing. So, can you talk me through that house? What rooms were in that house?

A32F - OK, um we have the toilet and the lounge, then it has like a dining attached to it. Then we have a kitchen. Which is not that big. It can contain a table. It can contain a breakfast table, so we use the dining as both the breakfast table and the dining. Then we have two bedrooms, 2 double bedrooms with a combined toilet and bathroom in between the two bedrooms. And then we have a frontal corridor or like a small corridor and also is lot smaller corridor behind. Yes, because we have like a small kind of garden behind, so that's what we live in before.

R - So can you think of a room in the house that will do sort of 1 per person? So, can you think of a room in the house that was really kind of important for you during lockdown? one that you used a lot?

A32F - For me and my husband is our room. Because we get to have our privacy in our room out of the children's prying eyes you know what I mean, yeah. We get to have our privacy in our room. That's our room, but for the family, the whole family is mostly the lounge.

R - And so for your bedroom, you say that was your space for alone time without the children Is that the only space in the House where you could sort of get a bit of peace and quiet?

A36M - Yes, that's basically the only space.

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R - And so did you use your bedroom any differently during lockdown when you know what you were all stuck in the house.

A32F - like for me I was going to work mostly, so I think my husband is the one that uses it to me. Do some office work. Yeah, because if you stay in the lounge the children will disturb. So, the kind of converted a small part. Just put a table and chair.

A36M – I just put a table and chair to do some work here, yeah?

EP -Yeah, so is that kind of where you work from. You just got the table and chairs in in the room. I was that always there or did you put that because of lockdown?

A32F - Yeah, more mostly it was in lounge, but you know that we lockdown children are always they are at home 24 hours, so we had to take it off from the lounge.

A36M - To the to the bedroom

A32F - But when they were in school at least we can get some quiet time, but darling lockdown, they are always at home. So, we have to move it to the bedroom, then after lockdown when everybody everything went back to normal, everybody started going to school and work. We moved it back to the lounge

R - So they say that's for the children. It was the lounge was their space? So how did they use the lounge during lockdown?

A32F - Yeah, the TV is there so most of them watch the television. They have their iPad. The teenager most times is in their room with iPad and the desktop computer. My daughter then she was still little so she doesn't really know how to operate the tablet so she doesn't, but the other children is either they are, the 6yrs old is always in the lounge in the lounge with the TV, but because the teenager cannot get the remote out, he stays in his room with computer and a tablet. My daughter here was still, you know, at the lockdown was 2020 so she was still two years old then so she couldn't. She doesn't know how to operate the tablet so she's a baby. She was always with me and her toys

R - That sounds about right, doesn't it? Teenager in their bedroom and the other ones constantly around the parents? So how did you get anything done like cooking and cleaning or anything like that with? With the little one especially?

A32F - Yeah, like we are always together so most times even if I'm in the kitchen cooking, I just keep her in the kitchen like there's this little space out of where I'm cooking out of the. I'm not close to the electric cooker was using so she sits there is either. She's using toys playing or I'm just so I will have to keep an eye on her while I'm cooking and then that's what I do. I have to just multitask. Keep an eye on C3F at times if she wants to stay with the other one to watch the cartoons, she stays but she doesn't like staying because she doesn't enjoy the program he is watching. He's not like cartoons that she enjoys, and she can't get him to give him remote because they keep fighting constantly. So, I have to keep up with me so that I can have peace.

R - And so what about when you were doing the home schooling? How did that work with the specially with them being such different ages?

A32F - Yeah, the 6yrs old apart from just watching cartoons, I got some channels on YouTube educational channels that at interval I stopped because home I will just tell him it's time for learning. No more cartoon for now. So put the channels he learns new things. I put it for some hours then

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allowing to watch cartoons interval while the other teenager does some schoolwork and some online learning in his room.

R - So your oldest son, his, his computer was there. Did he have that before the lockdown? The desk your oldest son with his desk in his computer? Did he have that before the lockdown?

A32F - Yeah, the desktop has always been in there for all of them to use. I also use the desktop it's a kind of family desktop, just like put it in their since they need it more. I also use it at times if I'm maybe, but I don't want to use my laptop. I use the desktop.

R - So you worked, did you continue to work outside the home?

A32F - Yes, I work as a nurse, so I was still going to work.

R - I bet that was fun for you, for you A36M. Then with three children at home on your own.

A36M – yes, I have to cope with them like this one now. Doesn't want to give me any chance.

R - So how did you manage that? And working at the same time?

A36M - Like most of the time I normally. Yeah, I manage my time I every time that I concentrate to work when I time, I'm working I try to find something like games to engage them with it. You also take the attention away to give me time to attend to my work. I went out free. I'll come around to play with them to keep them up and do it. Be sure that they are OK.

R - You sound like a superhero. I only had one and I couldn't manage. So, it was there any spaces in your old house, the one that you lived in during lockdown that you changed or decorated or moved furniture or anything like that during the lockdown.

A32F - No, no, no, we didn't move, you know, during lockdown funds were low so there's nothing like. You only want to manage what you have to cope within the lockdown yeah.

R - And so is your daughter. Normally at nursery? Or does she stay at home?

A32F - No, then during the lockdown. She has not started school. She just started. that's this year January. That was when she started so she was normally at home.

R - So the home was kind of set up for her anywhere 'cause she was at home.

A32F - Yeah, she's always at home.

R - Right, so if we talk about um? So, your family's wellbeing so, do you feel like, um, your home supported your wellbeing? Was everybody happy at home during the lockdown?

A32F - Yeah, I'll so we were happy. But you know, staying in one place for children, oh.

A36M – It was fun

A32F - Not fun. Because you know children, they like moving, they don't like being and close, so there were no happy. I want to go and see my friends. You can't go out everywhere is on lockdown. They will be [inaudible] you know back and forth. They were not for us. For me it was challenging. Being a medical practitioner for him. for the children for are there was no change because. Life is as usual. For the kids, they are though our next door. I told you there are two houses together. They are children in the other house which they get to play with at times. Yeah, go to their house but it was not easy for them. They were bored actually they were bored

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R - Yeah, and what about outside space? You say you had a garden at that house?

A32F – not a functional garden it's just where we keep things. It's a small space behind so we keep things there so they can't really play. Much there like that, yeah, they can't play there like that because the place is I would say makeshift garden where we keep our things? Yeah so.

R - So was there? Was there any space outside that they could play?

A32F - That's with the other children, and then at times they go to the other kids' house to play, or the other kids come over to our side. They play or our time is once a while outside. They get to really play football once a while because I don't want them to go out because I'm scared of COVID. So once a while they just get to play outside. The others do not want their children coming out to play with other kids, so we were all being cautious, yeah?

R - Um and So what was it like, say, out the front of the house will get straight onto the street as well, so they couldn't play.

R - Yeah, not that they couldn't play. They play once in a while, but you know children if you get. If they keep pestering you, trust me you. You get tired of them once in a while. You just have to give in, so they go outside the like on the road on the streets. Kind of tight they play and then all. Mostly I was comfortable with the neighbour's house then going there. So, I'd at the neighbour's house or once in a while outside on the streets.

R - Was there anything about the house that made it more difficult for you all during lockdown?

A32F - Space. Because it's not as spacious as where we are now, so this place was it was two tight

A36M - it's not convenience.

R - And was it just felt like everybody was there was no way you could get time to yourself or.

A32F - No.

R - So what what's?

A32F - No, yeah, no relief for me it was not a problem but for the children they want to play football. They can't play football in the house, you understand, yeah. Had some games they want to play with your bicycle and stuff they can't, so there's no space. That is just the space.

R - So did this kind of make it? Did this create any sort of tensions or arguments?

A32F - There's no arguments because everyone was staying out of everyone, especially the children. So, the teenager does not want to give me the remote, so I want to watch this, so it keeps to is always on social media, playing games, watching TV on his um, phone or tablet. The other kid (6yrs) is all over cartoons and youtube, you see it in the sitting room watching, yeah, so everyone was like. They had their space. Yeah, the teenager makes the room is space. The six-year-old made the lounge his space. Meanwhile, my younger daughter everywhere is her space.

R - But that that's a good way of doing it, so they all kind of made sure they had their own space. So, if they were getting too annoyed with each other.

A32F - Yeah, they go back to their space.

R - That's good to know, especially with the teenager think. They need their space, don't they?

A32F - Seriously

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R - So if you're thinking like you say, sort of limited funds and like the unknown of lockdown made it quite difficult to make changes. Did you? I know some people talked about, say having like picnics in the living room to pretend to be somewhere else? And play games. Did you anything like that?

A32F - No we had family time play games like Ludo. talk, laugh, maybe. Watch a family series together and laugh. We make books, watch comedy. Yeah, we didn't do that.

R - It's just it's so nice to talk to someone who actually had a nice time during lockdown. Normally people are just complaining. So was there anything at all that was different? Obviously for you being ***, being out of the home was difficult, but was there anything about being stuck at home that was difficult?

A32F - Been stuck at home for him is not just. We're not going to work for him is about not going to work.

A36M - Not going out, you can't do anything. You just inside with children. You have to tend to them Trying to do one or two things. It's not that easy at all, but life on goes on. You have to get used to it. You have to adjust and adapt to this situation at the moment so that life can gone on

A32F - before he adjusted to having them around 24 hours a day. It was not easy. He was complaining. Exactly. But for me I'm used to it, and I get to go out to work and his left alone with them so.

A36M – it was always I want to bath. You have to attend to all these. I'm hungry. Daddy, I want to eat this. You have to know how to balance all of them it was. It was not easy, but it's fun. It's fun to bond together to get to know each other more.

R - Yeah, I mean was that nice 'cause I did? You have to go when they were little. Did you have to be away at work so you kind of miss out on that?

A36M - Yes. Yes.

R - And then you [A32F] get to still get to go out and have your peace. And well, it's not really peace and quiet at work, is it? If you're working in the hospital?

A32F - No, it was not peace and quiet. I was scared because not even just scared for myself. But scared of bringing family. You know contacting the virus and then your family. Yeah, because you been. You know, then during the lockdown everybody is well. I say I would like to call it you every patient in the hospital is a kind of suspects. Could have the disease you, you know we don't know. You understand what I'm trying to say. You can't just say because then we have to be screening everybody and you might have been exposed to a patient and you didn't know. So, I was like just like I was walking on ice. I don't want to get the illness and then come to my family because then coming back home have to like clean up. Remove my shoes, remove everything that has contact with the hospital space and then come home, everybody knows once Mommy is home you don't touch Mummy. I don't go into the bedroom, discard everything, shower, have my bag or everything I come home with. You don't touch it, nobody touching. I think that's when my son and I got to know how serious disease was. He was kind of like sceptical looking at me. You can't cough at home, or he is like Mommy. Are you OK? Hope you disease. You get scared of coughing

R - But so that was, that must have been quite difficult to. So, you had to kind of come in and have to take everything off and get showered and wash everything before you could spend time with the children.

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A32F - Yes.

A36M - Yeah.

R - Oh, that's it. That's a lot of work. So this is the children. Bit, isn't it? Sorry, um, so these questions. Normally we would ask to the children, but they say she might be a little bit too young. So, um. You can kind of answer for her so. During the lockdown, what was the space in the home that she kind of really wanted to be all the time?

A32F - She actually wanted to be in the lounge to watch cartoons. But since the 6 years old has now, like when I say taking over government of the television So it's we came back to a kind of created friction between them. I want to watch this. I want to watch that. I had to convert my laptop. One of our laptops. Because my husband was using his, so I had to convert mine to a makeshift television for her. So, since I subscribed when I have subscription for Netflix, I just put the cartoons for her. Positioned it for her and she's watching. If she's not playing with her toys, she will be working, yeah, but she still wants this feeling of watching it on the

A36M – bigger screen

R - And then so they both sat in the same room but watching different screens. Um, and then what, uh, what about was there any rooms that she really didn't want to be?

A32F - The children's room. Because the teenager would be like 'Oh what are you doing here? Just go to Mommy. You are squeaking noise. You have to stop.'

R - Oh, so in that house. They were all in the same room.

A32F - Yeah, she was little, so she stays with us. She doesn't stay with the other two boys. She's still little so she always you know she's still attached to me so she's always wanting so she sleeps with us in the room. So, if she wants to like go there, you know she goes there to play. But now that the teenager is always at home every day, she doesn't want to go there because he's always like 'what are you doing here?'

R - Yeah, he didn't want her in there.

A32F - Yeah, she doesn't want to go in there too.

R - And so was that the same for the six-year-old? Did he kind of stay out of the bedroom?

A36M – he goes there but he doesn't stay he is always in the lounge for the big screen.

R - And again, so did the teenager he stayed in there. Did he come out at all?

A32F - No, he does. You do come out because I make sure that we have family time. While everyone is in the lounge. We play games talk. It's yeah watch together. Watch some TV together here so that we've always. Constant, so we see get to stay together as a family.

R - That's really nice. I've heard so many people talk about their teenagers just went into their room in sort of March and didn't come out until June.

A32F – No we not, early in the morning we come to the lounge, and we pray together. Then in the evening you see, come to the lounge. We must sit together, especially eating. You must come today we must eat. We eat as a family, so you must.

R - Yeah, and was that something you kind of kept up during lockdown?

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A36M - Yes.

A32F - Yes.

R - That was a time where you were together as a family was eating.

A32F - Yes, yes, exactly only. Maybe only if I'm at work, that's when, but if I'm home and all easy since he's at home they do that. But if I'm at work I might be missing that period, yeah?

R - Yeah, well that's nice again, like having that sort of um habit of coming together at least once every day.

A32F - Yeah.

R - That's really nice. Well, thank you very much for speaking to me.

[End of recording]

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Participants	A41F - 41yrs, White, Female, Master's Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home A39M - 39yrs, White, Male, Vocational Training, Pre-Lockdown Work Outside Home, During Work Outside Home C9F - 9yrs, White, Female, No Schooling Completed C5M - 5yrs, White, Male, No Schooling Completed
House Details	5 Bedrooms Detached Mortgage/Loan Private Garden

R: OK, so can you talk me through the rooms in your house, in the house that you were during the lockdowns? What was the available space you had?

A41F: So, there were one living room downstairs with the kitchen, but we've done an extension at the back so that the main living space we were using was the kitchen, an extension at the back.

A39M: We were renovating.

A41F: Yeah, really yeah. We had started decorating. Just prior to lockdown, so the main living room as it was, was just an empty space really when all the shops shut down and all the you know material that we needed to continue wasn't available. So, we moved into the back of the house and that was where we lived really. So, it was pretty...

A39M: [inaudible]

A41F: Yeah, it wasn't ideal but I'm sure there are families that were worse off, so yeah, that's where we.... the main... everything happened really, eating and schooling, working and that room had bifold straight into the garden. So, for a lot of the first lockdown, we were able to utilize the garden quite a lot for a bit more space.

R: OK, that's yeah, that's very interesting. So, the next question is how did you come to live in the house you were living during lockdown? But also, I would be interested to know if your lockdown experience played any part in you actually moving now to a new house?

A41F: We've been living there for 11 years, hadn't we?

A39M: mmm...

A41F: So, before we had children it was the first house we owned. And so, we've just grown out of it really. Now the kids were getting older, the third bedroom was very small so C5M was getting too big for it really, and...

A39M: [inaudible]

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R: I can't hear you. I can't hear you very well. I don't know. Maybe it is because you are on the corner, it doesn't get the sound...

A39M: And yeah, it wasn't... I don't... We decided before covid that we needed to move so it wasn't... We didn't move because... COVID didn't affect it really, we're gonna go anyway. So...

R: Yeah, I see. So, the third bedroom was like a box room?

A41F: Yeah, there wasn't any room for storage it was just, you know, a bed and it's just been overtaken by all of C5M's toys really so... When you... We had to move, and it probably took longer because of lockdown, and you know the actual moving process, I think everybody was... Because of the stamp duty, temporary holiday on that... I think the housing market went mad in it, so everything was taken longer. We suffered because of that, we didn't end up actually move until June this year and we sold our property for the first time this time last year. So, it was quite a lengthy process.

R: Yeah. Now, I hope you're settled, and all this is in the past

A41F: Never again.

R: OK so I will share my screen. So, we can all see the pictures and if you want to talk through what you were... Are these like from my lockdown?

A41F: Yeah

R: I assume some of them are at least...

A41F: Yeah

R: Yeah, who wants to start?

A41F: Do you want me to start? I did it, I miss... I probably misunderstood what had requested. I thought you wanted pictures of us in the spaces. So, the only ones I could find with me and A39M were those not very flattering ones.

R: Yeah, no worries at all, we wanted... let me, let me, let me... see me again. We wanted pictures of, you know, spaces that were important to you or difficult to you during lockdown. Can you hear me?

A41F: Yeah

R: OK. So yeah, we wanted, you know, pictures of spaces are very important for you or difficult, but you said that you use this extension in the kitchen and, you know, I can see C5M getting a haircut in the kitchen so, you know, we still can... the space is still in your pictures that you send me.

A41F: Yeah

R: And I'll just ask questions about the activities and changes you made in the space and stuff.

A39M: Yeah

R: So, so yeah. Let me let me share again and then you can choose which space/picture you want to talk about. Or you mentioned... you in your picture you say 'working' and you are in this room [the kitchen extension] so that that's interesting, if you want to talk about.

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A41F: That's where... you know, we didn't have an office at home then, and so that is where... with that sofa was our only real... sitting space. So, I did... I worked from there, I'm still working from home now, so...

A39M: Same sofa different house

A41F: Same sofa different house, yeah. Yeah, but obviously the kids were around so I didn't have any space to work, and I was home-schooling them anyway once A39M went back to work so... That space was both important and troublesome to us. It was the only space we had. You know, to get together as a family and to work. But because of that it was all so noisy and crowded when, you know, I was hosting teams' meetings, sat on that sofa and the kids were in the background or the telly was on, and somebody was cooking. So yeah, it was quite... quite noisy,

R: I see and so you were working in the kitchen sitting on the sofa, I guess in a coffee table or something?

A41F: Yeah

R: And where were the children? Were they in the kitchen? Where did home-schooling take place?

A41F: So, it was a few places... C9F has got her own desk. As you know, the bed I showed you

A39M: [inaudible]

A41F: Yeah, and she's nine, was eight, so she at the age where she could get her instructions from a teacher and work more independently. But I needed to be with C5M a lot more. So, a lot of C5M's work, he did an on the... I don't know if you'll... you'll see... I think on the pictures... the kitchen island... just sit on the breakfast bar stools. Or at that time, in that house, we had the TV balanced on the dining table, so that acted as a bit of desk space as well. Depending on what he was doing. So, he was there for a lot of the time while I was working, and C9F was coming and going, weren't you? From your room really...

R: OK, that's good to know. I try, you know, I try to place you all in the house during lockdown and just building and a good picture in a way. OK, so you mentioned that you were working there, C5M was home-schooling... What else was happening in the same space during the day?

A39M: Exercise

A41F: Yeah, Joe Wicks, along with the rest of the nation. We moved the furniture out of the way at 9:00 o'clock every morning and went through before work. And yes, exercising... It is where the kids ate at lunch time and I was exercising online at lunchtime when it was my work break with it, with a colleague we were doing online, exercises together and... socializing as well.

A39M: Yeah

A41F: When we're allowed to. people coming, you know, to the back garden when it was allowed or, you know, online socializing... So actually, everything really.

A39M: [inaudible]

R: And how did you deal with all these activities taking place? You know, was it timed? So now we work and study, now we, you know, are noisier how did you... Or did you make, I don't know partitions... you know?

A41F: Yeah

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R: How did you deal with this?

A39M: There's no real structure change, we just did it... One thing finished and we just did another. You know, we didn't, there was no specific time or anything like that... We just kind of... Went with the flow really... just, you know, it was... sometimes the things that overlap, didn't they? So, I've been making food while should be exercising or the kids will be home schooling and I'd be doing something... so... Yeah.

R: You allowed it to overlap, didn't you? like, it was not rigid...

A39M: Yeah, there's, no it wasn't rigid. Was it really, you know, 'this happens at this time', 'this happens at this time'... It was...

A41F: It depends, it depends on the day as well. Like all the work that was set for C5M was pre-recorded videos by his teacher for a 5-hour day and that was her on the video explaining something with a task to be done so that, that was helpful in that we could do that when we had time and fit, it around my work. And again, C9F was more self-led with that and... But it wasn't an online learning where she had to be in a classroom for hours at a time. She... again, she'd have like a morning and afternoon registration where tests would be set and then would have to be handed in. I tried and arranged my meetings, anything, you know, more formal when I knew I'd be able to do that and maybe at lunchtime, when I knew they'd be more occupied, I could leave them with the TV on and then they wouldn't move and just give me a chance to not be disturbed for anything. I was quite lucky with my work, really... I could just catch up in the evenings if I needed to on days that got a bit out of hand.

R: OK. And how did you use this... we're looking at two spaces in a way kitchen, dining, living room. How did you use it before lockdown? What activities did you do before lockdown?

A41F: It was definitely just more about family time. You know the most split up I guess even though it was, uhm, one big space. You know one side was for cooking and preparation and the other side we used for other, you know, at the dining table or just family time together whether that was watching TV together or playing games. It would all happen in that room. You know whilst we were renovating the other room, neither of us, you know... A39M's job isn't one that you can work from home, and I never have worked from home prior to COVID. So, it was it wasn't utilized for work at that point.

A39M: We also, before COVID, we had the living room as well, so we were kind of spending a lot more time in there. So, we split between the two rooms but... it was bad timing really, we decided to do the front room off and then...

A41F: Yeah, it fell apart

A39M: Yeah [laughs]

R: Really bad timing. Did you make any adaptations, any changes? To support your activities and you know all this intensity. Like moving furniture...

A39M: Not really

R: ...smaller or big?

A41F: No, no permanent changes. Actually, we would move things to the side so we could have more room for exercise in that room, which is not something we would have ever done before.

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That... [to C5M] C5M be careful. [to R] And... No, I don't, I don't think we did. We just made the best of what we had really.

R: Yeah, OK. And now, after lockdown, actually now you're not living there so... But when you were there and lockdown had finished, did your activities went back to normal? Like how did you use that space after lockdown?

A41F: It did change slightly. Thankfully, the children went back to school. And although I continue to work from home that wasn't full time. So, it went back to more of its original. Uh, this is really just family time and... but I was using it more during the day. [to A39M] Would you say?

A39M: [inaudible]

A41F: We also put it on the market at that... though, you know, after lockdown finished. October last year we would put it on the market, so it changed in the way that... We had a clear out and tidied it up and we're treating it as a bit more of a show home while we had people looking around and it sold straight away. So, at that point I guess it changed again in that we were thinking about leaving it and packing things, starting to consider packing things up. We didn't think it would take as long as it did...

R: Yeah, OK. do you want to add anything else about this space the kitchen extension or should we move to the next picture?

A41F: No, you can move on I think, thank you.

R: OK. so, who wants to go next? Let me share again... Who wants to go next?

A41F: C9F would like it. Speak up a little bit. C9F is going to have a go.

R: Ok, if you don't want to... like, you know, [points at pictures] here is your room, I assume, or the garden...

A41F: It's C9F's bed, it's actually before we bought it. That's not actually her room. I just thought the picture of the desk was more important than the bed, but it's very similar to what C9F's room was. It's just the picture of the bed we had.

R: Yeah, you know, the desk is important as well. Yeah, no problem about that. I'm just saying that you know you can talk through whichever space you want. if you want to talk about, you know, space you used during lockdown and it's not in the pictures, you're welcome to...

A41F: Talk about, I mean, it's either your room or the garden... I think we've talked about the extension quite a lot, haven't we?

C9F: [inaudible]

A41F: Your room, OK. You have to speak up. Just say if you can't hear her and she'll speak up a little bit.

R: Yeah, OK, so how do you feel about your room? Was it important for you or you didn't like it? What are your feelings about your room?

C9F: [inaudible] Because, I did my work in there sometimes...

R: What, what other activities did you do there?

C9F: It is a... reading in my bed

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A41F: Explain what you did, how you did them [inaudible] normal times.

C9F: I did it [inaudible]

A41F: [inaudible]

R: I am losing you little bit, The sound is...

A41F: Say again

C9F: I did my artwork in there

R: OK, did you play as well in the room?

C9F: Yes

R: Where else in the house did you play?

C9F: ...

R: During lockdown... So, think of, you know, your previous house.

C9F: The garden, I got the paddling pool out when it was warm.

R: Yeah, so the picture that looks nice. OK, and did anyone else use your room during lockdown? Was your brother, for example? Did you play together, or it was only yours?

C9F: ...

A41F: You have to speak up sweetheart, remember, OK? Yeah, they did play in there quite nicely and together quite a lot, but I think [to C9F] it was also quite important for you to be able to go in there and shut that door for a little while. Wasn't it? Enough of your own space when you needed to, and you could listen to your videos from school a lot easier, couldn't you, without the noise downstairs, I think. Yeah...

R: So, it was your time alone space; when you wanted to be away from anyone you could go and close the door and be alone?

C9F: Yeah

R: OK and then did you make any changes to your room during lockdown? Mmm.. that could be anything...

C9F: I put pictures up on my wall [inaudible] got any magazines.

R: OK, why did you... was it... did it have to do with the lockdown that you chose to put the pictures up or it was just, you know, something that you would do anyway?

C9F: I don't know

R: Uhm, OK, uhm

A41F: Explain how you spoke to your friends during lockdown and that was in your room, wasn't it? But you'll have to speak or... I want you to pretend you're in that assemble yesterday

C9F: And FaceTime. I talked to my friends on face time.

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R: OK, can I ask was it then kind of important to you that, you know, you do that in your room? You know, away from all the noise and the people or... I mean did you talk with your friends in your room because of, you know, being private, being on your own, being quiet or whatever, or... You can't think of you know that as a reason, it just happened?

C9F: Yeah.

A39M: Yeah, it was quiet

C9F: Yah it was quiet. It didn't have noise.

A39M: Say it loud.

R: It is OK, if you don't, you know... I don't want to push anyone. If you don't, you know... say as much as you want, It's OK. And, again, now you have moved so there's no point asking if you... OK, so do you want to add anything else about what you did in the room during lockdown about, how important it was for you or not?

C9F: ...

A41F: Did you tell that lady that you had a virtual sleepover? Didn't you, with your friend *** and that worked?

C9F: [inaudible]

A41F: It was, and it must have been around the time where you couldn't have real sleepover

C9F: [inaudible] 'I would have had a real sleep'.

A41F: [inaudible] speak up please.

C9F: I had a FaceTime call with *** and we stayed up until 11:00 o'clock on FaceTime.

R: Nice

C9F: We played games on it, and we also watched stuff because he can watch stuff on that [inaudible].

R: That's, that sounds really nice.

A41F: [inaudible]

C9F: [inaudible]

R: OK, and we talked about you doing your homework there... Your home-schooling, rather, there. OK, do you want to add anything?

C9F: No...

R: No? it's OK. OK should we go to the next picture to the next person? Who wants to go next?

A39M: Yeah, I can talk about the garden. We spent a lot of time in the garden, didn't we?

R: Yeah, I can see here a paddling pool. And here I can see a tent that...

A39M: Yeah

R: ...I would like to hear about. OK. So, was the garden... first of all, particularly important to you?

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A39M: Yeah, I think so. It was, yeah, because we can open the doors up, the open right up, so the garden and the that dining room, it just extended the space really. And the weather was so nice as well that it was just... You know, it made a big difference really.

R: OK, and so, what did you do?... and your family and in the garden?

A39M: Well, we just we did PE in the garden. We played football, we've made obstacle courses, paddling pool... Some kids', some lessons, yeah?

A41F: [inaudible]

R: I didn't hear that.

A41F: We tried to do some of the lessons outside from time to time, whether it was just reading, or we had some chalks that they could draw on the stone with. Just to make it a bit more fun,

A39M: Yeah.

R: Do you have a table in the garden?

A39M: No, no we don't have a table. we did... We had picnics the odd time, you know, set a blanket up and sat on the grass and had a picnic just.... Something to do...

R: That sounds nice. OK, so many activities in the garden, did home-schooling take place, or what was it, just kind of homework?

A39M: Eh... Home-schooling, we did some home-schooling didn't we, in the garden as well. Yeah. because the weather was so nice, you know, it just made sense to be outside, get some fresh air, you know.

R: And did you work in the garden? Like, either of you?

A41F: I did, yeah quite a lot. Everything was just moved online as well on the nicer days when I didn't have to have my video on. I would just be sitting my meetings on my deck chair and have some sunshine and a lot of my job involves talking to people anyway so I could be on my phone doing that. And that was another way of me getting some space, really, if there was noise inside. Quite useful for a good chunk of that first lockdown.

R: I see. And you said then about the weather and how the doors were always open. So, was that some kind of, you know, garden and the kitchen are like some kind of unified space and regarding the weather you would just do your PE outside- If not, you would do it inside?

A39M: Occasionally. Yeah, yeah, we did that, didn't we? Yeah, we didn't do that.

R: OK, and did you make any adaptations during lockdown in order to...actually...

A39M: Not really

R: ...before this question. How did you use it before lockdown the garden? Did you use it as much?

A39M: No, definitely not, but I think the thing that made a difference and the thing that made us use it a lot was the weather was so good for the whole of lockdown. So, you know that's why we used it more. Obviously, it started in March, the lockdown, and the weather before that was, you know, it wasn't, it wasn't great. But I suppose this summer we'd use it the same way, really, wouldn't we?

A41F: [inaudible]

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R: I can't...

A41F: [inaudible] All socializing normally won't... because people weren't allowed...

A39M: Yeah

A41F: ...in your house, so once that restriction was lifted and you could have people around it, it was used a lot more than normal. Because, in other times, we would go to places with the kids and use places like that to meet. But we were having people around you know quite often just to keep up that contact for the children as much as anything.

R: OK, and did you make any? Now, I'll repeat the question.... any adaptations in order... during lockdown... in order to accommodate all the different things we said?

A41F: No, adaptation, no. We were doing work on it, but that was more with a view to putting it on the market to sell it. So, we are going to the garage and ...

A39M: Replace the fence panel. Yeah, things like that, but it wasn't...

A41F: Just home improvements rather than, like...

A39M: There wasn't anything, was nothing to do with lockdown

A41F: Having tags on everything, I guess

A39M: That was it. Yeah, at the time, not working.

R: Yeah, I see UM, OK and do you want to add anything about the garden?

A39M: No. I don't think so. I don't think so.

A41F: [inaudible]

R: Can you repeat that?

A41F: We were really thankful to have one you know with children we were coming, you know, wasn't massive or anything, but it... we were... We commented quite a lot that there must have been, you know, families in apartments and flats that really struggled without that space initially. And when you've got kids, it must have been really tough.

A39M: I think without, I think without it... If we didn't have a garden, lockdown would have been a lot more difficult for us, wouldn't it? It kind of doubled the space really. You know, they all became, you know, double... the entire living space.

R: Yeah. can I ask you A39M, where you working from home as well?

A39M: Not really, no. I kind of got a bit of paperwork done 'cause I've got my, I've got a building business, so I caught up with my paperwork, which there wasn't loads to do and then I was just furloughed then for 10 weeks, something like that, after that.

A39M: So, what area in the house were you using more in a way? Or just...

A39M: Definitely the garden I would say, and we cleared the garage so we had the space in there to, you know, so we could use that as part of the garden.

R: OK. Yep, right you froze for a while, but now I'm back. OK, so you said about the garage, so were you using it as well?

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A39M: No, yeah... no. We are living in the... obviously, more when... it was full of stuff, so we had a skip delivered and we got rid of lots of stuff just to, just to... Again, we had the time, so it was doing it while we had the time not working and...

R: Yeah. OK, C5M, do you want to talk about your favourite space? It's fine if you don't want to, but I would be very interested in hearing what is your favourite space during lockdown?

A39M: [inaudible]

R: Yeah, in the previous house?

C5M: The front room with the grey long carpet.

A41F: OK, so the front room was the one that we were doing up. You can see a picture of C5M Hoovering in there, I think. So, you liked being in there I think, because it was empty and you could run around, couldn't you? And mess about on the carpet with no... nothing to fall over.

R: So, what did you do there? Did you... play and run around. Did you do anything else?

C5M: Played lots of games inside.

R: OK, that sounds really nice, and it sounds nice to have space like that, even if it is empty.

A41F: Did you like that room instead of the extension?

C5M: Well, the grey carpet was really soft.

A41F: It was stone flooring, the extension, so it was uncomfortable to play games and [to C5M] we sat on the floor in there, wasn't it?

R: Yeah, sit down and yeah... And they what was your least favourite? A room in the previous house that you didn't like to be during lockdown?

C5M: Not really any room.

A41F: Not like any room. There wasn't a lot of room in your bedroom, was it? I mean you liked your bedroom, but you couldn't do a lot and it could you [inaudible] bed.

R: So, you didn't like any room like does it mean that you didn't like the house?

A41F: No, it means...

A39M: He didn't dislike any room

A41F: There wasn't much like he didn't not like.

R: I see so you liked all the rooms, that's good, that's nice. C9F, what was a room that you didn't like, or space, in the previous house?

C9F: ...

R: Maybe there isn't one. You don't have to hate a room...

C9F: The attic.

R: OK, why?

C9F: Because it's full of spiders.

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R: Yeah. And did you have to go there?

C9F: Sometimes we get stuff from up there.

R: Was it storage space?

A41F: Yeah, [inaudible] sleep.

R: OK, did you say, I'm curious now, about this empty room... Apart from Joseph playing there, did you use it for anything else?

A41F: Sometimes we used it for some home-schooling activities for C5M. A lot of his was, because he was in reception at the time, his first year at school, so, a lot of the tasks he was set tended to be more interactive and, you know, learning by doing rather than sat at a screen. So, it had things to do. Like remember any of the home-schooling stuff C5M in the front room?

C5M: [inaudible] computer.

A41F: You made a seagull, yeah

C5M: Yeah,

A41F: What did you do in the front room with no furniture in it for school?

C5M: Think I got the 10 times at the end of the last video and the other video my teacher read a story of you and then I think it is in the front room with the tent

A41F: Yeah, it was, a little play time that they both put up and then they would read in those tents, and you had a teddy bears picnic in the front?

R: Oh, that sounds nice.

C5M: Yeah, it is!

R: So, was it like the children's space, had they claimed it?

A41F: Yeah. We didn't...

A39M: We never used it...

A41F: The children used it to play in it, depending on the activity, it was good for things like [to C9F] jigsaws you had...what... [to R] we had quite a lot of Lego in there after Christmas, didn't we? And your birthdays and they could just leave the big Lego sets set up and then, as the year went on, we started to use it to fill boxes, you know, prior to the move and... and they could be stored... without too much difficulty.

R: Yeah, I see, so it started becoming full... filled, it started filling. OK and do you want, any of you, to add anything or should I move to the second part? Anything that you want to say?

A41F: No?

R: About your previous house?

A39M: No.

A41F: Can't think of anything. Thank you.

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R: OK, OK, so now I'm going to ask how you think your previous home might have supported or hindered your family's well-being. Again, I'm interested in the garden as well, and the inside, even maybe the front porch if you used it, or you know... inside and outside whatever you consider being your home. And by well-being, I refer to the social and psychological state of you, how you were feeling, how well you were coping with everyday life, how well you communicated between you, how positive you may have felt. So, do you feel that your previous home, during lockdown, supported your family's wellbeing during the lockdown?

A41F: Yeah, I think so. To a certain extent, definitely. We had, you know, it was limited space, but, you know, we had... We did have enough. Certainly, in the first lockdown, as we've already spoken about, the garden was a massive part of that in terms of wellbeing and... I think that was really important. I think you can divide it into those two phases really: the first lockdown and the second one after Christmas was it a different situation really. That space wasn't available in terms of the garden and that was a lot a lot more tough and we really, I really noticed that one in terms of a lack of space.

A39M: I, when it was the second one, I wasn't furloughed for the second one so I was out so I wasn't there to help with the kids' home schooling. So, it was a lot tougher, wasn't it? The first one was brilliant. I have to say, I really enjoyed the first lockdown because the weather was good. I get no time off whatsoever at work 'cause I work for myself and just to have that and weeks where I could just enjoy being with the kids. Enjoy the weather and get involved with the schooling. I really, really enjoyed it. As strange as that sounds. But the second one... it was completely different ones like you said... because I was at work, and you couldn't use the outside space... you did find it quite hard.

R: So, you didn't, you didn't use the outside when the weather was... when it was cold.

A39M: Not, it was too cold really...

A41F: We still went out when we could, but I think by that point the rules around being out in other places were different. So, we would use a local park more and accidentally meet with families there that we knew and... so I think, I think it both helped and hindered. You know, in some ways being short of that space brought us all together, but you know we're not got loads of separate living spaces, so the kids didn't have one TV, we didn't have another, we were all together, one TV, one living space to eat. And the open nature of the old house was nice in that, you know, if you were cooking or... preparing in the kitchen, you were still WITH everybody you weren't shut away in the kitchen, on your own. And because the kids were doing their work around you, that makes it... it was nice to be involved in what they were doing in school. But as I said, you know the longer it went on, same for everybody, the more... The more tiring it became on everybody's wellbeing and having the house on the market and all the stress that goes with selling the house didn't help either, I don't think.

R: Yeah, yeah you have this extra stress and on top of everything, yeah. Where there any rooms or spaces inside rooms, that you found particularly challenging?

C5M: No.

A39M: Perhaps C5M's bedroom again, but it was always challenging, not necessarily because of COVID, but it was just... It's just a small space, so there's nowhere to store anything. And if that was ...that was a challenge. But that was probably, that wasn't COVID related really... I don't think... It just was... just... that's just how it was anyway...

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R: Yeah. Can I ask C5M did you... did... Did he play in his room as well? Did you play in your small room? Or did you only play in the big empty living room?

A41F: What would you play in your bedroom?

C5M: uhm... Play... I will be back in a second [inaudible] down here.

A41F: Ok, we have props. [to C5M] Watch out that you don't trip up.

R: Yeah, what I want to find out I guess is, you know, was it so small that he didn't like it or... [C5M shows me a toy] Oh nice! Were you playing with Spiderman in your room?

C5M: Yeah

R: OK, did you like spending time in your room?

C5M: Yeah.

R: OK

A41F: That's all he's ever known. I don't think he thought of it as small, it was just his room.

A39M: Yeah.

A41F: And then so, I don't think it was ever an issue for him and even now you still say you miss your old room a little bit Don't you? even though you've got a big room now. I think it's just the... Yeah, he was. He was happy with his lot.

R: Yeah, OK, uhm, so you said that you didn't, but I will ask again... Did you make any changes to your home that were about supporting or improving your family's wellbeing? Can you think of anything? If you did, of course...

C5M: The front view really used to be a different floor, so we did change the flooring to a rug.

A41F: And you were happy

A39M: Yeah, but we were doing that anyway, didn't we?

A41F: umm...

A39M: And I think we just [inaudible] threw out to make space [inaudible].

R: I didn't hear that.

A39M: Maybe, you know, these things that we didn't use and make [inaudible] just get rid of it to maybe make more space [inaudible] because of COVID or not, I don't know. But we did quite a bit clearing.

R: Some decluttering, yeah...

A41F: We possibly used the front garden a little bit more than we ever have before that, you know, we've never used the front garden for any purpose before, but we again we had the time to sort it out and do the gardening and... it was V Day, wasn't it, during one of the lockdowns... so, we decorated the front of the house with flags and had a picnic at the front of the house in case you know any of the neighbours were doing the same kind of thing and that was not something we would have done if we had the option to go out. It was just something to make a day a bit different and to mark the event with the children. So, we probably spent more time doing things like that but

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no, not... I guess maybe utilize the bedrooms more you know... If I was struggling for space or quiet, I would sometimes work from our bedroom and even just, you know, moving around... And if I was on the phone, again, on a meeting that didn't require video, I would quite often just walk around the house, either avoiding noise or just to be on the move to get a little bit of exercise.

R: OK, so, how did you... Many families found, you know, there were conflicts and tensions... Like they, I've either they had too much time together while others also had too much time alone... So how was it for your family? Did you feel like you had too much time together or too much time alone?

C5M: Together

A41F: Had too much time together, that was a quick answer, C5M!

C5M: [inaudible]

A41F: I think again, it's difficult to answer one way or the other. I think again, the first one was really nice 'cause you don't get that amount of time with the kids and it certainly made me realize that my work pattern didn't feel sustainable anymore, and you know, it's five days a week, the same as anybody else does, it's not that I was being overworked, but it's just the nine-to-five nature of it and kids being in after school club and I'm rushing home to do tea, homework, scouts, whatever, and all the rest of it and then to bash it just made me take stock of that and think that life is just rushing us by. So that was really nice for me. [to C5M] Just a sec sweetheart. In that way it was... I don't feel like we did spend too much time together. I think you know that the difficulty again came after Christmas for me when it wasn't... It was too much time with the children. It was trying to achieve too much in that time with, you know, with one person missing. I was trying to do my job and but didn't want the children to suffer because of that and so it was quite stressful and, you know, you're always in the space. You're not having time to clear up and then...

R: What about time alone spaces? Did you have... Did each one of you have their own time alone space that if they felt a little bit overwhelmed they could just go close the door for a while, just...

A39M: [inaudible] the kids really. We didn't, did we? [inaudible]

A41F: Yeah, C9F will go to her room and close the door, she is a good reader. Yeah, we didn't really until the children went to bed and, you know, we could be together then. But I think we both probably used exercise for that reason, and although we weren't alone or maybe I would go for a run occasionally outside of the house.

A39M: You were doing that to get away from me?

A41F: Yeah! Yeah, time alone was... wasn't really a thing in that house.

R: Yeah, many houses that. that's why also lockdown was challenging... You know, this enforced proximity suddenly... Ah, OK, so if you had a magic wand and magically you could have changed anything in your previous house during the lockdown, what would you have changed?

A39M: [inaudible]

A41F: I think of that living room,

A39M: The living room, yeah...

C5M: Em...

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A41F: Yeah.

C5M: I think we didn't spend enough time with each other because you were working quite a lot...

A41F: Yeah, it was difficult, wasn't it?

Everyone: Yeah, yeah.

A41F: I think if we had that second living space, we would have been able to separate the house out more into zones, you know, like a workspace and a living space. That might have helped with some kind of structure for the day so that they knew what they were doing where, but uhm.. It was what it was... We just made the best of it.

R: OK, so you were content generally with all the rest, like size... I mean OK, obviously we discussed C5M's room which was small, but apart from that, you wouldn't change anything else?

A41F: Maybe like an office space would have been useful. Uhm, you know a space where we didn't have to tidy up quite so much now... Because the home schooling and the office work were all happening in the same space, it was often like a bomb had gone off by the end of the day, and then you... that was also the space where you were then starting to prepare a meal.

A39M: [inaudible] Have an office [inaudible] work, and then at the end of the working day, close the door, walk away. But we were kind in the same space all the time...

A41F: Yah, that would have been good.

R: OK, uhm. That was all for me, actually. Uhm, let me see... Yeah, because I asked you previously how you went around the constraints of your home and you said about just going along with the different activities... I don't know, do you want to add anything about... the question is how did you get around the constraints of your home during lockdown? How maybe you adjusted your activities, but I feel like... I asked you that, I feel like got my answer.... I don't know if you want to add anything?

A41F: We just tried and get prepared really in terms of the children's, work with... I would try and draw a timetable with what they had to do when and try and alternate between Having that time with the children and having my work time... look at what they had to do and what they could do without me and then plan my workday around that. And I think in terms of what we had with, we used a little bit better. You know, we realized we had a lot of games and resources that we could use to supplement the home schooling and bring games, you know, bring maths into games and things like that. So, we probably gave more thought to what we had as well, the space we had, the resources we had...

R: OK, OK, so last question... Do you want your adults tell me about your favourite and least favourite space during the lockdown?

A41F: hemm...

R: Or area if it is an area inside the room, that's fine as well, of course.

A41F: I think mine was probably the most important one was probably, you know, the island we had, you know, the space It was quite a bit...

A39M: [inaudible] open space

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A41F: Yeah, it's open plan so we could all be at it. I could sit in the middle of the two children and work on my laptop with one on each side so I could keep an eye on both of them. And I think that was probably where a lot of action happened for me. Least favourite... I think it was just with that front room. Just felt like such a waste when we were at home all the time and literally half the house was being unused so that was frustrating really. And it, you know, it wasn't just because of the shops closing or... by the time we got round to purchasing anything for it we had with sold it so we didn't want to buy anything for it 'cause we were going to leave it.

A39M: [inaudible] you know we were moving, but we didn't want to buy a sofa for that, [inaudible] So it was a waste of a room that was my least favourite.. Would say more frustrating. My favourite room, definitely the garden, the garden. Yeah, my favourite space I should say...

C5M: It is a space

A39M: Yeah, no, space, I know.

R: It's very interesting because your least favourite was C5M's favourite. But you know he was actually using it in a way.

A41F +A39M: Yeah, yeah,

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Participants	A41M - 41yrs, White, Male, Bachelor's Degree, Pre-Lockdown Work from Home, During Lockdown Furloughed A41F - 41yrs, White, Female, Vocational Training, Pre-Lockdown Work Outside Home, During Lockdown Furloughed C12F -12yrs, White, Female, Primary Education completed C7F - 7yrs, White, Female, No schooling completed C3M - 3yrs, White, Male, No Schooling Completed
House Details	5 Bedrooms Detached Mortgage/Loan Private Garden

R: OK, so I'll be sharing the photos and you tell me which photo that you would like to start our conversation with. Huh? OK, like this is I just think. I'm sad no. You said. I love you too. Maybe this isn't the most like...

A41F: Which one do you wanna talk about first? so that that that's before we changed stuff. That was in the middle of changing things. But you see, if you can see that one C12F is in the background, trying to do their work, and then there's either C7F and C3m. You can see the laptops open and C12F was trying to do some stuff in the background.

R: yeah, so where is this photo? actually who chose this photo?

A41F: Well, to be fair, I choose most, so they're all the ones I had on my camera, from lock down really. That was about study in kitchen and that would have been a mid-morning getting in to the... 'cause C3m still got his nightie on there, so that would have been quite early so C12F I would have started her work at 9:00 o'clock. She was quite good like that. I can I can see both two laptops out. so C12F got hers open and C7F walked off to [unclear word] with C3m.

R: I would ask first, why would you? Why was this place important for you?

A41F: Well, that was the biggest place to do it. That was the table we're now.

C12F: I mean, we didn't want to work in a cramped space.

A41F: Yeah, 'cause that was, do you find that was the best place to do the work, wasn't it?

C12F: Yeah.

R: Why was it the best place for work?

A41F: Not cramped

C12F: yeah. It wasn't cramped

A41F: no. But also, I found, well I don't know about you two, but I found that was easier because I could get on with cooking and stuff or whatever I had to do in the kitchen.

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C7F: It was easy because we would like to eat [unclear word]

A41F: yeah but you could ask me, couldn't you, things about homework. I'm like a sore loser. I felt like a bit of a yoyo 'cause I was going to one then to the other. Not so much with C12F. but then obviously C3m was there being [unclear word]. but I mean that was a year ago, wasn't it really? Even now, when C7F does work on the laptop, she doesn't ask my help so much anymore. but that was quite a trying time 'cause I was at work from home and in the end, I actually had to stop my work cause I just, just couldn't do it.

R: yes? So, uhm, So what? So, you said that that this photo was taken during early in the morning?

A41F: Yeah

R: what else happened in this place after studying?

A41F: That was literally that would have been like that all day. UM, C12F would have been up... well, and C7F you both been at the table much of the day, wouldn't you? You were doing your Google classroom.

C12F: That was like nine till three.

A41F: nine till three every day. And we [unclear word] place where we did work in. Was it that was the thing that we did...

C12F: [unclear word]

R: In the study room? I can't hear clearly.

A41F: Yeah, we did work in the study as well. (A41f talking to the girls) why did we do go in the study? Though I can't remember really why.

C12F: I think there was a printer at the time.

A41F: Yeah, we the reason why we are in this study, I think more first, is because we were we weren't really organized at the beginning and it it was just all a bit of a model. Because, especially with C7F's work, because it was really difficult. The middle school that was the first school, actually that she was in. They didn't really have very good work. So, we found ourselves sitting in the study reading. We didn't have laptops then. All we had was... what they're called? You know, the purple one... The iPads. They're useless iPad. You really had a nightmare with the iPads because we couldn't really the work half the work that was being set doesn't work on an iPad, so in the end we had to buy two laptops. Yeah, just very quickly. 'cause otherwise you can do any... You can't do half the work.

R: and before the lockdown, how was studying at home? Where was the where did it happen?

A41F: Where did you do my schedule study? Do you think?

C12F: I think I did it mostly in my bedroom because I mean I wouldn't have had much work to do so I sort of it in my room.

R: Yes, so then why did you need to go to move from your bedroom to the kitchen?

C12F: Doing it for the whole day and I think that we have, like all, are sort of sheets printed out. We had all the pens down here. We just had sort of like more things out there that we needed.

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A41F: All you really needed that control 'cause I needed to see that you were doing it. Yeah, I really want to make sure she was doing it 'cause otherwise she's upstairs. Well, you have to know.

R: So, what about C7F? Does C7F also study in her room before do?

A41F: No 'cause she needs shoes because she needs so much more help. Yeah, 'cause she's younger.

(talking to C7F) not in a bad way. Because you were young

C3m screaming

A41F: Be quiet.

R: It's fine, it's OK. It's not OK. Yeah, we've interviewed lots of families, so that's how it is all the time. so how was some studying for C7F before the lockdown?

A41F: Well, it was non-existent really, wasn't it? she was in first school. She's now in middle school but at the time when it first started, she was in the first school. So, the homework, the homework they got... She got wasn't that bad and it was only sort of half an hour type of thing, and I would help.

C7F: if I had done that, what... all that work I got sent then I would do it probably like in a second.

A41F: Yeah 'cause all the work all the work suddenly locked down. We got completely bombarded.

C7F: but then it was really hard and now be really easy.

A41F: Yeah yeah you find it easy now.

C7F: Yeah.

R: that's good.

A41F: I think it's because I had to... She couldn't just be. You couldn't just let her get on with it because she wouldn't... She needs me to explain it.

R: where does studying happen now?

A41F: happens now?

R: Where is where the study happens now for C7F and C12F?

A41F: Here I would say on this table.

R: so, it remained in the kitchen?

A41F: Yeah, now that we've got the laptop.

C12F: I think it depends what type of homework I have. Like when I sort of have like my computer work, I probably come down and do it more like in the kitchen. But I do not really know any reason behind it, but when I sort of had like writing down homework, I'd do it in my room.

R: Do you like, for example, do you like to change the places while you're doing work while you're doing your homework? You like to change did you wouldn't like to stay in one place while doing your homework, or is it?

A41F: Does it depend what subject you're doing?

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C12F: I'm not really sure. I mean depends how I'm feeling.

R: OK, yes. And what about you, C7F? How do you? Where do you do your homework now?

A41F: probably here (*the kitchen*), don't you?

C7F: yeah.

A41F: she has a desk in her room, but I don't think she ever used it.

R: Would you like to say anything more about studying in the kitchen before we move to the following photo?

A41F: what I would say about the kitchen... I think lockdown was a horrible time, wasn't it? And I think we all... I think we wanted to be together.

C12F: I don't think it was cracked, but I think it was like mentally cracked. 'Cause like everyone, like there were like days when it was more noisy. There are some days where it's more quiet and I think like in the end we honestly just got sick of doing working together.

A41F: Yeah, but I tell you what we did... was problem is because C12F would have... 'cause she's high school, she would have something which was some where it was an ongoing lesson like...

(A41F talking to the girls): what you call it really? You had a teacher talking to you.

Yeah C12F was on Zoom and then C7F trying to listen to something as well. And I was like Oh my God, we need headphones as well. And that was...

C12F: it involved a lot like technology.

A41F: Yeah. Well when that happened, when C12F was on one of those. I would then send C7F into the study. That's where the study came in for, isn't it? 'cause we have different rooms, could not hear anything. [unclear words: I think. Did not even to land or somewhere you could.]

C7F: I had to turn that video down a bit there so you would have to turn her down. We already did.

A41F: yeah, C7F had to turn her video down.

C12F: But like I think the online working and so included more. like we had to then organize getting like headphones organized, getting laptops, you know. Yeah, we had to get stuff printed out. It was just more involved and stuff that we wouldn't usually do when we study or do homework.

A41F: I have I have to organize quite a lot as well. First thing, I have to print stuff off.

R: Yeah.

A41F: It's just a nightmare. That was a nightmare.

R: So, what happened if something happens in the kitchen? What happened in in the girls' bathrooms? What happens in your bedroom, C7F's and C12F's bedrooms. What did you do there?

A41F: Actually, that's just for fun stuff like watching telly and stuff, wasn't it? I have tried, but they don't really... They just come down for work. But C12F doesn't, she would be doing work upstairs.

R talking to the girls: So, did you spend like time like playing, reading in your bedrooms or would you prefer to do that in the living room?

C7F: I read in the living room

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C12F: I read in my bedroom.

A41F: what do you do in the bedroom then, you play?

C7F: that's all what I do in my bedroom.

A41F: Yeah, that's all she (C7F) does in... she doesn't really do any schoolwork in their bedroom.

It's was just for fun reading the bedroom.

R: Yeah, that's great. So yeah, also before we move to the next photo, I would like to ask also how did it feel like in the kitchen while home-schooling there?

C12F: Busy

A41F: more stressful, yeah. I just thought from my point of view... I just felt like... Everything had to stop really. I couldn't do any housework or anything, particularly. 'cause my whole my whole being or my whole point of being there was to make sure they've got some work done. I felt quite... I was quite worried about it. I felt like 'Oh my God, you know, are they gonna get behind' and but I don't think they did. I think they've done all OK out of it.

R: Yeah, that's great, yeah. Yeah, so shall we move to the next photo?

A41F

R: so, I'll share a photo. So, there is C7F doing artwork. And I think reading?

A41F: C12F do you remember that one in the study room.

C12F: Yeah, I remember the study one.

A41F: that one C12F yeah?

C12F: Oh yeah, I remember sitting there.

A41F: That was quite funny. That was because they all on they're on their laptop, not laptops. But it didn't have laptops at that point. They're all on that sort of... what they call it.

C12F: iPad

A41F: iPads, well thingies, Amazon Fire tablets. Tablets yeah. I think that was just a moment where I thought... just read, you know, we will sort of. Yeah, that was just easier and that we've got a bit of a muddle in that room as she was saying.

The girls commenting [unclear words]

Before we had all these all these bits in there, that actually looked quite nice in there, but there was just books and paper everywhere.

C12F: It was messy

A41F: There was messy. Not big enough really.

R: So, if you how what was the importance of this study rule during the lockdown?

A41F: what sorry?

R: what was the importance of this room for you... During the lockdown?

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A41F: we need to have that room because that was sort of our secondary room.

C12F: It was like our work [unclear word] where we got everything from.

A41F: yeah and then print the printer and stuff in there, but it was (because they changed it by the time of the interview), books were all in there. And there's a TV in there. There're just things in there that we couldn't have really done without. And at the end of the school day, we check all our stuff would go back in there, 'cause I don't really want stuff on the table at night. I really want that out of way.

R: Yeah, so when was this room used normally?

A41F: Anytime during the day, wasn't it? What would you say? (asking the girls).

C12F: we go back and forth?

A41F: Yeah, that'll be back and forth things here. Oh sorry, yeah. You pick the next one.

C12F: It was sort of like going there in the morning, coming back like an hour later, then going back an hour later. Just 'cause we all. We always had different subjects to do it and so it's like for every lesson I had to print something off.

A41F: Yeah, the printer was in there, so that was quite handy.

C12F: Yes, yeah it did. It was online. but if we didn't sort out printing the questions out and I thought that was really bad. 'cause I mean, if we didn't have a printer it would have been really...

A41F: yeah, we would have been really stuffed with that printer actually. Did we get them off from... Yeah, we didn't have. We had to get that, and I think if you can get one.

C12F: so, we actually somebody knows some people, not people at my school, people in general. Children my age who don't have laptops and printers and we would have struggled with lock down and working.

A41F: Yeah well, we couldn't have done without spending 1000 pounds on laptops. Put it that way. [unclear: you can come right] but we had to have him.

R: Yeah, of course yeah. And was it only for studying or did you make do anything else? Or did the girls do anything else to in the study room?

C12F: really do much before that.

A41F: there's a [unclear word: place stating] the walls. There was a PlayStation and stuff in there before all of the lock down. That room was more for...

C12F: fun.

A41F: Yeah, C12F would sit in there right in the mornings and have a cup of tea with the telly on. You used to, (C12F talking in the background) well you did. My husband's got one of those projector screens and before lockdown that used to be our film movie room, if you like. One of the walls had put the projector on and that was more fun room. But suddenly in lockdown that became someplace where we do work.

R: so, hasn't returned back to the original use as a fun group.

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A41F: This is the thing. Did you get my email? Funny thing is you've got one of those photos where we had to change it and we had to actually change it because we're expecting another baby, another one. This photo yeah, yeah it works. Been done now, but you can see the bit far away within the chair. Is that some the new babies room. Yeah, and the bit to the left is a tiny studying. Tiny, so if we have another lock down, we're not gonna have that space that we had before. So, but yeah, so our space is a sort of pretty much gone. There's only one chair in the study now.

C7F: can we show here now?

A41F: we could show you now let me know when you wanna see it, show you.

R: So, where did where does entertain? Where's entertainment and fun stuff happening now?

A41f: Well, it doesn't. (*asking the girls*) where would you say the fun stuff? Well the projector hasn't been used since. We can't use it 'cause we've got no... we can't, we can't do it. Which is a bit sad. I guess we could do it... We could put it, uhm... We do it in maybe another room, but I don't think it'll be quite the same. But I agree that sort of... had to take a bit of side-line, really. But obviously, we've got the lounge where we, you know, sit and watch the big TV, but that wasn't somewhere where we put the projector in some reason, yeah.

R: So, what normally happens in the lounge?

A41F: Come on just watching telly.

C12F: Yeah watching telly

A41F: and now the PlayStation and all of that stuff has, had to...

C12F: it's in my room now.

A41F: Yeah, that's interesting 'cause it was moved to the lounge, but it's now moved to C12F's room.

R: so, the study room that you have created after converting the original study room was going to be used for...

A41F: Well, we got it all rigged up for study and now it had to become a study [and] nursery. Yes, so it's gotta be only for studying this tiny study. I'll show you in a minute? but the work on that has not even finished. The work, the constructions been done, but it's not been painted, so it's not. It's not completely finished, but you'll get the gist of it, I'll show you. We had no choice because there's the children have got their own bedroom each. But, I mean, I mean, my husband said we can't really completely get rid of this study, Can you? not, really, so we've had to change it into a sort of half.

C12F: like two separate rooms

A41F: a study room. It is very small.

C12F: three people

A41F: you could literally have three people standing in there.

R: Right? Yeah, so we move that another picture?

A41F: Yeah

R: which one would you like to talk about?

A41F: That that picture is quite nice because that wasn't that was in between schoolwork.

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C12F: C7F got really bored while doing her schoolwork. so, she just like painting, colouring.

A41F: Currently, that's what's she's doing now, you know. What... it is the dinosaur paint by numbers?

Talking about the painting with the girls

It's not loading C7F cause I've gotta put it in a frame. One of those crimes that you paint by the numbers that was, yeah, that was that it's cool yeah,

A41F: but you got so bored didn't you? And sort of a bit cheesed off. So, I felt a bit bad for the children so I gotta few things or farmers in just to sort of just break it up a bit. 'cause it was just one 'cause it's just too much. Never went anywhere and we couldn't go anywhere here we're just stuck here.

Side talk:

C7F: *[unclear words: you never got me one].*

A41F: *And I got all that type of stuff that painting thing.*

C7F: *you said you'd get me when..*

A41f: *I did get you one, you just haven't started back then. How would I get it now? No, no, it's really complicated. This tiny, tiny piece is this Minnie mouse. Sorry.*

R: So, we saw what type of artwork did you do in during the lockdown?

A41F: Oh gosh,

R: she paints? or did you do other things?

A41F: yeah, well she did some lovely stuff from school, we had to do. We did teaching . He was on the fridge. He's still on the fridge I think,

C7F: yeah.

A41F: She was doing them an Egyptian type stuff at the time so we did all of that. But yeah, I tried to get a few things extra things that weren't sort of work, schoolwork. Like come we did a lot of seeds and potting seeds and stuff like that.

C7F: did we?

A41F: can't you remember?

C7F: no.

R: So, what about you C12F? What did you do when you get bored when you got bored from schoolwork or during any time when you were bored? In general, during the lockdown?

C12F: I think probably, I don't know. I probably just watched like Netflix. but I think I also did have some artwork I did. I mean, I'd like to draw often, know sometimes, like do an hour of paint. We got like these rocks outside and I sort of paint them.

A41F: do you remember that Barbie food you made?

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C12F: Yeah, we basically sort of made like. Barbies like chocolate brown. We made stuff like some clay small versions of like food and then we sort of painted them and still put stuff on them to make them look like bread for example. And sort of like eggs.

C7F: We need some brownie to Barbies.

C12F: I mean yeah, we also made brownies with like sponges and then we sort of like cut really tiny squares of sort of like grease paper. Was it, you know and then we put it over the top. So, make it look like I don't know

C7F: popping.

R: It's. Most of your artwork was in the kitchen?

A41F: Yes, we did all that in the kitchen.

C12F: yeah, yeah

R: So, what about the use of the garden? I can see in another in another photo that it's opened?

A41F: we didn't really go, well we did go to the garden

C12F: I think we only use the garden for the hot tub 'cause he's got down because it was really cold at the time. It was sort of like January February kind of thing.

A41F: it wasn't cold all the time, we used it.

C12F: Yeah, but I don't know. We were so very inside. I don't know 'cause we weren't going out in general, you know, our street. So, I think we sort of just forgot about outside. so, it's quite bad.

A41F: so, I think we didn't use the garden that much. That is a bit bothering.

C12F: I don't think anyone did. I think everyone [unclear word] there was an outside world.

A41F: we haven't got a massive garden. We've got a garden but it not a sort of huge. I think I was just I was quite strict, and I did make them do, you know, do their work.

R: So, what about this photo (the photo of the dining table)? Why did you share this photo A41F?

A41F: Hey, what was that one? I think that was just basically show where we did most of the work, a lot of the work. That is sort of a store kitchen area.

R: So, it's still part of the home schooling.

A41F: Absolutely, it has to be. It is probably the only option.

C12F: we're there right now.

A41F: yeah

R: What else happened at the after home-schooling? What did you do in the kitchen? Was there anything else, like other than of course mealtime? Did you have the mealtime in the kitchen?

A41F: Yeah, yeah, that was a bit...

C12F: everyone wants something.

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A41F: we don't have to say we don't everyone wants different food, you know, different ages. so, I found myself doing different things for different age groups. But C12F would eat, like a sort of us, more. Or she would have it wherever she wants it, really. We're not very good only at weekends where a bit sort of better to be honest and we all sit around the table. Yeah, and so honestly, doing lockdown you did. You had all your lunches, didn't you? At the table and we didn't really get away from the table, which is not very good because...

C7F interrupting: [unclear words: there's sometimes]

A41F: did you?

C12F: for me though, I just stayed here.

A41F: yeah, you do, haven't you? Just stay here.

C12F: I think sort of nine till about five and six, I sort of stayed in the kitchen. I didn't move. And so, after that I went to bedroom. But I think even once I had finished my work, I still stay here. I don't know why, I just...

A41F: yeah, we just, we will just revolved around the kitchen.

R: And how did it feel to spend all that feel like spend all that time in the kitchen?

A41F: What was it like or...

R: how did it feel like when you spent all that time in the kitchen?

C7F: Isolating.

A41: it was, yeah, it was a bit isolated. it's just... Well, it was just, it's just hard work on the brain, I think. We knew it would finish, you know it wouldn't be like that forever, but I just felt I felt bad for the girls, and for C3m, really as well because, you know. he's he was only sort of two and he hadn't met anyone. He hadn't met any other children.

C7F: well, he just had fun all the time.

A41F: He didn't know anyone, did he?

C12F: he still doesn't.

C12F: if you look back when C7F was at his age, she still has a group of friends even at a really young age. But C3m doesn't know anyone.

A41F: he hasn't got any friends. I see he's still hasn't made a lot of friends.

C12F: because I think you start to [unclear word] with people at the age of three.

A41F: maybe yeah, but he's not had that.

C12F: he's probably gonna have a bit of an issue with it.

A41F: do you think?

C12F: yeah.

A41F: great

C12F: I don't know, but I think but like he's never sort of had that first chance.

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A41F: Well, he's got little friends.

C12F: These people so like start to ride the bike at the age of seven, but like I didn't, I start doing it later, so it's sort of like harder for me to do it. Yeah, like older people say, when you start things over it's harder to do it.

R: I hope he's going to have good friends when he starts the nursery.

A41F: I think he is sociable, but I don't think he is as sociable as he possibly could be. he's happy to sit, which is quite sad, he's happy to sit on a device for ages if you let him.

C12F: I can get bored.

A41F: but he doesn't. I think we had to cause otherwise; no work could have been done.

C12F describing the situation [unclear words]

but I don't think he's also schools. He possibly could be. He's happy to sit and she's quite sad. He's happy to sit on a on a device for ages if you get in soon. Can I get pulled? But he doesn't. I think we had to do this otherwise no work would have been done. Again, it's probably better. I think medicaly different both devices because we saw had more of like a I don't. Not childhood 'cause obviously hasn't finished now that, but like we have not like you know what I mean. Yes, when. We brushed going sort of thing, so yeah, going to sleep. You had sort parties and things, but it's not hurting you there. Yeah yeah, yeah.

R: That was hard, so that that, well, that brings us to the next part of the following part of the interview, which is talking about issues related to wellbeing and how we dealt with that. Uh, during the lockdown, how the changes that you have made to your home during the lockdown. So, I actually started by asking, like in a nutshell, how far were you satisfied with your experience of your home, how far you felt that your home supported the wellbeing of yourself and your family?

A41F: Uhm, I think it did, but we had to make changes, so we had to get stuff in to change that by a small. UM, getting the machine, the right, the right, UM, machines in really as well, you know. And where to put them. You know with the printer, the laptop. and the rooms making sure they can all hear themselves and not be distracted by each other. Uhm, it's just very pretty noisy 'cause they all have different devices on different things and live things, but you can't really have a lot of noise on with someone else in the background. And early on in lockdown, I was taking calls from clients as well 'cause I was still at work. So yes, it was a nightmare. Absolutely a nightmare. That's why I had to stop work. I couldn't do it. I went back to work and then I kept getting you. Keep getting phone calls and emails to say the year groups are going home because of covid or they're getting they're not there when this is. When they did go back and then it was just sort of up and down. You never knew when they were going to get a phone calls to go and get them. So that's why I stopped.

R: And what changes have you made to your home, to the design of your home or the setting of the furniture in order to support. To help you or to make this.

A41F: That photo you saw, the three of them in the study. We had to move all that, that grey chair wasn't in there before, and we moved all that in there and made it more sort of loungey for them to sit in there. But it's now been changed again. So that's why I took that photo. 'cause that's not been changed again, but I can. I'll show you wanna have a look?

R: Yeah, that's OK. Before showing me so you said that before the lockdown, he used the study for watching the projector

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A41F: Yeah,

R: so where did you sit when you were watching?

A41F: Uhm, we had just a different set up in there that wasn't that wasn't really like that. we had a different sofa which was more sort of for that type of thing. We just had to do it to get rid of it all 'cause we couldn't. There wasn't any good. I just didn't nothing fitted in there. You had to... beforehand that didn't have any of that and then suddenly we have to have all books and stuff in there. So, it's not. Yeah, but least it looked a lot nicer. Yes, yes. But we just had to do it. Just what else do you do? Yeah, yeah. You just had to adapt to it. Yeah, we probably use this table up to do the work.

C12F: but all the stuff we had was in this is we didn't really use like the kitchen for like really anything. Except for eating.

A41F: No. The kitchen was clearly just for eating and sort of entertaining sort of people. The kitchen is yes. Never anyone done any work in the kitchen, ever. Suddenly, you 've got the whole table full of kids doing work. That was funny.

R: And, uh, but uh, did you ever work from home?

A41F: Yeah, I did. Yeah, and that's another thing I worked. I worked in the study. we had a desk in the study as well, which means [unclear word] going her bedroom up. On the other side of that photo, cause obviously that photo was taken ages ago when they're all three of them... on the other side of the photo, which I haven't got a photo of 'cause I didn't know. That was like months ago. There was a great big desk and the printer and all of that, and I used to quite happily work from home two days a week and the other days I'd go in. But yeah, that was perfect for that. Yeah. I never worked on this. I never worked in the kitchen.

R: So, what could help me do it better?

A41F: Oh goodness, that's a good question!

C12F: probably like more entertainment rooms cause I fell we've all been stressed out about work. like you know trying to focus. and I think it would have been better if we still had something else like fun maybe?

A41F: Do you find that we lost the study, didn't we? We had all that's actually did work in there, we didn't have any entertainment.

C12F: I think honestly, we lost something from the house.

A41F: yeah

C12F: because we were all stress out of work, we were all stressed out about Covid, we were all stressed out about everything, and you were stressed out your job. You know C7F was worried talking about Covid. But yeah, all of us were stressed out, all of were so confused. I think it could've been so much better if we have more... I don't know just something more relaxing to do... Cause we had our bedrooms, but it wasn't really the best that time anyway.

A41F: yeah, you know the bedrooms, wouldn't you agree that you needed my assistance – maybe you needn't that much C12F, but did you not think that you needed my assistance at some point and some help?

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C12F: Yeah,

A41F: well at least be there in the background. to help you don't want to be in your bedroom doing work?

C12F: I always... we did have an Alexa at the time. I think music is quite helpful 'cause I think we only had one in the kitchen so we also use. This is for music while working.

A41F: Yeah, I did let them have music on.

C12F: Music helps studying.

Yeah, yeah, I think we just got together and it's nice to be together doing it or not. Nice but... Yeah.

R: It was physical time.

A41F: Yeah.

R: And also, when we talk about, uh, your home, we also include, you know, the immediate context surrounding your house. So, any place that was like in an integral part of your home life. During that time, it the streets. Yet the street outside or a park that is that was nearby your home. That was that you. You know he's been. You used frequently or you went to frequently and well, he helped you.

A41F: Oh, everything was closed 'cause we've got. We've got a part quite near us, but that was all you couldn't. You know he went allowed to go in there? Yeah, sort of taped off. we have got a dog though, so we did use to make sure we got a really good dog walk every day that helped, didn't it? That's one of the things I did do after we've finished work. I'd say, 'come on, let's go for a dog walk'

C12F: and we do that if we go to like the woods.

A41F: Yeah, we would. We would make sure we got that in very good either yeah, but that, but I think that kept us sane, actually, going around the woods with the dog, all of us, and we even did it in snow. Yeah, yeah, yeah that that was fun here. That was fun.

R: That's great. Yeah, that's it. So, if anything you would like to add to this part or to the, uh, your comments on the photos and I will be sending you booklets. So, in these booklets you can add more reflections and like a about your experience in general. Or if you were about anything specific that we have talked about. So, and these were we like used in the individually. So, each of you can use a separate or we are using. It's booklet and it's you don't have to do it if you don't have any anything more to say, but it's just an extra outlet for reflections after the interview.

A41F: Well, we could have done to make sure we get it done in girls. What could we have done to improve the situation? What we had, what we had? Well, the way you did you work, would you have made it? What would you prefer?

C12F: Probably.

A41F: have made your life easier with the work.

C12F: I don't know if it was more sort of. Guided 'cause honestly I feel like the teachers didn't really do much. It was like 'right, here's your work, here go, get on the day'. Yeah it was just sort of like he'd wake up. We have some food you know you'd see online or Google Classroom. and your teacher would, like, posted something and you just sort of get on with it. But then there are some really boring. usually at school you get told to do it.

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A41F: Yeah, [unclear words] in the beginning, the teachers. And that was just left to the parents.

R: thank you for sharing all this, your experience with me and, uh. And now it's time to move on to the final part of the interview, which talking to C12F and C7F about their favourite places and the places that date is. And it's like if the if that is Okay for them.

A41F: yeah. Do you wanna come over you even there?

C12F: Favorite places, probably my room. I know, but I think at the end of the day it was very bad 'cause it was like in alone place. 'cause, I mean, nobody was up there, it was just like 'cause, I mean, we've been in the kitchen all day working there like our whole family was actually nice to get some alone time.

A41F: Yeah, yeah.

R: And what did you do there?

C12F: I mean, it depends. I think some sometimes I just exhausted, but then sometimes I just, I don't know, watch Netflix or just go on my phone. Just do it like normal stuff that I think most people would just do. Just sort of relax. Maybe. But I'm not sure on the school, then done online work. I know most people would say that, but I felt it harder to do it at home. And I felt tired after I've done all my work like yeah.

R: and it's your bedroom still your favourite place or the place that you stick on lockdown?

C12F: Yeah, but I spend more time in it now. Like a safe place. so, it's like nice.

A41F: But that desk, so we took from the study 'cause we can't fit it in there now. 'cause of the nursery, do you actually sit [unclear word: at home] and do homework?

C12F: Yeah, I do work. When I'm writing like essays and stuff, I always sit up there and do stuff.

A41F: Yeah, I'm not seeing you sitting up there. waiting for you. OK, yes, all the furniture. We all the furniture in hard in the study. The big table. There's not really this room, C12F's room. So, I saw that there really, the main stuff.

R: did moving the furniture there made the use of the room different.

A41F: Yeah, yeah, the case we have because we had that big desk in there which you can't see on that photo. But that was the perfect study, really. Uhm now, because we've had to change it again because of other things, again, that's all upstairs in C12F's room. the only thing I think we've kept down here in the study was that we've got like a leather chair like a proper, you know, chair, an office chair. Which is here now that we've had to replace that without seeing tiny desk, just enough room to put the UM printer on it, basically.

R: how about C12F's room, how did it change after moving the big desk into her room?

C12F: I mean my rooms.

A41F: it's quite a big room really.

C12F: I mean, there was a little bit of room that... I mean it's pretty changed. And then I mean the room wasn't a small room, so it didn't necessarily change.

A41F: She's got a massive desk in there.

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C12F: but it's just [unclear word]

A41F: It's a big desk, isn't it now. I would say she hasn't got much in there anyway. It's just a... It's quite minimalist, isn't it? Your room.

C12F: is it?

A41F: I think it is. Yeah, not like his room. This is full of just toys.

R: So, what about the place that you didn't like me and like, a place that you try... You always avoid it, or you wouldn't be happy to be into in the home.

C12F: Uhm? I think now what I think is the lounge... 'cause, I don't know, I 'cause I think C3m is mostly time playing. He's always shouting. So, I mean what when I'm like working I also just like here on something like music I like it. Just sort of do it like I mean I don't want people shouting all the time when I'm working. Yeah, I think most people would.

R: in the lounge you didn't like to be in the lounge.

C12F: Yeah, I didn't like to be in the lounge

R:and you still don't?

C12F: I don't like being anymore. And. It just doesn't really seem like a place to do with work. that's why I just don't like it in there.

R: yeah, but Mommy says the television is there and you watch the television together. There is.

C12F: yeah, yeah, we do watch like films in there. It's just like I know I don't mind being in there when we're just sort of like relaxing and stuff. I just don't really like being in there sort of doing my own work when I'm trying to get on. 'cause during the day, sort of like there's people in there. It's quite noisy room like it's not like a quiet room to do working? I mean, I know during lock down the kitchen popping wasn't but. It felt 'cause everyone was working, so I think I feel like it was different but in my room it's just more quiet and I could get on. And I mean there was no one sort of telling you that what to do so I just sort of got on with like my work.

R: Yeah yeah, so it's much more freedom there.

C12F: Yeah, yeah. OK, great, thank you for sharing this. So, what about UM, C7F, what was your favourite place? Did you throw anything? Wow. That's a face. So once. So, what does your do? You do you normally like to draw?

A41F: Yeah she loves drawing.

R: So where do you draw? Here in the kitchen or in your bedroom, or in the lounge. Any place?

A41F: you do draw in your bedroom, she just in her bedroom,

C7F: I sometimes do in the kitchen I sometimes do it in my room.

A41F: She just draws everywhere.

R: Where do you keep your tools? Your like colours and papers?

C7F: in my room, in my pencil case. This part of lots of, UM, my pencils. I've got another pencil collection that I draw with.

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R: And you bring Mum every time you need. You want to draw; you bring them downstairs and return the back again.

A41F: Yeah, she's got stuff in her bedroom and we've got stuff in the study as well. Most of the stuff is downstairs. She mixed the paper from the study?

R: So, what was your favourite place during the lockdown C7F?

C7F: the kitchen.

R: Why did you like the kitchen that much?

C7F: Because while I was working, I get snacks.

A41F: yeah, that's probably why isn't it?

C12F: Yeah

A41F: yeah, 'cause they didn't stop eating when they're there.

R: Yes, that's the casual style of doing schoolwork.

A41F: I felt like a slave, get them to get drinks full time.

R: and what was the place that you wanted to avoid and you were not happy to be in?

A41F: Like I always wanted to avoid when you were not happy, you want to avoid.

C7F: no space.

A41F: She was still quite happy. Won't you help me? Happy in lock down?

C7F: Yeah, mostly.

C12F: it's really weird, but. So, like is sitting in there and I don't know, watch, or just go through social media 'cause you know...

A41F: she uses the bathroom social media.

It's just. It's just nice.

C7F: She puts the lid and sits on the toilet

C12F: that was it because, I don't know... I mean I know everything like working there, 'cause it's like too cramped but just sitting down. I don't know 'cause I think I got bored of my room. I think, uh, I don't know bathroom. It's just like. Yeah, it's like more quiet. Yes, I we don't have a dirty bathroom, it's quite clean so it's like it's just kind of nice.

A41F: you never been told that before, have you?

R: never (laughing) that's a new one for me. Yeah, that's why I'm saying it's quite creative use of spaces.

A41F: Yeah, but she just thought she wants just to get away, so she went to the toilet.

[debriefing]

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Participants	<p>A43F- 43yrs, White, Female, Secondary Education, Pre-Lockdown Work Outside Home, During Lockdown Furloughed</p> <p>A40M- 40yrs, White, Male, Professional Degree, Pre-Lockdown Work from Home, During Lockdown Work from Home</p> <p>C7M- 7yrs, White, Male, No Schooling Completed</p> <p>C4M- 4yrs, White, Male, No Schooling Completed</p>
House Details	<p>2 Bedrooms</p> <p>Low Rise Flat</p> <p>Own Outright</p> <p>Shared Garden</p>

R: Yeah, it's starting OK, so which picture would you like to start with?

A43F: shall I start to mine my UM so minor worthy. Basically, the kitchen, which is something I've enjoyed a lot more during the lockdown because of having more time. Uhm, and uh, I've been a bit more adventuring, baking and cooking and finding new ideas or recipes come just because I was at home a lot. So yes, so that's probably been like my corner there. So just being quite enjoyed it. Yeah, just something I've never tried before and also, I don't. I didn't send pictures, but uhm where we were obviously at home and we celebrated. First, my first, but my birthday in May. Then my husband's birthday in June and then my children. So, in the summer. So, it some I was aware that I wanted to make them cakes and you know like something I never kind of tried to bake before or do it before where I've always done, either bought it or something. And I really kind of like for why not! I'm just gonna go for it and actually, you know, spend time learning about it. Yes, so yeah, I will be having the birthdays in lockdown was very interesting, but the voice was really happy so you know they had the specific request. The superheroes and dinosaurs. So, I've just basically, for why not just use that kind of space? I thought, why not? I'll just try it.

R: Yeah, that's very interesting. So, let's share the pictures, right?

A43F: Yeah, yes please. Yeah.

R: They made me so hungry in the morning looking at them.

A43F: But this is something totally new for me and never made those before. UM, so it was all recipes I've tried doing the lockdown. I'm from ***. So, the ones you saw in the white containers. Yeah, actually bought them in lock down on they were. Panna cotta coffee panna cotta. Uh, so that was a very interesting just because I'm a coffee lover and then the boys want chocolate pancakes. So that's the recipe that I tried for the first time. Yeah, yeah. And then apple crumble and dairy free chocolate ummm

A40M: brownies?

A43F: Yes, chocolate brownie. So yeah, I spent a lot of time kind of learning new recipes

R: and did you do that alone or that it's the boys were all?

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A43F: Yeah so, the boys help me with the chocolate brownies. They also helped me. I haven't got paid to see about we've made some traditional pasta from where I come from, all by hand. So, they help me make mixing the ingredients. And then what else? Did they help me make in? We made biscuits we made like chocolate, dinosaur biscuits.

A40M: pizza.

A43F: Yeah, we made some pizza. Obviously, my husband is the best chef in the house really. I enjoyed doing put the invite is. It looks like he's cooking.

R: So, did you do the cooking separately, like each of you would be using the kitchen at different times or did you?

A40m: So yeah, so I didn't furlough at all during lock down, so the work that I do is all on *** platform. Yeah, with clients from all around the globe anyway. So ultimately there was. I had no requirement or no UM, no stoppage to work. So, I was constantly working throughout the interview I've locked down for me the kitchen. I just label it as dangerous 'cause I'll go in there. And suddenly I would be eating chocolate pancakes or brownies, and every so often there'd be some really nice food coming out of there, which is lovely, but very different to what I'm normally used to, or we were used to before lock down. So that was the for me in terms of when we cooked. I would generally try and cook, similar to how we've always cooked, which is at the weekend we would make a let's just say a large batch of food and that. Pasta or Uhm, a Stew or casserole? We would then portion it out and then eat it throughout the week. So, I don't think that changed too much for us and we weren't. We weren't making brand fresh meals every single day, but we were eating proper home cooked meals every single day. While I wasn't in the kitchen making lunch, dinner, etc, A43F was in there making sweets and chocolates as you can see.

A43F: Little extras that there were not really needed, but just dumb, more experimental and the children might ask for and dumb so they might see a recipe and so can we try this. You know, like the chocolate pancake with something that they've seen on the video. And then they really wanted to try. So, we just found the recipe and tried it. Yeah,

R: that's very interesting and has this thing continued even after the lockdown like these extras.

A43F: Yeah, actually, yeah. So, I think I made well. I made actually. The last picture here is actually from last weekend and so the brownies and the apple crumble. Oh sorry, yes, the picture of the brownies and the apple crumble that was last weekend where the previous two were actually during lockdown. So, it's some, but I've tried this recipe of the apple crumble during the lock down for the first time, so it was something that I never tried before. UM, like making before. Really, maybe probably because lack of time and you know, just never really get round to it up. But now all the way back in a normality sometimes maybe once or twice a month. I tried to do at least like over the weekend something different. You know that just for something that they, the boys really like or we all like and obviously not the coffee panna cotta? 'cause that's more for UM, for grownups. But the lead top parts were. Also, experimental because my children are dairy free, so that is something because it's the normal, traditional panna cotta is made with cream. I actually experiment to make a chocolate version for them with a specific dairy free cream and that was the very first time I tried that as well. So uhm, I've learned, you know, like different thing for them as well. So yeah, it some so it was an optional for them, although it didn't come out as nice as I wanted to do. But, again, try that. I think I tried it two times and, but the boys liked it so...

A40M: it is chocolate and sweet.

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A43F: Yes, chocolate and sweet.

R: Yes, that sounds really nice and also you mentioned that you have to buy lots of like tools and some more tools than what you have. What you used to. To use before or to have in your kitchen before? So how does that affect like the use of the kitchen or the arrangements that you had in the kitchen?

A43F: Yeah, we went through some kind of a bit of a clear out because during the first lockdown, so in a lot not this summer this year 2021 but 2020 after we started to... like the lockdown actually finished. I think was about June time. We decided to repaint the flood because we were at home so much and it was, we lived here like over 10 years and with the children. You know we really wanted to just some kind of a white space so clear and be brighter. We have a two-bedroom flat so it's quite a small place and we were spending so much time at home, so we've decided to redo it. Included in the kitchen or every single room had been repainted, but we had someone coming over. And do it for us. So, we started with one room and then we did the rest. So, the kitchen was literally pretty much almost all empty out. Yes, and we just threw quite a lot of stuff that we were not really using. So when finally this was all done and I decided obviously I wanted to bake the cakes for the children's birthday. So I bought myself a completely new things that I didn't have, like the baking tins for the cake, mixing bowls, like the mixing bowl that you see in the pancake picture up with a complete new spatula and anything that was just like baking related, which I didn't have. Even these some glass Pyrex counter styles where the. So, everything that actually in here, even the plastic containers when they pannacotta they were all new boat during the lockdown through Amazon is very tempting. But yeah, I really kind of research what I wanted and then like ordered it or went to the shop that the glass containers were from IKEA. So, something really handed that we didn't have before and we thought it was very useful because they come with leads and stuff. So easy to store also for the freezer the fridge. So yeah, there's a lot of equipment, kitchen. A kitchen equipment that we definitely got during lockdown, which was really handy. Really useful.

A40M: So good to store.

A43Fe: but yeah, we've but because we just had to read like the kitchen redone in the house. So, we reorganized our space during the lockdown, which was actually quite useful because, UM, any other time we probably wouldn't have had the time to do it. So, like all the cupboards, but we had to move all the furniture, so we had to literally put everything in boxes or the people to come and paint. So, we realized we had a lot of other stuff that we were not really used in or with very. Very old yeah, yeah, they clear out.

R: So that's good. Yeah, and that's also include some other having different equipment.

A40M: So, most of the kitchen stuff that we really says get rid of, I say, gave away to charity with things like spoons that we haven't used in a while. old pans so we had about 10 pounds that were the same size. And it's like we don't need these anymore. Why does summer scratch and so those all went to charity shops around us just to just to get them out of the house? We didn't. If not using them without using those, let's move them out and get rid of them. Same time I, think we got rid of? Probably about five or six oven trays, so while it's not big stuff, hub pans were quite big. They took up space and were awkward to store, and because they were awkward to store any new stuff that came in was just almost impossible to properly get into the into our cupboards. Yes, you know when we took I want to say we took it apart more or less. We did take apart the kitchen, UM, that allowed us to obviously reshuffle everything. Remove some of the stuff we weren't using. And just organize it to stuff that we were using, which was great. We didn't really have any, so we didn't have any big

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mixers or anything like that, so we had. We had a hand whisk. Yeah, electric hand whisk. Yeah, it's the easiest way to explain it. That was really old. Yeah, I remember we updated that during lockdown. We found a good offer and got a new one and again the old one went to a charity shop. Yeah, yeah, that would be the only sort of equipment so that we would have changed.

R: Yes, OK, that's great. Uhm, so yes, before moving to the next photos, would you like to add anything more about the kitchen?

A40M: I still want it to be bigger.

R: OK and why?

A40M: Uhm, so I can fill it with more stuff. I'm really can fill it with more stuff. No, it's workspace. It's workspace. UM, if there's both of us at the same time in the kitchen it is very cramped for us to move around. Yes, so you know. When we're not. When we're in there and trying to get the children involved as well, it's. It's not the most efficient space for us to all move around in, and if you think of you know all the kitchen surfaces and equipment and knives and things like that we've got. We want to keep an eye on the children while also letting them try and do stuff, so I'd like a slightly bigger kitchen, mainly preparation space.

R: Yes, so would you please like describe to me the design of the kitchen? Is it like a kitchen diner or kitchen separated from the other spaces of the home?

A40M: So, we have a dining room living room as an L shape. UM together yes and then the kitchen is sort of faces the living room, but it's the width of the door through to get through. Basically yeah, yeah, yeah. So, I can go. It's there OK, right uhm? So, while it's attached to the living room, I wouldn't really call it open plan living room, but that's only because where that that wall comes across. Uhm, on the right-hand side as you face the kitchen is that's it. That's the workshop counter, is there or fridge freezer technically? Is there so you know there really isn't a lot of space we can't? Well, we have spilled out into the living room for some bits and pieces

A43F: Sometimes. We've used this table, which is our kind of dining room table. For example, if we had to put trace down, or if we got the boys, for example, to mix things, we might move here. If they had to do it by hand, but uhm, because the plugs over there. So, if we had to do a little bit of mixing with the mix I will be in the kitchen. But if he had to do, I don't know. Some staring or something. I might move the boys into this table where we are sitting at the moment at and then we just use this table for example for a little bit of extra work.

R: Yeah, yeah. That's great, thank you very much for sharing this. OK, so shall we move to the next photo? Do we, uh, should I move to A40M's photos or the children and A40M?

A43F: A40M, and then I get on called the boys.

Preparing the photos: This is there were about one. Yeah, there was another one up. Yeah, I think I put two in there. Yeah yeah, this one is the one you took the other day and then I put one of the older ones as well. Yeah, yeah for some reason. Yes, that one yeah.

A40M: Joyous memories! (commenting sarcastically) Uhm, so yeah, as we said, we're a two bedroom flat. UM, currently during lockdown now essentially or just out of lockdown now as I'm still working remote, the picture on our left, which is the one with the bottle, not the one on the table which the table was sitting out now is where I work from during the first lockdown I would have worked from here as well. But because the children, who were also sent home and home schooled, yeah to actually move myself into our bedroom so that I could sit down and work somewhere

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without being disturbed by the children. So, I had to work in our main bedroom. As you can see, there's sent it so a breakfast... breakfast table tray. Yeah, like we got during lockdown, which we've never used for breakfast in bed ever. Use, however, for supporting the laptop so that I could basically sit on bed and work, and the same was true in the lockdown when it was while the children were at school, but there were some school holidays I'm looking for.

A43F: Like weekends and Easter, Christmas.

A40M: Different.

R: I just want to ask. You mentioned that there is a difference between your work pattern when the children were there during lockdown and now, they are sent to school, but it sent back to school. So would you please describe this to me

A40M: So, I call it during the bad times and that's where I was working from home, A43F was home, the boys were home because of home schooling, UM. And literally all the work, all the work that I had to do as well. It would be in the morning. I would get up from bed. Help A43F with the children having some breakfast and then set them up for their school day. I would then go back into bed essentially or into the bedroom and then start working for the nature of my working because my clients are global in scope. Some days I was working from 8 till 8 in that bedroom so my brain was constantly on work with only the odd movement into the living spaces, shall we say into the living room or kitchen to grab something to eat, and then it would be back to work. Once, once the children had done their schoolwork and bits and pieces, they would play, and I would be on meetings. Just constant meetings after it was all said and done, I would just come into the living room, have, essentially have lunch or the well actually have dinner with rear watch about an hour of television. Then it would be just straight back into the bedroom. So, 90 to 95% of my life at one point was just out of my bedroom, which meant I didn't really pause or think at all because there was no clean differentiation between work area and sleeping, living Area essentially now. Of course, I'm working on the table, which is better. I get to sit up rather than sort of half lie down. But I work from the table and it's still disruptive. less so, because A43F's working.

A43F: Yes, I'm now working

A40M: children are at school, so it is a quiet workday. And it means I can concentrate on my work, which is fine. And then at generally when I go and collect the children at five quarter past five half five, I then moved back into the bedroom again to finish the bits and pieces of the work for the day. But at least now. When I go or when it's time for us to go to bed to sleep. My brain isn't going. Oh yes, what was that issue with XY&Z or I need to find a solution to do A B&C for a client. So that least it is now a bit more separation, but it's you know the room that we're in now is it ends up now being my office again and it's just that when I'm here my brain isn't switching off as it used to. But you know, hey, at least I'm sitting up.

A43F: Yeah, a bit more comfortable.

R: And what about the objects in all the tools that you need, of course, other than the computer up that you need to use while you're working, so you're moving from one place to another. So where do you put the objects? How do you manage this?

A40M: So up above us, there is a rather untidy section of computers, bits and pieces. She's essentially my day-to-day stuff, and in the in the picture of the one of the tables you can see a headset sitting on the windowsill. That headset on the windowsill. That heads on the windowsill is my main headset for work because we don't need to broadcast to the world secrets for all our

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clients that just gets wrapped up and put up above me. This cable here. Yeah that, uh, an extension cable that I put in so that we can power the computer while we're here. 'cause there's no plugs around me so I've had to sort of play around a bit with plugging to get that section in place. Otherwise, the rest of the time it's just using my headphones.

A43F: and the white board.

A40M: The White Board is a small. I say small wife says it's too big. It's not the big white board, it's the small whiteboard. UM, it's not fixed to anything, so I just I just pick it up and move around with it. It's I'm gonna say it's like a meter wide and meter and a half tall so it's not that big. But it just helps when I'm working to write stuff down and workout bits and pieces. Trying things in line.

R: Oh yeah, thank you very much and that's very interesting to know. And so I can see also, UM, in the storage unit behind the dining table. There are other things stored, I think some of them related to the children and some of them...

A40M: So, it's a lot of books, so Lord of the Rings, two cookbooks, yes. At one point in my life, I was a cook too, namely children stories down there and then up near the top. We get differences. Their technical books for those books are all around. Programming and Linux sysadmin E stuff which is part of my job today and then that's there. Yeah, he can see that that there behind me behind me is the section of DVD's that we don't watch anymore 'cause we don't have a DVD player hooked up.

R: So, did the children study on this table during when they were...

A40M: yeah

R: uh, OK, yeah. So how did this work?

A43F: Well, the little one actually was not at school yet because it was five in October, so he was actually still a nursery. Oh, it was mainly the youngest one on the first lockdown was still in year one, and then he did throughout year two. So, from September till June - July this year. So, he's done easier to throughout... Obviously the two lockdowns so it would have had three. Yeah, the three lockdown between year one and year two, so that was a bit tricky because, obviously, the little one didn't really have any homework, and the youngest sorry and the elder had to do homework or you know, school work every day. It was quite tough because we have this table here where we would sit. I would sit with the elder, while A40M will be working in the bedroom, and then the youngest will want to play and all these toys are kind of like other back of us here we've got the sofa and there's some like the TV and some toys which can turn around and show you. So, it was really tough because the eldest was kept getting distracted. and also, be like 'why C4M is not doing any work. I have to do work and I want to play'. It was really difficult because yeah I mean obviously. Again, if I was helping him doing the work, I couldn't play with the youngest and then the youngest would be like up, but I want to play and making noise or distracting his brother and obviously A40M had to work so there wasn't really. Away he was just I don't know how we did it. Actually, I don't know. Uh, we kind of, uh, I tried to... Well, the school was kind of very flexible, but we did have like a zoom meeting in the morning where basically the teacher will go through what they had to do and explain some of the work and then the rest was done little like just between me helping him. But he was still because he was still young. It wasn't at that level that you could just sit there and do the homework himself. He needed support throughout then will. Break off for lunch. And then the afternoon was more, UM, another meeting after lunch. So, it was a bit of a pressure because sometimes you find that if he didn't complete the work they had to do, for example in the morning and then we were late on lunch. And then and then it was uhm, yeah it was just really, really difficult to try to do [then]

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the afternoon were called to try to join the afternoon meeting for it. Not on time. I mean we did do it on time, but it was a yeah. It was just one of those things. He's just he felt a little bit of pressure and the same time I found this, well, 'cause I'm actually from. From Italy and I always used to speak *** to the children, but because of the lockdown I had to have to explain all the homework in English. Yes, uhm, that made a big difference as well on the language we spoke at home because in a way, at the same time not being able to see Italian friends and everything, the children and slowed down on the *** speaking and then basically they just didn't really speak much *** anymore. So yeah, it was really difficult. But yeah, it's yeah, it seems like a long distance away the time, but actually yeah, it just shows it was only last year was in it?

R: what could have helped in in sorting out this or managing working out and you know the taking care of the little one and helping C4M in his work I mean in the design of your home and spaces and or even the tools.

A43F: yeah. I mean, it's really difficult 'cause even if I said for example, if we had a different room where me and my eldest could work, and then the little one could have watched, for example, some TV. I think, I feel a bit still a bit mean because the eldest was still had to do work and the youngest would have been left in front of a TV by himself, which he wasn't even, you know, it was about 3 1/2 on the first lockdown and then four. So yeah, it would have been a bit strange. Still I wouldn't like that, either you know just to be in a separate room, so even if we did have a bigger flat or bigger house. Uhm, obviously not having that extra person to just check on him, it would still be in strange. I don't know what could have helped. UM, not really sure. Yeah, because. I can't, I can't think 'cause even yeah, I think he was just because there were again that like different levels on the schooling. You know, one being a nurse or one being a score it just in a way we have. It would have felt unfair for both really.

R: So, it's difficult, isn't it?

A43F: Yeah, so [unclear word] in the house to help like grandparents, but obviously to entertain one or something? But not that obviously that was not allowed.

R: yeah it was hard. So what about the nature of your work and how...

A43F: *[discussing her employment]*

R: So, you didn't need to have any like some sort of home working space?

A43F: no, luckily, I didn't. I think I would have really struggled. I know lots of my friends, a lot of the other moms at school if we weren't doing home schooling and they were on the zoom meeting, they would have been in the background trying to work on a meeting while the children were on the on the meeting with the teacher it was really tough because you know they have to try to say keep muting. You know, uh, yeah. And for a 5-6 years old. That is really kind of hard to understand. Uhm yeah, 'cause obviously they were near one, so some of them were like five to six years old when my eldest son for the first lock down and back in March last year. So, it's not easy with little one where they don't, they just want to press every button on the on the computer trying to understand what everything did or making faces on the screen. It was really stressful.

R: Yes, yes, it is. Yeah, well thank you for sharing this with me. Thank you very much. Uh, so we moved to the boys' photos.

A43F: Yeah, OK.

R: I think that's for the little one.

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A43F: Yeah, so I bring him over and... (*talking to the child*) Show something?

So this is ***, and his doggy, can you turn and say hi (*talking to the child*)...

R: Hi, my name is ***.

A43F: Hi C4M, can you look at the picture that you took? Do you remember of your birthday present?

A40M: What did you get?

[The child was shy and didn't want to respond]

A43F: you love your dinosaurs, don't you? Don't share. Must be a palaeontologist when he's older. So, a friend got him a kit where you had to find the fossil.

R: You did?

A43F: So, we used this table, didn't we? Did you use this table? Where did you sit? What's that table there with that chair?

A40M: What else did you get?

A43F: Oh yeah, what else was in the...

A40M: do you remember? Can you say what you got?...

A43F: in the box? What do you remember what it was?

A40M: Is it some dinosaur poo?

A43F: Yes, and oh look. A little collection, didn't we?

A40M: we had a little bit of coprolite.

R: Where do you normally play C4M? on the table? Do you do some artwork and stuff like that on the table?

A43F: Colouring, did you do your writing

The child points up

A43F and A40M: on the ceiling! He's just being just being cheeky.

R: Well, that's very tricky to colour on the ceiling.

A43F: You better not colour on the ceiling, or you know, be happy after painting the ceiling.

R: Do you have lots of toys?

A43F: You've let the toys what's behind us understand that this is our favourite corner. You know what this is? What are they?

A40M: You don't know what they are. Are you sure? So, if I was to say that I've got some arriving tomorrow for you, what would you say?

C4M: I don't know.

A40M: You don't know? OK, so I'll give them to someone else? So, what is this?

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A43F: What are they?

C4M: Lego

A40M: yes, well done and what have we made?

A43F: Can you tell the lady what you made? What was your birthday cake? What did he have on top?

C4M: Dinosaur.

R: So nice dinosaur

A43F: Lego dinosaurs, didn't it? This is special request this... last month really. 'cause it was his 5th birthday. Was the Lego Jurassic World on the cake? So, if we got him some to put on the on top of the cake.

A40M: what do you do on this table?

A43F: do you do Lego Lego with Papa?

C4M nodded

A43F: Yes, would you use your voice?

C4M: no

A40M: Do we need to bribe you? did you want to know the green thing? You going to speak then?

R: It's fine. and C4M do you like to read?

A43F: do you like reading stories?

C4M nodded

R: And where do you like to read the stories?

A43F: where do you read your stories? on the table or where else?

C4M: on the sofa

R: this is so nice! And where do you colour? Do you do colouring?

C4M point to the table

A43F: On the table or...

R: and where do you put your things?

A43F: Show the lady where we keep our colouring, to show the lady?

The A43F brought the boxes where colours are kept in the dining space storage unit.

R: that's so nice. Sounds nice,

A43F: all the pencils.

R: You're so organized.

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A43F: That's the thing you need to try to find places to put everything. They also look tidy and then you can just hide them at the end of the day. Because it's such a small flat, this thing behind us. It's got. We've got lots of these dumb yeah, pocket

A40M: storage cubes

A43F: storage cubes so they hide the quite a lot in there.

R: Yes, of course.

A43F: So yeah, this is (referring to another artwork kit storing unit) again another kind of a really cool thing we found. It does help.

R: Yep. And do you like watching TV? Yeah. Do you like to play games?

A43F: You can use your voice

C4M: yes

R: what? What type of what type of games do you like to play?

A43F: What's your favourite games? What about your favourite toys?

C4M: Lego

R: and who plays with you the Lego?

C4M: Daddy

A43F: and?

A40M: C7M

C4M: mummy

A43F: that's it? You sure you don't have someone else sitting there? They mainly fight really. You mean why don't you? They always want the same toy. No matter how many of the things you have. That's why your turn in a sec (talking to C7M).

he wants to show you the elf.

R: That's a very nice elf C4M

A43F: that was his brother coming through? Oh, there is C7M is coming. The camera is a plant, and yeah, that's what you wanted to do. That's C4M's in it. That that that check in and the boys are being behaving.

R: That's. Oh, that's so nice. Hello!

A43F: You can say hello, if you want to

R: fine, that's fine.

these are nice stuff... C7M, is that your name? I'm Heba

Would you like to talk to me about the photo that you have sent me?

A43F: Your favourite corner. Is that the one?

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C7M: uhm.

R: That's it. Is that the one?

A43F: yes

C7M: yes

R: would you like to talk to me about it, so it's are the Legos your favourite like type of toys?

C7M: Yes yeah.

R: And where... Oh, you want to show it to me

Other: he wants to show you something?

R: Yeah, yeah

A43F: that's that the thing there is just behind us. So sometimes while we keep it at the moment there normally the Lego lived in the room, but we've had throughout October where we had a half term. We just basically put all the trays on that and just stay there for now because every morning they sometimes they come.

C7M showing his toy

R: that's so nice C7M. that's really nice. that is a motorbike? Is that right?

C7M: yeah.

R: How long does it take you to build it?

C7M: Not long

R: not long, and when do you normally do that, do these nice things.

A43F: Where do you normally sit?

C7M pointed to the corner in the dining space

A43F: In the corner there on the floor, or what does Mama want you to sit?

C7M: on the table

A43F: on the table Oh yeah, so they don't get lost on the floor.

R: And what about C4M? Where would? What would he do while we were doing the Lego?

A43F: What does C4M do normally?

C4M: I sit here

A43F: You sit in the other corner, don't you, C4M? The chair. The seating is normally C7M's favourite spot on the table and C4M. Just sits normally sits in the other next to him. when they're playing or food.

R: And in that corner does C7M store all his toys or does he store his stories in any other places?

A40M: Some over there, there's some there. There's some in the bedroom. There's some over there.

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A43F: yeah, we've got a lot of the corners. Mainly this is that bit there is some at the moment where though the trace of Legos is. And each tray has come like, at the moment they've got Legos in between. 'cause, uh, they used to... What did you use to do C7M with the Legos from tell the lady? What did you do on your tray? Used to put them by colour, didn't you?

C7M showing his elf soft toy

A40M: speak C7M, they can't hear

C7M: yes.

R: Where do you keep them?

C7M: in my bedroom.

R: And you always have them with you the living room or just in the bedroom.

A43F: They just arrived yesterday, didn't they? Oh, that's very new to the family.

R: They are so nice actually, and you have? other soft toys.

A43F: Oh, what's your favourite soft toy C7M? show the lady.

A40M: what's your favourite soft toy?

A43F: C4M got one!

[C4M showing his soft toy]

R: so nice rabbit. Oh, and he was another Bunny that's so nice. Looks so special to you.

A43F: You tell the lady how long have you had that Bunny?

C7M: Since I was a baby.

R: Oh, that's so nice.

A43F: So how old is Bunny then? It must be the same age as you. How old are you?

C7M: seven

A43F: seven, it was white. How many operations did this bunny have? What did he loose? He lose an ear, a leg, Mama had to do a few operations.

C7M: ah yes, we also have a grey one

A43F: Uh, yes, we did have a grey one as well.

C7M: we still have it.

R: and you also keep it. Keep this bunny in your bedroom.

C7M: Yes.

R: because it's so special?

C7M nodded

R: But what else do you like to keep in your bedroom?

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A43F: what else have you got in your room? What have you got in your boxes in your room? Apart from Legos we have we already debating that Legos is your favourite, but what else?

Car cars, which one? Which one of your favourites?

C7M: Hot Wheels?

A43F: So, you need to speak to the camera the lady can't hear you?

R: And you own, you only keep them there. Or do you play with them there in your bedroom? Do you take them to the living room?

A43F: Do you take them to the living room when you play, or do you play in your room?

C7M: Living room and bedroom,

A43F: but mostly where do you normally play? Most of the times?

C7M: living room.

A43F: living room, there's more spaces in it. Yeah?

C7M nodded

R: Who brings them back to the bedroom? Who tidies them up?

[C7M points to A43F]

A43F: what does mama ask you to do? I Ask you to put them back in the box and then I take the box back. Yeah?

R: And you do you normally like come? I mean, sometimes, how do you manage like taking the uh, sorting the things, C7M and also C4M things?

I would expect children they might. OK, where they might get tired after playing or they might even want them to stay there toys to stay because they want to continue playing during the for the next day.

A43F: UM, it's always a battle. It's basically some, especially if they want to change what type of toy. 'cause we don't have a lot of space and it's obviously between here and the sofa. You know it's like walkable but also to get into the kitchen. So, most of the times I have to say, right if you finished playing with that toy. And you want something else, you put that one away and then you can play something else. Let's say they move in from the Hot Wheels and I want to play Lego vice versa. It'll be too confusing to have everything out. So, I always say 'right you do that first put it away in the box'. I normally take the box back and then bring back what they want, or they've got. What do you? What else you've got? You've got a train set don't. C4M loves this train sets so that takes a lot of the floor. Set it up, you know, if they had a Legos on the floor, it will be impossible. So, I always try to say 'right, can you please tidy up the Legos? Then we have the train set' or you know, they're not always very willing, but they know that, UM? The Mama won't let them play anymore, otherwise they say, but if you don't do it, you can't play with them anymore, so you need to help me to tidy up, don't you?

A40M asking C7M when he moved to the Lego tray

A40M: what are you trying to get?

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C7M: I'm trying to get Captain America.

R commenting: it's fine. You know all the children in all the interview had to move around.

A43F: Especially my oldest.

And the sofa tends to be used as a trampoline 'cause we don't really have an outside space.

[Talking about the toy C7M was showing]

R: these are lots of very small things that you're playing with. You, he must be very, very careful. Not losing them. that's very clever.

C7M: We lost one gem that we're gonna find today.

A43F: Well, we lost it under the sofa. I didn't we? yesterday.

C7M: Yeah, we couldn't find it.

A43F: Yeah, we have to move the sofa to try to find this red little gem. And because Legos are so small, they go everywhere. So, and that's the reason why I normally those trays you see in the picture. So, we always ask the boys to try to keep them within the tray when they're finding them, because otherwise they just spread out throughout the floor and then also the easier for tidying up.

C7M asking his mum to show more Lego

R: do you like to show me it? To tell me anything more about your places where you used to play C7M?

A43F: What did we do in the summer when we were allowed to go actually out?

C7M: at the park

A43F: at the park, we have a really nice park next to ours, don't we? Hey, what did you do at the park? What did we use to do is to go for...?

C7M: we used to play football

C4M: drive the drawn

C7M: C4M we lost that drawn

A43F: We used to go and bring the blanket, the picnic blanket and sit there and have picnic

C7M: well we were gonna plan this if you didn't lose our helicopter drawn, n we could have got to the park.

A43F: Yeah but no. I mean during the lockdown.

R: C7M, did you like going to the park? What was most favourite thing?

C7M: Play football.

R: That's nice. So, did you go there every day?

C7M: yes

A43F: When we're not at school most days when it was sunny. Not so much this summer, because this summer the weather wasn't so good.

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C7M: Can we go outside today? It's sunny

A43F: but yeah, the first lockdown. So, like 2020 we had a really nice month. UM, August yeah or July August. Actually, it was quite nice weather, so I used to just take the children is about 8 minutes' walk from our flat so it's not far. but I didn't take them to the play area just because it was still at the beginning. You know, like after few months so I didn't take the auto play area. there was a big field, greenfield, and we like that they could play football and we used to bring like team the Frisbee, didn't we?

[C7M and C4M decided to show their Frisbees]

R: nice wow, yeah, and a great one, yeah. Lots of fun there, I guess. Yeah, and you take them all while walking at all these things?

A43F: You know. Yeah, well, uh, I would get them to choose and then we have us also like a handball like a football by the smaller size. So how to take that? And a little rugby ball just because we don't have a lot of space to store. So sometimes we saw this kind of thing in the car because the car is downstairs in the car park. So, on the on our way out we will open the boot and grab them and then take them to the park. and then yeah so, they then I got like a picnic blanket to make some sandwich and we used to spend a few hours there. UM in the shade or in the sun depending on how hot it was. while at least gave A40M a little bit of time with quietness in the house. And uhm, make them run around 'cause they're full of energy. Most of the times.

R: Yes and was that part of your routine before lockdown. No, not so much. Come in summer in the school holiday, yes, but of course we wouldn't do it so much during like the weekday. So, if there were schools so we took advantage of that while they were on the obviously the school was closed.

[C4M showing more toys]

R: Do you still use the go to the park that frequent now after then? Well, we haven't actually recently so much because, UM, well during the half time it was quite bad weather we would have done normally if the weather was dry because he gets quite muddy. Yeah and then and then. Obviously, it was raining almost all the time which were very unlucky. So yeah, normally during the school holiday, yes, we would probably go to the park often.

R: that's great. Thank you very much for sharing this, but would you like to say anything more or tell me anything more about uh? Important places in your home before we move to the next part of the interview.

A43F: No, I think that so really yeah. Thank you, uh,

R: so, the next part of the interview. I know that why we are talking. We've already talked about changes that you have made and so, uh, if you. Link more, uh or explain to me more? How did that? How were they related to, uh, your wellbeing or how you felt in the home, so I would.

A43F: Just gonna move him down. Sorry,

R: so, I would start asking you first, the way you know was designed to support your wellbeing.

A43F: . We uhm so I think the major part was actually having the flat re-decorated and getting a few extra new kinds of bit of furniture. Yes, I think that made a really nice difference for us. Even just because we... it's small flat, I mean we do get quite a lot of sun. Normally that's why we had to closet it [the curtains] 'cause it was right in our face at the moment. But uhm, having re decorated really help just to kind of feel a little bit more homely and kind of brighter. And you know, 'cause we well

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[inaudible] for the first few months constant at home, we didn't really go anywhere. it was really tough. So, like by brightening in the area, and, uh, even just where we actually painted. For example, me and A40M painted like some of the furniture 'cause you used to be brown and just kind of made it all kind of white. It made the flat look bigger because the space felt so kind of small. It was kind of nice to have that extra idea that looked bigger, even though it wasn't. Yes, uh, we got this for example, new chairs which there will be comfier. We got them on the summer after we added the flat decorated, so we got them in summer 2020. UM and boys so the boys got the new bunk bed. For example, an. So it was. It felt like having a little bit more space in the room as well. Where before they had like kind of two beds, it was really tight. By having the bunk bed and being able to store some of the toys in the boxes and we got them some just to draw and like it. Smaller version of these (*pointing to storage shelving unit in the dining room*) where they could put some of their books for example like the favourite books and some of them we got like a tray like these where it has like dressing up things like superhero costumes and stuff. So be able to store it there in there. Room and having that extra space, uhm made a big difference for sure, yeah.

R: And if you always mentioned that, uh, the amount, the amount of space it was the main challenge that you've constantly tried to work it out. So, if we like thinking, like imagine actually, what could have helped that you were not able to make like or do in reality or physically like, even if we're talking about having him an extra space physically in your home or something. How could this have that helped?

A40M: an office?

A43F: Yeah, maybe an office for A40M. And uh, yeah, basically that. You know we can. We can survive with the boys being in one room, we can survive with my wife now being in the other room, we can survive with smallish living room, dining room space. If I had, or if we had another room. Not big. Doesn't need to be big, but if we had another room where I could have set up an office, that would have. I think helped. Certainly, myself mentally a lot more, for the separation of work life essentially, but I think that would have been the best change that we could ever have done if we could have done it. If that makes sense. You know extra storage is. I would say it's easy, you just stop buying stuff or you shuffle stuff out and give it away. You know you can find space in storage, we've got toys from when they were two years old, which can probably now be moved that you know 'cause I'm not... or 'cause we as a family aren't screaming for storage space. We're mainly screaming poor living and doing space so you know, for me it would be if I had another office that would have been ideal. Uhm, I don't think if we had made any of the other rooms bigger it would have made any difference, not even a bigger kitchen when it made a difference because living room and made a difference.

A43F: I think it would have been an office for you. Also, in the method that we didn't constantly have to move things around every time. So, like every morning where you would have to take his laptop or tidy up the toys so that they were not around. UM, like constantly you know, like if you needed that space on the table you would have... the table the desk would have been free instead of having. Right, OK, let's take everything out so that you could work. And I think in terms of the children, I think a tiny little like our home private garden more than a communal garden. I mean we do have a communal garden, but it's not the same way. I can just feel more relaxed about saying to the boys 'Go outside and play'. You know, like even a fee over like going to the park. But now we can't go to the play area because other children will be there or you know, like you'll be too close contact to other people at the very beginning was very tough, so that's why we took the decision. Or going an only going into the bigger area where pretty much no one was around. UM, so heavy now was like a slightly small place where the boys could just other now wanted to do some art and craft and make

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mess outside. Or having small trampoline. Is that we? Do they do use the sofa as a trampoline which is almost broken? It's just to kind of burn some energy for them. I think that's the two things that would have made a big difference in our life for sure.

R: And you also mentioned that the children constantly take their toys from the bedroom and move to the living room because they had... they needed the bigger space. So, if there if there was a space for them, other space either their bedroom or another play room or something? Would you still...would that be helpful or is it the issue of having them, you know supervision, keeping them...

A43F: A bit of both, I suppose. UM, obviously the need in the living room of removing the toys at the end of the night is because as well we kind of walk through it or go in and sit in the sofa and he just wanted a little bit of quiet and relaxation in the evening. So, if you add toys around, I'm... I'll be like, a bit stressed myself. I just couldn't relax until I tidied it everything up. So, I think yes, just seeing the toys in the floor or everywhere. It would probably with the bottom me. So, I wouldn't relax myself as much. UM, that's why. But also, because, yeah, the room is small to play, so that's why it's mainly kind of... they keep them there in the storage boxes and then bring them here and then, obviously, they go there to sleep. it's not enough space really to kind of play there, So I suppose yes. If they did have their own little room to play. I mean it wasn't essential, but it would have been a plus.

A40M: Yes, yes, so constantly be messy

A43F: and probably constantly be messy and would never tidy up.

A40M: I like making them come to the living room to play you because they get into the habit of tidying up before going on to the next thing.

R: Yes, yes.

A40M: I've with some of our friends. With children have separate playrooms for the children and it's it just looks like they've thrown a grenade in that room. Close the door and let it go. Bang so. Each to their own I suppose, but having it, you know not having the pace space to be messy helps with. Yeah, kind of enforces tidying up after yourselves, keeping stuff clean and putting stuff away.

R: yeah. And A40M, you also mentioned to me having a separate place to work, so would you please like describe to me What are the things that will make this place more like, you know, workable for you. Like if I had my own space. Yeah, feature of these of this space. Would you like it to be connected with... you like it to be totally separated, big, small? You know.

A40M: I think that connected into the house versus being as a walk away office somewhere. I wouldn't mind if it was a separate room here. But I would have... I would have it set up in such a way that they would be permanent whiteboards fixed to the walls. There would probably be several monitors on there, so I'd have two largest greens along with the laptop. I'd have a comfy chair rather than dining room chairs, which would generally only meant for one hour, an hour and a half two hours. I sit in some of these for 8 hours a day, so comfy chairs nicer desk space. wouldn't have to move everything all the time. Lots of plugs. I say the normal features of comfort in an office.

R: And in terms of you know, some sort of like aesthetics or things like that. How would you imagine it to be?

A40M: Probably white. I don't need fancy lights. for work I just need a white space that I can draw everywhere just by the nature of my work generally and then lots of computer monitors for when I'm... when I'm digitizing my work, if that makes sense.

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R: Yes yes yes. That's great, thank you for that very clear, actually.

A40M: Give me a white room with bars on the windows and padded walls and I'll be happy to just get a white board.

A43F: and coffee

A40M: and coffee

A43F: and the coffee machine

A40M: and coffee in the morning. Plane, plane and whiteboards. I need whiteboards.

R: That's great. Well, thank you very much for talking to me about all these things up about your home life. And so far. Do you have any questions, or you know anything that you would like to add before talking to the children again maybe?

A43F and A40M: No, no no

R: yeah OK so have the children from any drawings or anything or that they would like to show me now.

The parents calling the children to return to the interview

A43F: Far from playing with the Frisby and the Legos at the moment they are OK.

yeah, Frisbees have been taken off them 'cause they were playing in the house, the Frisbees, and they are an outside toy. A bit dangerous. This UM and the TV? Uhm yeah no. I think they were. They come back to sit down. Did you want me to bring them back up here or did you want I wasn't sure if you want them to send you drawings or is it something that just that they wanted to do during the interview? Yeah, it was only there. You know, expression of what's important places for them. So if I do it, it's absolutely fine. But just talking about. You know about the important places, even verbally, that's that will be. Yeah, C7M. Then you do not come here sick. What do just one cat? One question, one question left. If they don't want to, that's fine. That's fine. You can tell me it's coming OK come. Whether you're gonna get yeah, I don't know if you're gonna get an answer, but that's OK, right?

R: Hi C7M, can I ask you one more question if that's OK.

C7M nodded.

R: I just wanted to know what were the places that you like the most in your home. Maybe you can tell me one place that you like the most in your home and it could be in your home. Or it could be in the park where you used to go frequently.

C7M: In the park.

R: You like the park the most? Why did you like it there?

A43F: Which part was your favourite?

C7M: playing football at the park.

A43F: Playing football at the park. So, the big green big green grass space. It wasn't it. Yeah, it was his favourite.

R: and was there a place that you didn't like, and you were always upset to be there or you were trying to, you know, tell my mom no, I don't want to sit here. I want to sit there.

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A43F: I know one place you didn't like during lockdown was when we used to have to do home schooling, and here (the dining table) wasn't it. He won't be down there playing with C4M. Do you remember the very first lockdown?

C7M nodded

C7M left the interview

A43F: You're running away.

R: Thank you, C7M.

A43F: say thank you.

C7M: thank you

Then, C4M came in

A43F: come C4M. What's your favourite space in the House or?...

C4M points to the ceiling

A43F: the ceiling again! It's a cheeky monkey, this one.

R: why do you like the ceiling?

A43F: Would you like to hang from the ceiling?

C4M nodded

A43F: Is it because you are Spiderman.

C4M nodded

A43F: Yes

C4M: I wanted to draw.

A43F: yes You can draw, What do you wanna draw?

C4M: a chicken.

R: was there a place that C4M didn't like?

A43F: What did you not like in the house or... actually, didn't quite like to be outside so much Yeah, he would be the one that they're very very different. Children like C7M always constantly asked for being out. Where C4M always seems like 'I just want to stay home and play' didn't you? Oh, it's drawing. Now you prefer being at home instead of being outside. What's something that you didn't like C4M?

C4M: the rubbish bin

R: does he mean outside, or does he mean in the kitchen or?

A40M: we were, hoping that you would have an insight. But then, no.

[Closing the interview]

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Participants	<p>A38F- 38yrs, Mixed Race, Female, Doctorate Degree, Pre-Lockdown Work Outside Home, During Lockdown Work from Home</p> <p>A37M – 37yrs, White, Male, Doctorate Degree, Pre-Lockdown Work from Home, During Lockdown Work from Home</p> <p>C6F – 6yrs, Mixed Race, Female, No Schooling Completed</p> <p>C4M - 4yrs, Mixed Race, Male, No Schooling Completed</p>
Children Didn't Attend Due to The Late Time The Interview Was Organised For, To Allow Both Adults To Be Present.	
House Details	<p>3 Bedrooms Small Terrace</p> <p>Mortgage/Loan</p> <p>Private Garden</p>

R - And as a kind of introduction, can you just tell me how you came to live in that house?

A38F - This House, well we moved to [CITY] because. Uh, I got a job. University of [CITY]. And it seemed like a nice place to live. And then we rented a house for the first what we rented a flat.

A37M - The first yeah.

A38F - So the first year and we looked for a house after we had sort of got to know it's a bit and I want to live in a Victorian house and [A37M] reluctantly agreed

A37M - it was the only one. We agreed that we look for ages. And we never agreed to anything, but

A38F - I think he's completely converted Victorian houses now, so that's good.

R - So what is it about the Victorian house then that got you?

A38F - I think just you've got very big wind. Are you know these days you couldn't build a house with windows that big because it wouldn't be environmentally friendly. I do like to be environmentally friendly. I just also really like big Windows and high ceilings and cornices.

A37M - the thing that's told me about the house was it has a mechanical doorbell. If he's quite a nice feature.

R - so yeah, you did send some pictures which are amazing and we'll get to them. But can you briefly just sort of tell me what rooms are in the house, so I do me a little, um, talk through it.

A38F – should I do that?

A37M - you can do if you want it,

A38F - you'll probably criticize it, but like you're going through that, come in through the front door and you're in a hall which is narrow and then on the right there's a door to our front room which has a big window.

A37M - That's where we are now.

A38F - It's got two sofas and a chair in it, and a fireplace. Very nice Big Bay window and then the next room if you will in the hall the following door is to the dining room. I feel like this is a very standard Victorian terraced house. Yes, so front room dining room. And then the kitchen at the end. And then

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we have a utility room on the end of the kitchen, which is very small. That has the fridge and the washing machine in it. The kitchen is big enough to have a round table in it where we eat. And then if you and there's an under-stair cupboard. And then you if you went up so right in front of the door in the narrow corridor, there's the staircase. If you go up the stairs, you get to the third bedroom, which we have as a spare room and office. And then if you then turn around and face the front of the house again on your left, you've got the toilet. It's just a toilet has no sink in it. And then you have the children's bedroom. And then you have our bedroom. And then the bathroom is in front, which has no toilet in it. But it has a sink and a bath with shower.

A37M - Very detailed answer that.

A38F - But it just it was at too detailed?

A37M - I could send you a photo. I could send you a floor plan if that's if that's what you need, but.

R - No. I mean things like that. They're all useful because again, it. It helps us just look at um, because when we're looking at typology of house, you know we've said things like small terrace medium terrace. But like people adapt things, they move walls around and also so it's also sometimes quite difficult to get an idea of what people mean by a small terrace. And like things like that, so it's useful to have like an idea.

A38F - Our house is on right move right now so you've got pictures of all the rooms and the floor plan. If you want it. I'll send you the link.

R - Definitely, um, so thank you for the photos as well. I'm loving all the bright colours. Do you want to pick one of them that you would like to talk about?

A38F - So these photos I did do them in a rush, and I probably can send more another time, but.

EP – they are more just to kind of jog your memory, I think. 'cause when we were saying like think back to lockdown people like it was ages ago. Whereas when you look at a photo, it's like Oh yeah, remember what we were doing then?

A38F - I feel it seared on my memory anyway, yeah, but so I think, well, the first two weeks of lockdown A37M looked after the children because I had so many projects and teaching that had to completely change it was it was very stressful. But in those two weeks it was. We were new to home-schooling. Our daughter and A37M started off by saying to her what's your classroom look like? And she said there are pictures on the walls of children and so we stuck picked us up on the walls of children and then she said I will draw pictures of our work and so we put pictures of her work on the wall and then we had, um. Yeah, one of the pictures is off the. Sparkly sun and the rain clouds. So, she's she was in reception at the time, so they had this behaviour management system where if you've been good your peg was pegged to the shiny, sparkly sun sparkly sun. And if you're you in order to your peg was pegged on the rain cloud. So, she made a sparkly sun and, a rain cloud and then her and her little brother both had pegs. But clothes peg with their names on and depending on their behaviour they were clipped the sparkly sun or the rain cloud. So, it was just like school, and they didn't have any. So, we bought the little table and chairs. I know it said no pictures of people that I didn't have another picture of the table, really.

R - We can redact the children out, don't worry, and we don't really. As I said, we don't really use the pictures for any of the publications or anything, so they won't have shown to anyone.

A38F - Yeah, good. So yeah, in in the yeah. So, we bought this table and chairs. Which meant that she could sit at a table and do her work, and he could sit at it as well.

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A37M – although its too small for that,

A38F - but it got it at the beginning of lockdown. I feel like it was OK, but it now completes. They've outgrown it.

A37M - Yeah, very fast.

A38F - And then you can see um, yes it she did so much work of course. And home learning over the next five months, six months and so more and more and more. If it was on the walls and hung from the ceiling

A37M - the front room kind of his repurpose, wasn't it as the schoolroom?

A38F - So that's the kind of School and play. Yeah, maybe school in play. And

A37M - yeah, and the reason we did that was because on day one. And C6F had no interest in doing would have been given a pack of learning stuff to work through, and then C6F had no interest in looking at any of it. And I thought we were going to make it more like school, so we actually started doing a walk to school. We we're talking about, oh, let's go to school today what the teacher is going to be like and the whole thing became a role. Play of let's go to school over in the schoolroom now and we made it. C6F only seems to respond to things if you

A38F - play

A37M - If you're doing the imaginary game, so that seemed to be the only way for us to make her actually do anything, any schoolwork.

A38F - And so those are strings across the fireplace which had all of the letters on so you could rearrange words on them, and it just made it. Plus, it was very funny 'cause after the first day of home schooling I was putting them to bed and [C6F] said to me, that was fun. But tomorrow I'll be the teacher. Not so sure about that.

R - Yeah, but nothing incredible. Like I said like that whole role, play it to get them to feel like there's somewhere else.

A38F - Yes.

R - So did that mean then that the living room sort of then wasn't a living room?

A37M - We still have the sofa and the TV, but I think yeah, I mean even now it's not a living room as it ever was. Is it?

A38F - No no, I mean, it's just so full of the tools and stuff even now. But when lockdown was over week 'cause this wall behind us was absolutely covered in stuff and we did have sort of zoom meetings on, I think fortnightly, you know, Saturday, we met up with A37M family and just the backdrop was just scribbles on paper blue tactical wall. So, we took all of that down.

A37M – we really only took that down when we, when it came to try to sell our house.

A38F - No, we did take it down in in the September. All of the I mean, yeah, we tidied up even more. Well, I think that you know that rainbow was in the window for ages.

R - So, but like I mean, the way that you've changed the room to use it for kind of home-schooling does C6F still use it for homework and things in the same way?

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A37M - No, she doesn't really get much homework, but I. I mean, she's still. I think some of the things that we did during home-schooling. She's got habits from that. So, for example, she'll sit at the table, and you know if he's doing. Like she has certain apps that are school related, just sit at the head table and do them. So, I think certain behaviours that have been retained. But really, I think the whole House is now C6F's space She does everything he wants to do, whatever he wants to do it. I mean, this is definitely still her arts and crafts room. She never goes to her bedroom to do drawings. He comes down here and. Yeah, creates things while we're still in bed.

R - As long as there's no plates are involved that that sounds very.

A37M - Usually just paint all over the floors, but they're, they're cleanable.

R - Yeah, so say if you wanted to try and do anything else in the living room during lockdown was it were you able to use it. But all the things they after the kids have gone to bed.

A37M - We do any living during lockdown did we

A38F – No! I mean it was hard. So, I mean another thing, is it we pay for a cleaner and cleaner comes weekly, but during lockdown we didn't. We didn't have a cleaner, so we had no cleaner, we had the children at home all the time. We had just so much mess so I can't say it was just because of the home schooling. But yeah, it wasn't exactly relaxing. But then we also didn't have any time to relax at all. We were working every single evening. Because of having to share the home schooling and childcare so it wasn't as if we were to and we have no entertaining. Of course, you know nobody else was coming into our house.

A37M - So it was just there was no even sitting in the living room, the evening watching something was there. We couldn't do that, so we didn't need the living room anyway. It's all good.

EP – it just became redundant because there was no time for living.

A37M - Yeah, basically, but I think also, I think. It was tidy up time as part of the school day, so it wasn't like it was kind of just destroyed and. unreclaimable? I mean it was, you could still come and sit down in here if you want it?

A38F - Yes, yes.

R - So you say, obviously we're both working, and I had to fit round the children home schooling. So where did you work?

A38F - So we worked. So A37M already worked from home before everything, so he already had a set up in the spare room and I just joined him in there.

R - Yeah so, but I'm assuming because of the age of your children it had to be kind of one person was working, one person is with the children and supporters.

A38F – Correct So yeah, as I said, the first two weeks, A37M pretty much did the childcare. But well, he did the childcare. If I didn't, I wouldn't say I had a full day of work at all.

A37M - They might. I was pulling my hair out and you had to have lunch times and things he did. How can I cook lunch with these two wild children running around? It just wasn't possible.

A38F - Yeah, and you just needed some rest bite and I think it wasn't going to work any other way. But then after that we shared the childcare so that. Yeah, we split it and that meant 'cause it 'cause I really needed to do 40 hours a week. I was working. 8:30 till 1130 nights a week.

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A37M - So at the time I was only I was only 50% employed by the university, the other 50% was self-employed. So, I basically just stopped doing my self-employed stuff. So that gave me a lot more capacity to. You know, bit more slack and I wasn't. I also wasn't teaching at that time as well, and exams to mark, but I got the university to help me. Share some of that work out, so I think I'm not, you know. Well, I guess when you're self-employed you can always furlough yourself. University wasn't furloughing anyone.

A38F – you weren't furloughed

A37M - yeah, I was underpaid overpaid. Yeah, so that's not be so we had. We had 150% work to do in 100 at the time. So yeah, evenings were taken up. Catching up on things.

A38F - Well, yeah for me yeah definitely

R - Gosh that sounds horrendous.

A38F – it was

A37M – it was unsustainable.

R - So was there any where you went for rest for yourselves.

A37M - Within our House, no, but I think remember How sunny it was. I mean, I felt like I got my rest by with the children like we followed my agenda. I was the teacher. So, we basically was, you know, it's pub, day-to-day kids. We are going to learn all about public houses Yeah, we you could use it in the beer garden. Drink beer. You take your own words and not in the public domain. Take your own

A38F – You couldn't not in the proper lockdown. You couldn't sit down. You had to be exercising.

A37M - It's true, it's true. Now we did a lot of within a lot of sunbathing and lying in in parks and things.

A38F - And you started off having to lie in the garden because we couldn't even go out for picnic until May

A37M - We called exercise every day. We did it. Our exercise lasted eight hours.

A38F - No, we couldn't go out and sit down and have a picnic. It I, I think you've forgotten it.

A37M - That's what we did. I'm sure we did manage to do that end of May and June and from the start. No, we couldn't. We weren't looking at houses.

A38F - We could only go out for our daily exercise. Yes, I know that you took more than an hour of daily exercise, but you had to be doing something you weren't out and sitting down somewhere.

A37M – we weren't sitting down, but we're going for walks and things that we're enjoying. The sun, you know,

A38F - it was a big change when we could go out and sit on a picnic.

A37M – of course we couldn't use playgrounds could be at that time, no, no, you're right. Yeah, I'm getting confused. It's too long ago.

A38F - I'm not confused.

A37M – A38F's brain is perfect for these things. Yeah, any answers? I give a A38F of will correct them.

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EP- So you do have a garden or don't you? 'cause there's some of those pictures. There are A37M doing some wonderful DIY by the looks of it.

A38F - Yeah, so that's the other thing that we changed. Actually, I forgot to say about that so because, uh, so we have like a yard. And then there's a lane behind their houses and then we have. It wasn't allotment, but then the houses bought them. So, it's like a little square of grass, and I think one of the things was in order to be relaxed outside. Well, we couldn't be relaxed outside because we have small children and this high wall. And strangers going to and fro. And putting up the fence was just something that meant, you know, I could sit in the yard and the children could play on the slide and I didn't think we'd catch them or need to watch them. You could just be a little bit more relaxed outside, so there's another change that's good.

A37M - Yeah, I think there's the only major structural change, isn't it?

A38F - Yeah.

R - Yeah, of so. Building a fence to enclose what was the allotment bit. And did that sort of change the way you then used the garden.

A38F - Yeah, I mean before. So, I would have sat on the stairs. Well, they were playing in that garden sat on the top step so that if C4M was running towards the wall I could say stop it always. It always beat it wasn't something that you know, it was all.

A37M - It was always in the plan. I already had the fence panels and everything else, but it just lockdown. Just made it. A necessary project really, because yeah exactly you couldn't. You could never leave the children unattended so there was not a single place in the house where and back to your previous point you know where we can get some rest bite. But with this setup you could sit in the garden and the children could play and it was you know, as a moment of peace I suppose. Yeah, of not having to be constantly supervising

A38F - he could still eat the grass or the murderer the leaves, but it's not going to break his head open. So that was good exactly.

R - At that point in lockdown, you'll take what you can get. Um, so I'm just going to go through my questions 'cause you're wonderfully answering a lot of them without me having to ask them, which is great. Um, so is there any other spaces in the house that sort of dramatically changed the way they were used at all, or used anymore?

A37M - The dining room, I suppose, but not in a conscious way it became. Vehicle storage room and has remained that way since, so yeah, it stopped being a dining room because, you know we had all the all the children of constructions, and you know all the wheels are scooters and bikes and everything else that um went in there. I'm not sure why that was. I guess it was probably not.

A38F - We weren't. We weren't entertaining at all. I mean, we have nobody coming over, so we didn't eat in the dining room and then also just not being able to keep on top of everything that was going on. So, the washing for example needed to be somewhere 'cause we weren't putting it away. So, it was just piling up and.

A37M - Yes, yes of course have a logic that only became a laundry slash story. Junk room, yeah, and yeah, it's remained that way ever since.

A38F - So then the spare room was already A37M's office. But then it became a shared office. And then if I had meetings so I didn't disturb him, I would go into our bedroom for the meeting. So, I

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guess our bedroom also became partially office because I would go in, sit in there sometimes all day for supervisions and things like that.

R - Yeah, so then that does that. 'cause it again, that's like sort of difficult. Changing the way it using your bedroom as a workspace then does that take away from it being a nice relaxing space.

A38F - I don't think so, because I still do that now and I feel fine, but I think like my PhD students definitely felt that way. They were in one room all day, which had their bed in their desk and but for me I was just going in there for conversation. I didn't even notice where I was. I was in the virtual world.

A37M - Yeah, it wasn't. It wasn't like you're working in your bed in the bedroom. It was that you were using the bedroom for the meeting and that was it.

A38F - Yes, yes,

A37M - so it wasn't quite as yeah all encompassing.

R - And you say, obviously, and A37M you worked from home beforehand. So, did you like as far as you were concerned? Did anything change around how you work?

A37M - Yeah it was annoying person in my office. And it was, it was. Tricky because you know when someone is typing very loud it as a very loud typist, I have no idea why that was. That was a bit distracting, but it was mostly positive. I think that's kind of things.

A38F - Yeah, I found it very, very nice actually, because

A37M - having lunch cook for me, that was one of the pluses.

A38F - at work I share an office and I share an office with somebody who is a stranger, I mean she's not a stranger now, but. We have different body temperatures. You have to be so polite,

A37M - but you know I think if we talk about lockdown. Yes, I guess we weren't working together. That's also true. Yeah? So, during lockdown itself, so this is now we're talking about. Yeah, you're right. But actually lockdown. There was none of that. We actually, we would, as you said, we were timesharing that office. So, I felt like there was actually very little overlap. He didn't even put into your bedroom.

A38F - Actually, you're right. I wouldn't start using the bedroom there, yeah,

A37M - so that's how we now have adapted to homeworking. But actually, during lockdown, we would just time sharing on that room.

R - And then you said like that, your jobs were reclassified when they saw in the winter lockdown, the kids were able to go to school.

A38F - Yes, well, so C4M is at nursery and they didn't close nurseries in that looked out in the January to March lockdown. So that was great. I mean, I think it probably would have been. Even manageable to have one child at home and the fact that she was in year one made a very big difference because she suddenly could sit still and do a piece of work on her own, which was absolutely not the case in that March to August lockdown.

A37M - But either way, you know, I think I think even then I think one child is obviously a million times easier than two in that situation, because it's got to be entertaining that they both enjoy and you know, C6F sitting on the tablet. Try to do maths, which is really tricky. She can't do it since you

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will do it, but she needs a lot of support. And then C4M getting ready, grumpy because he wants a story. So, you start reading a story and then she's not doing the math 'cause she wants to listen to the story, and it just became right. Let's go outside Friday's exercise. That was the kind of the common denominator. The only thing that everybody enjoyed doing me included

A38F - so I do feel like you know that second lockdown. Possibly we could even have managed having just me at that point, aged 5 rather than four at home. But having been so worn down, I mean we were not in the situation that we were in in March. our energy was gone, and you know mentally and physically. We were just exhausted. I was just thinking I'm going to give up my job. I cannot do it again, but then they said you can ask your school if there and then the school said yes. So, she went in four days a week which was very good.

A37M - Yes yeah that was I think I think you've yeah. I mean you were depressed. I think. Yeah, I think I just would.

A38F - I said to as soon as that 4th of January Boris Johnson said the schools are closing. I wrote to my line management said, you know, I'm not. I'm not going to Carry on working and then I think University *** were the ones who said We've classified as education or something, and then there was a bit of a snowball and then my university right, this is what you need to do. And then I asked them and they said yes so we were saved. Yes I think it would be.

A37M - It would be difficult to do it again.

R - And so without trying to be too triggering, um, what? What do you think it was about? That first lockdown? Is it just literally having to try and work full time and be a teacher full time?

A38F - Exactly, I mean, I think there was just no tired, so I had to. As I said, work six nights a week at 11:30 and then I and then even though I was doing 40 hours a week because I feel like I will do what I am being paid to do and I wasn't furloughed in anyway. I was given no relief of any duties, so I was doing 40 hours a week. But I was so tired because on a day when A37M looked after the children I would have worked all day and then at 5:00 o'clock I go downstairs. We'd go through the whole everything with the children, you know, food, bedtime into bed, they get to sleep and then it's 8:30 and then I have to go back to the computer and start working again. It was just so it was just awful. I had to work from 8:30 to 11:30. I knew I had to do it and I did it, but it wasn't the same as working during daytime hours. When you're only working 8 hours a day, so I was so tired that I wasn't working as well. So, despite the fact that I was doing the 40 hours, I was still so far behind on everything and then I would go to bed at 11:30 and just be thinking. I'm letting so many people down I can't believe how many people I'm guessing down and then I think. And then I just couldn't go to sleep even though I was so tired. So it was just it was all it was really awful and I think also in academia you know you do work a few more hours than 40 hours a week, but there was no hours in which to work more hours. It's just my job, did not fit into that. And nobody seemed to understand at all. Like my colleagues. So it was very, very difficult.

A37M - There's a big, there's a big lack of support, I think from senior management within your university, which meant it's problem. I mean, it's, I mean, I mean the same uni but different department. And you know, I obviously have very different. You know. A38F is far more senior than I am and has all you know, meetings. I'd prefer meetings and all this kind of thing, whereas I just teach, and you know not to belittle it. I you know it's trivial. Really what I do doesn't compared to what A38F does. And I felt like I could push back as well if they said to me do this, I'd say, well can't do that, whereas a A38F feels different. I'm employed as it was, it was employed as a contractor to the university so I could just sort of say, well, you know, these are my hours, no? Whereas like I think

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when she works somewhere she doesn't because she's loyal to the people she works with, and you know she's. You know it's a real it's almost. It's much more real. What A38F does then what I do? You know I'm just I'm almost like an hourly paid person whereas A38F is Doing a proper profession where it really mattered if love doesn't turn up to a meeting or doesn't do something. So, I think there's a big difference there, and that's why you were stuck because you were really kind of in a hard place where people were asking you to do things and you felt like you couldn't say no.

A38F - Um, yeah, so there was a person. There was a colleague who senior to me and is the director of one of the sentences where I'm a deputy director and she was like oh A38F I'd really like it because we've got to take advantage of this. I really want you to run a series of events on COVID-19 around the world and I just like look I. I really don't think I can do that at the moment. I feel like I've just got so much to manage, and I just can't do anything extra and she was just like well we're all stressed A38F and I and I was like, well, The thing is, you know I've got two small children in the house. And she's like, well, I've got my children in the house, and her children are 21 and 23 and during the meeting one of them came and brought her a cup of tea. I was like I don't think you can remember what it's like to have small children. It's just not. We're not, I'm not multitasking. I've got to have more hours in the day and there aren't anymore.

R - And is that different when you like when you think back to before lockdown, when you could let go to work?

A38F – Yes!

R - Did you feel different than like it didn't sort of blur the boundaries? Work at home?

A38F - Uh, I think. Yes, I mean that might have been a couple of nights. I would work, but I knew I was doing something extra then it wasn't like I was trying to do my core duties. I was doing something that I wanted to do because it was going to be helpful to.

A37M – A38F has always been incredibly disciplined about working her hours and not letting the boundaries blur more and more discipline than anyone I've ever known. Like you know, I'm self-employed now. I get a customer asking me a question. I'll respond to that question whenever they ask that question. 'cause I want to be responsive, but A38F's like put your phone away. You can't use your phone. Can't believe you're working out? You know, sometimes I be lying in bed at 7:00 in the morning. Just you know, doing a bit of work and not, as you know, very cross about that. You should be able getting the children dressed. Since lockdown that's changed because lot of suddenly realized that actually A38F now flexible worker and so he has a bit more understanding. For that you know, you know we didn't have an evening together, because a [A38F] was working at all evening long. How is it working all evening long maybe? Maybe only a couple of evenings a week where a A38F was working every single night. So I think she realized that work encroaching on out of hours' time. He's maybe a bit more acceptable. I didn't. I can. I can get away with it now. I couldn't get away with it. Pretty lockdown.

A38F - I think the fact was we didn't have, you know, there was a whole job that was delegated with a child at nursery three days a week until 6:00 PM and a child in school five days a week. Three of those were long days until some short days. So, there were all of those hours that yeah, weren't on US, and as I said, like things like the cleaner and even things even for getting the home schooling, even feeding the children at that age. C4M would have Weetabix and there will be Weetabix on the floor. If we had rice, those rice all over the floor so it was not just looking after them. There's a huge um number of jobs that were sort of. Yeah, blossoming and.

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R - Yeah, but you'd have to do maybe once a day normally, but now we're having to do it three times a day.

A38F - You do it once a day and then you would have your evening to rest, but at this point it's like I can go and clean the kitchen, or I can work. And working as the hours that you know I have to do those hours. And yeah, then we got slugs.

R - For a reason or just to add to your misery.

A37M - This looks because our house was just so delicious. It was just so full of crumbs and things, but ants in the front room. We had slugs in the kitchen.

R - Wonderful.

A37M - I was just so bad it's so bad when he just like how much worse can it? But it wasn't that disgusting to look at.

A38F - No, it wasn't like you felt disgusting it, but I felt disgusting in the kitchen.

R - But then you know you've got to pick what are you gonna do with your day. And cleaning maybe doesn't come so high up in the hierarchy.

A38F - Yes. By the time you got slugs cleaning, then suddenly comes to the very top, but then we couldn't get rid of them.

A37M - It was very hard. It took it took three months to get rid of the slugs. They would, you know I'd be going out getting to the C4M Highchair at the time and I would list of his high chair in the morning to get him in or something and then just slugs actually so living in his high chair. So, the crept there in the night and they were just slurping away, and you could see on the walls and the ceilings. They would just. There must have been millions of them, but we did get rid of them in the end. But I think every so often we do get a slug now and then. It's one of the it's an old house and there are holes in the walls, and they can get in but they don't tend to stick around but I think we had a family. It's like living in the house so. Massive ones as well like so I would use to turn the lights off in the kitchen at about 7:00 PM. And then we just wouldn't tell the light on for the whole evening and then just before bed I would put the light back on and go in there and I catch them at it. Yeah, get them three or four slugs, just it was disgusting. I mean you can use salt, right? But then you end up with slime everywhere, so I wanted to catch them and put them out. And you know, be humane about it. But in the end, it was just yeah, let's just do a grandma. Get the slugs with salt.

R - Yeah, 'cause it's like mice. We used to have mice in the old house. You catch them. We put them out and then they're back in again within 5 minutes. So, let's move on to their kind of. I mean, we have sort of started to touch on the wellbeing questions.

A37M - I think we've had, yeah. There were supposed to focus on the children well being wasn't there?

A38F - yeah, which is very different. I think. Me and A37M were in meltdown. I was in complete and utter meltdown and A37M was in semi meltdown.

A37M - I deferred my meltdown

A38F - you were coping

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A37M - I basically said right I can do it for a few months. I can. I've got that in my schedule but then won't happen again. I mean, I wasn't prepared to do that. I'd already sacrificed too much.

A38F - And then you did. I think in the autumn you did have a bit of a bump.

A37M - Well, yeah, I did

A38F - but the children. They loved it.

R - Really.

A38F - But I mean it, it really actually almost made me reconsider nursery because our son loved it so much and he came on so much like he'd always been chronologically behind his sister. So, you know, she started speaking. Where's he was already too at that point, but still he couldn't really understand anything he said. And you know, she walked before him. She talked before him. Everybody would always go on and on about how advanced she was compared to him where he was just still like a little baby. But then suddenly he overtook her.

A37M - Basic, here's his number. [inaudible] is really spot on. You know his math, his spelling, you know he. He didn't learn basically basic reading just by watching C6F do it 'cause...

A38F - we were doing the reception. There was one parent doing stuff with both the children. Another person is working so he was there and yet he so she didn't learn to read or anything until she went to school, which I guess is normal, but he cannot. He's three and he can already read. Most. Yes, anything that phonetic words and yeah, he can do addition and things, but not just that he's sort of academically ahead. Which I think is definitely 'cause of lockdown, but he was just so happy as well. I think he just loved to be with us.

A37M - And say it was, I think it was C6F in particular. I mean his relationship with C6F is what really transformed during lockdown.

A38F - Yeah and went yes. So, when he nursery reopened first in the on the 1st of June or though it wasn't a full day at that point and it was still bad. But you know as soon as he went into a nursery for the day C6F was lost, wasn't she? She was like she was so happy to see him when he came home and so yeah, I feel like their bond was so lovely. But I also feel he did have a very nice bond with that. I think he liked being with us. Yeah yeah and he seemed to come a long way, in terms of his learning and things and. Yeah, so I. I felt like the children seemed incredibly happy actually. I was quite glad that we didn't have older children because I think older children want the sociable side and want to see their friends more than their family. But because they were two and four, I think they absolutely loved our attention and.

R - Yeah, and that time with you. So, if you think about like you say this, this sort of polarization of the children wellbeing versus the adults wellbeing, how did the home support or make that worse?

A38F - OK, well I guess that it was the children space, which is probably one of the reasons why they enjoy it. And yeah, we didn't.

R - The kids took over a bit.

A38F - Yeah.

A37M - Yeah, I don't know. I think yeah, I don't. I don't. I don't see that one. I don't if they home identity bearing really, I think the fact that they weren't constrained by the home environment probably meant that their wellbeing wasn't damaged by anything in the home environment. I don't

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think the home made it more positive means I don't. I've got a view that doesn't matter where you are. I think you as a child especially you very adaptable to wherever you live you know you could live in a bedsit, or you can live in a big house, and I think you can have the same level of happiness quite easily. I think it's probably this. And the home puts constraints on practical things, logistical things with the family and the situation you're in. And that impacts on your wellbeing indirectly. But I don't think the home directly affected their wellbeing.

A38F: I think it would have been very different if we didn't have any outdoor space, because think about, could we have the slide? We have a slide and on the allotment square. And in those beautiful sunny days we had paddling pool at the bottom of it and they loved it. I mean I feel like if we didn't have a garden I don't think you could have. They could have been as happy as they were without a garden.

A37M - Yeah, OK, OK, that makes sense, but no, it's you know nothing. Nothing that changed in the House. You know what do we change in the house that affected their wellbeing or improve their wellbeing well things?

A38F - I suppose in terms of the sort of. Because we were making the space for them to having their stuff all over the walls. Yeah, all over the floor having this new table which obviously fills some space. That was all for their needs, and so that kept them happy, but probably. Did make a difference to us because we were. It's more cluttered, less.

A37M - Yes, yes, I think I guess that's the point. Yeah, I guess we I think yeah it you said it the 1st the 1st place and we sacrificed the space to make it so that they could. Live their lives as normally as possible. They didn't seem to be better.

R - And that's it, almost sacrificing that living room to create a nursery school space then means you're losing grown-up space.

A37M - Yes, yes yeah, but I don't think even that that because we weren't necessarily living in that space anyway ourselves. Yeah, I guess maybe we have enough rooms that we didn't feel like space was a problem for us. Yeah, I think we managed fine with the space that we had.

A38F - And I think the amount of space is good. I feel like the quality of this place wasn't though for me. I did think the fact that the kitchen was Attracting slugs and that we had stuff all over the walls. I do feel like it doesn't make a difference too. I mean I remember the first time the cleaners came. Can't remember when that was it. Aug doesn't think I remember the first time they came and just thinking. You always complain about paying for cleaners and I just thought, gosh, it's worth it's so worth it, because suddenly the house was like. You know so clean

A37M - I don't see dirt Yeah, I see mess. I didn't know I felt like.

R - But then that's interesting, isn't it? The different the different experiences in their different mentalities are most and how that affected the way you saw your space. So A38F you're seeing your mess and clutter, and that's stressing you out, whereas A37M you're seeing kids being happy and just being a big kid.

A37M - Yeah, I mean, I think it's the main thing I desperately want now, and I wanted the entire time as a bigger garden and the garden with the project because we needed outdoor space. As he said earlier. And I think that was for me the most important thing. The house is perfectly functional. There is enough space here to do everything we need to do more to tidy up and stay on top of that which we already had then. I think it's sustainable. It's manageable, but the outside space and we

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don't have and can't happen. That's why we've actually we want to move to somewhere with a bigger garden.

R - And so was there any spaces in the house that created any sort of conflict or tension between yourselves or between the children?

A37M - No, I don't think so. I think now you know current working practices. It's a bit tricky, isn't it? Sometimes time sharing the office and having meetings and then crashing a little bit, we've got. We've ironed out most of those things well,

A38F - honestly, I find it easy again. Just thinking about where who are used to share spaces with. I just find it very easy to negotiate with A37M, I think it you know, when I shared an office at work. I mean, I still have a shared office, but I've been there three times. Um, but that shared office at work, but I'm sharing with the person and she she's always hot and I'm always cold. Well, you can see how many jumpers aren't wearing. I'm always cold and it's just so awkward because she opens the window and then I'm like, oh. I'd like to ask you to close it and she also she cycles to work and then she has hair straighteners and huge amounts of outfits and shoes and her and I just feel like oh again, it's the cluttered there's so much she's got so much stuff in our office and. I don't feel like I can negotiate with her, but I feel very comfortable to negotiate with the in.

A37M - Not really negotiating, It's your turn in the other room.

A38F - No, I feel like it's easy, so I don't know I don't feel like this conflict in our spoke with children. It's urgent I want them to pick their things up a bit more entirely up a bit more.

A37M - one conflict. Could be the fact that you were distracted by the noise that we were making downstairs whilst you were trying to work. And I remember at times output ear plugs in as well when you were all chaotic downstairs. So, I think maybe that that is potentially a conflict.

R - But an understandable one. It's almost done avoidable, especially in an old house that noise travels. So, some families found, and I love the way this questions. Where did some families found that they had too much time together and others found they have too much time alone? What was it like for your family?

A38F - No, I think it was. Uh, personally, I really liked spending more time with all of you.

A37M- Yeah, well, so actually I saw it, but I think I've got more crisp answer this one. In Terms of with children is brilliant to spend all that time extra time with them. It was a real luxury in a real opportunity, and it couldn't be done sustainably for a long period, but for the for those few months it was a real pleasure. I never saw you at all, so we didn't ever have a conversation. I felt like it was. It was damaging to our relationship in some ways, but obviously is only short lived. Thankfully, in this this time to read, rebuild that but we didn't spend any time together at all and you were sad most of that time and it wasn't very fun.

A38F - Yeah, I agree that was very nice. Spend time with the children but I think especially when like A37M sister for example is a teacher and even though she was apparently working and not on not furloughed but she was just living the life of Riley at really. Seemed like that and yeah so, I and then my sister-in-law. So, my little brother has she taken unpaid leave and just have the time off. So, I think it was absolutely lovely spent over the children. They seemed to blossom it really it really was nice. And it was so nice, actually. The particular sort of time because. Um, you know we are. We pack things in, and we would often be like right toilets coats on shoes on we're going to such and such a place. Get a train to such and such a place out doing something that then suddenly we were

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just doing nothing and. It was very interesting to see what particular daughter I feel like she was so much better behaved because usually the time I am spending with her was getting her to do something like getting her to school, getting her home, getting her to eat, getting at in the bath, getting it, and then suddenly we've just had all day. And I didn't need to. We weren't going to see something or going to meet anybody. And so, the time with children is lovely. But I was just wishing. I wasn't not doing something else I just wish I've been for I really wish I had. Pushed to be furloughed or take an unpaid leave or something and I. I didn't. But I don't agree with A37M about our relationship. I actually thought it was quite good we did.

A37M - We saw more of each other, but it was kind of on a hand over, you know, we're talking about lockdown itself. I think you know there's it's been a long journey, hasn't it? Since then and I think there's been. Lots of, I mean,

A38F- I think I really thought that you started appreciating how hard I work because it wasn't always clear like if I came home after a whole day of work and said to him, I didn't manage to have lunch. She's just like why on earth haven't managed at lunch but I think he now understands how hard I'm working through that and so that was very nice thing and then also used to say like if I needed to have a rest here is like you have a rest on the bus. But I wasn't commuting.

A37M - Not really what A38F getting at there is A38F has always been resentful. In fact, that I always set that I sometimes do some reading or something in the evening. Usually, I do it when you know we tend to split duties and evening so I'll never do the washing up and tidying up and cleaning while A38F put the children to bed, because that seems to be the most efficient use of each other's time. But then you know I got quite good at the washing up. Bye point they didn't lockdown itself. There's probably since then, but you know I got quite finished.

A38F - Previous to lockdown

A37M - I was quite efficient at what I was doing. You know I would. I would start, you know, filling the dishwasher while everyone still eating their food, right? 'cause it would buy me, you know, an extra 15 or 20 minutes of time to read a book or something in the evening, which time I really cherished and. You know you have to set aside time for yourself. I think. I think it's important to manage your own, um wellbeing, and that's important anyway, so that A38F agree A38F doesn't manage her wellbeing very well at all. But I yeah, I always did that. I always try to optimize my day. You know, I would do some washing up at lunchtime so that I could get more time in the evening.

A38F - You know what is trying to say is then he'd be like I've read these books and these books and these books, these books this year and I'm like

A37M – A38F always complained that she never got time to do things, you know? And then I was like I, I find that frustrating because she had, you know, half an hour to 45 minutes to and from university on a bus. Where could she read a book? She could check Facebook shouldn't ever smartphone at this point, right? So, I said get smart phone. You can solve these problems very simply

A38F – you have your personal time on your commute, and I have my personal time in the evening

A37M - Anyway, anyway we rambling on it, this is this isn't counselling, right? What was the question?

A38F - Anyway, I feel like it was actually quite good because I felt like we got more of understanding of what each other were doing.

A37M - OK, fine,

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A38F - and it seemed less like.

A37M - Yeah, I agree, I agree.

R - It's just the last little bit. I love it. This is great. You give more in like 15 minutes. Then I get out of most people over days. Um, so we were thinking like about the kids just quickly again sort of talking for them. And because these are the kind of questions, I would ask the children. So um, if you were to think where was um, where was C6F favourite place to be during lockdown?

A37M – probably the front room

A38F - or outside in the garden? Yeah yeah, either the guys in on the slide in the paddling pool or the front room with all of her pictures and arts and crafts.

R - And was there any places where she really didn't want to be? And they're kind of you, meet almost up to kind of force her into

A37M - No, no, I felt like it was very child LED, wasn't it?

R - And what about C4M where was his favourite place to be?

A37M - Sitting on a knee reading a book

A38F – following C6F

A37M- following C6F

R - And again, was there any kind of places that Were difficult for him. Like you know, getting into bed or anything like that.

A37M - So I mean they were both at times resistant to my teaching. If I had them, you know they didn't want, you know, I would. I always wanted physical activity in there because you know, I guess I guess maybe I didn't say this earlier. But you know, I always have cabin fever. I've always had it. This isn't lockdown specific, but I hate being in the house specially in the house is messy. I like to get outside. I don't. Yeah, I love mess outside. It's brilliant. And so, you know, I always wanted to be outside as soon as possible. I also realize that that was the most the best way to keep everyone happy because everybody happy outside. Whereas if we're inside, one of them would be happy. But I couldn't attend to their both their needs. So being outside was my objective, every day and maximizing our exercise time. So yeah, I think they often resisted that. 'cause they wanted to do colouring in or C6F to be the teacher. Or, you know, it was usually C6F, C4M didn't really have any conflict at that time, did he? So, I would say that I had no conflict at all, but any would want. That had to be in control of it, um, and sometimes I knew that was going to ruin the days learning because we wouldn't be able to do the, you know, not everyone will be happy and as soon as when people happiness drops then it becomes even harder to make sure that C6F did her necessary learning and things. So yeah, I think sometimes it was hard to get them to go outside and do what they want to do, but ultimately, they were happier in doing that. So that my answer, the question or not?

EP – Brilliant, thank you very much

[End of interview]

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Participants	A41F – 41yrs, Female, During Lockdown Not In Paid Work, Doctoral Level Education C11F C17F
House Details	2 Bedrooms High Rise Flat Rent Privately No Outdoor Space

R: Great so we will start a I was talking today about probably about that. The photos you've already uploaded. So I'll start with sharing my screen. Uh, with one of your photos, if you don't mind.

A41F: Yeah, sure, OK.

R: OK, let's do this one. Oh yeah, that one. So can you see my screen now? Yes, this is your kitchen, obviously. OK. So, uh, yeah, let me start with the first question about. Yeah. Why did you choose this photo? To share? About your home.

A41F: Uhm, I chose this photo because it was a very challenging place for me. OK, so that was the kitchen and actually then? Uh, during the lockdown when we all had to spend all the time at home there, the users of the kitchen, we added more users for the kitchen, so it was a quite central space.

R: Yeah, yeah. So, uhm. So how do you feel about this? This space during the lockdown, so what the difficulty? Uh, you encounter while using this.

A41F: Well, uhm, because we spent a lot of time at home. My daughter had to do, UM, a lot of UM activities and I encouraged her to do that. So there was. There were lots of artwork, lots of baking, and it was all in for practical reasons. Of course, the baking had to happen in the kitchen, but also the artwork. Uhm, I always ask her to do that, you know, to prepare, if she was going to prepare painting or and these stuff, it was happening in in the kitchen because my home was carpet so that was not very practical. Uh, to do painting their UM? So actually, if you look at that, there were. There are two sponges so sponge on the left side, right? So the ones on the right side were for cleaning her tools and artwork. These things and the others other ones were for me to do the cleaning and but also the other challenge here was spending a lot of time in the kitchen and adding more users to the kitchen meant that I had to do more cleaning. Yeah, and this is very small space. UM, was always you know, a big mess. And it was quite challenging to keep it clean. And I'm always worried that if it's not clean it will not be, you know, hygienic enough yeah. And so the problem here was that all my break time from work was spent in the kitchen to wash. You know all that old baking tools or after meals? And all these things and it was so draining. Uhm, and still even doing after doing all that. Uh, it wasn't neat enough, and it wasn't tidy enough and even it was not hygienic enough because after doing all the washing things had worked quite still wet and I do not believe that the place is clean unless everything is dry.

R: Yeah so, because you use the kitchen for multiple activities not only for the cooking but also for doing kind of. Uh, I mean entertaining activities with your children. I mean in terms of COVID so you have to keep it clean as much as possible, and also the whole family spending all the time at home meant more snacks to do.

A41F: Also means more dishes to clean and four cups to wash. And so if you if you notice there this small dishwasher this that was not there at the beginning and but I had to add it, and that's that was another challenge. It took me a lot of time. You decide to buy it because it's actually very small.

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Yeah, the kitchen is very small to add anymore appliances. But uhm, I so it's really funny because I have to keep it on all the time because it's actually meant for, you know, one person's use and we're three so, but that's the only way. That's the only assistance that I can get.

R: So what kind of furniture within the kitchen? Do you have any dining space or breakfast space? I mean, you can use as well or it's just mainly for cooking and washing.

A41F: Well, it's an open plan space, so the kitchen, and, uh, it's like an L shape so the kitchen and the dining and the living room will all open. And but the dining is like the centre so it's connected to the kitchen from one side and to the living room and the other side. So the cooking was mostly inside the like I would say the cooking area, the kitchen Yeah, uh, but sometimes for example we would use the dining table for because we was the three of us. So if we are dividing the tasks like one, if we're doing baking or we will be doing the shapes on the dining table and that was a bit. Although it was quite fun to do that, but it was a bit worrying for me because as I said, it was carpet so it will, I will be so weird. Cleaners of the space UM. And also it wasn't in. Yeah, it it's because I having this sense of, you know this utilitarian feel of the kitchen. I didn't want spread out into the living room, so that was also something that I was doing my best to control.

R: OK can you tell me a little bit what the difficulty of being the kitchen as an open plan with your living area? So have you faced any difficulties using this because you are using the space all the time and because it is very small?

A41F: Wasn't designed for like a family I have. I have this feeling because having like, UM, at least all these appliances wouldn't fit. Right and I have no enough a workspace. UM, so that's that was one challenge for the three of us to stand, you know, and be improperly, you know, do different tasks. That was another challenge. Uhm, so these were the IT was the size of the kitchen.

R: OK, so after the lockdown after I mean, uh, we just move out from the lock down. Uh, I mean are we facing the same difficulties of using the kitchen? Or there's a change in the activities you are doing at the moment? Can you tell me a little bit about what changes?

A41F: Yes, well first of all having uhm making the decision and buying the dishwasher as much help. So it was a great help, actually. And uh, but the other thing that's my girls now they go to school regularly and we spend a lot of time out in their activities and I encourage them to meet their friends outside so they're less meals and snacks inside less activities. So we will do like every day baking. At least they can pop every few weeks, so that's totally different. Yeah, so you don't have a lot of activities. To do at the same time altogether. So yeah, so [inaudible] situation because of the heavy use of the kitchen.

R: You changed the way you are doing all these kind of activities. So in terms of adaptation, have you made any other changes for your kitchen

A41F: no, it was mainly the dishwasher. OK yeah, that's it. That was the thing because I'm always worried of dampness and having things not dry. I feel if the area is not dry it will grow bacteria.

R: yeah, I understand you concern. So I think all people at that time faced this kind of challenges which is yeah really difficult. OK, would you like to add any comments about the kitchen or the kind of challenges?

A41F: I would say it was. I would say that although it is a challenging place but I would say that the open plan has always been a favourite feature for me as a model in specific. Yeah, interesting 'cause it helps me or it gives this sense of, you know, the casual. You know or in fun mood in the living

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room. So if we are arranging uh like you know any fun time in the living room, it would be quite nice for someone who say I'll make some something now and something very quickly so it adds more fun. But it's. It's just it just needed to be bigger.

R: So how about the difficulty in terms of noise of using different machines in an open space.

A41F: Absolutely yes, of course. Uh, for example, after cleaning the kitchen, I would probably my routine would have like some relax time in the living room, and that means that the dishwasher will be on with all the noise. Yeah, that will be with irritate me and also by the end of the day.

The line is break up

R: I'll share another photo to talk about. So again, why did you choose to share this photo of this place?

A41F: So that's the living room. OK, so I chose this photo because that was our movie night, which was it was a Friday movie night so we had we still have it and we would arrange, we will all gather and watch a movie and that's a very important time yeah? Actually we stopped doing like a rain and making this arrangement quite lately. But for all the time, even before the COVID we would arrange this home cinema and we would do it because we only do the movie night once a week. So for on that day it's our, you know, [inaudible]. It's we, we mean to, you know, create to make this sense of freedom so. Come I'm a bit strict with, you know, healthy foods and all these things. You know the full so far will do everything that is not like our, you know away from our team.

R: Yeah, quite interesting, are you still doing this after the lockdown

The line is breaking up

R: OK, we were talking about your living room and the kind of arrangements has been done. So you said that you started with this kind of arrangement before the lockdown. But within the lock down you used this arrangement more for family gathering. Can you tell me a little bit more?

A41F: I mean a situation would like to eat or I mean to watch. Yep, Yep, it's only the movie night. So the movie night starts at 7:00 o'clock on Friday. So uhm, we all finish our work. And of course it because it's Friday, so it's the end of the work of, you know. But of the whole week and we arrange even we make this arrangement just also to create the sense of you know that it's something that's out of the routines so we don't even sit on the sofa. We sit on the floor just to feel the sense of change yeah and so and also to feel the sense of change. We eat differently. We eat, you know, and we would make a movie marathon. I always control watching movies and the hours of watching movie. We will be open and watching until we drop and sleep. So if anything that's out of routine we needed. We like I like him. It's the opportunity to break routine to feed that yeah,

R: that really interesting. Actually I think that kind of gathering also quite important, within the lockdown situation 'cause it just bring all the family together to do kind of entertaining activities I mean I understand you are spending time all together but each one in its own space, but I believe this kind of arrangement probably, uh? Yep, bring all the families within that difficult situation for entertaining.

A41F: Yes, yes, yes it is. And also before watching the movie we will call grandparents. We call relatives UM. So in just in front of you. Know opposite to this. This arrangement we will have our iPads and we'll be talking to members of the family and then after talking to them, we will start the movie. Oh yes, so are using the same arrangement. Till now. I mean after the lockdown or. Uh, no.

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After the lockdown, we now. Did we do the same thing? We have the same pattern but we said now on the sofa for a certain. I don't know why we stopped, but we now sit on the sofa

R: yeah yeah yeah that really interesting note can you tell me a little bit about the living room so I can see kind of table chair yeah. Some laundry here

A41F: first for the laundry I like. Uhm, I kept it here because this is a South facing room. Yeah, so uhm at the laundry dries very quickly there in the summer, but also there are two reasons I actually have a drive, but I don't use it for two reasons. Actually, for the electricity bills yeah. But also too because of the noise. It's very noisy. Oh, as I said, because it's an open plan and it's it becomes really, you know, irritating where while we're sitting, relaxing, gathering, or even talking over the phone so it's always. As so that's. But also it's a little bit. It's not very something that I like that much because I don't like this utilitarian, you know, feel in the in the living room, yeah. Uh, yeah, so that's for the laundry and that's my daughter's desk. My little daughters desk. Yeah, uhm so uh, that's that was something that was also, UM, not the best thing to include in the living room. Yeah, for two reasons.

R: So have you used this table within the lockdown situation. Or this is already been there before.

A41F: And no, We moved because she shares the other bedroom she used to share the bathroom with her sister. OK, it's a cool bedroom flat so uhm, but because her sister you know she needed the place, the room for herself and who became very, you know, come compact with having two tasks so we had to take the desk outside.

R: OK, so have you made this kind of change because of the lockdown. Just to facilitate the home schooling for your daughters separately.

A41F: I don't think it. No, it wasn't a lockdown thing. I think it's the uh stage of growth that they have both reached. They could. Study together and yeah within the same space. Yes yes. Uh, so the problem here was during the lockdown. My daughter that meant that my my little girl didn't leave this room at all, so she started in the same room. She and she that's where she was sitting and watching television and that was something that was not good,

R: OK? So, uh, can you tell me a little bit about that? I mean, to what extent this this space was flexible or adaptable for your changing activities within that period? Because yeah, all family members occupied the space at the same time for the whole day. Can you talk little bit about what kind of challenges?

A41F: Well, I would say that this space had a lot of potential to include a lot of, you know, UM activities inside it, so we as you see you can see there is a space for studying and it was quite like we it was. It didn't feel like grant, uh, and there was a there. There is the sofa behind. Behind this, a part of the living room. OK, I even included laundry so it well it was big enough to include all these things right here. Is that all these things were different so it's quite irritating to have all these things at the same space. Yes, although they were all situated, you know? In a relaxed I would say, uh, actually order graphically, they were. They were not on top of each other, but it's just having them all at the same time was not very helpful studying and. Having fun doesn't work in the same for children, and so there was some kind of conflict between that kind of activities.

R: Can you tell a bit more how did you deal with conflict between activities, in particular as your daughter occupy the space all the time?

A41F: She will be finishing her work before I finish her work and before her sisters finished her work. So that's where she waited and stayed. You know, for a long time. Watching television alone or drink

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this yeah us and talking to her friends alone so. It's she started to create her own space, you know, or a part of this space which was quite fine for me, but she will. But they gave me this indication because she would be, uh, not very happy if we come and have our breaks in the living room. Gave me this indication that she needed her own space.

R: that interesting point, who owning the space. Yeah, definitely so yeah, because she was using this space for a long time during the lockdown. would you like to add any comments or?

A41F: Uh, not really. No, that's OK.

R: OkI'll just present the third photo. Well, again, why did you choose this? Uh, this photo to share.

A41F: Yes, because that's that represented another challenge for me. OK, and so this window in it's overlooks a beautiful view and then but. There it's still with you, and it's quite a big window and but we had this problem of not being able to open the windows till the end because for restrictions for safety restrictions. Oh. So the windows will open just for a very, very small you know part just for ventilation. OK, so that at increased the restriction that we felt, or the boundary. Or you know between the inside and the outside and added a lot to our sense of isolation and actually in. Made us feel, you know, it's UM. How far we need, you know, a private open space? Yeah, uh. First, for us to have some fresh air at least UM, and also for a change from the indoor environment. Yeah, and so that was something important and also so for some sense of interaction with whatever is outside part of it was nature. And as you can see I have added plants inside to give this field of interaction with nature. I didn't have that before the lock down.

R: Yeah, interesting point. So how did you manage? Apart from, you know, putting some plants? Did you have any kind of outside activities you've been doing during the lockdown? For example, do you have any shared garden? You can use it outside for any particular kind of activities.

A41F: Well, we have a shared garden, but it wasn't possible for us to use it because it was always shady, so it was always cold and also because. You know the children don't go and just sit in the garden like you know people. They will need to constantly moving their things from inside to outside up. You know, getting something to drink some and that's that doesn't happen. UM, sleep on the second floor, so that's quite, you know, it wasn't practical for them. Yeah, it's just yeah, yeah yeah. And also they were not very comfortable being, you know, so exposed to. The neighbours, they were still shy to feed that sense of exposure, you know, to just to be free and silly and play. They weren't able to do that while feeling that at any point a neighbour will be passing by. Yeah, yeah, it's tough. Yeah, and I also didn't feel it safe, you know, because I wouldn't be able to see them. And if they go out, it means that I have to leave my work and go out with them. You cannot supervise them or see them in.

R: For the window, it is within the living room if I'm not wrong, yes yeah,

A41F: the same photo with the with the laundry. Yes yes. OK, probably the laundry dried out.

R: That's really interesting. So you, you, you bring all these plants. You put it. Yeah, in front of the window and also on the corner.

A41F: I have it scattered all over the living room. Uh, but that's a that was a good point for growing the plants because there is a lot of light and it was also visually nice.

R: Yeah, how about your daughter? Does this change their feeling or improve their wellbeing being at home for a long time?

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A41F: For the girls, no no, no. The plants didn't improve anything. Yeah, OK for me, not for them,

R: OK? Well, uh, yeah, uh. So, did anything else happened here in this space in front the window? I mean around the window. I guess this might be an important place, so have you used this area for example to have a cup of tea? I mean when you are alone. Have you used it for the kind of recreation or restoration?

A41F: I tried but I didn't feel comfortable because for me I felt that I needed to open the window. Yeah, so it wouldn't do it. Didn't give me this sense. Uh, maybe my mom, my mother, uh, at the beginning of the lock down, my mom had to stay with us and she wasn't able to return back home because of the restrictions on international travel. So she spent a lot of time at this window.

R: OK, I can see like there's some trees or not sure if there's a garden.

A41F: In the garden is not on that side, but there is a parking downstairs. It's a quite open space, but it's also overlooks neighbours garden and it overlooks it. It overlooks a very nice view of ****, UM.

R: OK, so in terms of the living room and open space. So, how this space help you to get sometime alone?

A41F: Uh, I have to say during that time it was a very busy time for myself. So, uh, I had to finish my PhD. During the lockdown. So actually, practically I didn't have the time this alone time. Yeah, yeah I can see that at the moment after I finished up, I use it now for some alone time.

R: OK, and you still have the same issue with the with the window, so it cannot be opened properly.

A41F: OK? But it's now you know, being able to walk outside, and it's not that, yeah, everything. But for my girls it's something that they miss.

R: does this affect the internal environment in terms of ventilation.

A41F: No, so it doesn't affect this. This, uh, no, because, uh, it's like come, it's very well designed in terms of cross ventilation, so the opposite side of the up. This place there is another window in the dining so I every day in the morning I would open both of them. And the kitchen. So there is a good air flow in the space.

R: OK, would you like to add anything?

A41F: no

R: So we can move to the last photo. Yes, OK. So it's obviously a study or a working place, yes, so yeah, can you again tell me a little bit? Why did choose this photo to share.

A41F: Well, yes, of course, this space is very important for me because it allowed me to do my work without having this place. I cannot imagine how I would have ever finished my PhD or work now

R: so this study space located within your bedroom?

A41F: Yes. OK, so it's, uh this space it's quite small. And if I would say in practical in practical sense, it's not very comfortable, because I always have to sit, you know, tilted like that, the screen is very close and actually affected my eyesight. But in terms of, UM. Being able to do my work and having the time and actually the comfort. Yeah, although it was I was not physically comfort but I was a distance of comfort in terms of freedom. OK, because it's in a quite separated and bounded space. Also because the bedroom is quite small so I'm yeah I was able to warm it up very quickly and I'd like to work in. And it won't face department and I find I found it also. Uhm, I explored actually that I like

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to work away from institutional environments so that, UM, yeah, surprisingly. And although that's despite all the impracticalities in this space I worked, I was more productive.

R: when did you start using this space as a study room before or after the lockdown.

A41F: I never get home before the lockdown. Oh OK and this setting was not in my bedroom before.

R: How about the lighting? Do you think it's comfortable for you?

A41F: Yes, it's quite fine. Yeah, it's lighting is OK and I also have a window and that's a really nice. The view from the window is really nice and so yeah, the lighting is fine. And actually because it's my home so I like the colour scheme so.

R: Yeah, I can see some notes. Is it? Yeah so it it seems like it's a bit practical for you.

A41F: yes, I felt quite free it some. Uh, yeah, I enjoyed this freedom of being away from the institution and just for shaping my workspace the way I would like to.

R: Ok, can you tell me a little bit how your home helped you to work from home and supervise your daughter and support them form home schooling?

A41F: At the beginning of the lock down before the school started to have, like any form of formal guidance. OK, uhm, my little girl I. She used to work up behind me on the bed. So we working. I will give her download the tasks, print them and give it to her at the back. So I was able to multitask. Uh, that sense of, uh, wait, uhm for my elders. Uh, he was older, old enough to do that. What she needed was more like emotional support rather than like actual home schooling. Uh, so that was mainly done like by making sure that we have. Meals together and you know, have breaks together and move it.

R: if we'd like to talk about your home as a whole, so which part of the of your home you think it's not really support you within the lockdown? Or you think you might want to change it?

A41F: Uhm, uh, I think the most challenging thing was not having a private open space, either. A balcony or private garden or something or yards, but anything in that sense. Uhm, and if it was there, it would have helped. This helped us the three of us a lot.

R: OK, in terms of other activities like home schooling during work and social gathering with your family. So you think your home was fine?.

A41F: It I, I would say the functions were done but. In terms of well being, uh, we were. We did the functions in a very unhappy, unhappy. Mood. Uh, because. I mean my eldest will be sitting in her room all the day and that affected because that's where she would spend her free time. That was where she would be studying and that's not so unhealthy and the same for the little one. One was. Well, uhm, when the school started formal guidance and these online classes, she will be sitting in the living room all the time. And then. No physical activities at all. UM, so just the sense of change with. This is because so there was no physical activity. This is because of the limited space you. So all this is because of the your routine. Because you are busy you, your daughters busy with home schooling's. No, the limited alternatives of space. OK, every room had enough space for every function, but I I would say you'd be sitting just in the room. So you needed an alternative after you know finishing something you know just to break this monotony of the day and it's, it's it has a huge effect on the mood and for me I didn't have any private. I wouldn't say I don't need any private space, but in terms of any sort of separation, I couldn't talk over the phone with someone, anyone or anyone, and. Members of the family, like some sort of adult conversation. And because there isn't

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any, you know space that I could talk, and that meant that I would be. You know, so silent, uh, yeah, uh, you know a week yeah, so you, you're gonna have this kind of a privacy and yeah,

R: OK would you like to add any comments about this? Uh, this space or? And.

A41F: No, that's fine.

R: OK. are you still using the same kind of arrangement at the moment?

A41F: OK, I just added more shelves. Just to, UM, make it more organized and not have the UM, printouts on my bed so yeah.

R: OK, so we will move to the Part 2. It's about wellbeing and space. I believe we discussed probably some of these. So overall, do you feel you feel that your home supported your family well, being during the lockdown?

A41F: Uhm, I would say like 50-50 because it would have been disastrous. Of course, if we were not able to do basic functions studying and working, yeah. But out of course, like come in terms of our mood and all these things, it didn't support. OK, OK, I guess this is because of the limitation of being.

R: cause there is no private outdoor space for you and for your daughters to go out. And break the routine in some way.

A41F: As I say, there were positive aspects and negative aspects.

R: I believe we talked about all the spaces actually, and uh, yeah, either in terms of changes we've already done during the lockdown and the wellbeing and your home spaces.

The line is breaking up

R: Yeah, I think that that everything for the interviews today, would you like to add any comments or talk about something we did not cover?

A41F: no

R: ok, thank you very much to conducting the interview with me.

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Participants	A42M - 42yrs, Other (Arab), Male, Pre-Lockdown Working Outside Home And From Home, During Lockdown Second Lockdown Not Working, Doctoral Level, A35F - 35yrs, Other (Arab), Female, Not Working, Degree Level C6F - 6yrs, Female, No Schooling Completed, C2F - 2yrs, Female, No Schooling Completed
House Details	3 Bedrooms Semi-Detached Rent Privately Private Garden

R: I will start with the by sharing the photos that you have sent me, uhm? So which ones, UM, that you would like to be with?

A42M: Yeah, with the garden probably OK, OK, that's great. UM, this one.

R: yeah so. And tell me what, why was this place the garden important for you? Or why did you choose this photo in particular?

A42M: So, we moved to this house after the first lockdown and before the second one. We were looking for a more size and a good size garden. So, we bought like public playground games this for the kids, as you can see from the photo which was really important for us to keep our children entertained so they can spend at least one hour outside with our supervision.

R: Yes, yes, and when was it normally? When was this hour of like? Is it in the morning or is it in the afternoon?

A42M: So, we usually, uh, we're trying to get our children outside at the middle of the day before the lunch or after the lunch and when it's sunny and yeah, and sometime in the morning. So that depends actually on the weather as well.

R: And is there a difference between the use UM of the garden and during the very wintery day of the locking days of the lock down? And like after the lockdown?

A42M: yeah, definitely, actually within the lockdown we used the garden much more because there was no place for our children to go outside and play. But yeah, after the lockdown. There were more playgrounds around our house so we can go and let our children playing. Yeah, there was many differences in the use of the outdoor space during the lockdown and after the lockdown.

R: Yes yes. And what about the other photo?

A42M: Yeah so, I chose this photo because it was kind of my daily routine in the lockdown. I used to wake up a bit early before the children and get my coffee. It was a kind of time alone and in some time to arrange my time and discuss with my wife how we could manage our children during the day. because I was still working at that time. so, it was important to get prepared before the wake up time of our children. I attached to this point because of the lovely view as you can see from the photo

R: yes, and has this routine changed after the lockdown.

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A42M: Yeah, after the lockdown. I had a bit different routine, so the school opened again I had to take my daughter to the school and then do a little walk before starting my day. So, there was no time for time alone in the morning like in the lockdown. It was a big difference in my routine. During the lockdown there was a time we spent 2 or 3 days at home without going outside in particular when the weather was not good. But this changed after the lockdown.

R: Yes, and you say you might stay for like 3 days inside the house. You mean in the indoors? Or do you mean the whole premises?

A42M: Uh, I mean the whole premise including the outdoor private space. So, if we have an enough food and there is no need to go for shopping. We preferred to stay at home and spend the time between outdoor and indoor space. Much of our time was to support our children, the oldest one in home schooling and little one to keep her calm, quiet and entertained.

R: OK, yes, that's great. Thank you first for sharing this with me. And, uh yeah, would you like to talk about anything else related to the photos or even the other photos? If you'd like to reflect on them yet, so just one thing probably.

A42M: Uh, my wife will talk more about the indoor space. Yeah, so in particular, I think for the one at ground floor where all the family members were gathering usually at different times during the day. if you can see this photo where our children are playing so we have this large windows. Actually, this was the connection point between the inside and outside. So, this was our lovely point all together so we provided a little sofa to sit and play with our children, uh, we have this connection with outside. It was like an extension of the ground floor with the outside. When we got bored it was our breath to stay connected with the outdoor space. This might be why we had managed to stage in the home for 2 to 3 days sometime. We did not feel that we need to go for walk probably because of wide connection with the outside through these large windows and the possibility to connect inside with the outdoor spaces. I think yeah, my wife will talk a bit more about these photos. OK, yeah, so we'll swap with her if that's OK. Yeah, sure. Yes, OK.

R: Hello nice to meet you too. thank you for participating, so we'll be talking about the photos that you have sent us and also later in the end the conversation will be talking about changes that you have made in your home or changes in the way that you have used to play spaces in your home during the lockdown and we focus on the changes that are related to wellbeing the changes that you aimed to do to support your wellbeing and the wellbeing of your family members, do you have any questions before we start? Let's start if anything, just both. In my mind, I will ask directly. Yes please. And also, there will be an opportunity to add anything that you haven't mentioned during the interview. So, uh, I will send you a booklet after the interview and this is like your personal outlets. You can use it just to add anything that you didn't mention or anything that you wanted to say. Like individually after the interview. OK. And also, this interview is recorded, so it's just. Uh, you know, uh, so I will start by sharing the photos that you have sent me. Yeah, can you see them? Yes, so uh, as far as I know, these uh, at least photos that you have chosen.

A35F: Yeah, actually yeah this is for, uh, we called we call this space like living space for us, so it's comprised the kitchen, dining and a small space that it's like and flexible space. During the lockdown we just change the furniture and this space too much. That's just so much just to fit our activities and.

R: how did you change it?

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A35F: Yeah, actually. let me just describe the space for you first. It's like a rectangle shape uh-huh and the end of this shape there is like a glass panelled which opened to the garden. So, it starts with the kitchen, then dining and then a flexible space. First, we use it as a play area for the kids and then we put a sofa to sit and play with our children during the lockdown. Then after the lockdown we took off the sofa from the space as we were no longer have a time to gather as a family in that space and my oldest daughter started to go to school. So, we decided to make it fully playing space for our little daughter. We changed our dining table as well because of the lockdown. It was like we used to have like a small table, then we decided to buy a bigger one for home schooling and our family gathering at dinner time.

R: So how did you use it? What happened there?

A35F: We used the space most of our time, because we have kids at different ages and it's mainly for playing for the kids and when my little one have her nap in the afternoon often after lunch we use this space I mean the dining table for home schooling and then for the family gather at evening at dinner time and play with our kids in doing some craft activities, painting. So, most of our time was in this space.

R: Yes, yes, and I can see also like lots of toys and lots of things related to the children and that is actually

A35F: we don't usually have lots of toys, but because of the lockdown we brought more toys to keep our children enjoyed in this space. So sometimes we put trampoline there, sometimes we put a kid's kitchen. we bought it for our little one because when we came to the house, she was one year and now she's 2 1/2 years, so she likes growing in this space. So, it meant everything for us apart from a work, we do not work in this space because it was really unsuitable because of the noise in this space. This is probably because of the plastic panel in the roof at the end of this space. So, it's quite noisy if there is any rain or when our children are playing in the space. It's quite noisy.

R: So, it was not for working.

A35F: We have separate living room on the first floor because this was a townhouse, so we used to have separate living room where we had a an office in there. So, uh, uh, for my husband he was working there. I was studying there because I'm now studying so. That what we did.

R: Yeah, and you were like scheduling, yeah yeah yeah,

A35F: we had shift actually yeah. Just me and my husband just uh, you know, have some shifts with kids, some hours for myself and another for my husband when he was working

R: Where do you see how different is the use of this space? Was the user to have this space after the lock down of the living room?

A35F: Yeah, after the lockdown, uh, we did not use this space as much because my daughter went to school and my little one start nursery. So, it's just there to a space where we have our dinner and lunch for example and. Also in the weekend, but, uh, but not that much, but in the lockdown we did everything in this place.

R: How did it feel there during the lockdown, everything used to happen, and you had to use it all the time.

A35F: Yeah, uh, it's quite so busy. We can feel that we, uh. For myself, I spent most of my time there. So, uh, uhm. Yeah, uh, actually we just because of its size. It's good size. And it has everything we

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need, but it's quite noisy. So just wait to the night to leave this space to have some quiet time in the other living room. So, when our kids went to bed, we don't use this space anymore. Go upstairs and yeah, yeah, yeah, that's nice. it was a perfect space for our kids in the lock down actually

R: So, what about the upper living room living room and on the upper floor?

A35F: I used it the most because I was studying. So, the living room was used as an office or study room. So yeah. I use it mainly and, in the night, we use the living room for entertaining like watch TV. A quiet time, you know.

R: Yes, that's great. Would you like to add anything more on these photos?

A35F: I think that's all.

R: your little girl shared this photo. Would you like to talk about them?

A35F: Yeah, I think this photo when the second lockdown started, we just have like a small circle, table, circle shape and then when C6F started home schooling and have my little one just sit with us sometimes we decided to change the table to a bigger one.

R: The living room feel any different.

A35F: Yeah, absolutely yeah, uh, because in the lock down the dining table was the centre of our family activities, we would eat all together. We do activity together because at the end of every day, we aimed to schedule the activity for our girls. So, the time we do craft, study, home schooling or anything, we just need the table all the time. So yeah, changing it to a bigger size was really better for us.

R: OK would you like to reflect back on these photos?

A35F: Yeah there, we used to have like a sofa near the window and use it for our special time in the morning before our kids just came downstairs, we just sit there like having quiet time in the morning, starting our day. At some point it was quiet space. But just when the children are not around.

R: Yeah. thank you for talking to me about the photos. Can I talk to your little girl? Her name is C6F, right?

A35F: Yeah C6F. Say hello. Hello . Yeah you can. Are you shy? Yeah, come on, yeah. Hello, she's a bit shy.

R: My 17 years old was shy to talk. Fine, you wanna talk about the photos I show you? Yeah, sit with Mommy. Did you see the photos? And it will be so great if you talk to me about your home and things that you do there. Is that, OK? Yes. And do you remember the time when we didn't? We were not able to go out and we didn't go to school, yes? So, can you talk to me about the time that you spent in your home during this time? Do you remember it? Yes. OK so I will share the photos. UM, that you have chosen. Is that OK? And you can talk to me about it? Right, I'll be asking you some questions. And, uhm, you tell me, you know. And whatever you can remember. But it's absolutely fine if you don't want to answer the question. OK, you can just tell me or tell Mommy is that right? And if you want to leave you just, you can leave. There's no problem. OK. Now I would share. I will show you now the photos. Then can you see it? Can you see the photo that you have chosen? I can see that you like artwork. You like to draw? It's really nice. Yeah, so can you talk to me about why did you choose these photos?

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C6F: Because I liked to paint on them.

R: You like to do painting. And you normally paint on the dining table at home. No. Where do you do you do the pain?

A42M: Do you remember *** house? When we couldn't go outside because of the coronavirus? So, we've been at the home all the time. So, you've been doing a lot of drawings on weekend

A35F to C6F: We did it one on the wood table.

R: Yeah, and where else did you do drawings anywhere else in the home?

C6F: on my desk?

R: OK, that's so nice in your bedroom. Yes, and who will be with you when you draw a mom? Mommy, that's nice. That's really nice. And what else do you do at home?

C6F: I' ll color?

R: Oh, that's so nice. I see lots of colours here and in the photo.

C6F: Not like this one.

R: Do you know about this photo?

A35F: What we were doing. We were drawing. And we were sticking. We were celebrating so we make like a sheep shape so.

C6F: Can I show you my drawing what I did?

R: Yes please. Oh, that's so nice, C6F. I wanna see the fun part. Oh that's really nice. Wow, looks very delicious. We got ice cream yes. Oh my God. No nice. And I like the colour so much. It seems that you like to draw a lot. My new ones. Ah, and where do you keep them?

C6F: Keep them in my closet. For my sister and she does not take them.

R: Yeah, in your bedroom.

C6F: Yeah, because she's two years old and she can get it.

R: Oh yes, of course. Yeah, that's very wise. Love you and where do you keep your other toys?

C6F: I keep it under my bed.

R: OK, so you make sure that no one can touch them.

C6F: Yeah, and I keep them in the box.

R: Yeah OK, that's very clever. It's under your bed. So, you keep it under your bed. So, when do you play with them?

C6F: I play with them at the morning and after afternoon and night. And if I got new ones, I will play them in the morning or the afternoon or the night.

R: Oh OK, that's nice. And where do you play with your toys?

C6F: I play I sometimes I play outside or on my table. On your table in your bedroom.

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A35F: Yeah. You remember C6F in Hamptonville house? Where? Where did you play with your toys? do you remember that space where you've been playing with your sister?

A42M: this is our little one. Hello honey. Say hello.

R: Yeah, what's your name?

C2F: Hello.

R: Nice. Do you like to play with C6F?

A42M: It is difficult to communicate in this age, you know? But I think she can understand what has been said, yeah, but yeah.

R: That's so cute. And does she know where you keep your toys C6F?

A35F: Does C2F know where do you keep your toys?

C6F: She keep them in the corner, and she has kitchen.

R: oh why? In her room. What about that one I saw in the living room? Shall I show it to you? I can see very nice stones here. Remember. Is that the kitchen that you're talking to me about? Yes. Looks so fancy. Yep. And did you also play? that's really nice. And lots of things there. Did you take them to the garden? Uhm, do you remember.

C6F: Yes, I could, I played with the balloons outside. This one.

A35F: Yeah, we could do trampoline outside. Lots of like. Lots of fun.

R: And who would be with you there,

C6F: C2F would play with you, yeah?

R: That's really nice. And with Mommy and Daddy, be there. And yeah. Yep, OK. That's nice. Yep. And after playing who would do the tighten up?

A35F: This is one of the difficult questions to be honest.

R: So, it must be a lot of hard work taking your toys back up to your bedroom.

A42M: do you remember?

C6F: Me and daddy.

R: Well, done daddy. Yeah, it must be a lot of work to do. Do you like to keep your toys in the living room instead?

C6F: no, because it's my mom and dad to bring.

A35F: OK. Would you like to keep your toys in this room where shows in the photo? Yeah. Instead of taking them back to your bedroom, or is it better to keep your toys in your bedroom? Yeah. Yeah, like having toys here in this space.

C6F: Yeah yeah,

R: That's very nice and interesting.

C6F: Yeah, I was five years old and I was in year one and our next I turned to year two now.

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R: Wow so you must now be you almost 7? Oh yeah, you're a big girl, yeah? I'm sure you're very clever and you do even lots and lots of artwork now. Oh, that's so nice. Yeah, and would you like to tell me which was your most favourite place in your home and in the new home we are sitting in? And in both, tell me first the home that you used to live within before. Was there a place that you really liked?

A35F: which space do you like most, Which room?

C6F: In my room

R: that's Nice. And why do you like it the most?

C6F: I like my bedroom and the garden.

R: And why did you like them that much? Because. What did you like?

C6F: Garden first because we get this T smash that the plums

R: wow what story behind that

A42M: there was like a little tree in the border between our garden and our neighbour garden, so there was some plums dropped down in the ground.

A35F: Yeah so, they got this plums and liked to smash them using some kitchen tools.

R: Wow, must be very strong C6F. Do you like playing in that garden?

C6F: I like playing only trampoline, then on my swing and the slide.

R: Yeah, that's really nice. And what about your bedroom writings?

C6F: Like too much? Because. Because I like to put my makeup on.

R: Do you have lots of make up there?

C6F: Yeah, I got 6 makeup and I got 26 makeup now.

R: Wow sounds like Barbie room. That's so fancy. And what else do you do there? You told me you like to read, where do you like to eat? Uhm? What do you like to do?

C6F: I like to read in my dad's room upstairs.

R: upstairs where in your bedroom?

C6F: in my mom and dads.

R: In Mommy Daddy's room and where do you keep your books?

C6F: I keep my books in my shelf in my bedroom. Yeah, because I got a shelf last in another home. One it was so strong.

R: Yeah, yeah, well that's very organized, What about your sister? Does she read?

C6F: She doesn't know how to read.

R: Does she have books?

C6F: She has books, but she got a lot of books but I got the most books uh-huh.

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A35F: OK, she got baby books that I can read.

R: what about the place that you didn't like that much? Was there a place that you really felt uncomfortable to sit in?

A35F: in the old house. There is any place you don't like?

C6F: I love my sisters bad

R: Did you need to go to your sister's room, yeah. But what did you want to do there?

C6F: C2F likes to ride my back. That's really nice.

A35F: She is pretending that she is a horsey and her sister just riding.

C6F: I stand it up. And then she fell off my back. She said this is funny things.

R: So that's really nice, and I'm sure that C2F enjoyed it. Yeah, I jumped. That's nice, and you do that in the in her bedroom too. and she can climb in her bed and get out. And she's scared of the dark. Oh, she must be, what about you?

C6F: I am scared of the dark

R: Thank you very much. C6F would you like to talk to me about anything more?

C6F: Do you want to see my crayons? Show me

R: Did you say hi? How are you today? Do you like to draw C2F? Do you like throwing? You like to play horses with C6F. You ride on C6F 's back. That's nice.

C6F showing me the colours

R: That's so nice. Thank you very much for talking to me, so can we move to the next part of the interview, yeah? OK so uhm the next part is, you know it's about the changes and the specifically the changes that are related to or aimed to improve your wellbeing and the wellbeing of members of the family. So uhm to begin with how far were you satisfied with the way your home supported your wellbeing during the lockdown?

A42M: Yeah, we were satisfied overall because we've got an enough space for all our activities. So, we've been really luck to live in that house during the lockdown. so, in particular because we have a private outdoor space so we can use it for our kids to play and also for ourselves to do some outdoor activities such as gardening, sitting and relaxing when kids are busy playing indoor. We have also this open space with a large connection and view with the outdoor space. This helped so much to accommodate our emerging activities.

R: what can you recall the most challenging things where there was there any challenge?

A42M: Yeah, the key challenge was actually also on the ground floor where all activities took place. I think, this is because of the plastic panels in the ceiling that made the space much noisy, in particular when different activities took place at the same time. It was really a nice space to live but at the same time the temporary construction material of space created an issue of noise. When we took the sofa, there was much noise than before, probably because of less items can absorb the sound. So, we had managed to organise our activities and in sometime to divide the activities with children between floors. For example, doing home schooling upstairs in the living room while our little one playing downstairs.

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R: what could improve this? What could have made it better?

A42M: as I said, we tried to provide more furniture at the beginning, like provide a little sofa so that could absorb the noise in some way and separate between our activities with children, that's sort of things. We couldn't do much more because we were renting the house, so we are not allowed to do any kind of changes that could affect the walls or ceiling. And where there was much rain, we had managed to spend our time in the upstairs. The house helped us as we had enough space in the first and second levels where the bedrooms and living rooms located.

R: Yes, yes. OK, so uhm, yeah and I would say like for example there were very some sort of challenges that were commonly mentioned during the lockdown and some of them is being too much exposed with others and a coordinating between different activities happening at the same time. Yeah, and then others felt at some point some sort of isolation. Uh, so what was your experience? If you had any of them? So yeah, we are.

A42M: We experienced actually doing multiple activities at the same time. Uh, within the space. There was a challenge in the ground floor because of the noise as explained before. But because of the size of the house this helped so much to manage our activities and exposure to one another when this needed. For example, if I would like to do an adult conversation with someone there were different choices such as the main bedroom and living room in the first floor and even the garden when children in their bedrooms.

R: yeah, I think that's all for this part of the interview. UM, would you like to add something? But would you like to add anything you know? So we talked about?

A42M: so that's all,

R: Ok we've reached the end of the interview. Thank you very much.

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Participants	A50M - 50yrs, Male, White, During Lockdown Full Time Work from Home, Doctoral Level, A49F - 49yrs, Female, White, During Lockdown Part Time Work from Home, Doctoral Level C14M - 14yrs, White, Male, Primary Education Level Completed, C10F - 10yrd, White, Female, No Schooling Completed
House Details	3 Bedrooms Detached Mortgage/Loan Private Garden

R: OK. Here we are, so I'll start with the first part of this interview with some general questions. Uh, so my first question, can you tell me a little bit about how did you, uh, come to live in the in your house?

A50M: Yes, well we were. We moved to ***. I think about seven years ago and we were renting for 18 months while we found a permanent house to buy to settle here and we just came across it. I think I don't think we had sort advertise. We just came across it as we were walking around, didn't we? And we just immediately thought that's our house, so we bought it. It's very obvious that it was the kind of house in the place that we wanted it to be, and it's just presented itself.

R: Can you talk me through the spaces in your house? The spaces on the ground floor, what type of housing you are living at the moment?

A50M: OK, do you mean the spaces when lockdown started, or the space is now because it's different?

R: OK, so this way shall we start with the spaces at lockdown situation?

A50M: OK, so it's a fairly straightforward old-fashioned mid-century modern house, which means that it had a very small kitchen. OK, uh, it was very oriented NS, so I'm quite a distinct axis. So on the South side of the building the house, our living room or were living room, dining room and a study or bedroom, small bedroom or study and then on the north side of the building of the house. It was more kind of utility spaces, so there was some. Like a small utility sort of space, a small kitchen, and the hallway stairs and the kind of small cloakroom. Next to the hall. And then upstairs there were three large bedrooms and the bathroom, family bathroom.

R: OK, is there's any connection between the living room and the dining room, it's an open space layout?

A50M: Yeah, there was a connection between the living room and the dining room. And then there's also a connection between the dining room and the kitchen. So, there was kind of like a circular route around the house, only a door to door, yeah?

R: OK, yeah so yeah. Well, we'll start with the with the photos. you shared with us. We probably only have time to talk about some of these photos, actually? Ok, can you see my screen? Yep. Great, which folder would like to start. I don't know, OK so can we start talking about this picture? Do you want me to just? Yeah, can you see? Can you see my screen? So why is important so why did you choose to share this photo of this place?

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A50M: Uhm, because, uh, that was kind of like a saviour in a way, because, uhm, I started building it. Uhm? I started building it during lockdown, didn't I? It wasn't after so I started building it around November about this time last year. OK, uhm so we were sort of midway through the second lockdown I think, or even so. I can't remember which lockdown was which. UM, and it was partly an exercise because I like making things and I wanted to spend my free time, weekends, evenings making something outside. So, it's like a DIY. Yeah, there's like a DIY therapy project. OK, so with C14M was very much part of it at the beginning. I'm helping me. There was a shed there in the first place and we cleared the shed. We cleared the land. We took up the massive block of concrete. We put the foundations in. We built the frame, and you know we built the whole thing from scratch and it was a really good and valuable and satisfying project to do. But then, once the space was made, which it was finished around I suppose March-April time this year, then it was a really valuable space away from the house where you could concentrate on work. So, what you don't see in that picture is on the left hand wall. Yeah, I can't show you, but yeah, on the wall that's not next to the washing line that's wrapped up in. Gray is a nice big window that kind of overlooks bird feeder, uh, and bush is in the deck and it was a really nice place to sit with the desk and the computer and concentrate and focus on writing. And it was a really productive time that kind of March, April may time for me to be able to get out of the house and pretend I was at work in a space where I could concentrate and focus. But actually, it was only, you know, 30 seconds down the garden path and I could come back and make a cup of tea and so on. So it was really valuable. In many things, in a really positive at actually a really positive outcome of what was a very difficult time.

A49F: You've actually said that you were more productive and more productive you ever been.

A50M: I was [inaudible] space more productive for those few months writing in that cabin than ever before?

R: Yeah, definitely. OK, so it's like kind of workspace for yourself. But also, like time alone, restoration or recreation space. Just for yourself from the family life.

A50M: Yeah, I mean the recreation came in actually making it rather than being there, we don't really use it as a recreation space. It is very much a workspace and storage space.

R: yeah? So, can you tell me a little bit about the inside of the cabin? I mean, uh, the kind of furniture you provided. Yeah, anything special.

A50M: Well, the furniture is very basic, it's just a built-in desk. UM and I designed it so that it was kind of neatly detailed with plywood, so it has a nice kind of plywood finish. So, it has very as opposed a natural material. It has a cork floor. It has a cotton ceiling like a just a dust sheet that's stapled to the ceiling and it just kind of feels, UM, authentic. In a way, it's not kind of know plastics or anything like that. And then there's shelves built in, and then the in terms of furniture. I mean when we first built it, there was just a sofa that the dog came and joined us on, and the dog considers this as a big kennel for himself and it's a very special place for him. But actually, isn't really important part for us as well because the dog being inside the cabin is a kind of calming factor and it's nice to have that kind of companionship anyway. If you're a dog person, you'll understand. there's lighting that I installed from UM, second-hand lights on the wall and then just kind of. Uhm separate free stand and desk standing lamps.

R: Yeah, you told me that C14M involved in the work with you. So, can I get a bit more about this process? How has he engaged in the process?

A50M: Did you enjoy the present building it?

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C14M: Yeah, yeah,

A50M: What did you enjoy? Do you enjoy like actually making something with your hand and seeing something up here?

R to C10F: Have used it for yourself for study or for doing any kind of activities for yourself.

A50M: If you know. OK so my house almost had a sleepover for a birthday. Yeah, but uhm, yeah, I think that's true, don't I think you can say that thank you. So yeah, C10F thought it was very exciting and decided that was going to be her birthday party. Oh, that's really just I think that would be a comedian. So, I have friends when again when it was, we were very limited in how many people were allowed round at the time. Yeah, yeah that, how many was it for something you're allowed up to four I think, and they all fit in there. So, she had a sleepover for her birthday in the cabin and. Being separate from the house and the adults, wasn't it? But like, why did you pick it? You don't know. It's not big talkers with strangers, I'm afraid, but I can tell you that it's definitely to do with not being in the same space as adults appeal, yeah, and it's a bit exciting. It's a bit like camping out as well.

R: Yeah, it really an interesting project, anybody can separate himself from other family members and create its own environment. OK... So, we've already talked about how you use this space during the lockdown. So, are you using this space at the same way like before the lockdown?

A50M: Yeah, uhm, I think you know primarily. It's still the workplace, but I think initially it was. It was mainly just my workspace, but C49F uses it more now, so we share it more now. Also, I've been working from home today, but I chose not to go into the cabin because it was cold, and the house was hot. Yeah, it's I mean it is heated but only with an electric heater, so that does make a difference. Yeah, so it does have Internet. It does our electricity, but I chose to stay in the house just because it was cosier basically.

A49F: yeah, so I use it and we do use it more for storage as well actually.

A50M: So while we have a bit of chaos going on with UM, doing house building work and reconfiguring the house, we have used it quite and it's been very useful, especially when we've done the floor up to store items in there.

R: OK, would you like to add any comments. Any further comments about that? The space and the relation with the outdoor space? For example, with your garden.

A49F: I think this that comment that A50M made about the view from the from there is really it really. Ok. It was like a bird hide and it was really restorative like just having that view onto the bird life and it was important not to have a view. Onto the house.

A50M: 'cause it did feel like I was in a different place because I had a different view that then I would usually have, and although I was in shouting distance of the house. Uh, I couldn't actually see it in my kind of just when I looked up from the computer, it was a different sort of natural wildlife. Yeah, maybe feel like I was in a different place.

R: Yeah, that really interesting project. OK so I will. I will share the second photo.

A50M: Yeah, is this me again let's see? Adult Yep. Kind of work, yeah? I think yeah, I've tried it before, but it might just take you awhile. Yeah, there we go. Uh, now we can both talk about this one. Alright, you have again, so I've got. We've got a lot of photos; aren't we all speak to this.

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A49F: So first project in the first lockdown was to build this deck in the corner of the garden. Yeah, and it actually is what you see from the office and usually this was a recent photo but would use other cushions on and it would be quite nice and other we've got. We bought the fire pit at the same time. As well, and, again, C14M was involved in building this as well, so this for me was an absolute lifesaver in the first lockdown because we didn't have the home office. We the other one of the other photos I shared was UM, of the van, so we were finding our restorative work focus time in our van.

R: Yeah, I saw the photo. Really interesting to know about story behind it.

A49F: So basically, the home office replaced the van and it's significantly better for working, uhm, but until that we had the home office UM and also during the first lockdown. Of course, the weather was amazing so. This honestly A50M and I used to come. You just yeah have a time that we'd say we'd meet after work on the deck with a glass of wine. Yeah, like, yeah, like break time, but we were going allowed to go out from the house, so we're going into the garden and the other amazing. So, I think up until that point. Uhm, like it was. It's very rare for A50M and I to have time alone without C14M in the background saying what you saying? Stop talking what you're saying. It's very, very rare. He's smiling now. Honestly, it's really hard. Until recently, it's been very hard for A50M and I to have a conversation with each other and come and we could find we actually could have a conversation for at least five minutes on this deck. Like C14M would start throwing things at the window this we need see here. Looks at the deck and he'll start banging on the window to say what you are doing out there. Come back why you aren't there managed to have a conversation for five minutes before that happens. So, so that was actually for us. I'm very big deal to have a conversation and we would have this kind of quite uhm, morbid moment where we have a glass of wine and we'll be looking at the COVID stats. It was horrific but you know, like oh gosh, this is where we're at, you know, and dumb. And honestly it was like became quite a frequent ritual that we would go and check in and just have a moment where we weren't either. I don't know, you know, doing house chores or doing our work and it was great.

R: Yeah, are you usually? I mean, have you used this this corner also for family gathering?

A49F: Yeah. So we also... I mean C10F is not keen on you. C10F is not there. Both she's not. She's going somewhere is not that keen on sitting out because it tends to involve things like barbecues that she's not interested in. Although we do, UM, toast marshmallows, you sometimes like that bit. She sometimes likes to see marshmallows on the fire pit, and she'll come out for a little bit, but then she tends to disappear inside C14M. Also, not that him, but he's a bit more amenable to coming out and spending time together. So, we do have photographic evidence that C14M set out on the in the corner with us, and we would eat meals when it was nice weather and the dog joined us. He would sit on the seat.

R: Yeah, that is really nice for family gathering and even for anyone, any family member to have a time alone or a little chat with other member. Are you using this corner the same after lockdown or there's a change in the use of this space?

A49F: We have done the same thing, but it there's been less, UM, good weather. It's entirely dependent on weather in the beginning of last lock down. It was really nice weather and it that you get the maximum sun there in the evening and get the last. The last of this some. That's why we put it. There is the last sun goes like down you just we don't get anymore and we're like oh, there it is but it is entirely dependent on weather.

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A50M: 'cause obviously it's an outside space. Yeah, yeah, so we still using the same way but just not as much.

R: OK, and have you made any kind of changes? I mean after or before the lock down for this corner or it's just the same things?

A49F: this we created it in the first lockdown and it's been the same ever since. OK?

D: Yep, so it's pretty clear so how did you use this corner and why did you choose to share it? could you please just describe the link between this corner and your home?

A50M: So yes, so the main lounge which we're sitting in now when you look out of this window you see our back garden you can't see it now but yeah. Through that window that would be pointing at I would be pointing at the corner and it's about paintings, about 10 or 15 meters. OK, OK, so you can see the corner from the glass is here.

R: so, you have this kind of visual connection between the lounge and the corner you. Does anyone would like to add anything about this space, if there's any special things for them.

A50M: No. C14M shaking his head?

R: OK, I'll share know one of the children's photos? Which one is this OK, great. It looks like very cosy, uh. Why did you choose this? why this place is important for you.

A49F: Why is it important to you C10F?

R: I can see a laptop I can see some lovely pillows, what do you call it?

A49F: You don't be shy, just so shy. Just what do you call it? To C10F

A49F to R: Can you know he probably can't hear? Did you hear that sound? No. Speak a bit louder.

A49F: Oh, she's so timid, she said. It's the cosy corner.

R to C10F: Oh yeah, I can see so have you arranged these pillows yourself? have you chose this lovely colour. I like yellow. Have you? OK, so can you tell me a little bit what you are doing here in this corner? Are you playing with your computer or? Do any gaming so.

A49F: True. Are you inviting your friends to two to share with you this, uh?

R: This lovely place.

A49F to C10F: Do you want me to talk and then you can tell me if I'm saying the right things?

A49F: So, in the lock down. It does exist before lockdown C10F. It did exist before, oh, but it became really important as a place. It's one of your favourite places to be, isn't it? In the house anyway? Yeah, there a lot. She's probably here more than any other place in the house, OK, and now that does is mainly on some kind of screen. OK, but during lockdown? Uhm, well. During lockdown we were just discussing on the way home that summer. It's hard to remember now 'cause it's hard to imagine a time before this, but she actually made her best friend. Uhm, they made proper friends during lockdown sitting here. Oh on because of course you couldn't go out with friends and she, this friend, they ended up being online together all the time, all through lockdown and they basically got each other through, I think. Like stopped you being lonely, and it honestly was really important, wasn't it? So, her one of her best friends became her best friend while she was sitting here on the screen and dumb and dumb. And it was because of lockdown because she wouldn't otherwise have.

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And yeah, and it was mainly here in this cosy place. And the other reason we put this in is because this is in C10F's bedroom and this an inner bedroom. She has a desk where which is another one of the photos and that's mainly where she was. Well, that desk actually is a different desk, but there was a desk in here. She was doing our homework on home-schooling on, but some are really, really needed or wanted. Company while she was trying to do home schooling and just you said you just couldn't concentrate unless someone was back there. Is that fair to say she just couldn't concentrate on our work, and she also sometimes had questions as well. So, Dad, A50M, and I particularly C10F says, particularly Daddy. Spent time sitting here doing his work so that C10F felt like she got company, could concentrate on work and UM and he could answer questions well and they were both doing their work, so he ended. So, this became an office space for you, didn't it?

A50M: Quite a bit of time, uhm? Office in the loosest sense of the word.

A49F: Yeah, yeah you worked there, yeah. Or try to concentrate.

A50M: I mean this was a challenge. Obviously from someone's point of view is helpful,

A49F: but we weren't particularly getting a lot as productive as the cabin. But we would we kind of take it in turns really, but C10F remembers it being you a lot more. UM, who would sit here while she was doing at work? So that was the other reason I put it here. So, it's important space in many ways. Actually, it's still a really important place to you, isn't it? as I say, she spends more time here probably than anywhere else in the house now. OK, so she used this space for play for do for I mean home school online. OK, lots and lots of different kinds of online screeners. Either with friends or she does a lot of building. As you can see as you were saying, did you create it somewhere? Did she? Design the layout of her room and created this area and she does that online as well with in **. designs homes and things of course and I would put this down up. Yeah, really interesting space and yeah, so she spent more of her time during the lockdown within this space rather than the living room with I mean with you as a family. OK yeah some I did come down would come down because you get bored of just being in there. Yeah, so she would come down in the middle of online meetings and we are doing silly things or backgrounds to connect and things with you and sometimes in a nice fun way. Would you like to say no to C10F, it wasn't silly? And enjoyed that it didn't you sometimes.

R: And has she got her breakfast or lunchtime or dinnertime in her room as well?

Adult F to C10F: Did you come downstairs to eat? A genuinely can't remember. I think it was a variety mix. Yeah, sometimes we feel it depending on when we ordered meetings and stuff and they are sometimes. As you know, I remember we would you had an early lunch. Break in the school calendar and we would try to make sure that it was downstairs for the variety.

R: OK, yeah. great so I will share now one of C14M's photo, is this OK?

A50M to C14M: yeah, just going to show yours do you wanna talk through it? Although you might not want no I put it in. There is only one photo,

A49F: Oh yeah, C14M did actually take this photo and put this in right? So yes,

R: C14M can you tell me a little bit about this photo why did you choose to share with us?

A50M to C14M: It sounds not scary honestly. Is it because you spent all of your time there? Yeah, I think C14M spent pretty much. It's a lot of colours, a lot of things happening. Yeah, on the desk.

R: Can you tell me a little bit what kind of activities you have been done? In your desk, anything like playing games, home-schooling...

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A50M: So, all of those things mainly home, mainly schoolwork and homework. Obviously with the online classrooms OK come but also his own hobbies, which is largely Lego. Did you play in Minecraft and stuff during lockdown? No, no online games, no. So, I think, UM. Apart from schoolwork, it would be his hobby. Which is, UM, Lego basically not in the conventional sense of Lego, but buying and selling Lego trading. Oh oh, and eBay and things like that.

R: OK, very interesting. So, what you have being done during the lockdown's really yeah Nice.

A50M: Basically, started a business trading Lego during lock down. Uh, first of all selling sets that we had and then. Breaking them down and selling the parts so that was I think that came out of lock down actually finding that hobby if you like. This is like the centre hub of that business. Yeah, yeah. So it's like C10F. So he spent most of his time working or I mean yeah, it's really good. Will this space? Yeah, we've been literally spent most of lockdown working. I mean, because it went on till late in the night. It was, it was awful.

R: And how about the home schooling? So, uh, I mean the home schooling well went on till like 11 at night quite often. OK, it was quite traumatic. It wasn't great. Is really, really challenging and but route, but that was where it all happened, but I think what you can see there apart from the desk is a is a comfy office chair. Yeah we bought that kind of substantial chair and that's I think quite comfortable isn't true (A50M to C14M) because you wouldn't be able to sit for so many hours if it wasn't actually. And also, all of the draws. They're kind of the organization of the stationary is very in its place. There's a home for everything.

R: Have you set up all of these arrangement during the lockdown. Or this have been done before?

A50M: I think he was in lockdown, wasn't it? Don't know they there was various configurations, but that particular one was lockdown, I think. Yes, quite regularly, OK. And, uh, does he?

R: are you using this space at the same way after the lockdown? Or it's there are a kind of changes?

A50M: I think it's the same now. Yeah, saying, OK? Yeah, especially right now, because C14M close school is now closed 'cause it's flooded, so he's literally doing home school again in his room like lockdown. OK, OK. Yeah. And that wouldn't we were saying that wouldn't have been possible before. You would have just said sorry, schools closed no lessons, but because of lockdown? Yes, that's really bad luck. The pandemics allowed us to now work from home, and this is after the school.

R: Yeah, definitely. So we've become more resistant, you know, or adaptable to such kind of changes. So, we've got the same actually yesterday for our little one. So, because the heat the heating is broken. Yes, so she's not attending the school for a couple of days. You thought the same challenge?

A49F: Yeah, yeah. So, but we, we, we used to deal with these things during the lockdown. So being yeah, exactly yeah, it's made as you say, matters more flexible and resilient, but it's kind of.

A50M: It means that you don't get any, uh, assumption that you're allowed to have a break as well. It's never remembered when I was at school and we used to have big snowdrifts, we would have the day off. Yeah, you know, and we didn't have to work. Do our homework or schoolwork. We just have the day off and make snowmen, but you know what? Go home and do your six times table, yeah?

R: OK, great, let us share more photos, so I'll haring one of A49F photos,

A49F: uh, yeah it is. What's it going to be? OK, the dining table dining table. This is more classic dining table, so I put this here because we've got really used to this being here now. But actually, at

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in lockdown. This table was in the dining room, which is through the door you see in that photo. Yeah, and we moved it from that space into the lounge space. Which you see it in now and where it still is. And we did that so that we could put a smaller table in the dining room, and we would have two tables available for a bit more flexibility, so that two things could be going on at once. Or two people could be working, or one person could be eating and making you know whatever. Just allow different kinds of things to be going on at the same time. Yeah, so this table was before in the dining space so you can get to the launch. Yeah OK, and I worked here most of the time or through a lot down. This is my office so have you kept up for this similar arrangement after the lock down? Or you yeah, OK so yeah, because we actually liked the kind of flexibility of having another tape of two tables.

A50M to A49F: I think though since lockdown, sorry to jump in. But I think you've worked more in the cabin than you did in lockdown, and we use this more as a traditional dining table now. Then during the lockdown, because it is still, and I use this more as workspace now as well than before I used to be completely in the cabin, but now I sometimes work at the dining table, yeah, but it is still a worktable. As you can see by what's on there,

R: yeah, there is a little working stuff, laptops and all this paperwork. Yeah, OK and are you still using the small table within your kitchen at the moment.?

A49F to A50M: Uhm, not enough. The kind of changes we made. New kitchen. Yeah, yeah no we had. We didn't make any changes to the kitchen, and we have since made a very big change which is to pull the whole wall down

R: yeah, you told me but this change, but it is not a lockdown change

A49F: That's a separate issue. So, no we didn't. The kitchen was just a tiny little kitchen with the door to the hall and the door to the dining room. And we just that's how it was and that didn't change. But during lockdown we put another table in the dining room. And that dining room had a door to the kitchen, and it did feel quite connected, even though it's just a door. So, you see that the dining rooms. On the other side of that door that you see in the picture.

R: I think the next photo is about the kitchen, I'll share it as well.

A49F: It is the kitchen yeah, so OK, so the reason I put this in is because even though it's a really old, it was a really old-fashioned small kitchen. Yeah, uhm. And in many ways, you just wanna completely change it. How I found that I actually found the kitchen to be quite a brilliant time for a long time and restoration. so, because I was able to because it is. You can just close both doors. It's time to make a meal like every day there will be a point in time when I'm making a meal and I could put the radio on, and I can close the doors. And then I'm just, in my own little space, and actually it's quite a rare. It was quite a rarity during lockdown, so I actually found it was quite a highlight of the day. Bizarrely, really, was the highlight of the day, and it was, and it was definitely helped by this being a small closable space that's very on a very focused task of making a meal. And I and I couldn't do anything else except make that meal, so I was allowed to put the radio on and be in my own space and we carried away to another place. Through the radio you know it was really restorative, bizarrely, even though I got grumpy about doing so much cooking.

R: have you sometimes used this space with other family members for cooking or any other activities?

A49F: Never. So, this is one of the challenges, probably, right? I mean you can't. I mean, we can't barely even stand there altogether. Never mind do anything,

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A50M: so, this photo wouldn't have been possible before the wall was taken down. (A50M showing the kitchen)

R: Oh, I see you have been where the wall taken down. So, there was no place to do activities with your children such as baking or cooking.

A49F: No. To be fair, C10F did quite a lot of baking during lockdown. Yeah, she did. Yeah, that was one of the few activities she did that wasn't online on screen. She loves to bake so yes and made some meals. I'm C14M did loads of cooking actually loads, but I did. I would say would you say lower, or would you say a few? C14M says a few. He been doing... C14M made meals and C10F did baking, and they both use this space. So yeah, and that and I would be present sometimes but sometimes to be honest they're very self-contained. They're like to just get on with it, so uhm, it didn't always involve me, so it was possibly less family time and more kind of child labour or leisure. But they chose to do it. To be fair, sometimes it I did say C14M please we make that meal please, but he's generally you kind of there... At the beginning. He enjoyed it. I think you got bored of me asking by the end. Would that be fair to say? Yeah, it was fun while it was novel, a novelty. And then when it got a bit repetitive, it's a bit of a chore and this was definitely in all in the happening. Of course, in the kitchen.

R: So, the changes you made to your kitchen now, there were just to create more space in the kitchen or for example to create a more liveable kitchen dining living space

A49F: Yeah, that's right, I'll show you. Can you see that? Very nice, yes.

R: Have you made this kind of changes because of your experience during the lock down or you planned for this before cause of the tiny size of space.

A49F: before I tell you what I what changed for me though is that I was quite keen that A50M would never have let it happen. To be fair anyway, but I was quite keen to come. Also open up into the lounge space, so that would be one big kitchen dining lounge. Yeah, maybe with a sliding door but OK, but open it up and now I'm like Nope. Small door. Keep it short so I so even though we've opened up the kitchen to the dining, we've the lounge is very separate, very closable. You know it's even a spare room bedroom at the sofa bed in it. It's very, uhm, separate. Base with and it's quite good, like even the noise is it's quite well not insulated from everything else, surprisingly. Yeah, in the UM, but I have lost my restorative kitchen. Yeah, I do think why do we do it? Other benefits obviously, to opening it up, yeah, definitely. So, you be with your children and yeah it's not contact while yeah, but I actually quite during lockdown particularly. I just found it much more important not to have that connection during cooking. It was my alone time.

R: OK, great thanks for sharing this experience. Let us go to the second part of the interview, just for the interview timing. So now I'm going to ask you about how you think your home might have supported or hindered your family wellbeing. So, do you feel that your home supported your family well? during lockdown, and if so, in what ways?

A49F to C14M: Yeah. Do you think that anyways that the house with a problem? or helped. Where did you like to be apart from your bedroom? Nowhere. Outside, could it help me better garden? Yeah, definitely helped out a garden. You know we were very lucky to have a garden, yeah? See I'm interested actually because he didn't use it that much, but do you feel that helped having a [inaudible]? Oh yeah, because it meant we had all these projects. Didn't it? OK, so I think this is actually quite important. It's maybe not about the space itself, but C14M, UM, has to have something to do. He genuinely goes bonkers if he doesn't know. Have stuff to do. Yeah, be true

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right, yeah, so yeah. Yeah, it's all about having something to do and there being a reason for doing it. So uhm, so in the first lock down the foot, the deck for example although. That's relatively small as a construction that involved a huge project of moving bushes around flattening land, digging things over. I mean it's a lot of work as well as the making of it, and for C14M that was a like a proper good like productive project that he could get involved. And if we hadn't had the garden, we wouldn't have had that To Do List that would have been a project we could have gone with and that actually was really important for. Not just for C14M, but I practically for room maybe and similarly with the home office is in that garden and we couldn't have built it. we aren't at the garden as well. so yeah, the garden was really important that respect C10F. Also, UM, C10F needed also to be active as well as sitting in her cosy corner. Still, she kind of had a sense of when she needed to move so she would go out and bounce on the trampoline. Did you use the trampoline you did a bit, don't you? Yeah, so they would, both you know, find some activity out there and we played badminton. Oh, we that's right. We also set up got it feels so long ago. We also set bought some things to do in the garden, so we bought badminton set C14M and I started playing badminton. Uhm well all of us did and we bought other kinds of you know, swing ball stuff to do in the garden, yeah. So, it was really yeah, it was really important. The garden for us, actually C14M, can I ask you what the most important place for you in your home and what which one you think it's made a difficulty for you? Anything spring to mind? Most important place was probably a bedroom, wasn't it? In your bedroom you think it's because you are doing this kind of hobbies like Lego trading. Yeah, he's saying, yeah, I think his bedroom. He spends most of his time in his bedroom has. As most children do. Uhm? Everything was difficult. There's something difficult. Nothing springs to mind for me, no well. Is you know, I'm gonna say, don't you? He's he knows I'm gonna say because he actually did mention somewhere and where I would. Well, he would take a photo of would be C10F's bedroom OK because when some C14M doesn't have something to do. What he does is going bother C10F or nicely. What was happening here, but C10F doesn't want him to see her, and it turns into a massive fight and it and it's about territory a bit as well, because some you know some. I think she has the right to stop him coming in her room, but C14M thinks that's rubbish and it's always turns into a massive argument and shouting match and it's just awful. And so actually C14M said that that would be what I would. Probably where you take if we had to take one that was about tensions, family tension and arguments.

R: Ok, I am going to ask you some questions in this regard. Did your home make it more difficult for your family? Wellbeing? Are there any spaces? Can you tell me about the difficulties?

A49F: Well, I think. There is. I mean, I want to come back to those the bedroom issues, the fact that they're right next door, and you know each other, but I don't think that's an issue with lockdown. Yeah COVID, I think I think that's just it would happen wherever, whenever, unless they were in different towns. I think it is made worse by the fact that it's right next door and C10F and it's kind of the route downstairs goes past her room. You know, I don't know. Maybe yeah, but it's not a lockdown issue. Yeah, it's just independent challenge. It's a challenge we have constantly anything else like. No, I think the size in terms of the spatial arrangements, all these things we were really lucky to be honest. OK, I think we are really lucky that we have a relatively big house near the beach with a relatively big garden. Uhm, which could accommodate. Part from the working program, but we had to build a home office part from the working relationship because we did have a very small study bedroom which was kind of used as a bit of a dumping space. Yeah, it wasn't very comfortable or easy to use. So, but once we got the cabin to work in then that that problem was solved. Yeah, but that was solving a special problem with the house that we couldn't find a space to concentrate. We would even when we started using the van, we would like Oh my God, I feel so much better having had an hour in the van to have some headspace and it was just really difficult to feel like we were. All you know, there's always some sense that we ought to be supporting somebody else. With

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their schoolwork, or UM, or somebody was bored, or somebody needed feeding or so, just always something the dogs woofing to go out. I mean just always something that means you can't concentrate and, uh, we both would find it really helpful to.

R: The van photo which of course meant that the house wasn't providing that space, I would like to talk with you about it.

A49F to A50M: OK, yeah, you welcome this thing. Yeah,

R: Could you please tell me a little bit about this photo?

A50M: Yeah, so that is the fan base, yeah? That's, uh, that's our workstation in the van. Yeah, that's it. I mean, I suppose we're really lucky that we did actually have a van and not just a mini or a normal car, which most people obviously have. So, you know, I know colleagues and university who would talk about marking essays in the car in the front seat, which is obviously a very difficult situation, whereas at least we had, you know, quite a big van with a pop-up table and a, you know, three or four seats. Uhm, that could work. It was cold. It was. It was cold and could be hot. Yeah, it wasn't ideal. The Wi-Fi was very Umbro P. But at least it was a space separate from the house and it was parked on the drive. So, it was like you were really legally allowed to get in it, yeah?

R: Yeah, really interesting story to be honest, so are you still using the car in that way or this was used in the lockdown.

A49F: No, but we do still. If we're waiting somewhere and we want to get some work done, we will get in the back and use it. So, so on a Saturday we take our son to an orchestra practice or band practice and it's not quite enough time. You waste time if you come home and go back. And so yeah, we still do that, but we don't do it at home on the drive now.

R: OK, OK so yeah, come back again to the wellbeing questions so did you make any changes that were about supporting or improving your family wellbeing. For example, how did you cope with the with the different things needed to happen in the same place at the same time?

A49F: So yeah, probably covered it. To be honest, I think the dining table movement, so we had two spaces the home office. Were there any other changes? Nothing changed upstairs. Uhm, we changed the configuration. Of C10F's bedroom, but not because of home-schooling. She already had a desk in there. Uhm no. I think we've covered what we did.

R: And also, we you talked about the conflict and tensions between people and activities during the lockdown. So, would you like to add it any further comments about?

A49F: can I just go back to one? There was one short term thing I did. Yeah, work that well, but when we didn't have a workspace on alone time. Yeah, we have workspace... I created one in my wardrobe, so I pulled out a draw. I put a bit of wood on it and I used a little stool that was from the piano and I used the windowsill as alleged for my. T and work and stuff, yeah, and that and I sat at that as a desk, but I could only do it so it was when most quite desperate and then Stand with cold or whatever and I come. Yes, I, but I was so uncomfortable, Yep yeah. But the problem was the seat was so uncomfortable I get really bad. Back ache. OK but beyond that it was a really good space. Other than it was really good because it was quiet. It felt, UM, quite focused. It was small, the acoustics were good with all the clothes around the view out the windows to the garden. It was really good and it was just off the bedroom as well. So, you're a bit more removed from the rest of what's happening in the House number. It was very good. I just need a better seat. Yeah, so we've

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done that before building this outside. Chad yeah, OK, so yeah, before the one of the last question. So did you think the changes we've talked about help your family, social and mental wellbeing?

A50M: Sorry, so the question is, do you think that the changes we have talked about?

R: Yeah, help your family, social and mental wellbeing? For example, the one yeah so like the shed. If you might need to add any think else.

A50M: well for me is there. It's just the cabin, really? Uh, has. Has just proved. I'm just really valuable, yeah, and continues to prove really valuable because I'm not sure if we have done that.

R: If you would like to add any further information?

A50M: It's the same as I've said before. It's as I mentioned before, it's the separation of taking work out of the house, so I don't conflate work with, UM, life and personal life so I can separate the two and concentrate, have a space to concentrate in. It's quite remarkable. It was quite eye opening actually. 'cause we talk about this all the time in architecture school, but actually when I actually made a space. Uhm, to focus on work. It actually did work. UM and yeah, OK, OK, and I think that uhm, maybe particularly Q, but for lots of people. Well, but you talked about, UM? You know it's not just lack of concentration, but it's overwhelmed. Yeah, everything going on all at once, so you would that really affects your mental health. That sense of being overwhelmed and being in one space focusing on one thing. I mean, you're not overwhelmed.

R: Would you like to add any comments or anything?

A49F: I'll just add my UM about the mental health thing. So, I think it's a similar thing for me with overwhelmed but more kind of. Feeling pulled in lots of directions all at once. Yeah, is a find. Yes, stressful, very stressful so. So, there's knowledge that you should be helping children with their schoolwork, and you should be making a meal and keeping them happy. You know healthy and playing with them and giving them leisure time and done, done and you've not doing your work and your students are also stressed out and you supposed to be supporting them and just being pulled in so many directions all at once. That was difficult too. It was difficult to compartmentalize all the different things we're trying to do. If you were, if you were in the house. Or airfield difficult, and it's still it's. It's difficult all the time different yeah. Well, when it's not it's not different. Now when I work it's not as. It is different now because it's not as intense. It's always mildly there, but if you can, I find so that if I can leave work some bits of work at work, or if I can compartmentalize my time in the day into what time and home time, then that helps enormously. And of course, with children at school that they naturally create that time compartmentalization. But uhm of course lockdown. You didn't have that at all. Everything was the same all the time. And literally all the time. Because C14M home school went on literally till 11 at night sometimes. So, it was just so stressful. So, having. Yeah, so those moments in the kitchen that I talked about might sound small, but they were hugely positive for my head and UM, similarly, uhm. Yeah, using the van. And yeah, there's all those spaces actually enabled that that headspace. Yeah, I would. I would just I. I can't actually emphasize enough. How much the actual making? Of the cabin and the deck really helped me and I always knew that I enjoyed making stuff you've always enjoyed making stuff, but actually doing it and doing it on quite a big scale after one turn scale made me realize that it really helps me just hit my mental health that I wouldn't have probably realized to that extent before lock down. Yeah, so to the extent that I'd, you know, I've really contemplated doing it. Is a kind of full time job? If you know. I mean yeah 'cause I enjoyed it so much and it kind of opened up a new experience for me.

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R: Yeah, that that really important. I involved in a bit similar situation in the lockdown so in a normal day I don't like gardening actually. But during the lockdown because of the long time at home I start doing some gardening and some kind of maintenance like painting the fence. That was really important to spend some time alone, it was kind of relief to me, and improved my mood in some way.

A50M: Like meditation anyway. Yeah, meditation, yeah. Yeah,

R: Ok, I think we cover everything so far, that's it. That was really a great interview, Thank you very much for making a time to talk to me and we really appreciate your participation.

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Participants	A45F - 45yrs, White, Female, Professional Degree, During Lockdown Not in Paid Work, A42M - 42yrs, Male, Vocational Training, During Lockdown Not in Paid Work A30M - 30yrs, Male, Secondary Education, Not in Paid Work During Lockdown C7M - 7yrs, Male, No Schooling Completed
House Details	3 Bedrooms Semi-Detached Social Housing Private Garden

Participant did not provide photos at the interview time. She sent them after the interview.

R: OK. Yep, great so. Uh, so I'll start with the first question. Uh, uh, how did you come to live in in your house?

A45F: Uh, we come, we had, UM, temporary custody of our grandson at that time and, UM, our son lived with us who was his dad and there's myself, my husband, my son, and my grandson and my husband was classed as clinically extremely vulnerable. So, at that point they didn't know a great deal about coronavirus. So, we all had to shield in the house. So, it very much was a case of, uh, we were. In lock down, literally the furthest we could go was into the garden and the house, and that was it.

R: OK, so, uh, can you briefly talk me through the spaces in your house?

A45F: Yep, so we had uhm. Living room. A kitchen diner. OK, a utility room. OK, a downstairs toilet. OK Uhm 3 bedrooms upstairs. OK, and the bathroom upstairs too. OK, so one part, one family bathroom, one family bathroom, one extra Lou

R: yeah OK great. can you tell what is the most important spaces for you during the lockdown situation?

A45F: Come from me, it was, UM, having. The use of my bedroom so I was still able to work from home. OK, uhm. For the family as a whole, I think having the garden helped. OK. And the kitchen. We did a lot of cooking together

R: And how do you feel about these spaces? can you tell me about the challenges?

A45F: The challenge was that the room that was it was previously in my office. Uhm became my grandson's bedroom, so I had to move my office into my bedroom. So that was a challenge because I too use UM. Through my sleeping in terms also working in yeah and as I was working a lot online with clients, I had to be very mindful of the background and everything else. So that was a challenge and. The garden was a challenge because. There was an issue with a neighbour who had hearted rubbish. And we ended up with an infestation of rats. Not just us, but the whole street OK. And that was a real challenge where we weren't able to get out in the garden while we were waiting for that to get treated and the rubbish to be removed, particularly during a lock down, yeah? Uhm kitchen. Not much of a challenge. It's a nice space, I think.

R: Can you tell me a little bit about your activities within the kitchen space with your grandson? What kind of activities we have being done?

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A45F: I baked a lot. Uhm, I tend to bake anywhere. I love to cook. Uhm lockdown afforded meet more of an opportunity to be able to do that. We it more as a family. We eat a lot more special meals, uhm? We all sat together instead of us all. Kind of in and out and everything else. So that was nice.

R: That is nice. And then have you done any kind of activities with your grandson, like using the dining table for any kind of artwork or child activities?

A45F: that was a challenge at time because obviously he was driving to work in there as well. My grandson also has special needs, so his work was, uhm. Could be quite getting him to actually focus because we didn't have such a space, so where he was also playing and painting and having fun and baking was also where he was expected to work on at times. It was difficult for him to. Yeah, just settle into that. Because of that, I think.

R: OK, uh, at that time did he do any kind of home-schooling?

A45F: yeah, we did them. We did have some workbooks to work through and everything with him. UM, the school was pretty good, UM. We all saw we're a family of readers, so we like to read. And so, we did that I did, UM. Dancing with him. Every teacher. And he loved that, OK? OK uh, get great, uh, so uhm.

R: Can you tell me a little bit about uh, what kind of changes you have been done to your bedroom? Such as working from your bedroom?

A45F: Yeah, definitely. Because I'm a counsellor. OK so I went to working via zoom Google meet whatever with my clients. Uhm, it felt. Very personal that it was being done in. My bedroom I had to move several things, for example that could be identifiable photographs etc. I had on a bookcase in the bedroom. I learned that the hard way because there was my husband's father died, UM, in the January just before lockdown and we had a foot requirement in his funeral. And you know the funeral letter that you have and everything the order of service and we had that on the bookcase which is in our bedroom and a client noticed it and said oh I'm sorry you've lost somebody, and it made me realize that there was actually inviting them into my home yeah? It was also very triggering because they also lost somebody, so then they got upset. UM, because of the loss they had, so that was a real challenge. Was neutralizing what you could see from the camera, yeah?

R: sorry for your lost, can you tell me a bit more about other adaptations or changes you made to your house in the lock down time?

A45F: And yeah, yeah. So obviously my bedroom is it also into my workspace. Uhm? I was also at this time completing a degree so I had to do that as well as that and. Like a sell off my office or I had lots of. Storage space in there that was moved out and I had to move that into my bedroom so things got very cramped, but they could only be cramped in a certain place because I couldn't have anything behind me where people could see it up. I had to also make sure that the bedroom was lovely for my grandson, which we managed to do. Fairly quickly with what we had. Thankfully we did have a spare bed that we could have been there for him and so we had to change that for him. He had been staying with his odd times, but it was in the other room with his daddy etc. So, he had his own room. Then in our house which was really nice for him and UM and for us to that he had that space as well.

R: Can you tell me a little more about your activities with your grandson during the day?

A45F: He spent most of his time. So, in his bedroom or downstairs we not one for C7M. Because he has special needs, a hand has to be supervised or not. Especially at that time, still, UM, it didn't clean

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his bedroom very much. Bedroom was mostly for sleeping and far off of playing games with family members, for example, or reading or whatever. Most the time I spent downstairs, UM. Most of that was probably during the day in the kitchen. As a family, we spent a lot of time in there and also his work there as well. The living room was used a lot, a lot, a lot, uhm? Four, but that was mostly far. Watching TV or we used to do dancing on an evening in there.

R: I guess this was really important to keep your grandson entertained and also to keep active at home?

A45F: Yeah, absolutely. OK all. I mean I used to. I used to try and get 10,000 steps a day. I still do try and get 10,000 steps a day.

R: It's very difficult to get 10,000 steps a day, I couldn't do it myself.

Adults: Not so I used to walk up and down the gap. We were lucky we had a very big garden. Uhm? And I just walk up and down the garden and I used to march and think, and he would join him with that. And then do that for 20-30 minutes. And if it as well so he would sometimes be running for that for about 5-10 minutes. That was his kind of outdoor play time feel like and it was difficult to entertain him.

R: have you made any kind of changes for your outdoor space to do your activities or to keep your grandson entertained?

A45F: Uh, uhm, we bought him an outdoor play unit that had a slide UM climbing thing to put the slide and two swings. He had a trampoline. We bought garden toys like with the ball and bat which me and my son tended to play with more than he ever did to tell him think we played with that more than my grandson and. Uhm, what else did we buy? Oh, we got a paddling pool, we uhm. I tried to get him involved in my garden in, UM, he used to help to help me water plants and things. Uhm? That's it, really.

R: Great, The second part of the interview your wellbeing. So, do you feel that your home supported your family wellbeing during the lockdown?

A45F: Yes.

R: Can you tell me in what ways?

A45F: I think it did because I think we made it happen. OK, we. Purposely. And we're proactive in doing that, and I think that's what made the difference. We adapted it to how it needed to be for this yeah.

R: How about the size of the house and outdoor space?

A45F: It's fantastic. We were very lucky compared to some people I think OK. I would like more rooms for C7M and an extra room would have been good for my office, but we can't have it all come with. Yeah yeah.

R: OK, have you made any kind of spatial arrangements or changes to your home that supported your family wellbeing? For example, how did you cope with the different things needed to happen in the same place at the same time as all the family occupied, you know?

A45F: sometimes the spaces and need to do you know, multiple tended to. Kind of have an unwritten rule, like for example when I was. Upstairs working because of the nature of my work, nobody was allowed to cook stairs for anything, so at half an hour before I would say, right? I'm

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going upstairs to work. Does anybody need anything from upstairs? Come get it now. Otherwise, that's it and they respected that my husband also was doing work from home. He uhm. He works up. He was working for a chat reset does for a charity. UM, doing accounts OK and when he was working, we would give him that space. So, I think that. Because we can't. Although we didn't have a diary as such, physical time we did kind of work with each other. I think that makes a difference. It didn't always work. Sometimes my husband would decide my grandson that he absolutely desperately needed a book from upstairs while I was working or whatever. UM, but he soon learned UM, because obviously because of the nature of my job, it just wasn't possible to kinda so I'm just interrupting the moment I won't be long. It couldn't happen. He's similar, he adapted very well to nor that when Granny was upstairs. Working, he could not go up there, uhm, and likewise when he was in the kitchen with his daddy doing his work, we would respect that space as well and leave them to it. OK, so I think it's a family. We kind of work pretty well together under the circumstances, yeah?

R: Just mentioned that your husband was working as well. can you tell me a little bit about his working arrangement in the home?

A45F: before they lockdown or it's a volunteer position because he's from my husband has a long-term health condition and he was very ill for a lot of years, and he decided to retrain and he was retraining in accounts. So, the first job that he was doing was a volunteer OK and he was doing the accounts for a church charity. OK, uhm? He now actually works for a company as, but he still does the volunteer position as well.

R: have you made any kind of arrangement for his work?

A45F: No, we have to share that space. OK, OK, so only sharing that space? Yeah, yeah. A lot of my work thought was done on an evening, OK? Uhm and mid to late afternoon so that helped. I had a couple of clients on morning but that was feeling fabulous thing. I also volunteered as well with ***. OK, I've worked with *** for some time and then during lockdown because I couldn't physically go in. I work in the *** support line for NHS workers, so I did that once a week or so as well. And that was another time where I got that room as a priority. And I guess that's what it was really we decided who needed it on certain days.

R: yeah, that's really interesting. Ok some families found they have too much time together and others found they have too much time alone. What was it like for your family?

A45F: Well, I think that in some ways we were. We were quite lucky because my husband had such a severe illness for a long time before that. I'd actually been caring for him for a life. Yes, UM. And then I retrained and was able to work from home etc. Likewise, with him later than me. He started retraining later than me, so we were quite used to spending a lot of time together, OK, uhm. All our married life, you know, he was out, he worked in IT. I was an office manager. We just can't even say hi, see dinners there or whatever and that was it and we saw each other on holidays maybe twice a year and that was that was it? And so, because we because his owner speak got used to spending a lot more time together and I think that really helped us because. In that way, we weren't really impacted. I think my son was because obviously he was living with us and it was a case if he wanted to live with us because of how little was known, then he wasn't allowed to go to work or anything either. Yeah, so it probably impacted him. OK our grandson loved it. Yeah, wonderful you know because all the family. I will never look back at lockdown as a negative thing for our family. I'll look back at it as a negative time for the world. Yeah, for the mental health of the world for the physical health of the world. But for my family who lived in my house with me, it wasn't a negative time. Only

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way impacted negatively on us was we may have had each other, but we didn't have our other children or grandchildren.

R: OK, great. do you think that changes you have been made in your home helped you and your family, social and mental wellbeing?

A45F: It had an impact on that, of course, UM. Socially for them come my grandson wasn't allowed to see his mommy for a very long time. You didn't see it for almost three months. Which is very hard for him and for his mommy too. Yeah, it's very sad that he spoke to every day. We did first time, but it's not the same. It's never the same and that was very, very hard for him. Yeah, and for us to see it as well. Yeah, definitely yeah.

R: What would you like to change in your home if you could do?

A45F: I want to build an extension on the back. Oh, that's really interesting. Yeah, I probably would just build another bathroom. Uhm, because when you're all in together that shower time on an evening is no longer staggered, as when you're all covered in at different time, everybody seems to want it at the same time. And obviously my husband would go in the bath, and he was first and he could be in there. Anything from 10 minutes to an hour depending on how we felt and so. So that kind. Yes, another bathroom would have been nice. Yeah, on an extension on the back with a shower room with an office, sorry or a playroom to get rid of all the toys out. The living room would have been good.

R: Ok which of the changes you've talked about have you kept and why?

A45F: Uhm? I haven't really. No, we've moved. We moved house. OK so that made it different, but what we did do when we were moving house was, as you've probably seen. I'm actually working in an office which is a conservatory at the back of the house. So, if you've got a bigger house than the previous one with your own office space with an office space now, so I guess in that way, yes, that is something that I've made sure I got back if not kept. I made it back. Uhm, what are the things that I kept, UM? OK, yeah mostly. Well, you know I got my house now to work and yeah. Yeah, the last really, I think isn't there? Yeah, yeah, probably because you moved home so it's a bit difficult to it different, I think, yeah so yeah. Get some of these changes and some of them just you know, uh, I would have kept. The garden for years was for the children as it happened when my son was moving back with his mum. And we gave her the things at the garden for her to have for him at home. OK, that's one thing I would have kept. It was the extra I made more of the garden. It became another room. If you like, OK, yeah, yeah definitely I appreciate it more than I'd ever done.

R: great so yeah that's it. Thank you very much for making time to talk to us. We really appreciate your participation.

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Participants	A37F - 37yrs, White, Female, Doctorate Degree, During Lockdown Paid Work from Home A40M - 40yrs, White, Male, Doctorate Degree, During Lockdown Paid Work from Home C5M - 5yrs, Male, No Schooling Completed C2M - 2yrs, Male, No Schooling Completed
House Details	3 Bedrooms Medium/Large Terrace Mortgage/Loan Private Garden

R: So I have some general questions to start with before sharing the photos. Could you please tell me how did you come to live in your in this house?

A37F: OK, so and I don't know whether this is significant. We moved house after the lockdown, so this House I didn't live in during the lockdown. OK, but uh I took photos of things that that we're still in that house so they will have that memory with the other space. So, the house we lived in with before was our first home that we owned, and we had lived there for year for four years. OK? And then we moved in July of this year to one new House. And so, we only we only had lockdown in our previous house, and I think lockdown made us feel like we'd like to have a bit more space. And so, yeah, one of the motivations for moving, especially given that. I mean, I didn't even at that time, we didn't know whether there would be future lockdowns, and I suppose combining work and study meant that I knew more. A bigger space would work for us. Yeah, yeah, part of the decision making.

R: OK, great. So, because this is not the house where you lived during the lockdown, so may I ask you if you can take me through the spaces in your previous house where you spend your lockdowns

A37F: absolutely so the house had two rooms downstairs, living room and a kitchen, and then in the garden. There was a shed which was converted into an office. OK, so that shed was my husband has always worked at home even before the lockdown, but I then had to have somewhere to work so I couldn't. I had a desk then in the shed, OK and then upstairs in the house there were three bedrooms and a bathroom, and we they were really just used as bedrooms. There wasn't like we didn't put desks in there. Suppose it was possible, but we didn't. OK, yeah. Although we took a bit more during the showing, sharing the filters above, the kind of changes have already made because of, you know the lockdown situation.

R: So, I'll start sharing that the photos you've already provided to me and then start talking about these photos. So, uh, yeah, let me share these photos. So, I'll start with the kitchen if it's OK with you. There is something interesting. OK, so my first question, why did you choose to share this photo? Uh, of this place,

A37F: but the reason I think it's summed up the sort of chaos and humour of having everything on top of you when you're at home. Because it wasn't entirely bad. You know there were times in which I felt my cup was overflowing and there was too many people and pets and whatever trend work and all of these spaces sort of fell into each other. But there are also times when it was quite funny, and I suppose this was one of the moments when I walked in from taking a break to go back to my desk and the dog was just standing on top of the table. Really like trying to distract me and it was just sort of summed up something about that chaos at the time. But also, it was quite funny and I kind of suppose how everyone. Wanted to be in that in the same space all the time. Yeah, he was a

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very excited that I think people were working on the table and obviously the dog isn't normally on the table, but he knows that time to get involved.

R: Yeah, so I can see your laptop some kind of a paper and pen to take notes.

A37F: So, I've been working at that time. Yeah, on the kitchen. I mean the kitchen space.

R: OK, so can you tell me a little bit about how did you use the kitchen table as a workspace?

A37F: Yeah, so previously I work. So, I'm a university lecturer, so again, probably a bit like you. A mixture of sort teaching and research and that sort of stuff. And probably. Although I could have worked from home, I didn't work from home very often. I quite liked having the distance to go to work so I didn't have an office at home or really dumb. So, I suddenly had to find a place to work. As I've said, I did have a desk in this shared space with my husband, but it was if he had a lot of calls all the time and it wasn't possible to teach in the same space. Sometimes he tried to make it work, so I then often got relegated to the kitchen, which was fine, 'cause it was lighter and brighter and I preferred it, so it became a space where I'd sit. And yeah, bring my laptop in and anything I needed. And then of course that all needed to be tide it away at the end of the day, so it was quite temporary.

R: OK, and how did you manage to use this space for different kind of activities? Uh, at the same time, for example, like using the dining table as a workspace, uh, probably home schooling for your children, a dining table for eating at different meals times?

A37F: Yeah, so it was all kind of the same. I think even when I had. Because I didn't need a lot of stuff like it was, just the laptop and sometimes some paper. I would move it aside and then it would become the space where we eat. But it was like when we were home schooling there was often the time in which like they were right. My son was next to me. Doing some, you know, doing something, I'd give him something to do or. You know I didn't pop often, sometimes just some colouring or. The first lockdown. He wasn't in school and the second one he was, and that made a little bit of difference, which I can talk about if you need to. But yeah, there was some kind of home-schooling much more structured in the second one. In the first one it was just thinking of things to do, which yeah, sometimes the same sorts of things. So yeah, that space, often they were like he was next to me or on top of me which went in one of the other photos.

R: OK, yeah, how did you use this space before the lockdown. What was it the same? Or there wasn't a main difference?

A37F: Not cool. I mean, I never worked. Even the children never saw me sit on my laptop like I like to have the distinction between home and work. OK. No, I don't, and the kind of job I have. I don't need to have that distinction, but I quite liked to. I think I never saw my parents working at home 'cause they didn't have jobs you could work at home. I don't know, I just didn't want to. I'm so I never had that. So, I know they never to be working. OK so this is new change with new. Yeah. Exactly like Mommy now has worked for home network involves sitting a computer that was a new thing and uhm, yeah being in the kitchen and stuff I wouldn't be in a place that normally would have worked.

R: OK so yeah. why did you choose this space as a workspace for you? Why you didn't choose for example the living room or any other space to do your work.

A37F: There just wasn't another space so there was space. I suppose I could have sat up in bed or something, or I could have put a desk in my bedroom, but I didn't really have the space to do that. It was the only space in the house she. Good work apart from this shared office space, which was kind

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of already my husband. It was his office and so when I was in there, I didn't feel like it was my space and so it was the only real was the only place to be. Generally, the living room didn't really have space either. Was full of kids' toys and things and there was nowhere else to be so obviously because this is the only space available.

R: OK. So, did anything else happen in the space at other times of the day?

A37F: Uh, well, yeah it was. I guess it's the centre of home it's where we all are. Warmer cooking and home school or whatever else the kids might be doing sitting up at the table doing some drawing. It was sort of the centre of the House. It wasn't a very big house so you know it was always things were happening and this I guess during lock down the big difference was there was work happening there when they wouldn't have been before

R: OK and then. Were there any kind of conflicts between different kind of activities happen at the same time. And how did you manage to deal with all of these things happened all together at the same time.

A37F: Yeah, so there were conflicts, especially like they work well with the home-schooling stuff. I had a structure to what to do? You know which is quite helpful, but then often it involves using the laptop and things I didn't have a separate one and so I mean it. We have a tablet, but he's never really used it before and so I had quite set him up with that. I don't know, so it meant that often he wanted to use my computer and I wanted to use at the same time. So little things like maybe yeah. CD devices or whatever. OK and. Yeah, I guess my working hours would just and the domestic space blended into each other. And you know I could hear the noise of the washing machine, so I thought I better sort that out and. You know I can. I'm right in front of the kitchen and I know what time it is. So, I think. Or maybe I should start in the dinner, you know. So, all of that stuff. There was no space really. For me to just work OK in the sense of the house. So even though these clashes weren't always. You know? Uh, they were often things that I felt rather than somebody told me to. Whenever I still felt the space. Yeah, there was domestic noise I guess, yeah, so one of the challenges has been the domestic noise using different kind of machines, I guess. Yeah, new kitchen. OK yeah exactly. Yeah, I'm in demo. Domestic noise at trying to manage work and home schooling and that kind of stuff it in the first lockdown because the children were that bit younger, there was no such thing as work and home schooling at the same time. Yeah, my husband and I just took it in turns and you couldn't. I mean I couldn't even. I can barely send an email without being, you know, shouted out or somebody trying to bash my laptop. It just wasn't worth it. So, we just like split our hours and just did the best we could so there was no such thing as home schooling and. Work, we come in the second lockdown my child was a bit older and nurseries were open, so we did more of that combined stuff. 'cause my youngest one would be a nursery so different from. OK fine. I still obviously using this space in the similar way and the lock down or there's change at the current time. It's changed actually, and so in the new house I haven't. I have a spare room where that I have a desk, so I have an office space to work and that's one of the pictures I sent you, so it's the same desk and the same laptop and the same plants and the desk almost looks identical. But it's now in my own space, That's really lovely. It's much quieter, and the spaces aren't.

R: Yeah, I guess it is sort of change you and your husband 've been looking for because of the lock down and one of the reasons why you moved to a more spacious house

A37F: I think my husband, would say the same thing because although obviously he was in the shed space, it wasn't ideal like he works from home all the time. So, to some extent that hasn't changed, but it's not right. It wasn't very comfortable space. It was always too hot or too cold or and so he's

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now got another space. He could work so. I suppose we were both thinking within working from home. Probably more likely in our futures. We need to find a separate spaces for us if we can, and we were able to.

R: When did you start using the shed as a as a space for work during the lock down or this has been used before the lockdown as a place for work. Yeah,

A37F: yeah, it was before the lock down. My husband worked from home in his job. It's always been a work from home job OK and uh when we had our second child. Well, he was in that bedroom and then when we had our second child then he had to go. We had to find a solution and we couldn't afford an extension, so the shed was the sort of cheapest way to quit an office

R: OK, would you like to add any comments or any further information about the space you think might be useful.

A37F: No, I can't think of anything

R: OK, let me share the second photo of the desk you provided, the one in your new house.

A37F: OK, that one is in my new House, but it's the same desk and I think. And there's another photo. Can you see of the same desk? But yes, yeah, then what was really lovely is that I had that opportunity to see outside. Oh yeah, lovely, and we're really speaking a garden space and boasts of the place is this is in your new home.

R: Yeah, well the one where you can see the outside that is the old house.

A37F: Yeah, so those things are important in both contexts, like having that being able to see outside and being able to have that was really lovely.

R: So, where this photo taken, in which space the one with the dog outside that was in the old house?

A37F: from the old house,

R: So, what happened here during the lockdown? Can you tell me? Uh, I mean who was here and when, how often?

A37F: OK, so uhm during the lockdown. My husband is already from home, but so was I and then the children were at home too, so I worked in my academic job three days a week. And I suppose realistically my work hours probably got cut about half of that because we just had to split our hours between and, you know, yeah, and it was much more fragmented. I'd have a couple of hours here when my husband watches the kids for a couple of hours, I would really love to make a plan how we gonna make this. Yeah, yeah. And then that also involved the use of space you're gonna use the office now and I'll use that and to some extent having this space at the end of the garden was quite good. I mean the children could see us so that was a bit, I mean, but it was a bit more separate than being in the kitchen.

R: Have you both been in that space at any time?

A37F: That depends on the hours you've been working and was working. Yeah, OK so yeah. But in the first lockdown. We wouldn't both be in this space because. One of us would be watching the children. So yeah, yeah, in the second lockdown when nurseries were open. Sometimes my son would be in there as well because we were kind of mixing things up a bit more or when he's older is slightly easier like in another photo to get him to do something. Yeah, the younger one wouldn't do

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that, so that was a bit challenge, and so in that photo. Yeah, I'm using that space to work on my computer.

R: how would you describe your experiences working from the kitchen and sharing the shed with your husband?

A37F: when my husband or I had teaching or something where we needed to more quiet space because you couldn't both have teaching or meetings at the same time. 'cause it yeah. So, it's kind of managing between. Yeah, we would like to have more support and attention.

R: that really interesting. Yeah yeah. OK, did anything else happen in this space at other times of the day?

A37F: no. The shed was only a workspace. OK, nothing out and then like obviously the kitchen was really flexible and all sorts of things with the shed was only ever a workspace. It's sort of closed at the end of the day.

R: How about time alone? Have you used the shed a space for time alone for example to gather your thoughts or mainly for work. I

A37F: I would be if I did have that. Which isn't very often that time for me would be rare to have in the house. The house felt like there wasn't really any private space or time. I mean under the toilet; someone wants to come with you. Yeah, there wasn't really time for myself during the first lockdown unless I was going out for a walk or run or something, but certainly not in the house at all, even outside in the garden. So now because someone would find me and ask me. Yeah, yeah. Yeah, I guess that happened to every family. Yeah, yeah, so everyone struggling to find it. If you have a kids to take. Obviously when I'm asleep and stuff for sure. But uhm, yeah in the daytime that would. That would be rare.

R: how is the situation in your new home in terms of working?

A37F: I do now have a space that's separate from the kids that I can shut off and all that stuff. So, then I because of that I do have a bit more time to myself to do that,

R: OK. Yeah, would you like to add any comments or any things about the space.

A37F: In a minute I'm just gonna go and check that my sister in laws or I'll bring my laptop with me. So, you can keep talking and asking questions if you need to.

R: OK, so I'll share the third photo. And I guess this is for children.

A37F: Yeah, I'll go and see if he's available. He might want to talk to you about it.

A37F talking to her son and explain the photo.

A37F: I can describe it. So, the picture is kind of you sitting on my knee on your right on your end. Thank you watching Peppa Pig and I'm trying to do some work in the old house. Remember that. I don't remember. Do you remember this photo? Do you remember the photo?

R: Hi, do you remember that time when come? When you had to do, you didn't get to go to school and we all just have to stay at home. So can you tell me, uh, what happened here during that period do you remember the lockdown, yeah? Do you remember that time when you didn't you didn't have to go to this nursery? what did you do?

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C5M: I stayed at home no. Is it a new house and Mommy had to do some work? Sometimes when you were still here? Yeah, what was that like?

R: So, do you remember what you were doing here?

C5M trying to press the red on the computer.

R: You've been watching your tablet here.

The picture can't be shared there was an issue with the connection.

A37F: Yeah, so he's watching the tablet sitting on my knee. So, he's sitting on my lap watching something and I'm trying to work at the same time. Yeah, so this wasn't the shed or.

R: OK. And what happened here during the lockdown? Can you explain a little bit about this photo?

A37F to C5M: Tell me something. What happened during the lockdown C5M?

R: How did you use this space where Mommy was working?

A37F: why did you come in?

C5M: Because I wanted to come in.

R: Have you did any home schooling?

A37F to C5M: Remember home school, did you do? Sorry I don't know how well is in five-year-olds.

R: OK, no worries at all. So how your children used the shade where you and your husband were working?

A37F: Yeah, it was more like a space mummy and daddy like they didn't really ever come in. And then? They sometimes did when we were trying to work, and often we'd have to kind of shut the door to try and get. That was kind of a signal you can't come with the door shut,

R: So obviously, this was a working space for your husband and sometime for yourself, did anything else happened here during the lockdown?

A37F: I would say that this was not really a space for them. There were just two desks in it, no toys or any and the only time that were in there was when they needed us. For some reason they wouldn't do something by themselves or let them. For example, I think that time and that photo. My remembrance says that. He wanted me to be with me, not daddy, for some reason, and so I was doing some work, but I was like, oh, it's fine. He just sit on my knee for a minute while I finish something off, OK?

R: And how did you manage to control access to this space to keep your children away while working?

A37F: So, I guess we shut the door. But the problem is it was really hot shared with glass windows, and in the summer the first one works quite hot. It was so hot and if you didn't have the door open you could barely breathe. So let me open the door and then that meant that the kids would just come in. Or you could hear them playing in the garden and stuff. So, it was just chaos. So sometimes you would just you didn't know what was worse, being boiling heart or being interrupted.

R: That's interesting, is there any change in using the space after the lockdown?

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A37F: it doesn't exist, but also one of the reasons we moved was because we found that that space didn't work very well. OK. Second, combined with another person and it not really being suitable in terms of being comfortable in all of that.

R: OK, would you like to add anything else about this photo. Anything might be important to share?

A37F: Yeah, it was the first time really. Do use a digital device like. Maybe yeah, like he was never particularly interested in tablets. Most post, maybe subtly, I'd thought that I didn't really want him to use it very much. OK, I don't know where they really thought that explicitly come, but he never really had one or known how to use one. I showed much interest, so we didn't encourage it, right? Yeah, yeah. During the lockdown, we did have to introduce it because there's times when I needed him to do something. And like games and whatever. So yeah, well, I mean it doesn't really use it very much now. But during the lockdown? Yeah, that was something we needed to use, so I suppose that's interesting, isn't it?

R: Yeah, that's something really interesting. Digital technology was important for everyone during the lockdown. but yeah, for children it was important to keep them entertained and busy. For the interview time, I'll share the last photo, which was a child table, I think.

A37F: That one, so that's yeah. So now like that was actually used a lot during the second lockdown, OK? Because we realize so we bought a little table which they could work out. So that was quite significant, because before then if he needs to home schooling whatever he'd be at, sitting at same table as us. So, this. We bought a little table for the kids. So, I suppose that was quite important. cause then they had a space to home school, and they had a space that was separate from ours. And sometimes I'd also find myself in meetings. With on that tiny chair in a tiny desk trying to work alongside them. So, I thought it would be a space that would be almost separate for them, and it was that sometimes then I just end up at a tiny desk.

R: where did you put this this table? Do you remember?

A37F: No, we had it in the old house. This picture was taken in the new house, the living room?

R: How can you describe your living room space in your old house in terms of I mean new emerging activities during the lockdown,

A37F: so, the living room space was. Kind of two sides in the TV and then like at the back there was some choice and then he then added this. We just put the desk there. Family room both watches anything at the same time anyway

A37F is talking to her son

but that's the choices. We don't have loads of extra spaces, so you're just gonna have to make a choice.

A37F is talking again to her son

A37F: yeah, explaining that object it was, we bought it for. Before then, the living room didn't have a table or desk or anything like that. At least then if I had a meeting or something where I didn't want him sitting next to me on top of me in the kitchen, there could be sitting somewhere different.

R: Ok, can I ask you what the favourite place is for your children during the lockdown? I should ask this question to your son?

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A37F: I think we spent most of our time in the garden or in their living room which had the toys and the television.

R: Have you made any kind of changes to your outdoor space, the garden during the lockdown?

A37F: So, we had a trampoline before, but we made much more use of it. We didn't need to make any space 'cause we had the garden. We spent more time in the garden. Yeah well, because that's where we were doing exercise and we made much more use of local area like we did. A little walk around. You know the time when you could just do like a small walk a day or something. I can't remember but we would then walk around and see the local space a bit more and that kind of stuff. So silly. But spaces. Yeah, I would say for the children must have been the garden. Yeah, I guess this is for the first lockdown where the weather was really nice, the second lockdown. I think that would be the living room, right? 'cause we would be spending time indoors, yeah?

R: how did you manage using the space, I mean the living room for different activities that might take place at the same time in the second lockdown? Have you made any adaptations to your home spaces?

A37F: we tried to like to manoeuvre the sofas so there'd be like an adult sign in their children setting. But then they just bought all the toys from the children, sign over into the adults then. But we could try 'cause we thought, you know we don't have two rooms here. Let's see if we can make separate spaces and we did attempt to by moving the furniture, but it did. They did blend into each other but that was no talent. But I suppose when the children are awake especially having two small children, there's not really separate. Adult space and kids space time during work time. You know you have to make that work sometimes for meetings or whatever, but sometimes I'd be sitting on the sofa to catching up with emails while there'd be children's TV on or something like that, OK?

R: how would you describe your leisure time in your house during the lockdown and how did you manage to make your home work for your leisure activities and time alone?

A37F: I mean. Uh, well when the children go to sleep at seven so there is time in the evening, but most of that time was spent doing a couple of hours work and then you know chatting to each other or watch movies or whatever, and during the daytime the only leisure time really was running or going for a walk. And I both really keen runners, so we'd make sure we build that into the time so there was not so in terms of the space there was no leisure time individually in the house.

R: OK, so obviously your leisure time was outside the house

A37F: It was quite deliberately outside the house, 'cause we probably felt like we needed to escape the house.

R: Ok, we will move to the second part of the interview if that's Ok with you. OK, so now I'm going to ask you some question about your home and how your home might have supported or hindered your family wellbeing so by home we mean the building inside and outside anywhere you went when staying at home. Example like shared spaces, gardens, whatever you may feel is relevant by well done by wellbeing. We are talking about someone social and psychological state. This could include how one is feeling and how well they are coping with daily life. How satisfied they feel with their life, how connects and communicates with other members of the family, so do you feel that your home supported your family wellbeing during lockdown? If so in what ways

A37F: like we had a garden, and we had a space. Oh, you know we had some space to work that was set for it even though it was a bit complicated. So, in some ways, yes, we felt I felt that I was lucky

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compared to people I know that were in flats or whatever. Yeah, so there were some good things, but in other ways now like there wasn't really a separate space too much for me to do my job properly and I feel that I was making probably more sacrifices in that respect than my husband, because that was already his space to work so in some ways no. There was no space for us it was just a kid space or a workspace. One of the reasons I think we wanted to move into a new house and we have to have separate ledgers like some space in the House and this House has a different a separate living room downstairs. So there's, you know, sometimes not all the time, but sometimes the children are entertained in one room and we're in another room and we have had, like during the weekends times when we've had that separate leisure time, which is the first time I've ever had that.

R: that's really interesting case. Are there any other difficulties you would like to add?

A37F: I suppose it's difficult for everybody. There were times when we felt it and we're on top of each other. And I felt like I just needed. Some space to myself. Uhm, and even things like we definitely have to say look, you're just going to take 20 minutes. Just go and sit on the bed and just, you know, just whatever. But just let's just both take 20 minutes. You know, it's tough to really force it. 'cause you'd go mad, and you did it sometimes feel you're going mad and. But then I was also aware that it wasn't that bad for us compared to other people, because I was really conscious that had a job that I could work from home. And then there's people I know they were losing their jobs so. I don't know it was it was hard, but it wasn't also devastating... We felt also that there were really nice positives we had looking back. I know that that time with my kids I'd never get again. You know, I felt I know that that was good. Yeah, we will save and all that stuff, but I guess in terms of the wellbeing of the house, it felt. A bit chaotic and overwhelming at times. Yeah, because they feel like that there was enough space. Yeah, yeah, 'cause yeah of this. You are occupying the house all the time with your kids and all of these activities happen at the same time in some. Yeah, we just not like. Before the lockdown, I don't think I'd ever spent a day in the house ever like I would go out and do something all the time like we're really active people were outside a lot, going for walks, meeting people. It was just really like just even yeah; I've never spent a day just not leaving the house. It's not me and it's not my kids either then. So having to do that was a bit much, just probably confined in the house. So, in some ways that was negative for a wellbeing. But then having the garden space made that nightmare that better. Much better.

R: Yeah, did you make any other changes, any sort of changes to your home that supported and improved your family wellbeing? If so, could you give some examples?

A37F: So, we talked about like using the garden a lot more, so we got some like. We've got some more probably garden toys and things, so we got some guidance, and we also bought a hot tub, which I think a lot of people did. That was one of those lockdown purchases. Yes, one and that was really nice, 'cause it meant that we were using the garden and as a family as a leisure time thing. It was lovely. Because we know we're not gonna go on holiday. Let's spend some money on something like this. So, we were like, well, let's get something so we're enjoying that our space more so that was lovely. UM, the big adaptation of course was bringing my desk into my husband's office space. Well, it was there I think already, but I never used it. And then another adaptation was used in the kitchen to work. But that adaptation. Was very like temporal like it would be there for the day and then it would be gone when the kids got home or when the kids were doing something else and the other adaptation was that our evening time in the home where we might have been watching TV or relaxing was then work time, especially during the first lockdown 'cause we were counting.

R: OK. Great, there are some sort of questions we might already talked about but I'll ask them again if you think you'd like to add any more, so how did you cope with different things needed to happen

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in the same place at the same time? Did you adapt your home? Or maybe the way you use it to deal with this?

A37F: Uh, we didn't make physical adaptations to home necessarily,

A37F is talking to her son

A37F: Sorry I can't remember the rest of the question. Yeah, we didn't particularly. I guess we didn't particularly adapt it, we're really like daily would say right how we gonna get through today. What hours are you gonna do this kid stuff or hours so you can do work and we just moved between the space, so we'd make a daily or weekly. Sometimes negotiation. I've got that meeting. I've got that teaching that I need that time. I mean negotiated that between us. And then I'd really try and schedule myself to get through that day, yeah? OK, it would be about scheduling that would often take place on a date.

R: Kind of yeah, time management.

A37F: Yeah well, some family arrangement.

R: yeah OK, do you think the changes you've talked about helped a family, social and mental wellbeing? And why do you think they help to make you feel better?

A37F: Yeah, I don't think having to work in the same space, this is a good thing. It's a really new. Changes in like a sort of weekly negotiation of how things are working. We probably did that a little bit before, but life gets complicated and I think even now moving forward post lockdown, we do that a lot more. We work out like, right? OK? What do you need to get done? So, we have that much more kind of shared scheduling that we perhaps didn't have before? 'cause we had *[interrupted by her son]*. So yeah, I don't know in terms of the impact. My well-being I don't know 'cause I didn't make big changes. Well to just to do my best within the space that I had. Have that desk space in the office was sometimes really preferable because then I could work and shut myself up physically. Yeah, private meetings or teaching or something and that was really good. That's positive. It allowed me to get stuff done.

R: Yes, I guess working from home was really the most important change for you.

A37F: yeah, that was one of the reasons we moved to have that more space to be able to do that.

R: OK great yeah, I think we covered all the question, so I don't think there's anymore. Would like to add anything. Any further information or anything else?

A37F to C5M: can I ask you one question? So what is your favourite place in your previous house? Do you remember what your favourite place? Uhm? OK sorry, he's being uncooperative. I can't make him right now. Did you like your garden? You your private garden outside? OK, I don't think we're getting anything out here at all.

R: no worries, at least we give it a try. Thank you so much we reach the end of the interview.

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Participants	A47M - Male, White, 47yrs Old, Postgraduate Degree, During Lockdown Paid Work from Home, A46F - Female, White, 46yrs Old, Doctoral Level, During Lockdown Paid Work from Home C10F - 10yrs Old, White, Female, No Schooling Completed
House Details	2 Bedrooms Tenement Mortgage/Loan Shared Garden

R: First of all, I'll ask some general question about your House. Can you tell me how did you come to live in this house?

A46F to A47M: I'm very interested to see your perspective. So alright. OK, so I think you should lead the conversation if that's OK.

A47M: We moved here seven years ago, but this flat was bought by my wife more than 15 years ago. OK so it was for some time. It was a second home from us when we were living in Spain and then. It became our first home when we moved here, so that was the reason.

R: Yeah, so you've been here during the first and second lock down. OK, great uh, can you briefly take me through the spaces in your home?

A47M: Well, this is a not very big a house, it has two bedrooms OK, one big living room. OK where we are seated right now, yeah, big kitchen too.

A46F: I'd say it's in dining.

R: Yeah, so do you have an open space kitchen, dining, living or you have a separate living.

A47M: It's a large kitchen, dining and a large living room. Front room. Yeah yeah but we have the two tables. One thing I know. In the living room. So yeah. Depending on the occasion we enjoy meals in the kitchen or in the dining room.

A46F: Yeah, so this is a tenement, so we took the traditional living room front room facing the street and then kitchen. Dining will be facing the garden separate.

R: OK. so, we are going to talk about your photos so I will share this with you and then I will ask some question about it. So, can you see my screen now?

A47M: Yes, yeah. So yeah, yeah,

R: first of all, can I ask you who took this photo?

A47M: It was me because he's the one who is not in the picture. we are in a in our garden. We are enjoying a BBQ. This is a communal gardening.

R: OK so why did you choose to share the photo of this place?

A46F: Well, actually you know the communal garden. It was a space that we actually discovered or rediscovered during the lockdown because we didn't use it much before. Yeah, but during the

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lockdown obviously with all the restrictions, we just thought, well, it is a perfect space to enjoy outside, and we did a lot of work and meet with other neighbours too. There are 11 flats in tenement so and it's a very good community, so everybody enjoys sharing time with each other. And yeah, spend time. Improving the garden removing rubbish, that had been there for years and yes, removing some overgrown plants. Yeah yeah.

R: How many flats you are sharing this garden?

A47M: 11 flats

R: and all of you did some kind of maintenance for the garden during the lockdown?

A47M: Well, rather than maintenance it was tough work because they were overgrown bushes. It was a fallen tree that so there was just a result of years of not using it. So, we decided to. I think we spend two weeks removing, you know, overgrown bushes, trimming it and it took us so long. I mean it was great. It was sunny outside. It was a fantastic lockdown project and then I remember. The reason why I think the rationale for this photograph was because I remember you said that for you the kind of final goal would be that if we got the garden looking good, you would love to have a barbecue. And we took the photograph when the barbeque around the BBQ. And then yeah. it was like wow, amazing, we made it and I mean it's nice because we. After that we shared barbecues with neighbours and we started using it.

R: Interesting yeah. where there any kind of difficulties using this communal space in the lockdown?

A47M: No, not at all, no. Not in the garden was amazing. The only difficulty or challenge that was felt a bit daunting at the beginning was the amount of work it needed. Yeah, that was the only thing, but as soon as. You know two weeks into kind of getting it ready. It was just so wonderful and

A46F: also, I know that we're not following the order, but one of the reasons why this project is started is related to that drawing. So that was a home-schooling activity. If you have a garden, why don't you go to the garden and draw what you see? So, she went to the garden. we never used it before. Not that she had been there much before. She came back with this beautiful drawing of the flowers and then she started going more there but it was still overgrown. And then one day we just said well, actually I mean she's enjoying her time there, even if just by herself with drawing. And so, I think that drawing is kind of a special in that sense because it reminds me of the moment when we had this kind of, you know, light bulb. Yeah, I actually, the garden. It wasn't even in a terrible condition. The problem was that it's a very big garden, but only half of it was being used because the other half was just covered with overgrown plants and some stuff that people just put there and left it for months. And then all these things decay. And then it was kind of recovered. They half of the garden that were unused before and in. In that sense it was kind of a reborn. Yeah, she's just prepare it yet to be usable.

R: that's really interesting, Ok, CF10 can I ask you? How do you feel about the garden? How did you use this garden during the lockdown if you remember?

CF10: I used it too. Go and do my work sometimes and. To read.

R: Amazing, where did you spend more time in the lockdown her in the garden or indoor in your bedroom or living room with mummy and daddy?

A46F: Well, the thing is that she did a lot during the lockdown. Yeah, sunny days is going to the garden to read so yeah, he took a book and spend time alone there or perhaps with some other

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neighbours. also, during the lock down our neighbours in while the main doors got a dog a puppy. it was at the same time during the lockdown that they got the dog that's right.

A46F to CF10: Yeah, I'm sure you'll remember that. Remember yeah, yeah so yeah,

R: How about this space before the lockdown? Have you use it at all.

A47M: I didn't use it before.

R: Can you tell me why?

A47M: Uhm? Don't know why, we didn't consider it like a nice place to go, or perhaps with this ability to go uh, to other places we never thought. A nice place to go, so perhaps that was why I think, and before the lock down every weekend we were meeting friends in the park or going to do things and then over lockdown, that was not possible. So, it's kind to discover what you had at your doorstep, yeah, so that it's like we were forced to discover it, you know, yeah, it was rather nice, but I think that would be just the reason why we didn't use it is because we were always so busy going to do at, you know, two activities. Pretty late.

R: so, you've got more time now to discover what potential you have in your home or and outside. I mean reuse this space outside.

A46F: now we are working much more time from home, so we spend more time at home and the guarding was just another part of it that I think it was a logical process.

R: how about after the lockdown?

A46F: Yeah, I think that some of the things after the lock down that we changed has to do with the garden because before the lock down it just would never think that a nice plan would be to stay in the garden. I just wanted to meet somewhere and after lockdown, we actually entertained a few times in the garden, and we had barbecues either with neighbours or with friends. When they come over in a lovely sunny day, instead of saying the obvious, let's go. You know, outside, so yeah, they will come round, and we will spend the whole afternoon. Well sometimes into the evening.

A46F to A47M: Remember with the burner sometimes even until night in the garden, and that is something that I think it's the legacy of the log and had this change since the lock down.

R: So, it is more about the frequency of using the outdoor space?

A47M: Yeah, so yeah, we now use it. We use it now.

R: Are you now using the space in a similar way like in the lock down.

A46F: No, it is. It is less intense because now we were back to having a kind of you know? obviously anyone now can go to any place to spend the weekend.

R: so, it's become like an option for you

A46F: exactly.

R: OK would you like to add any further information or comments about this space before moving to the next photo?

A46F: no

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R: OK. I'll present the second photo. So again, uh, why did you choose to share this photo of this place? Why this is an important place for you.

A47M: Well, that's the kitchen. We spend a lot of time in the kitchen. As I mentioned before, you can see the table there. Yeah, yeah, we take all our breakfast on that table and it's that table in front room beside the windows. Looking over looks over the garden, so it's very sunny during mornings.

A46F: And yet the kitchen is, well, the most important parts of the of our homes.

R: Yes, so what happened here during the lockdown? I mean the activities in this place during lockdown.

A46F: It became a working place. Well, yeah, I rather than a working place it became the place that I mean both the kitchen and the living room that we can talk about later. They became like two rotating spaces round the day so things will move from one to the other. So, for instance, let's say if I was working in the kitchen and we had table for eating. But if I was working sometimes, I did work in the kitchen in the morning. We will try to have a break in the middle of the day and have lunch in the front room for instance. Or so we just had like this system of moving from that side of the House to the other side of the House for a change of scene. In a way.

R: that interesting, have you used this space for anything else?

A46F: Well, that's where you to cook together sometimes as well. we hardly had dinner there. We always did it in their place, but uhm, one of the things in the photograph is that over lockdown, we change the furniture.

A47M: Yeah, that's so true.

A46F: Yeah, we changed it precisely the table and chairs and the storage as well.

R: So, why did you make this kind of changes during the lockdown?

A47M: You know, during the lockdown you cannot go out and then we save quite a lot of money. So, we thought why? Why not? That's the best moment to improve the furniture expanded.

AM to A46F: that also because you were home all day. You said once, you're home all day, you're always looking at the furniture, yeah, and you just thinking?

A46F: Gosh if I have to look at it all day. I just wanted to be nice. Yeah, it's kind of yeah welcoming.

AM Yeah, exactly because you are doing all of these activities all the time all day.

A46F: However, one of the things that to me it really helped my wellbeing. If you wish was to keep things out of sight. Yeah. OK, so I always had to take that. I'm now looking at the photograph and it doesn't feel like work. Because I closed the laptop, I don't see the stuff or even with the home schooling. So, it's like when you put it away you can kind of sanitize your...

R: so, it's kind of managing the atmosphere around you to keep you calm. Put stuff away for your mindfulness.

A46F: Is not there anymore and that really helped me switch off from one to the other

R: and the ways of achieving this was the storage.

A46F: and the storage became so another little project on the bottom.

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R: how about the dining table. How did you managed to use it for different activities such as home schooling, working from home and at dinner time. as I can see? It's not really a big dining table

A46F: Because this is [inaudible] Yeah, it quite comfort and a more stable, so it's better for working on it. It doesn't move. Yeah, functionality yeah, yeah, that was a bit annoying because it's moved a lot. So, if somebody was seated and I move for instance with drinks, it was quite normal to get some spillages, and it was because they have this type of round table. It just has one central support.

R: yeah, that's make sense.

A47M: it's a bit well appropriate. So, we got a higher quality table. And also, we changed the living room as well.

A46F: Yeah, the table and the chairs because we spend more time sitting at both tables. We went for a bigger one.

R: Who was working here?

A46F: that's what I mentioned before about this kind of a rotating space. in home schooling there were activities set by school. For instance, PE was so weak, so if she was doing PE, that is quite noisy. So should be in one part of the house. So, we will move to the other part to work. But if she needed to do something different. Maybe I will go back to the other room, so they took tables were always the kind of centre overall activity OK, and sometimes like if I wasn't teaching or we had no meetings. Sometimes we work the two of us at the same table in the living room because it's quite big. OK, it's the same in the kitchen that they had meeting, so it would have meetings. there was like spaceship. Very portable, there was never a set. Uhm, static yeah place for work yeah.

R: Can I ask CF10, how do you feel about this place? Uh, have you enjoyed using this table for doing home schooling? Or you prefer to do it in your room?

CF10: I like doing it more in my bedroom.

R: Can you tell me why?

CF10: Uhm? Because the chair is comfier and. I just like the space

R: So, you prefer your own space to do your study?

A47M: Yeah, OK, yes normally uses the kitchen table when she is doing homework with the support of her mommy. For instance, when you practice Spanish. so, using your activities with us. So, in that case she's doing the homework with mom while I'm cooking in the same space in the kitchen.

R: Yeah, it's a kind of doing multiple activities at the same time at the same space.

A47M: Yeah, yeah, I think so.

R: So, she is more comfortable doing homework by herself.

A46F: She doesn't really need much help and support, however, up until you know a couple of years back when she was P1-P2 we always did their homework in the kitchen just because she needed to feel there was a grown up there. If she needed to ask. Yeah, with the Spanish because she's I mean she's very good but she's not at the same level as English. She would like that sort of. Surrounding presence just say so.

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R: OK, how would you describe your experience using this space? Uh, I mean, and for multiple activities at the same time.

R to CF10: how comfortable for you to see Daddy doing kind of cooking and mummy, work while you are also doing your home schooling her in the kitchen. have you enjoyed this environment?

C10F: Yeah, OK.

R: how about you A47M and A46F? How do describe your experience?

A46F: I'm in the kitchen, it is a very pleasant space, and it's because I mean the window is big and you got this lovely view. But also, is big enough to allow someone to be doing an activity like cooking like when you're cooking. If I'm in the kitchen, I can have conversation without feeling I'm interfering because there is plenty of space. So that is one of the good things about the kitchen, so even sometimes when we have friends' round and we're not finished cooking, they could be sitting at the table having a drink, so they don't. They're not in the way. You don't need to be asking them all the time. Can you move? Please can you move?

R: so, it is a matter of space, that allowed different activities to take place at the same time. Anything else?

A46F: it's just fun to use it because you're not bumping into things, and you just can't get your stuff done.

R: that really interesting, are you still using the kitchen in the same way after the lockdown?

A47M: In terms of working, not really, because, uh, we set up. Another working in space in other parts of the of the house. OK, so in that sense our working pattern has changed.

A46F: Yeah, uhm, but I didn't do that before long time and now I think I got to use it. I like working on the kitchen table.

R: OK, it's become a permanent change in your lifestyle and using the space.

A46F: I just got used to it. I used before I used to work more often on the living room towards the front. Because of their rotating according to what everyone else was doing. I tried it, I thought, well, actually it's quite nice. Well then you know, uh? I think with the arrival of the cold you realize that the kitchen is this. Yeah, it's under a bit better than the other side of the house, because how the flat disoriented?

A47M: Yeah, that's true.

A46F: And another thing that I discovered is that it's easier to work as a focus space for you to focus because of the view of the garden. It's not. I mean, it's a nice garden, but it's during the day, especially in winter. Fairly quiet, but it works from the front room is just. There's always you know the postman or so.

A47M: Yeah, yeah. So, we need more quiet place yet to focus and concentrate. So, this space provides this. so, the kitchen is more of a quieter space.

R: OK, that's really interesting to know. Yep, so uh would like to add any comment or anything.

A46F: We did not discuss about the space CF10 thing that I thought when I shared a photo of is that I don't know if you can see there is like some wire at the back, the back wall.

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R: Oh yeah, I can see it. Could you please tell me what is this?

A46F: Yeah yeah. Although I mean we used to have that before for decoration or like sort of. You know many things to. Or something during the time I remember the first week of home schooling we cleared. So yeah, we cleared all the kind of drawing some photographs and. Uhm, we started using it for her home-schooling tracking.

A47M: I think we're still on and then after that we added another you see it in the photo of your how you call that is your magnetic board you can write as well there so we started using more sort of. Come as a fitting or more visual sort of organizing. UM, in a similar way to what I said before that we just rotate things.

R: Yeah, so it's a kind of a visual calendar and time organiser.

A46F: And that cable was like let's see what's for today. Yes, come in the morning and after breakfast so this is your day. We need to do that and yeah, I mean it's kind of yeah, organizing or arranging the day. For example, I go with her and I checked. So, what's it now? So, it's more of [inaudible] life because it's there and it's physical and it's in the hole.

R: Interesting, actually we did the same, but we used the fridge to stick our calendar organiser for our daughters just to organize her daily activities in a bit similar way using visual aids. they're different tools. Yeah, it's funny how it seems more helpful when you can just touch it and arrange it.

A46F: yeah, exactly OK.

R: Ok, I will share the third photo if that's OK with you. I think, it is for CF10 So why did you choose this photo to share with me today? can you tell me a little bit about the photo? Where this photo?

CF10: Uhm? Well, that in my room and. That is where I have come. Somewhere to read. I have boxes. For toys and I have shelves for books. And so, my bed and. Uhm, I have my desk. Uhm? And I also have photos stuff. To the front of my desk.

R: Yeah, I can see that it's really lovely place and very cosy. So, what you were doing in this space, how did you spend your time.

CF10: Well, I like. Reading there and... Uhm, playing? Games.

R: And I guess you might do your home schooling as well sometime?

CF10: Yeah, OK.

R: And have you, uh, arranged all of these pillows yourself? that really nice. What sort of activities you often do in this place?

CF10: Uhm, I play with physical toys.

R: And are you a tidy up all of your toys yourself?

CF10: Yeah, OK.

A46F to CF110: That house rule that you wanted to talk about. You do this very interesting thing is that you.

A46F: Sometimes, often she will transform that space. You know you're sitting on the cushions and there is a blanket you know when you use the blanket to make your den.

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R: that's interesting, how do you do that?

CF10: Well, I had a blanket. Yeah, at the edge of the bed. From the top.

R: OK, that's nice. So that good if you have any a photo for that, or if you can draw it for me.

A46F: Yeah, and there's another thing you see there is some, yeah, so she made that reading corner with cushions on top of under, blanket, and a kind of a gymnastics mat, which is like a little mad.

R: So, currently how do you use this space? Are you using it in the similar way?

CF10: Uhm, I spend less time in my room because I'm at school, OK? I do activities more so.

R: Are you doing the same activities in your room at the moment, after school opening?

A46F to CF10: Uhm, what the differences in your activities.

CF10: Well. Now I do more. Games then work in my room.

R: are you still using the desk for home schooling

A46F: yeah, she still sometimes.

A46F to CF10: I would love to know why sometimes you find your breathing space in our bed. You know when you do that?

CF10: Uhm, OK?

A46F: Yeah, when you say well, I'm just going into another bedroom.

CF10: UM and I just do it sometimes because. I like your bed and I like being in a different thing, so your bed is bigger.

R: so, it is because the size of the room.

A46F: or depends on the mood, because she is spending a lot of hours reading a in her bed. Sometimes I think we tend to move around the house with the sun. Yeah, you know, but it was very sunny in the bedroom in our bedroom. You know this thing I've been to the front and the back. So, I always thought, especially during the lockdown I found like seeing the sun shining through the window will have this positive act on the way I've had. I felt like that, and I think you probably did because you were always kind of chasing the sun, yeah?

R: OK, would you like to add anything?

A46F: I would say that her bedroom was very much health space. OK, I would say that there weren't a lot of shared activities, so if she needed help with homework she will come into where rather than us going there and it was very much the space she would go when I think when she wanted peace and quiet.

A46F talked to A47M

A46F: OK, she normally goes to a piano lesson to her teacher's home, but obviously during the lockdown that was impossible. So, this started to be online, so sit at her piano and practices, connecting through soon with. Her teacher, so that was another activity that was new.

A47M: Yeah, this is. Yeah, this has been cancelled during the lockdown.

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A46F: So, in terms of the setup of the bedroom of the bed and the I mean the study space. this being the same after and before the lockdown.

AF to A47M: There were any differences? Well, not really. I think we changed her bedroom.

A46F: Uhm we changed her bedroom on the spring before so it's spring 2019 so her bedrooms have more grown-up bedroom. OK this one was almost brand new. OK before the lockdown but this is because of yeah because of just growing up. I'm also because she was getting more serious at piano, so we just got a new piano, and we just rearranged the furniture for her to have a space for study. Expect playing piano and also, she loved the idea of having a bad hire up climbing up. Yeah, and she still loves that. So that was the reason for changing her bedroom and so. That was just months before the lockdown relapse.

A47M: During the lockdown, the only change was perhaps the lamp. That was on the board. Then the magnetic dimmer lighting board yet. But yeah, yeah, so it was ecstatic. it was a really small thing, but we got a bulb. OK, that's change colours, So CF10 has a device mode. a remote as she can change the colours light so blue, red, green so it's kind of entertaining for her

A46F: I think to me this is CF10 territory.

A47M: Oh yeah, that's true.

A46F: Apparently the bedroom is very much CF10 space. All the rest we share.

R: Ok, shall we go to the next photo if that's OK with you? It seems a picture made by CF10 I think. So, can you tell me what the story behind this picture?

CF10: Well, it was my... Uhm, work for that day too. And paint a picture of some pink flowers in the garden so. That was one of the first times I went to the cartoon and I painted some of the flowers.

R: That really nice picture. So, uh how often you are doing this kind of drawing? And where at home? in the garden?

CF10: Normally I use the kitchen

R: OK. Why the kitchen?

CF10: uhm? I like doing it when my dad is cooking, or my mom is doing something OK. Also, I think because these are watercolours so it's just close to the sink.

A46F: Yeah, so she can. Yeah, more practical than yeah. OK,

R: that really nice photo glory. Thank you for sharing this with me. When did you start drawing? Do you like to do more drawing now?

CF10: I think I'm doing more now.

AF to CF10: OK, so you start with this hobby in the lock down.

R: Yeah, OK, OK, that's really interesting. Would you like to add anything else?

AF talked to CF10

R: Let us share another photo, in which space this photo taken?

A47M: The living room in the living room.

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R: OK, can you tell me a little bit about this photo? Why did you choose it? What did happen her during lockdown?

CF10: Uhm, well I'm doing the PE OK they come. In the morning and it was fancy dress Friday. So, I was wearing.

R: I can see a screen behind you.

CF10: So yeah, so that's UM Joe Wicks. So, he was doing the PE live so. That's what I was doing.

R: And have you enjoyed doing this in the living room?

CF10: Yeah,

R: OK. So why not your bedroom?

CF10: Uhm I have more space in the living room and the TV is bigger so I can see it better.

A46F: Yeah, I think the first time is probably you did it in your bedroom with an iPad so in her bedroom that will be the iPad. But of course, the screen was smaller. I think your first PE sessions were like yoga or something like that. Uh, we she did that in the bedroom and then because in the TV you can get YouTube as well. I mean it's just gonna be easier for her otherwise she has to be focusing on the smaller screen. So, we tried the living room. But of course, that meant that was half eight in the morning.

A46F to CF10: Do you remember it was first thing in the morning?

A46F: But it's still nobody else will be in the living room because it was, you know, energetic and. So, we thought, well, it doesn't matter, we just work around be either going to the kitchen and then we come back if we need to. Going back to the idea of rotating.

A47M: Yeah, she started doing it here just because of the screen and there was there was a space in the living room. So yeah, more practical.

R: defiantly with more space, there is more freedom to practice. But I guess it is a bit noisy?

A47M: Yeah, it was very noisy.

R: Are you still doing physical exercise after school opening? I guess, I might not do the PE any more but how about physical exercise at home during the weekend for example?

CF10: I go to swimming and I also go to dance.

R: So, you've already sport activities outside home?

A46F: interestingly, we saw CF10 doing PE in the home and then we thought, well, actually, that's an idea. Let's start and do Pilates. So, we copied her. That is something that would never occur to me. Yeah, I thought I just go to the gym, but now we just discovered that actually, I mean, it saves you time. Yeah, you can do it at home there so and we had a lot of different lessons. Audio yeah. That's it.

A47M: yeah, but it's not her because she's got plenty at school. Yeah? But now that if we're very busy, we try and do like half an hour. Pilates on that same place, yeah, so yeah.

R: interesting, so the activity and the space are transferred to you as adults for physical exercises.

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A46F: That was like a testing a time of testing the house. Things that we never did before, and then that gave us ideas that I don't think otherwise. We would have ever considered that doing Pilates on the living room floor was a thing,

R: yeah, I like how flexible this space is, so it can be used for different kinds of activities.

A46F: Yeah, we have furniture that can be easily move without damaging anything before we never move it. But during the lockdown and now we move it around and create a more space in the center of the room precisely to do this. This lattice. That is, I mean, that's a very good point after it, because there are two tables that we use a lot like to support other activities because they have these casters. Caster wheels is very easy just to push them around. Yeah, we are having to lift them and so in this case I think is the actual furniture would what makes that flexibility?

R: So, it is a matter of furniture, that made the space flexible in use?

A46F: Yes, it can be moved easily and then comes back. So, it's not hassle.

R: OK, we talked about using your living room for your child physical exercises, have you reused the space or changed it for any other activities? for example to fit your new way of living during lockdown?

A46F: Uh. In terms of the activities within the space, sure, do you want to show it? You can take the computer and show it well. it's a table. this is the second table. so, this is quite big. I don't know if you can see. Yeah, I can see. Yeah, so this is the table where sometimes the two of us would work. At some points the three of us if she is needing some help with homework we will be on this table and also like for dinner. I think the reason why we come more often. For dinner rather than for lunch is because of the sun. Yeah, being on the kitchen at lunchtime.

R: OK, so you prefer to take your lunch time in the kitchen because of the space orientation.

A46F: So yeah, I think it's because the sun tends to be selling. Although if in winter is so near like today, we took lunch here just because it is really similar. So just anywhere we try to adjust the second, so it's got this area that was for working or eating or doing activities, so here is I mean that furniture. This is like a chase log so you can still be there around easily. from that door you can get to CF10 room. What she loves about her room is that she got these two doors. OK she could either go to the hole where she could go to the other room and dumb all right. This is where we're sitting now.

R: I can see now the two rotating spaces that you talked about at the beginning, which made the home flexible in use for multiple activities at the same time, it is an interesting case study.

A46F: Yeah, I think, we realized during the lockdown that we were really lucky with this flat because as I said, it's not massively big. That is, as you said, is extremely flexible. We could enjoy a lot of different activities at home, working entertaining, actually doing some exercise. Even did we never felt crowded or we never fell is like or locating or yeah it's yeah.

R: Also, I think, the possibility of using the shared garden is an advantage of your living, which is often one of the key limiting of people living in a flat.

A46F: Yeah, that's true that the garden is a bonus for all of us, I mean the three of us. Also, I'm not a house people because you know being a Spanish everything more will grow up in floors. That gives me an extra sense of safety because I'm not at the level of the street.

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R: I also grow up in a flat, where I feel more secure living in floors rather than a housing or ground levels. However, living in a flat in this country also has a challenge in terms of privacy and noise. I mean here the insulation between levels. It was one of my concern while living in flats in particular with children physical activities including play and exercises. Have you experienced an issue with privacy and noise before.

A46F: alright, yeah, no, we don't think we had a problem here.

A47M: No, we don't have. we're very lucky we never hear neighbours really. Yeah, hardly yeah. And it's also true that, uh? There are a lot or quite a lot of people in the tenement that leave on his or her own. Yeah, single. A couple downstairs a couple, yeah but you know yeah, so upstairs is some women that live alone. On the tenement beside at the same level is another man that believes alone to this flat. Yeah, ours is also a.

R: It's depending on everyone experience. I had a bad experience living in a flat in terms of insulation. Sense this, our preference is to live in a house, but yeah, we straggled with the sense of security unit used to it. OK, great, let me present the last photo. Who would like to talk about it?

A46F: this was mostly used by CF10 for structuring her sometimes home-schooling task or something else in this case was piano practice because probably the photo is taken up later. But that board came during lockdown. And, uh, yeah, so I think. She really started feeling that it would be very useful to have that during lockdown. Yeah, in the same way that we found the kitchen wall as a useful tool for seeing what is in the way, You know one day after the other, yeah. So that was one of the mechanisms to add a bit of, you know, little goals, structure or something is very visually start. This is what I have to do. This is what I'm trying to achieve. This week that sort of idea.

R: Yeah, to keep your day organized, so did you use the board? In which room?

A46F: In CF10 bedroom. So that is just above her piano. The wall where the bed sets the bed yes

R: OK. We will move to the second part. I guess we already covered a lot of these, but there is a couple of questions. In the second part, we will talk a little bit about the wellbeing. And how the house supported this. So, my first question, do you feel that your home supported your family wellbeing during lockdown and in which ways?

A46F: Well that I think I just mentioned it before. I think that we realize that we were very lucky with. Yeah, as I said, it's very flexible at the same time. Where was the level of privacy that at some point we could need OK with that flexibility? At some point we could be working the three of us in three different rooms at the same time without interfering with each other.

A46F to A47M: OK, the same for you. If you wanted to read a book, you could go to a room and be on your own without any problem.

R: So, if you get a chance to do any kind of changes to your home, what you would do, for example something you would like to do, but you cannot do.

A47M: It will be really difficult at the moment to pick something to improve. Because it was one of the activities that we undertook during the lock down will prove the flat. So, the small things that you only can do when you spend time at home. And of course, it was plenty.

A46F: Yeah, I think we did exactly that during lock down the tiny bits that we thought they were left. I would say mostly it was. We improve their storage because part of the flexibility comes from having the stuff in the right place. so, one of them was maximizing storage and the other one was

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getting the furniture right, because that really adds to how you use the space and how flexible it might be. So, the example was in the kitchen. We changed the table for a smaller one and in the green room we change that. Look for a bigger one, a different chair, because we thought that is what we need for working. Socializing in the living room. And actually, if we reduce a bit the size in the kitchen, we will be able to use this space around better. It was also aesthetic, so we really enjoy now the furniture because we like it.

R: And as I can see you've already kept the changes after the lockdown. Anything else to add?

A46F: I always have work situations at home where people see my home and of course you can come. You can blur it, or you can put some photograph, but we think we it's just nicer if you can just keep it with your home. And just show it because you feel happy with it.

R: Yeah, you don't need to kind of make it into another background.

A46F: Yeah. And that was something that I think it became very obvious. During lockdown as well, it was this constant. Some team's conversations with your home being the background. Yeah, yeah, come so when you say we did it for the aesthetics, I think that was also something that was very obvious that are [inaudible] of your home. So yeah, that was also something that we think we did. We thought this is just nicer, so we just do it. You know?

A47M: Yeah it. It would be very difficult for me to find something to improve at the moment.

R: OK, you've got everything you need. Can I ask CF10 what was her favourite space in the home during lockdown

AF to CF10 What is your favorite space? Uh, in the home?

CF10: My room

R: OK and which space in your room you didn't like.

CF10: Uhm? None. None.

R: Brilliant, so you liked all your home spaces. There's nothing that you don't like.

CF10: Not very pretty. Yeah, that's really interesting.

R: we reach the end of the interview I will stop recording OK.

Family Interview - Pilot 1

Participants	A40F - 40yrs, White, Female, Vocational Training, Pre-Lockdown Not In Paid Employment, During Lockdown Not In Paid Employment C3M -3yrs, White, Male, No Schooling Completed C2F -2yrs, White, Female, No Schooling Completed
House Details	2 Bedrooms Semi-Detached Social Housing Private Garden

R- First thing we're gonna do is we're going to look at some of the pictures that You shared with us. So, if you can see them, do you want to pick one that you want to talk about? So you've got your alley, your garden fence, The garden, The Kiddies Playhouse and then two pictures of the living room.

A40F – Can we talk about the alleyway, yeah.

R- So Tell me. Uh, why did you choose a photo of this place then why is it important?

A40F - Well, it was the quickest route out to be honest. This was like a need to get out quick 'cause it was getting too much. So obviously and it's locked in, so it's not like I'm out the back and not the front door, but when I went out of the back door we were still locked in a safe environment.

R- So is that your space to kind of have a bit of privacy?

A40F - Yeah, it was private.

R- What was the main activity here during lockdown?

A40F - I would either find a seat at the end of that alleyway and just sit down on the seat. Nothing. It was to gather me thoughts. There was no activity or anything in there.

R- So on your own?

A40F - On my own. We did use that space, however a couple of times when the Sun was out, and it was too hot. Add, bring their little mat and we'd sit in the alleyway there, where the sun wasn't. And then just do the drawings and stuff.

R- Did it change at all during lockdown or like how you used that space is how you did when you were in lockdown?

A40F - Uhm? I wouldn't say it's changed. There's less frequent visits there. Obviously, it's to get in and out the back door and the garden but It's not like we sort of confined anymore, so there's no sort of delegated or places where I'd go, because we'd be generally out and about now.

R- Yeah, so you don't feel you need that kind of escape as much as you did

A40F - exactly, yeah

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R- And so what made that place so good for sort of alone time?

A40F - Uhm? I guess 'cause it was obviously quick, it's weird, but obviously you know I cannot leave my children or attended. But however, that was fine. Once he in the living room and the fact that they're in a safe place in the living room. So that was just a place where I could go where like it's all fenced in. I can't bump into anyone. Like that? Sort of time when you just want the moment to yourself. Don't really want to say hello to every passing stranger going by, you know, so it was a case of I'm just there nobody can say is I can't see them just need a moment to breathe and I would stay there for as long as the children would let us yeah.

R- And then so, like, say, when the kids were in bed. Was that still you go to place or could you use other parts of the house once they were in bed?

A40F - Yeah, well, I've got another part of the house once they were in bed, but I did find myself sitting on that step from time to time mind with cuppa when it was nice nights. again. It's because you can't be faced with anyone.

R- It's just that little sort of bit of privacy, yeah? Awesome so. Let's choose Another one of the pictures? One of the kids favourites, something that you can talk about the kids

A40F - the house.

EP- The little house. The little Playhouse?

A40F - Yeah yeah.

[Child moving around, parent attending to child's needs]

A40F - Right so I'm back

R- so that Playhouse so why? Why this space? What did it mean to the kids?

A40F - I guess it was because it was their designated craft area. Which was somewhere we could go. So, then I really don't know what it would mean to them. Well then, it's a different environment, rather than sitting in the house. And but that was where the toys and bits of play stuff was. but it wasn't more to feel like we went out the house, just somewhere else.

R- That's interesting, it was like that kind of almost pretending you were going somewhere else.

A40F - Yeah, absolutely. For me, it was 100% guaranteed. Still is.

R- Yeah, so you still sort of use that space the same way that you did in lock down.

A40F - Yeah, I would say so.

R- Like you said they did crafts in there and yeah, what was any other activities you used it for?

A40F - Would they have like I'd make little picnics? Pretend we're having like a picnic on the floor. Yeah, put a blanket down. Sometimes it sits on the table and chairs and have their dinner.

R- And it's just sort of again that kind of place you can't go anywhere apart from.

Family Interview - Pilot 1

A40F - just giving them somewhere else. And then before it was like that there was a kitchen in there, so it's more like a bit of a make a mess space like trundling through and loads of toys thrown around in it and now it's more of a space where we just sit and actually just sort of you don't feel surrounded by lots of toys and stuff, it's just nice to sit and like do the crafts with them, colouring and paint.

R- And so, uhm, like you adapted that space to kind of make it a craft space,

A40F - yeah?

R- So how come he chose to do crafts out there instead of in the house?

A40F - For the mess, I would just not want them in the house for the mess.

R- That makes total sense.

A40F - Yeah, because I would tidy it up you know, but I don't have to.

R- Yeah, 'cause you kind of just shut the door on it.

A40F - Yes

R- and did anything else happen in there at different times? Did you use it at all?

A40F - I did. I sat in it a couple of nights. Obviously when it was first done because there's lights and stuff in there that makes it pretty. And I sat in there in a couple of nights with a cup and just sat. In silence.

R- I love how it's like the key there is I can actually just sit quietly. And you still use this space the same way now as he did in lock down.

A40F - Yes, definitely, but not as frequent because again. We can go out. It's sort of, we choose to go out rather than be in the house to start with. Yeah, when we are at home, we do use it.

R- So let's go back again too. And then choose another one will do one more. I think I'd like to find out about the garden fence. If that's alright because. I'd be interested to know kind of the story behind. This one let's just get it up a bit. so 'cause this one's got a granddad in it. So, Grandad was part of your, support bubble during the lockdown.

A40F - Is that? Yeah, yeah.

R- So he was able to come and help.

A40F - I'm trying to think without the first lockdown, part of the lockdown. He wasn't. he had to be away from them for like 8 weeks, yeah? I think that was the first lockdown, so yeah, that was done during lockdown.

R- And then so what's happening here then?

A40F - We put the fence up there now. It primarily this idea came. He was putting this fence up first before he made the play area for the kids at the bottom. That's why that section of the gardens like.

Family Interview - Pilot 1

Build off so you can't see from next door, because if you see behind, they had their boards up already which weren't very strong. They always came down in the wind.

R- So to kind of create a secure space? for the kids, and so, like you say, you know you've got the alleyway, and you said that the fence provides that kind of security as well. Yeah, so the fence was not there before lockdown. So, what happened, so during lockdown you dad came and redid the garden for you?

A40F - Yeah, he built the fence up first. Then his idea was next summer he would make the play area, but him being him did it straight away. Just sort of dug it all up because there was loads of vegetables in the bottom. See all the veg there. We just let them grow out. Dug it over and then put the gravel down.

R- I can see the kids are getting involved there help him out. That's good. What kind of inspired you to want to make these changes?

Was it kind of the lock down and knowing that you had to stay in the garden or?

A40F - It was a bit of both. I would have wanted that fence up because you know the other side's done so because it was a lower fence at the other side. There's more privacy, so all around I would like the privacy whether it was lockdown or not. But it sort of came to light because it was lockdown and because there was obviously more time. Yeah, and it was perfect time to do it, especially when you're spending a lot of time in the house and in the garden. Wanted to make it as nice as possible to be in,

R- so did that then mean that you could use the garden more than you would if it still had the low fence where people could see it.

A40F - I guess. And being more, yeah, I'd be less inclined to go in the garden especially if I saw people I just wouldn't. Sometimes I just you just don't want to see people you don't really want to. When you go out for about 5 minutes of peace that's what it's for. It's tenfold better. I still go out, but I have been less inclined to.

R- And then like now that he's built the kids play area, does that make you know more likely to want to go and play in the garden then when it was just vegetables.

A40F - Yeah, absolutely. 'cause it's just it's more to do in it and I enjoy looking around and see what I could do next or that we could build. Like give yourself ideas, yeah?

R- Right, well that I think we've got time for one more Let's choose one of the living-room so we get talk about inside, which one would you would you like?

A40F - Do the end one, yeah?

EP- So what's going on here then? Why did you choose this photo?

A40F - Oh yeah, because we would go and paint and do crafts in the house outside but. I think that day possibly could have been raining. I can't remember. So, I just moved the little. They've got a mat on the floor there like protects the carpet, but I've moved that onto the rug with them. The table, that's the table they normally eat off which is at the other side of the room. But I moved it so I could sit on the couch and enjoy cup of coffee. In peace. Or a little bit piece while I got them painting. Along with the TV in the background for entertainment. So, we had loads of entertainment there. But I was able to just sit with a cup of coffee and just have 5 minutes.

Family Interview - Pilot 1

R- So how do you feel about like the living room as a whole? Do you feel like that kind of works for the kids as well As for you? Or do you have to kind of make these adjustments all the time to be able to use it?

A40F - I'd say the adjustments are made to stay so that it is adjusted to their needs. Yeah, and even more so probably lockdown. When you're in here even longer. So, it's yeah, so it's a range to how it works for every day. For me it's not the way I would like it or the way as a grown up I'd like to sit in the space and stuff. You know, I mean, but it works. It's adapted to work for their needs.

R- Yeah, so it's you've got like all the toys in there. The low table for them to eat off, and is there anything else you've done that kind of to make that space work for the kids like security wise or like moving things out that they can't have?

A40F - Yes, I went through the house anyway, but more so in the living room. And so, I put locks on the cupboards that do open. That way I'm able to put the things in there that I don't want them to have access to at all like medications and stuff. I've got some with electric locks on. And in the drawers, the sort of stuff in there what they shouldn't have, but they can get out if you pull hard enough. Well, It's just be pencils and stuff like that. But if they can't really pull the doors open. I've moved and got rid of furniture, I got rid of a big coffee table that I had lovely coffee table. Because it took up too much space for them that they could have been playing in. And it was a bit of a hazard. I've got rid of things to make room for the play kitchen that they've got. And I got rid of something else. So, then I could get a dining table like an adult sized one so we can all sit and eat together eventually, yeah.

EP- So during lockdown, you know when you couldn't leave the house? What was the main purpose of the living room?

A40F - This is where we were living in here, eating. Because of the house, it doesn't have like separate dining room or anything like that. Kitchen isn't big enough for another table and chairs. We basically do everything in here. Play in here. Watch telly, cuddling, eat.

R- so really like you say for like eating and things like that, there isn't really any other space in the house that you could not know there isn't.

A40F - I'd like to, but there isn't.

R- And the same for like relaxing, you know, is there any like the that's the main room? There isn't anywhere that you feel you could sort of sit and relax as a as a family?

C2f - No,

A40F - nowhere apart from the bedroom Uhm, and the living room

R- like you say you set it up for the kids with all the toys and the play kitchen and the accessible furniture. When they go to bed different times in like you know on an evening, do you then adapt it again to your needs?

A40F - Well, as much as I can, I generally put all the toys away and Hoover up and just arrange it. So, it's a little bit comfy for me to enjoy it sitting. I'm not like stumbling over bits of toys and stuff.

Family Interview - Pilot 1

R- Thank you so we'll move on to the bit about your family's wellbeing so gonna talk about your whole family. I know it's quite hard 'cause you have to speak for the kids and but to kind of. Talk about you. You know how you felt, but then how you think the kids felt. So, do you feel your home was supportive of your family's wellbeing?

A40F - For the home that it is, I think it supported us the best as it could be.

R- what would you have changed if you could.

A40F - I made it bigger. I would have preferred more space.

R- So was it mainly that the lack of space that was the difficult thing? Was there anything else that made it kind of difficult for you guys to be relaxed and happy as a family?

A40F - No, I don't think there's anything else in the way, just a bit more space would have been. Yeah. You know, like I don't know, I could say it's like a separate dining room where you could close the door. It was sort of me being in eyesight but offered that independence to think that they're on their own, or their yeah.

R- So like you said, we talked about some of the changes and that you made like you know securing the garden. So, with the fence and putting the kids' play area at the bottom. Did those kind of changes help you reduce the kind of conflicts or the tension in the family at all.

A40F - Yeah, I would say so because it is a big garden. We're lucky enough to have that, some people didn't have a garden at all, and it's quite a nice sized garden, so. At least if it got a bit. Tantrums got bad. Or I could just pick them up, put them in the garden, take us all away from it and put them in the garden.

R- So the garden was the go-to when it all got a bit much in the house?

A40F – Yeah, when behaviour start creeping in. I would just distract them and take them somewhere else. Do some a different.

R- So how did you cope in the house when you had to do more than one thing at the same time? So, say, you know you needed to do something, and you were trying to get them to do something separate. Did the house kind of allow that so you could do different things in the same space? Or was it very much around the kids first, then you?

A40F - Yes, sort of kids first, then me. It's not adapted, or it's not. It doesn't have that space for us to be able to do it individually together.

R- You know what I'm saying. And so, I think, like you know, if you were trying to cook their dinner. What if you are in the kitchen? And what happens to them,

A40F - right? That's the worst thing about it. I would like for them to be involved in cooking dinner. But there is no space for both of them. There's very little space for one of them even to just stand there with me. And have that little bit space to help around. I put baby gates on, I used to have one at the bottom of the stairs so they couldn't go up the stairs and so it was safe for them to go up and down. So, I don't have that anymore, but I had to get on it for the kitchen. So, when I was in there, especially with hot pans, it was shut. They would cry that would scream so generally if I was doing the dinner, assuming I wouldn't shut the gate, so it was safe enough. Just say if I was like making something or

Family Interview - Pilot 1

cooking something, just leave it up because it would be less stressed. But if I knew they were in that mood and there was hot pans and stuff on the gas would be shut.

R- So the only way to maintain that safety was to just keep them out the space altogether,

A40F - yeah

R- And I know we talked about you being able to get time alone using the alleyway as your little break, but What about the kids? If the kids wanted to time alone from each other?

A40F - other than one of them going up to the bedroom. Or in the garden, I suppose that we had quite enough for them at this age. I suppose it was fine.

R- So they were able to. Have enough space that they could play individually and not be like on top of each other.

A40F - Uh-huh so long as one didn't follow them.

R- Yeah yeah, which I suppose at that age they do anyway. So apart from the garden, the garden changes. Did you make any changes in the house to support your wellbeing?

A40F - Yeah, arrange their bedroom. Because at first, they, I can't remember were sleeping in my room at that time. I think you were. Can't remember. Look quite young when they transitioned into a bed. But yeah, I did actually transition did from her [C2f] into her bed. So, I adapted that room to fit two beds and make it nice for them decorated it. And then I also. Whether it's because they've spent that much time together because of lockdown or they just they love each other or whatever. I've had to push the beds together, 'cause that's the only way they sleep. So that room has been adapted, but it would have been anywhere, yeah?

[break to sort out C2f needs]

R- you talked about the kind of structural changes, but there was there any kind of changes you made that were a bit less sort of. And permanent, you know, like Uh, I know one of the pictures you created that ball pool out of the baby games. Was there anything else like that that you made; you know? So temporary kind of changes.

A40F - No, not no worries. Uhm?

R- So out of all the changes you made during lockdown have you kept them all? Was there something that you sort of went we don't need this anymore now that we can go out.

A40F - No we kept everything and. Just carried on tidying the garden and Getting rid of a few bits and bobs that they played with that they don't now.

R- Cool.

A40F - No, not necessarily. It's more like. It's adapted to how we live. But it was adapted to how we live in lockdown, and nothing's changed about how we live really, except we spend less time in the house.

R- Yeah. Well that's it I suppose. 'cause your kids weren't at school age, so they're still at home for a lot of the time anyway, aren't they?

Family Interview - Pilot 1

A40F - Yeah, yeah.

R- So if we're thinking about the kids now, I know you felt the workbooks maybe weren't. They weren't able to do that because they're not really at the kind of drawing stage yet. So, if you were to think about them, so what is C3m's favourite place in the house like where does he come to gravitate to?

A40F - Couch With his iPad. On the rug with his blocks.

R- And does he do that on his own, or does he like being with you and C2f?

A40F - Quite happy do it on his own, but I think he likes me there not so much C2f, yeah. Uhm?

R- and what about C2f? What's her favourite place in the house?

A40F - It she loves the Playhouse. Yeah. But she likes people out there as well. she will wander off sometimes. If she knows that we have made the decision to go and play in the garden for the afternoon whatever, then she's in the Playhouse and she's fine. 'cause she knows you're there, yeah, but just she wouldn't necessarily take her out of the house into the Playhouse on her own.

R- Yeah, and what does she do in there?

A40F – paints, stickers, draws on the walls. She just likes to just make and create and scribble.

R- what about if you think of a place, they really don't wanna be what about C3m? Where the place that he really sort of didn't want to be in the house, especially during lockdown when you couldn't go anywhere else.

A40F - I guess. It's standard though, isn't it? Bedroom? He doesn't wanna go to bed? Yeah, I still think he possibly associate. The bed with bedtime so he never goes in there to play. So, I don't really. I guess that would be his least favourite room.

R- and do you think that is because he associates that room with being on his own in there or he just doesn't like going to bed?

A40F - I think a bit of all he doesn't like to go out there and he doesn't like to be alone so.

R- what about C2f? Is there any room in the house or space that you feel that she just didn't like being?

A40F - No, I don't think there is, I can't think of anywhere for her. She's quite happy anyway.

R- Yeah, well, that's nice. And then just the last little bit. Obviously because you had a support bubble. Can you talk us through how you, cause your dad doesn't live with you? Like how you sort of negotiated that Support, did he come to you? Did you go to him? during lockdown.

A40F - I would say he came here more than we went up there.

R- how did you having your dad there sort of change the dynamics. Did it make it easier? Did it make it more stressful though?

Family Interview - Pilot 1

A40F - It made it a lot easier for me. I guess more because it helped with my mental outlook on things. 'cause you know what it's like when it's like when your heads right, then everything goes right. But when you feel a bit. Then nothing goes right, so I suppose sort of helped me mentally.

R- so if you think about your dad and like the spaces that you know that your dad uses in the house, is there anywhere where your dad kind of absolutely gravitates with like with the kids or without the kids?

A40F - Just on the couch, and in the garden. If the weather is nice, they will go with him on the swing in the garden. He goes, push him on the swing.

R- And then so if you're thinking like the couch in that with the kids, is that for like cuddle time it

A40F – Yeah, we all crowd around and cuddle.

R- aww lovely and again is there any place in the house where you think really bugged him or he doesn't want to be or wants to change.

A40F - No, I don't think there was. I don't think spend enough. No, I don't think there is

R- thank you very much for talking to me.

[Stopped recording for de-brief chat]

Family Interview - Pilot 2

Participants	A49F - 49yrs, White, Female, Doctorate Degree, Pre-Lockdown Working Outside Home, During Lockdown Working from Home C10F - 10yrs, White, Female No Schooling Completed C13F - 13yrs, White, Female, Primary Education Completed
House Details	4 Bedrooms Medium/Large Terrace Own Outright Private Garden

R: Should start. Also, I'll try to keep the time, each part is around 20 minutes, I will give you a notice of five minutes, but if you're happy to continue talking more, I'm perfectly happy with that. It's just more that I don't want to waste your time more than the agreed hours. OK? Let's start with talking about the photos. We will probably have time to talk about one photo for each person and I will share my screen. Who wants to start. Uhm?

A49F: Uhm, I think the children want me to start so that they...

R: OK no problem at all. Can you still see me?

A49F: No, we can just see your screen.

R: But maybe I can, if you want to see me, I can. You can see the picture and then I can stop sharing. So, we have yeah. So which picture would you like to start with?

A49F: Uhm, I can start with the chair if you like. And that's actually at the table. It was something that we all chose, but for different reasons. So, that's at the dining room table. Before lockdown the dining room table was a place that we... that I would have dinner parties at. There'd be people around, or it would be a place that sometimes became for us to drop material on as we went by right... but it was always the material didn't stay there. It was kind of like I might drop my bag, but I would come back and pick it up at the end of the day or whatever come. And I have a desk upstairs that I do my work on and when lockdown... when we first went to lockdown in March 2020, I was teaching from the desk upstairs and I became quite uncomfortable quite quickly realizing that the students... cause the desk is in the corner of my bedroom... I had to angle it so the students that I was teaching couldn't see anything in the bedroom, so I moved down to the dining room table after a week or two, and basically, we haven't left the dining room table. It just became where everything happened during lockdown. I did all my work from the table which I had not done before. I did all my work from the dining room table... so, my own research, teaching the home schooling of the kids, but also the table just became this kind of repository, almost like an archaeological site. Of layers and layers of things because things were coming onto the table, but then they wouldn't go. I don't know. Yeah, they wouldn't be taken off until a lot later. So, at one end of the table there would be piles of books and papers like this and about every I don't know every three months or so I would say 'right! We're going to do this!' and I would go through them, and there would be things that I was like 'What is this?'. I don't even remember why I printed this off or what it's about. So that was my relationship with the dining room, which is between the kitchen and the living room, and it was often just a space to kind of move through, unless there were people over for dinner, because there's a little place to eat in the kitchen where the kids were normally eat. The dining room table

Family Interview - Pilot 2

became... we're actually... we spent there... and where we are now... where we spent the majority of our days. And at some point, I used the... I was drawing upon Sarah Ahmed's ideas about kinds of stickiness, and I was thinking about how the site became... how this part of the house became very sticky. You know, we weren't able to move away from it, and it was always like, well, I'll just.... And now I find myself... I'll get a book and I'll sit down to read at the dining room table, and I mean like a novel like not a book for work... I mean, that's 'why would I do that?'. But it's like now the table has become this kind of pivoting point. So, I have ambiguous feelings about this room, in this space in that... It very much is locked in my head as a space of lockdown... You know that this is where lockdown took place, but at the same time it was also a place that the kids and I were around. Being together for much of the days, during lockdown as well, so that... it shifted its kind of function really.

R: And why do you think that was? Why do you think it acquired this importance?

A49F: It's close to the kitchen... Why do you guys think it did? It was close to the kitchen... it meant if I was on my desk upstairs working I couldn't kind of...

C10F: You could easily take your stuff, sit down to work here,

A49F: Yeah, but it was also that you guys don't... You couldn't be upstairs, could you?

C10F: Yeah,

A49F: Like, if I was going to home school and do my work, we needed a big enough table.

C10F: And this was the only thing.

A49F: And this was the only thing. So, in fact I don't think we ate on it... More than like three... [C14F inaudible] Well, I would eat my lunch here... but I don't think we ate on it like together more than three or four times in the last 18 months because it's always piled up with other stuff now.

R: But before lockdown, you did use it as an eating table, didn't you?

A49F: It was, yeah, I mean there is a small space in the kitchen, as I said, that the kids will often eat... that they'll eat breakfast in there. I don't eat breakfast. And they will sometimes eat dinner in there if I'm making something else that I'm, you know... If I'm not eating what they are eating, but we would... This was a place where we would sit to eat... It was, uh, it had a function as a kind of eating space. So now, unless we have people over... Uhm, the table still remains piled with things.

R: That's very interesting. So, you still use it. That's another question we have. If you still use the space the same way. So, you retain from my understanding...

A49F: Yeah, Uhm I have cleared off the desk in my room thinking 'I will move back up here to work' I haven't yet...

C10F: [come because we came up on it]

A49F: In one of the pictures, you'll see that there's a puzzle on the table now, and part of the thing... I was like 'let's do a puzzle', which was a way to kind of be like 'no this table has a function', you know we can't pile stuff on up on top of puzzle pieces, so I was like I'm trying, in a way I'm trying to recapture the table as a as a space that isn't just a you know, like an archaeological site of everything that we're doing, all the time. I don't know if that will be successful or not. So far you know there's a fair amount of stuff still piled up here to be fair, so yeah.

Family Interview - Pilot 2

A49F: OK, thank you very much. You have answered all my questions, that I was intending to ask regarding this and so should we move to a different picture. So, who from the children is brave? who wants to go? if you don't want to... You know, I don't want to press you in anyway...

C14F: I'll do it OK. I assume you are there the 14- 13 years old, yeah? I'm sorry I'm not sharing, so let me share. Right, so which picture would you like to talk about?

C14F: I think. The second one, bedroom 1.

R: One with the bedroom or the room actually -I do not want to make assumptions. OK. Should I ask? Or do you want to...

C14F: Uhm, can you ask?

R: Yes, no worries. So why did you choose to share this picture? Let me stop with the sharing so you can see me.

C14F: Oh, I chose the picture because I...that has always been a space where if guests came round, they'd stay in that bedroom and there's a desk there...So it looks like a little study as well. Uhm, but a during lockdown I've kind of been slowly moving up there and all... That's all my stuff you see piled up there, and it's not really fully sorted out, but it... That's why I thought has been... Changed throughout lockdown for me. Now I have my own room instead of sleeping in a bunk bed.

R: So, so how do you feel about this space

C14F: I Feel like people won't come in 'cause it's at the top of the house... Where is that my dad's people come in all the time... Uh, there's also it's much more quiet and there's there... well ended, very enclosed, and I just I can put all my stuff in there instead of having to divide it into two into this small room with my sister.

R: What happened there during lockdown? Who would use it was only you or, you know, is it private, only for you, or other people could use it?

C14F: It's mainly private. My sister would come up and play in the room next to it, which would be very loud, but she does come in and use some stuff sometimes. Uh, but my mom never comes up to that room, because I don't think she could get up the stairs.

A49F: Oh my God, child.

R: No, that's also very interesting...You know how it should be? It has to do with space. So, it's interesting to know. OK, so before lockdown... How did you use this space? Was it? Did you say was kind of spare room or... not? How did you use this space before lockdown?

C14F: It's a spare room for when other guests come over, or used to be, and... my mom would...that's where they would stay for most of the time that they were here. Now it's very different. No one... we've had no one over in lockdown really... and basically was just a storage kind of room and nobody really went up there. And so, it wasn't reduced that much.

R: How did you adapt it? Did you make some changes in order to use it?

C14F: I'll take [inaudible] bookcases... it took a long time, and my mom has a lot of books and so there are several piles of books and boxes of books in that room, but I've been moving through and trying to put in places aside from my room, but yeah, ... There's a lot of dusty bookcases I've had to move and lots of stuff has been rearranged and there are lots of lights in there.

Family Interview - Pilot 2

R: And so, just to clarify what, activities did you do there?

C14F: I mainly just... I've got a desk that I converted to kind of a space where I can just make stuff and so it would get quite paint covered and it's quite... just everything is less clean than it was before because of all the stuff I do on it and it's also quite messy... But I mainly do... I just I like, I like painting and drawing... and making stuff with clay so it's kind of more... There's a lot of paint around the room now.

R: Interesting... Do you still use this space like this now, after lockdown, the same way you used it during lockdown?

C14F: Yeah, I use it the same as during lockdown. I don't think anyone's going to be staying in that room.

R: OK, is there anything else you want to add and say about the room or the picture?

C14F: I don't really think so.

R: OK, no worries. OK should we move? So, the next picture... let me share my screen. Right, so which picture would you like to talk about?

C10F [inaudible]

A49F: No, those are yours

C10F: Uh, the one with all the toys in it.

R: OK. Great. Right, so why did you choose this picture and why is it important?

C10F: I'd say I chose it because whenever I wasn't doing home schooling... Whenever I was just taking a break, I'll just go up there and just play for hours... And sometimes forget... about, COVID and I just sit there and then I just go back down and do some more work.

R: How do you feel about this space?

C10F: I'm not really...

R: Quite an abstract question, I understand. Like, how did you feel when you were in the space? Having the space to play...?

C10F: I felt, uhm? Yeah. I felt like... I could just sit there forever and not really have to worry about anything.

R: It is nice to have a space like that in the house. You used this room as a playroom right yeah? OK, so was it your own personal playroom or other people were using it?

C10F: It's mostly just me using it because I'm the youngest child, so since C14F is older than me she would usually just hang about on... just like she's too old for toys and her sense... So, it's just me, it was just me using it.

R: Yeah, and how often did you stay there? Like every day or most of the days...

C10F: I would stay about one hour every day.

R: What was this room before lockdown? How did you use it before lockdown? Was it a playroom as well, or was it something else?

Family Interview - Pilot 2

C10F: Before lockdown, when C14F was a bit younger, like only a year or two younger... we would use it as... C14F would use it, but only for like an hour every day. Just playing with me and then she'd go down and do schoolwork. I'd stay up for a bit longer, and then I go down. Do some work.

R: So, it was a playroom before lockdown as well, wasn't it?

C10F: yes

A49F: I think that... my sense was that it was a playroom before lockdown, but for the two of them. And it really... over locked down became your space, didn't it?

C10F: Yeah

A49F: That was the big shift that happened, yeah?

R: Privacy, more personal space. I see that's very interesting. Did anything else happen in this room during along other times of day, or was it only play?

C10F: Only play

R: And then how do you use this space now after the lockdown? Is it still your personal, playroom?

C10F: I will stay... I don't use it as much... Maybe it's because... I'm not exactly sure why, but I think because I don't play... it kind of like... we were playing at the start of lockdown... So, at the end since I'm older I would just play less with it and we're now just focusing on keeping a few toys in it and like making it my bedroom for when I'm older.

A49F: One of the things that we found during lockdown was. So many toys got taken out, so the floor was almost impossible to see like it was just being used so much more in a different kind of way. So, in the last month or so we've gone to work... I was like, well, we're going to gather together all the Lego and we're going to, you know, so that in fact the floor can be walked on 'cause it had become a kind of dance to get around the room, hadn't it?

C10F: Yeah, like you have to just clear away the toys to make sure you don't step in any poo that our dog did.

A49F: Yes, we also have a puppy that likes to go up there and poop on the floor so that's also part of the yeah...

C10F: So that's another reason why we decided to clean it out and make it so you can always see the floor.

R: That's a good technique, good approach. Do you want to say anything more about the picture?

C10F: No, not really, no.

R: OK, so I'm aware of the time and so we don't have time for more pictures, but I will continue with the questions and if we have time in the end, we can return in it. It's very unfortunate that time flies so quickly. So I'm going to ask you about how you think your home supported or hindered/ made worse your family's well-being during lockdown. By wellbeing we mean how you were coping daily... your feelings. How satisfied you felt with your life and how someone connected and communicated with the other members of the family... like wellbeing... There isn't a definition... So, whatever way you define it, it's fine and when also, we say 'home', we mean both inside and outside, so you can include the garden or the front yard or whatever. And in this part, anyone can join in if you like. So do you think that your home supported your family's well-being during the lockdown.

Family Interview - Pilot 2

C10F: I think. It's pretty dark, but I also think sometimes we would just fed up with it like every time the washer broke, or the dishwasher stopped working. We just really were annoyed and know how much more we could go through.

R: But what about the space you had? How many rooms... do you think the way your house and the size of the house and the different rooms and options you may had helped or made things worse in a way?

C10F: It actually made things a bit worse because... Overtime we will not go to certain places in the house. And like mostly stay in the bottom floor. Besides, when I went to the playroom or when we go to sleep... I'd say we got very used to sitting in a chair and not like walking around, not like stretching our legs.

A49F: Yeah, once yeah. {To C14F} Do you have anything?

C14F: Not really, no.

R: It is ok, if you don't. I don't want to pressure anyone.

A49F: I think. I guess for me the real... you know... because I'm normally on campus every day... The kids are at school... and the real challenge was that... While it was, you know... we're incredibly fortunate we have a house with you know... roof over our heads... you know, space to move around... But you know, we did tend to stay in the same places... And I would think when C10F would go up to the playroom... it was kind of like... It became a big deal... almost like it was like 'oh, she's going to the playroom' and it's like... well... that's not, you know, in the grand scheme of things... that's not a big deal. But the house also became... I certainly felt overwhelmed by it at times. Just the kind of being in the house and the kind of management of the house. The things that I needed to do because it was ever present. It wasn't on a list of like 'oh, I need to get somebody around to sort out whatever problem', we were with it all the time and there were times...

C10F: When something broke,

A49F: Yeah, well, there was... early on the washing machine and the dryer broke in the same week and I was just... and it's something... the stove broke as well... and I was just like oh **** like just how am I going to...

C10F: And it wasn't like you can get anyone.

A49F: It was hard to get people out and stuff... but we were right in front of it, like we couldn't get away from it and that was a bit... that felt really overwhelming at times, actually

C10F: I think we just felt more organized and work better at school.

A49F: Yeah yeah. And I felt certainly with the kids... I think I did a really... I felt overwhelmed as well by the home schooling and having that in the same space as our living space and in the same space as my workspace... Kind of keeping on top of that was not something that was facilitated by being all together... It became...

C14F: [inaudible]

A49F: Yeah OK, you were home schooling yourself, but we were all in this and I was... but I would have to say 'it's time to get on the computer'... 'It's time to do your thing'... right?

C14F: You have this whole thing with C10F

Family Interview - Pilot 2

C10F: [INAUDIBLE] I am just a bit younger... I am more loved

A49F: It became... at points... it almost felt untenable, actually... all of this kind of happening in the same space.

R: Did you make any changes to help with that and that could be... whatever really... Even moving the table somewhere else because it's more convenient. Or I don't know... Anything at all?

A49F: No, we didn't. The way the house is laid out, it's not really possible...

C10F: And it's really long table.

A49F: Well, yeah, OK, it's a... It's a six-person table so we can gather around it... But yeah... without making kind of substantive changes. I mean there was, we did do a kind of proper move to get C14F to the top floor... You know so that she could have more privacy, she had a desk up there that she could do her arts, her drawing on. But the home-schooling happened here, you know... it was around this table. So no, there was no substantive change. We made. I mean looking back now, if I knew that we were going to be in it basically for 18 months or longer. I would have put a lot more thought into how we'd organize the space on the ground floor, and I also would have put a lot more thought into how we managed our time. In using the different spaces, in order to also just give ourselves a break- Instead of, you know, just all of us sitting at this table constantly.

R: So, this question may sound a bit repetitive, but since you didn't make any changes, or you couldn't. How eventually did you go to round any constraints? Was it... the time management or you just didn't need to...

A49F: We just we just muddled through. I really feel the last 18 months has been a muddling through for my work... for their home schooling. I mean... I think the thing that hasn't, I don't know you guys might disagree, but the thing that hasn't shifted... You know it's because we've been together so much... There has been this positive affect in the sense that we are... we're really closely bonded as a group in a way that...you know... we were always, very close before, but the kind of the... The diurnal cycle... You know that we've been kind of engaging in for the last 18 months... We're well aware of who's doing what and when, and we... we know that if we... [to C10F that was fidgeting with something and was making noise] no stop that, no go in the other room If you're gonna do that. [back to R] we know that... You know there be things like... OK, now... we could really kind of sense when one of us was getting quite ragey and be like 'OK, we're going to go and we're going to go curl up on the couch and we're going to take a break and we're going to watch a show or whatever'... you know... so we can kind of self-monitored each other.

R: That that was another question I want to ask that... Families found that conflict and tensions were created due to being together all the time and how did you adapt to that... but I guess...

A49F: I think. I mean, there was definitely more. I think it was probably pretty difficult for the kids in the sense that sometimes I would just be like 'I cannot handle this', and it would often be a small thing that would just tip me over... So, like the printer stopped working, which is not a big deal at all, but it would be this kind of like uncertainty about the future, lockdown all these things and then it would be there's one thing and I would have a kind of a bit of a cry or whatever. And...

C10F: [inaudible]

A49F: I I'm sorry yeah. Do you want to talk about it?

C10F: No

Family Interview - Pilot 2

A49F: No go ahead OK, [to C14F] do you want to talk about it?

C14F: I'm fine

A49F: OK, no never mind but yeah, I would just... I'd sometimes just sit down have a bit of a cry which I don't think is... In one way, I think it's good for the kids to see that it's OK for adults to not be coping 100%, but... I also...

C10F: Choose your weakness.

A49F: It doesn't show weakness. But it also you know it just... it complicated the emotional fabric I guess of the day.

R: In regard to the house like did you have your own little time alone space? You know when you felt overwhelmed or ...?

A49F: No, I would sometimes be like I'm just going to go up and curl up in bed for a bit and I'm going to take my book and take one of the cats or something. But you know, I'm a single parent with two kids, so they would just... show up within 10 minutes with the kind of query or 'mam you need to do this' or 'this has happened'... Or 'can I tell you about this neat thing', so you know... there was no...

C10F: there was no peace.

A49F: Well, no, it's not peace dear, it's just there was no alone time. I think that the big thing is that 'cause for most of their lives the kids have been in the bed... have slept in my bed. But over lockdown with being moving this room upstairs, so she's moved... well, she's not sleeping in my bed anymore... and that's been a psychological shift for me in the sense that actually I can sleep better 'cause I don't have two kicking children... I now just have one.

R: You didn't make any random changes, but which of these have you kept? Do you still sleep separately, or you know, do you still... from lockdown? I mean, we discussed the pictures for more specific but...

A49F: Uhm, yeah, I mean really, she's not the bedroom situation has changed in that... I just have C10F in the bed with me and that's not every night even. But in terms of kind of changes, I mean it's going to change that C14F will stay upstairs. You know that will be her room. The playroom has, you know... the top floor... The playroom is going to not be as... it's going to shift its identity... You know with the younger toys moving out of there. But I'm not sure that these are linked to lockdown, or if these would have happened anyway and that the lockdown kind of accelerated it, because we were at home more and we had more time to do it.

R: I see. That was the second part. And if you remember anything the next day or whatever you know reflecting back, you can fill in the booklet and upload it. I'll leave them folders in place for a week and then I will change that access and everything for security. So, part three is about the children. If you want of course to talk a little bit more. Uhm, so again reminder you don't have to answer any questions if you're bored or for any other reason and this part intends to talk a little bit through that booklet. If you have drawn or filled, it's basically I want just to ask you basically about your favourite place to be and your least favourites

A49F: I misunderstood the booklet, though, because I thought they did it after the interview. But they can talk about their favourite place, absolutely.

Family Interview - Pilot 2

R: If you want, yeah... I will note that down to make it a bit clearer. The booklet is a little bit flexible to be honest. It's before, after, whenever. But yeah, does anyone want to come ... [C10F showing off a dog] Another cutie there?

A49F: Why they're bringing you all the animals? But anyway, these are also an important part of the emotional life of the house, quite frankly.

C14F: This is the one that proves of [inaudible]

R: Of course, they are, yeah.

A49F: Yeah, do you guys want to talk a bit more about your favourite place in the house or yeah,

R: And your least favourite? Because we talk a little bit about your nice personal spaces, but also, I'm interested in in your least favourite place that you didn't want to be. You didn't like for any reason.

C14F: I think my favourite place would... I'm a bit undecided about this, but either my bedroom... but if I'm left alone... or the living room because that's where we mainly... watch everything and spend time together. I think my least favourite place is the dining room 'cause it's just very busy and I don't like being in here.

R: The dining room that was the centre of activities from my understanding, right?

C14F: So, I don't really. I don't know. My mom likes spending time in here and sort of my sister, just like doing stuff in the dining room table, but I didn't really like... Even if I spent some time here too.

R: Why you didn't? Because it was busy?

C14F: Everything... kind of everything... every part of the table kind of reminded me of everything that was happening in lockdown. I didn't like it at all being in lockdown. I couldn't see my friends 'cause, uh, I had COVID a few times.

A49F: No, you didn't.

C14F: I had covid once and then I had COVID another time [inaudible] combined and then

C10F: No, you didn't.

C14F: Yes, I did.

A49F: OK

C14F: Alright, so I just mainly found it... Yeah, I just I didn't like being at the center of where everything was happening. It just seemed very busy and there was all this stuff we had to do. And so yeah.

R: So, and then, what was your favourite space? You said, the room upstairs?

C14F: It is the living room actually

R: OK, why?

C14F: Because we were together, and you know that's where you could just relax and watch with them. Or I used to sleep down there sometimes 'cause I would just come out from the couch when I was tired.

Family Interview - Pilot 2

R: That's a clarifying question really. From my understanding the dining room table, that was where everything happened, was a little bit messy... and the living room was tidier and more peaceful... Am I right, or no? please correct me

C10F: It was where our couch and our TV was... I mean... so there's a lot of sitting on the couch and cuddling up in a blanket and feeling safe. Or if you wanna calm down just go in there.

R: Yeah, I see, that is a nice space to have. And then, what about your favourite and least favourite and parts of the house?

C10F: I would probably agree with being my favourite one which is living room... Because I just feel like... and I can just relax there and not have loads of work to do. And I'd say my least favourite... Is probably the kitchen where me and C14F sometimes eat breakfast because my mum would be sitting over there in that chair and we would be sitting over on that way. So, I just feel like... I will be watching something, while eating and so would C14F, so we're just kind of like separated that moment. My mother was here and us over here but still separated... and I didn't like that, so that was probably my least favourite.

R: Do you want to add anything else? We have a little bit of time, I see. Or if you think that one of the pictures you shared is very important, we could go back to the pictures. If you... whatever you want.

C10F: No, not really. I don't think I have anything else to share.

A49F: Yes, OK. I can talk a bit more about one of the pictures which was a picture of the bathroom that there was some... One of the things I found... 'cause I was looking at the house thinking... what?... And it's not just the bathroom itself... it was the stuff that we keep in the bathroom... So, we would have these spa Nights where we would do face masks, or we would do nails or... Or foot massage or whatever. The kind of stuff that was kept in the bathroom before it was very utilitarian, the toothpaste and toothbrush... Whatever, you know, like wash cloths, menstrual pads that kind of stuff... all of a sudden, we would sit and we do an order from boots and then we'd have stuff, and it became this thing that the three of us would do, which we would you know the kids would paint their nails or...

C10F: [inaudible] like relax

A49F: Yeah, it just it became... and I'm not a big makeup person... I'm not a big beauty product person... It's not something I've ever been interested in. But over the last 18 months, there's been a fair amount of money spent at boots on stuff, and we have been doing it. And when I think about it as this kind of... we had these movies that we were going to watch, and we you know that we talked about and then we'd sit, and we'd watch them when we did face masks and stuff. So that became... So, the bathroom... Now when I open the cupboards, I get this kind of positive affect from kind of thinking about the things that we did using the stuff that's on the cupboards.

R: That's really interesting. Does the bathroom have the same kind of connotations for you now, after lockdown or has it returned back to the before lockdown era.

A49F: It has for me... it's kept... There's you know, the cupboards are still full of things that I wouldn't have had 18 months ago in there. So, I don't know in a year or so, we'll still be... doing it, but it certainly... I feel positive when I see it and I feel, a sense of comfort I guess is what I feel, when I kind of yeah...

R: And did you make any changes or was just a means for activities that take place there?

Family Interview - Pilot 2

A49F: No... there weren't any different activities that take place in the bathroom... but I certainly cleared out the shelves and I rearranged them so we could add more and more stuff in. And then we would bring it... the girls would bring it down to the living room and we would... I'm interested actually that neither of them took a picture of the living room, but they both talked about the living room as a kind of space, and actually I did as well.

R: As a calming space...

A49F: So, the bathroom stuff like the face masks or the nail stuff... we would bring that down and we do it in the living room. But it's just interesting that neither of them took a picture of it, but yeah. [to C10F] Please stop.

R: We have five more minutes if you want looking for another picture. Otherwise, I can leave you in peace.

A49F: Sure.

C14F: I do not want to talk about the dining room table (this was the only picture left from C14F's folder)

A49F: Yeah, C10F is answering the door right now, so, I think her... I think C10F used to the dining table the same as you [meaning C14F]. It became a place of... It's a feeling of kind of tension. Because it was a place of work, but it was also... work that was never completed. There was always... other things happening, so I think yeah, as I say that's why I'm trying to reclaim it with this puzzle that we have up on which I can. [moves the camera, shows the puzzle]

R: Oh, it's still there. Yeah, nice,

A49F: So that may. Yeah, I don't know... I'll be interested to see what happens with this space over the next kind of year or so.

R: Yeah, it sounds like a very important but also emotionally charged space. And it seems that the centre, but also in a kind of negative... not negative... It's strong word, but I think you understand what I am saying.

A49F: There's a negative affect about it, but also because the way the house is set up. Like... to go to the kitchen or to go to the living room or upstairs... like you have to go through it. It's always been a kind of passage space, but then it became this... Place where we would stop and get almost trapped in, I guess.

R: Yeah... That that was all from me. Once again if you want to add anything...

A49F: No, but I really apologize Alkistis they hadn't done the booklet.

R: No worries and closing up

Family Interview – Pilot 3

Participants	A31NB - 31yrs, White, Non-Binary, Doctorate, Pre-Lockdown Working Outside Home, During Lockdown Working from Home A53F - 53yrs, White, Female, Bachelor's Degree, Pre-Lockdown Working Outside Home, During Lockdown Working Outside Home C10NB - 10yrs, White, Non-Binary, No Schooling Completed
House Details	3 Bedrooms Semi-Detached Mortgage/Loan Private Garden

R: For the interview. OK, so can we record now? So now I will share the photos that we have that you have sent me. And uhm, uhm? And then we aim to I am to hear all the uh, from each of you. The photos that each of you have has shared a But if we don't have time, at least we can. Each of you will share, will talk about one photo, one of the photos That's what's been sent. Uhm, so I'll just uhm. Open the file now. A place knocked down inside, on how old were you like to be? And then you can draw it in, right? A little bit. Over there yeah OK, yeah. So I'll do it and then so it leaves some space to draw it and write about it about you, dense. So I need. Didn't know that we can't. I will have to download the no, you should just be able to share your screen, yes, but I can't open them all together at the same time. But there will be an issue with downloading the photos. Didn't there? No, it shouldn't be OK. You just have them and then you. Have them Like set up ready for you and then you just take them off again, yeah? they don't open them altogether. No. Right? So that would be, yeah, that's what I mean. In order for choosing For you to choose which photo to start with. No, if you had them in a file, you could share your screen with the file. Open, but the thing is that I can't open them all together. I have to download them, yeah? But just download them and then once you finish the interview, delete them. OK, Sandra won't be happy with this. Well, that's how she would, yeah. Right? Uhm? So I will share the photos now. I know that they were looking at

R: is that a photo in the garage?

A31NB: Yes, that's A53F's gym in the garage, and that's the pond. Yes, yeah. And. That's still a front garden, just another view of the front garden.

R: And this is C10nba's place?

A31NBA: where C10nba home schooled in the dining room.
That's the conservatory. And then that's my office, which is also in the Conservatory.

R: So which photo would you like to start with?

A31NBA: So, when I sent them, I labelled them, so the ones labelled with C10nba, are the ones that C10nba took. So, we did like a favourite place and the not favourite place for each of us. so, they like. Yeah, it's obviously that labelled with our names as to who took them.

R: so, would like to start.

A31NBA: Do you want me to start? (asking A31NBA)

A53F: Yeah, uhm,

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A31NBA: so, my mind would be the Conservatory. it's my favourite place.

R: so, it would you like the plants? A photo or yeah?

A31NBA: Well, they're both the same. I can talk to them both 'cause it's obviously all the same room.

R: OK, right. So, we will be talking about each photo, but still I'm very interested in hearing their reflections from all of you on this photo. So yeah, please just come. And join in whenever you feel that you have any reflections that you would like to add.

A53F: OK.

R: Well, A31NBA, why did you take this photo? the photo of this place?

A31NBA: I think 'cause it's I'm proud of it because I designed it and decorated it so it's kind of the... Although I did a lot of the decorating in the house, I think that's the bit of the house that I kind of have the most control over the way it looks.

R: And what does it show?

A31NBA: So that's the kind of.. we wanted to make a space that we could escape. so our living room dining room n' the Conservatory all open plan. so they're only separated by a curtain rather than a door. So I wanted to create a space -in theory, if I close the curtains, it felt like I was in a totally different space, like a totally different place. So, it was I was aiming for the kind of Mediterranean orangery style. Relaxed. So, it's supposed to be somewhere where I could relax and like gardening is one of my hobbies, so it's where I could like have all my plants. But I can just sit and read a book or... I have my pottery wheel, which is just out of view next to the one with the little photo printer. And then, I've got my scrapbooking hobby and then I've got to that that I can do in there as well so it's sort of my little hobby space.

R: Very interesting. And then how do you feel about this space?

A31NBA: I like it because it's quiet for the most part, and it's there's a lot of light, so even when the weather is terrible, you can sit in there and feel like you're outside, even if you're not. I mean, it's not great at the moment because we're doing the back, so the view is not wonderful 'cause the back garden is an absolute tip.

A53F: at least you should get a view.

A31NBA: but you gotta see outside... because again, 'cause of the way the house is all like one big, long room. There's a window at the front just next to me here and that lets light into this part of the living room. And then there's the Conservatory. But the dining room, a bit in the middle, is really dark. And so I suppose it's quite nice when you can sit out there and it's really light and airy and... Sort of doesn't feel like you're in a house, even though you are. which I think I really like.

R: Oh, that's very interesting. And C10nba or A53F, do you have any reflections on space?

A53F: I mean, I quite like the conservatory for some of the reasons that has already been mentioned around. The light in there, and the fact that when the weather is punch, you can feel like you're outside. Even when, when you're not, so it's, sort of, the in between phase rather than feeling being stuck in the house all the time. You kind of almost feel like you're outside when you're not, so I like it for that reason.

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C10nba: and I like it because it was hard to decorate, and we redecorated it.

A31NBA: Did you help me decorate it, didn't you?

R: Well, that's very interesting. Yeah, that's real nice.

A53F: I did the blinds!

A31NBA: you did! you hung the blinds!

A53F: I did the practical bit.

R: so everyone contributed to this place in a way or another.

All replying: yeah.

R: And and what happened during the lockdown in the Conservatory?

A31NBA: it was kind of an ever evolving space during lockdown because it obviously, to start with it, was a dumping ground for everything.

And then because we wanted to be able to... Be outside, but we couldn't be, especially in the the later locked out on the January lockdown where you kind of couldn't spend as much time outside. and it was it really evolved into a space where we could... and it's wiped clean! So, it was great for crafts because you could just roll up the rug and it's a tiled floor so we can get the pottery wheel out or paints and all that kind of stuff. And it's all nice and wipe clean.

R: Yeah, and I notice that you you're saying 'we' although at the beginning you refer to this place as your place space in the home. But still I feel that it some...

A31NBA: Yeah. In that picture it's set up for me. That's how I use it. But again, like most of the spaces in our house we have purposely made it so that with a couple of little shifts of things like in there, all you have to do is roll up the rug. And you've got a big space where you can get the yoga mats out and do some exercise, or you can get crafty things out and make a mess. And so a lot of because our house is quite small, a lot of the spaces are sort of multi-use.

R: OK, and even I mean. I mean, it's also you mean when you say multi use so it could be multi use like personal and shared at the same time?

A31NBA: yes. So again because it's a nice big space that has a big open space 'cause it doesn't have that much furniture in it. And so even if I was sat at my desk which is also in that room working, there's enough space that C10nba could have can spread all of their drawings or whatever on the floor. Or A53F could be sat in the chair reading and I can be done relaxing and reading and I could be working and. It's got enough space where people can be in the same room but not be doing the same thing

A53F: yeah, and feeling on top of each other, yeah.

R: And when do you use it, A53F?

A53F: Me, up gently more first thing in the morning when it's really, really warm. I usually have breakfast or something like that in there. Later on, it's just if I need to relax, sometimes, I go in there

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out the way, everybody. And that's just generally my uses there at the moment because it's being used mainly used for an office and work area. I tried not to use it too much.

R: OK, yeah and C10nba, do you use the Conservatory?

C10nba: Well me and *** play in there a lot.

R: OK, do you play there in the morning or the evening?

C10nba: We played there after school, usually.

A31NBA: So yeah, in the lock down. That was sort of like the reward. After doing some work was that you could play. and again, because the Conservatory links straight into the back garden. Yeah, it was that kind of goal between again of School was, like, you know, schoolwork was this room then that was the fun room and then the garden was even more fun.

R: OK, that's nice. Would you list maybe the things that happened there? Like I can see that you [A31NBA] did studying and A53F did the breakfast and C10nba was able to play there, so were there any other activities that you did there?

A31NBA: As we said we used it for kind of quiet time.

A53F: we did start using it for weight training, didn't we?

A31NBA: Yeah, one point we did try and have the gym in there as well, but it was a bit too cramped, but we did have some free weights.

A53F: Yeah.

A31NBA: and the mat. So, we could roll them out and do some free weights. Again, 'cause it's a big enough space that you can have the yoga mat out.

A53F: 'cause we both did some exercise for a while, didn't we in there?

A31NBA: yeah. and copious amounts of cleaning is done in there because it's a conservatory so It feels like it's never clean. I'm always cleaning it.

A53F: I didn't realize it was that bad.

A31NBA: 'cause it gets black mold in the winter, so it felt like through the January lockdown I was cleaning it more than anything else.

A53F: but we did get a dehumidifier. Yeah, we do, yeah, so we're trying to make it as best as we could. 'cause it was what were allowed to do at that particular time, wasn't it?

A31NBA: Yeah, we've got the dehumidifier and it get rid of some of the damp so that we could use it 'cause it did sometimes feel like it was just like you would go in there and you feel wet. Because it was so damp in there. and then obviously I was worried about the black mold that it would be bad for us So yeah we got the dehumidifier. and then like you have to kind of... And again, it's not my fault 'cause I've got a lot of plants in there which make a lot of condensation so you have to kind of like script squeegee the windows every morning in colder weather.

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A53F: Yeah. 'cause we have the heating on to keep me warm.

A31NBA: Yeah.

A53F: so that why in the conservatory, you get a lot of condensation in winter

A31NBA: 'cause that's another reason why it's my space more than anyone else's

A53F: it's freeing!

A31NBA: is because it's freezing in there and I like being cold. So, and I prefer cold and A53F likes the warm. So when the house boiling hot, we can always go there and it's a bit colder.

A53F: Yeah, I like going in there first thing in the morning 'cause that's when the sun's up early, especially through the summer, and I get to enjoy it regardless of having to go outside. and then when everybody else piles down on comes, I can just come back in and just chill.

R: So at and all these things happened during the lock down.

A31NBA: yep, So we were lucky, I suppose, that for the majority of the lockdowns, A53F and were still able to go to work in school.

A53F: Yeah, that made a big difference. #

A31NBA: So C10nba, had met the criteria for being able to go into school as a key worker child and someone with additional needs. And A53F worker so. But I think like I'm thinking back to especially the times where we like had to self-isolate.

A53F: Yeah,

A31NBA: and things like that a couple of times in the periods we've had to self-isolate and that was when we really got a feel for like the lockdown experience like everybody else got. Yeah, it's that that was when we experienced lockdown like everyone else got. like when C10nba couldn't go to school and A53F couldn't go to work.

A53F: Let's say, for me, it was very few days that I didn't go into work wasn't it? Because obviously being emergency services you're in. You know, you're in regardless and they put God knows what control measures in place and that for your safety. Try and change all the ways you worked to keep you working and all that sort of thing. Which is fair enough.

A31NBA: But we did. did have a couple of...

A53F: you know, weeks where we weren't sure.

A31NBA: Well we were ill. And then there was one where C come in contact with someone and then there was one way you'd come in contact with someone at work.

A53F: yeah

A31NBA: And so there's a couple of periods where we had to self-isolate. So I'm kind of keeping them in mind as well as the lockdown. 'cause our lockdown experience was a little bit different to everybody else's.

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A53F: cause again, If you're self-isolating at the beginning, It was all the strangeness with the information provided and things like that. and obviously where the first lockdown happened, everybody thought was going to be two or three weeks And then if we go back to normal clearly now people know it goes for years and years and years.

A31NBA: We've got a bit better, right? so by the 3rd lockdown we were on it. We knew what we were doing.

A53F: I think it's 'cause you don't anticipate it being a short period of time. You know it's gonna be long. so you kind of pace your stuff. whereas if you think it's only a couple of weeks or time it gets half over the second week your brains already saying, 'we're going back to no, and you wanna do things and you can't'.

A31NBA: I was looking at... like when I was thinking of these, I looked at all at work home schooling stuff we did with C when we did home school. And I looked at the first lockdown, where we were like, crafts all the time and all these different workbooks and different things that we did. And then I thought back to, like the third lock down, where we went there. Just forget it look, go on teams for a bit (*recalling how they instructed C for home schooling*). That was a big change.

A53F: it's like, 'cause the school got more organized.

A31NBA: Yeah the school was more organised.

A53F: they were getting work online.

A31NBA: Yeah, so we didn't have to like invent the curriculum like we did at the start. But anyway, sorry.

R: Yeah, that's why it seems that yeah, the lock down like living experience has turned into some sort of normality.

A31NBA: Yeah, well that's I mean to be honest for us. It wasn't that far away from our normality anyway, no, because. Like because C10NB was able to go to school and so was going to work. It was only me working from home and I did do those one or two days a week anyway. So, it's just... It was basically more like you said, not being able to see other people and things like that. And not... I suppose, not having that support from family. 'cause things like C10nba normally would go to my parents one night a week. And things like, that and not being able to do that did so.

A53F: We had some of it.

A31NBA: put a bit of a strain on the family because... I think we were so that was when we notice the strain more was when we say... like when we had the normal lockdown experience and A53F couldn't go to work and C10nba couldn't go to school and when we self-isolate and that was when we really saw the kind of impacts and the conflicts. Because C10nba school closed for a while as well didn't it?

A53F: Yeah. It was shut for about a week or so. Or about 10 days

A31NBA: yeah. so that that was like you know we were thinking we only just hacked 10 days. Some people had to put up with months!

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R: Yes yes, and and that makes it that's like it makes me more interested in knowing. Despite this minor difference between your life during the lockdown and before the lockdown, and have you used the conservatory differently before the lock down?

A31NBA: Yeah, it was just. It was literally the garage before the lock down. Wasn't it? The Conservatory was just full of stuff and we basically didn't use it, yeah? Like because we could go out and go places so we didn't need a relaxing outside inside space. It was It was just a dumping ground of stuff basically and I think the lockdown forced us to sort it out. Because it was like, you know, when you kind of in that space and you're looking at it all the time. I feel like I'm gonna sort it out now.

A53F: So I think it's as well as you know, but it doesn't matter if it takes you two or three days to sort it out. If you know you've only got two days off work and then you're back at work, you don't really want to spend those two days firing up the whatever, do you, before you go back to work. 'cause then you don't feel like you've had a break. So I think when you realize you've got more time on your hands to do those sort of things, it's easier to do it, isn't it?

A31NBA: Well, actually became somewhat cathartic for me. especially because it gave me something to step away from the computer and step away from screens and have an activity. That was something I could pick up and put down quite easily because it was like, well, I'll sort this corner out and I'll sort this kind of I'll paint the wall today or I'll clean the windows. I'll take the blinds down and it was kind of like a an ongoing project for quite a while. Because it it kind of gave me some what to do.

R: Yeah, that's very interesting. So it feels like this mini home project was some sort of a way in supporting your wellbeing.

A31NBA: And yeah, very very much And and I think because my wellbeing is quite linked to surrounding, so as yours (talking to A53F).

A53F: so I'm very much in outdoor person, so...

A31NBA: yeah, it was like trying to create as much outdoor space as we could because, Like you know, we don't really like being stuck inside. And although I'm not like a clean freak. I don't mind like mess but I don't like clutter. So like if if we had a we had a lot of stuff that's fine. We do... 'cause we have got a small house and a lot of stuff... 'cause we all have 8,000,000 hobbies.

A53F: and you're looking at me 'cause I'm a hoarder.

A31NBA: and she's a hoarder.

A53F: apparently

A31NBA: and you know, but it's funny because one of the rooms that we didn't take a photo of was the what you would call the guest bedroom. The third bedroom, which is basically has the contents of what used to be in the conservatory. Which all originally used to be in the garage, but the garage is falling down, so we had to bring it out of the garage and just gradually moved rooms.

A53F: we gotta say mostly work from the conservatory, upstairs rather than outside. 'cause it's a lot of my work tools things like that, so too expensive to leave in a garage that's not Lockable.

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A31NBA: but it's like that. So, it was almost like we had to choose a space in the House where everything went there you didn't have to look at. and that's basically what lockdown resulted in was that third bedroom is now to a point where you can barely stepped foot in it.

A53F: You can get just about through the door and then that's about it. But then you have to strategically place your feet or move around so you can get to where you wanna be.

R: Yeah that yeah that it seems that there was a lot of planning and lots of lots of actions done and, uh, so I would like to hear like how how did you change what? What exactly did you do to change the Conservatory... to transform it from the dumping ground to this lovely place?

A31NBA: basically took everything out of it was the main thing taking things out. Yes he stripped everything . so everything came out so it's completely empty. Yeah, I painted the walls.

C10nba: we!

A31NBA: sorry, 'we', we should be home. Yeah because there were, like exposed brick, which was quite dark. And then they had the vertical, what I called granny blinds. Had the Vertical Blinds in. And they were just a bit too long so they touched the windowsill which meant they got wet and grubby and horrible. So I I tried to bleach them clean it didn't work so I bought those. Straight stripy ones on offer from IKEA and got them delivered.

A53F: shhh

A31NBA: What?

A53F: you can't mention names.

A31NBA: we can! We're not advertising for them! But they would... I was really proud of it. There were £3.50 each!

R: Really!

A31NBA: And then, I think, I might have got, like I think, that chest of drawers. is like a you know, a second hand one of Facebook or something, and I painted it and bought some new handles and things. and we repurposed furniture that we already had. and I bought lots and lots of plants.

R: That's very interesting. and C10nba, you told me that you took part in changing this - the conservatory.

A31NBA: Which bits did you do in the conservatory?

C10nba: But I did the walls.

A31NBA: You did the walls?

R: Did you paint them?

C10NB: Yeah,

A31NBA: you help me paint the walls, and you help me... You help me clean the windows as well. But they did give some of the helping the sorting.

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A53F: Yeah I was gonna say, Yeah, move some of the stuff here.

A31NBA: and you did help with the mess in the first place when we were cleaning up. C10nba and I got the pottery wheel out one day and discovered that it it was a little messier than we anticipated, so there was like splats of clay everywhere. so we spent, probably, a good day scrubbing the radiator to try and get all of the...

A53F: still there It's still there.

R: Yeah, it seems that it was a big transformation.

A31NBA: and I would say, yeah, well, it was. and it was nice because like you say yeah, it it meant that we open those curtains more because when we've like... I remember one of the things this was before lockdown, but the one of the first things that A53F showed me when we moved when I moved in, which she had the curtains closed and I was like why are those curtains closed? Thought it was like just the window, opened it... and it was just obviously fell off the ceiling junk. and so a lot of the time we used to have those curtains closed, which meant this room was really dark and so at least now that it's... Yeah, it's great that that's in lovely space that we can use. But also it means that we keep those curtains open, which means the rest of the living room and the dining rooms nicer as well.

A53F: Yeah, that's true, yeah, but also it's affected by the temperature. So if it's really cold in the winter, the Conservatory as cold.

A31NBA: Yeah, the whole house is freezing.

A53F: the used one in the summer, is obviously, it's red hot. So sometimes we keep those curtains closed a little bit so that the house didn't heat up so quickly? too hot for these guys who quite sensitive to heat.

R: So surely the temperature also controlling the temperature was part of the new atmosphere in the in the Conservatory?

A31NBA: yeah, so, obviously when the weather is nice it's quite easy 'cause you can just have the big French doors open.

A53F: or put the fan on.

A31NBA: no 'cause. It's probably far too dusty. It just get like dust everywhere If you put the fan on. but in the winter it's slightly harder because there's one radiator, but it doesn't always... It doesn't really make that much of a difference. so I need to get that checked. I do basically spend a lot of their time sitting in there in a sleeping bag. just because it's cold, but I still like being in there so we just have like blankets and we just wrap up in the blankets and still sitting there.

A53F: That's your sensory thing, isn't it?

C10nba *showing her booklet*

A31NBA: *Yeah. Yeah, perfect*

A53F *looks really good thing it*

A31NBA: *does, yeah. We can talk about that at the end?* (commenting on the drawing)

A31NBA: Is there any more questions on that one (the conservatory picture)?

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R: and you still use it for the same same pattern?

A31NBA: Yeah, yeah, we we still use it now, even though we can't go out. We actually may be go out less because. We've got a space that we can be...

A53F: definitely

A31NBA: can be outside.

A53F: it is one of my favourite spaces, but the favourite.

A31NBA: Yeah, not the favourite space. Yeah, that's the reason why you took a picture of the pond,

R: Who would like to talk about another favourite space.

A31NBA: go on then (talking to C10nba). Which one do you want to choose of your spaces? 'cause you took a picture of your bedroom, of your home schooling and of the trampoline.

C10nba: trampoline.

A31NBA: You want to talk about the trampoline?

C10nba: Yeah,

A31NBA: and the back garden?

C10nba : Oh yeah, back garden, trampoline.

R: Yep C's trampoline

A31NBA: and the dog.

C10nba: that's one of the reasons why I like being out there. 'cause ***'s out there.

R: So C10NB, would you like to talk to me about that? About your photo.

C10nba: Yeah.

A31NBA: So, uh, why did you choose this photo? Why did you choose a trampoline? Is your fun place?

C10nba: Because ***'s always there with me. and when I jump out of my own tricks and I make my own tricks. And then, I showed them to you.

R: Oh, that's very interesting and what does that? Does this show?

A31NBA: What does this photo show? So what does the photo show? What is the thing that you wanted to show us in the photo?

C10nba: the dog, the trampoline and the planter. I like planted those.

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A31NBA: You did plant those, didn't you?

So, in the corner, there's what looks like a a pallet just leaned up against the fence, but OK. It was one of our projects we put UM. Like plant membrane and so that they were. And then we grew things in them.

A53F: Despite the space.

A31NBA: yeah, 'cause we didn't really have a lot of space, so it was a way of, uhm, making more space for plants.

A53F: and hiding the neighbours' fence.

A31NBA: Yeah.

R: and did you do the planting? Did you do the planting?

C10nba: me and Mommy both did planting?

R: Oh, that's very interesting and how do you feel about this corner in the garden?

C10nba: I like.

R: You like it.

C10nba: And There's not as much dog's pooh

A31NBA: not as much dog's pooh in that bit...Hey!

R: when did you play up in this in this in this corner? Or when did you play your trampoline?

C10nba: I played in the trampoline when I got sick of being inside, and when I wanted to play with *** outside..

A31NBA: That was regardless of whether. C would go out on the trampoline even if it was pouring with rain.

C C10nba One day went out when *** was stuck in a kennel 'cause she didn't want to get wet And then I got into a kennel. and then me and *** stayed in there for about 3 hours 'cause *** was being really nice to me.

A31NBA: Yeah so there's a dog kennel just down from the trampoline, yeah, and they would spend so much time in the garden even when it was soaking wet.

R: Sounds like lots of fun there.

A53F: she (***) likes bouncing.

A31NBA: yeah, she loves bouncing.

R: And so did you do anything else other than the trampolining in this corner or any other place in the garden?

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A31NBA: What else did you do in the garden or the trampoline other than bouncing?

C10nba: I made my tricks, we did the project. Me and [my friend] made a project.

A31NBA: you made a video for one of your school things you were singing, didn't you?

C10nba: Yeah, we had to make a new version of 'mine with them told me'

A31NBA: yeah. So, one of the yeah one of the school projects was record yourself singing. A C10nba [unclear word: shanty]. And. You did all that in the garden as well, didn't you? So, some of sometimes did school like school work in the garden.

R: So why did you do schoolwork in the Garden C10nba?

C10nba: 'cause it made it feel a lot less like schoolwork and more fun work.

R: And who used to be with you while doing the school work in the garden?

C10nba: Uh, my friend was on virtual.

A31NBA: Yes, you took the iPad outside, didn't you? Or was it the laptop?

R: And was *** round? While you're doing the schoolwork?

A31NBA was *** there (clarifying the question to C10nba)?

Well ***'s always there. You had to keep it in?

A31NBA: Oh yes, 'cause *** tends to be very noisy when you're [C10nba] on the Trampoline 'cause she likes joining in. She barks a lot and jumps on the trampoline. So, if you want to try and do anything sometimes we have to try and keep her inside, don't we?

C10nba: Yeah, but now I've trained that after a few bounces she goes off and she plays by herself.

A31NBA: Oh good!

R: And who else will be with you while you're playing or doing schoolwork in the garden?

C10nba: Well mummy would usually be in the conservatory. I don't like going on there when I can't see people in the house. That's way I don't go there that much. Because I just don't like doing it when I can't see people. So when you're in the Conservatory, I'll go on that.

A31NBA: Yeah, you quite like it is your space, don't you? So, if I'm working, you would go and play out there because you could have a bit of time when you want.

The dog came in and distracted C10nba

C10nba commenting on the dog: She's so pretty.

A31NBA: well we're trying to concentrate.

R: a lot But a lot of talking is about her [the dog]. It's fine.

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R: so C10nba, did you use to play that much in the garden before the lockdown? Or do any school?

C10nba: not really

A31NBA: No, and didn't really do any of your homework there or anything. Did you?

C10nba: Well, I've read there once or twice,

A31NBA: yeah.

R: Well, do you still use it the same way now?

C10nba: Well...

A31NBA: You don't really do schoolwork?

C10nba: No, I don't do school up there anymore.

A31NBA: But you still you still use the trampoline.

A53F: yeah.

R: OK, so would you like to say anything more about the garden?

C10nba: No

A31NBA: OK.

R: Would you like to talk about A53F's space - Photo now?

A53F: Yeah sure my favourite place is the front garden, basically.

A31NBA: yeah, we've picked a lot of outside.

R: So the pond, or... (the hammock)?

A53F: the pond is to the left and the hammock, which is what I used to spend quite a bit time in, is there. So basically, it's you put two pictures together, You'll get the front garden.

A31NBA: Yeah, that's the front garden, it's pretty small.

A53F: this space it's been designed to be relaxing.

R: yeah? OK, I put both pictures together. Yeah, so why did you choose these photos about the front garden?

A53F: for me... I definitely love being outside. Better when the weather is better, but obviously when it's not and I can handle that as well. but we do had quite a bit of time designing the front gardening as... like a project. Initially, digging and building the pond to the point that we were able to put fish and things like that. and it's one of those sort of projects that kind of evolves as it goes on.

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but for me it was just nice to sort of when the weather was warming up just to sit out there and relax and just sort of taking the atmosphere that it produced rather than feeling that you're stuck in the house all the time. So, you know, even if, even if I couldn't actually sit outside 'cause the weather was bad, you can still view out the front window from the lounge. So you still get, kind of get the the visual look of it as well from there. So, like in the fishing. So that's another reason why technically we've got a pond. I don't fishing them.

C10nba asking about the fish

A53F: that's just keeps developing and, looks... I was quite surprised through the summer. How much more color is in the front. Even with the small amount of planting that we've actually got, which made it even better. for me it's about being close to nature too. So with all the new types of flowers and things like that, we were getting a lot of more wildlife in which for me is just makes it a bit more relaxing as well. Just sitting there watching even the fish or watching the butterflies or counting the bees or whatever, but it was just an area where I could just relax and centre when I wasn't at work or the people's feet in at home. So...

R: Yeah, but it's still at the front, so it how is it so relaxing place if it's exposed?

A53F: Yeah, you say that the way our house is positioned on the road layout. It's [the road] not a through road as such. So the majority of the traffic, goes around the back of the house and at the far end of the street. So apart from the neighbours, come in and go in. It is quite quiet. and even the way the hammock is set up, I used to lie there and watch the fish and chill. But even when the post person comes and delivers half time, they don't even know you're there.

A31NBA: Yeah, cause you're behind the plant.

A53F: yeah, so people come and go and they don't even realize you in the front garden. Obviously if I'm quiet and I'm just relaxed, yeah, you know you don't get that in. Interact social interaction, although quite a lot of people were buying the pond when it first initially went in, so we were explaining about the fish and what types they are and all that sort of thing. And now we've got a family that comes down And what was once a month or twice, twice a month with their littlings just to see how it's how it was developing and how it was getting. on And this how the fish were grown and stuff like that to the point, now that we've got... our 5 fish now gone about 65 fish 'cause we've got about 60 little little tiddlers in there at the minute.

A31NBA: But it was quite nice, wasn't it? Because because we built that and it was quite an interactive garden, it almost became like a stop on People's Daily lockdown walks? So we did get quite a lot of social interaction because people would walk past in oh how you doing right and and I could just be like small talk, but you'd get maybe four or five people come pass today and stop and talk to you. So if you were sat in the front , you did get kind of that. Being able to talk to people.

A53F: being connected to people Yeah, without having to sort of go get it as such 'cause obviously you weren't really allowed out and about, where you? for very long. but a lot of the houses around here are old people's bungalows, so there isn't a massive amount of traffic and things like that. And obviously those are the sort of people that are isolated for their health reasons, aren't they ? so it was quite quieter during the lock down than it normally is.

A31NBA: Yeah, but it was quite nice because again it almost provided a bit of a community service, didn't it? Because a lot of people who were. In lockdown and shielding and stuff like that, it gave them something to like. So, the guy across the street and our neighbor two doors down. Both of them have

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quite a lot of mobility issues, so they were like setting our gardeners like their target to walk to and then have a look at the pond and then walk home. Yeah, and it was that kind of it was quite nice that quite a few of the elderly people around here used it as kind of a goal to get to target. and even things, you know, like they weren't, maybe they weren't meant to, but a couple of people would like do their sort of cheeky accidental 'bumped into you on my once a day walk!' as we both come to look at this pond and it seemed to me like a meeting point.

A53F: that feeds back to us that the people enjoying the work that we've put into the garden. So that's an extra buzz.

A31NBA: Yeah, it was. It was really nice and and again, it was that sort of people coming and asking and and you know what's that fish called? And how long have you had them? And have you got any frogs? Yeah C got to have quite a lot of joy out of it for spotting birds and butterflies and we have that all the nature books. On the windowsill. So if you see something you can come in and just grab it and look it up. that provided quite a lot of entertainment.

A53F: so it was like, yeah, in educational words... Interesting as well 'cause every day was different day, wasn't it?

R: Interesting, but how do you feel about the front garden?

A53F: How do I feel about front garden?

R: yes.

A53F: I wish it was about 10 times bigger so you get more stuff in it, but apart from that I think for me it's perfect place.

A53F: Yeah?

R: And it seems that it's your special place in the home.

A31NBA: it was built for A53F. It was built specifically for A53F. when we met she used to go on and on and on about one in a koi pond. And the front garden, when we moved in, was just basically just grass. And that pergola, I admit, it almost fell over because of the Ivy that was growing on it.

A53F: Yeah,

A31NBA: so we stripped the whole front and then again it was kind of... One of the projects that I was at right I'm gonna make you a koi pond. So I sat and I dug it by hand.

C10nba: We!

A31NBA & A53F: We

A31NBA: Yes C10nba dug some of it.

A53F: I came back from work and went on my work and they were done [unclear word] better give me a hand.

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A31NBA: I just sort of... again because I was stuck working from home and sort of I do a bit of work and then have a break, and then do a bit working and then have a break. And every time I had a break I know I did another 20 minutes digging and it was It was a great way of exercising when you couldn't do anything but go out for a walk. because it meant that I could do something really physical, that kind of made it like really got a sweat going and we.

C10nba: We

A31NBA: Yes, we. uh, so. It was really nice even though it was quite hard, especially during the lockdown to try and get hold of the materials to do it. Yeah, so we kind of had to buy, sometimes, stock piled the materials between the lockdowns so that we could do the actual work when we were stuck at home.

A53F: Yeah 'cause once it was designed and you had the plan of where things were going and we knew what resources we needed. It was a bit easier, wasn't it? To get those when we could. Yeah, sure it's my favourite place.

R: Very interesting, and now I can see that there was like this sense of different forms of intimacy actually created by the front garden. There is intimacy for you to have like some calm time, and also intimacy while you were interacting with your neighbours. Uh, during the lockdown with everyone was isolated from the surroundings, yeah, but do you expect that you're going to be using it the same way even after the lockdown?

A53F: Yeah definitely.

A31NBA: Yeah, it's actually been really nice even after the lockdown as a way of kind of staying in touch with our neighbours and the community, and especially like the joy that it brings everybody. Yeah, I think it's really nice and we definitely still. Like when the weather is nice, the hammock will be out or we've got two UM like separate ones so that we can both sit out there together and For all of us, yeah, we have worked out a way of getting that hammock up as well as the other two so we can all sit out.

A53F: chilling, yeah other chairs there that you can't see those well on the decking area.

A31NBA: and just everyone sits out and be like yeah we can have our breakfast out there when the weather is nice. or yeah. Yeah and.

R: That's very interesting.

A31NBA: I mean, even when it was windy and rainy, we would still, sometimes, like we just wrap you up.

A53F: cause I had my injury as well... so...

C10nba: I stayed out until like so like 8:00 o'clock at night, making a bird nest.

A31NBA: you did, you didn't you? Yeah

A53F: yeah, we made some bumble bee homes, and things like that. Did some insect home and that sort of thing.

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C10nba: No, you didn't let me do that.

A31NBA: No, you did that.

A53F: I did that.

A31NBA: It's quite a nice space and I think again even after the lock down it's a nice space to be. Like our next door neighbour Ray and his daughter and two kids like it's almost a space where everyone can kind of we chat over the fence and things like that. So, although I originally thought was it weird to sit in the front garden.

A53F: you did, didn't you?

A31NBA: You know 'cause I was like, it feels a little bit like we should be sat on a lapidated sofa with a kinda beer! like that's the kind of thing you know, and that's what you see in in the films, isn't it? In their front gardens and... But it does seem like it's quite'... cause the houses here, uh, I don't know which way around South facing north facing.

A53F: that's N that way, right?

A31NBA: Well, whichever way it's facing, the Sun's in the front garden most of the day?

A53F: Yeah.

A31NBA: the black garden gets barely any sun and it's like right around the side to the front house.

A53F: They come till two o'clock?

A31NBA: well, not even then, like after about 10:00 o'clock the Suns in the front, and it's in the front for the rest of the day. So it does get some in the back as well It's over the top of that, like if you wanted to go and sit out in the evening, you have to sit out the front 'cause that's where the sun is, yes, so Everyone seems to sit out the front. Then it seems quite normal, because that's the way that houses are facing.

R: It's very interesting and, uh, yeah, so it feels like I've taken like a a tour to the important places for A53F and C10nba and A31NBA. Yeah uh, so reaching this point, if there is anything more that you would like to reflect on your lockdown experiences and these photos, it would be great if you can use. If you would like to use. The booklet and then send it back to us OK and and now we will be moving to the second part of the of the interview and reaching this point. I I think we can because the conversation has taken longer than expected. If any of you would like to stop like I would, I would remind you you can stop at any point of the interview.

C10nba: I think we're right.

A31NBA: I'm OK

A53F: Yeah,

A31NBA: C10nba will talk and come and go.

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R: Yeah, that's absolutely fine. So I'll stop sharing now. OK, and now will be a talking about how far your home supported or influenced your well being during the lockdown. Uh, and uh. So I would start to talk. Uh, and maybe we can take this by turn, but still it's a bit of a like a conversational thing so we can Whenever anyone would like to add to the other, you can truly do so. Uh, if we start by A53F, do you feel that your home supported your, your, and your family's well being?

A53F: I think generally there was a kind of no space for us to be in separate parts of the house without being on top of people when we needed to be. be enough space that we could all be together as well so we could do things as a family together without being squashed or feeling too claustrophobic.

R: And was it in in in anyway, challenging for supporting your wellbeing? And the family is, well, fully whole family or yours personally

A53F: no. 'cause for me me when I came home, it was a rest place more than anything, 'cause obviously I've been at work, yeah, but for A31NBA, it was different because it became the workplace, so there was no change. And obviously I had contact with work colleagues. When I was at work so I didn't feel I needed to have that extra contact or whether it was like through teams and things like that, 'cause that's what you would do. What you family, members and things. Uhm, because I had contact with people at work, didn't feel I needed it at home, so it was basically more for me about relaxing, whereas I think it was more difficult because you were working there all the time.

A31NBA: Yeah, it definitely was..

A53F: you don't have a clear barrier between work and home, whereas obviously for me in 20 minute drive home you've got that gap where you can chill out a bit and then when you get here you know you're already in that sort of ready for family mode. If you know what I mean rather than work mode.

A31NBA: so I think that that was where the main issue for me was that. No. And especially when C10nba was schooling from home. Yeah, there's not being able to have that gap, and again, that's nobody's fault. like it wasn't, you know. But it's that kind of thing of when A53F was at work. She wasn't here, so when she was here. She was able to do whatever C10nba wanted and play and help out with schoolwork and things like that because she wasn't at work. whereas I felt like I had to constantly say 'Mommy can't do that. I'm a work', 'Mommy can't do that. I'm at work' and it felt a bit like it was annoying because it wasn't like clearly... again, and because my office is in the middle of the house so that I could be there to do dinners and help with schoolwork when I could. it wasn't like you know I could go and shut myself in another room. and it will... when mummy's in there, she's working.

A53F: Yeah, you always getting distracted.

A31NBA: I was always getting interruptions, distractions. The dog would go mad

A53F: the 20 million Amazon parcels.

A31NBA: Yeah, and things like that. and again for C10nba, it was really I think.... I mean I don't wanna speak for you... but my experience of it was it was really hard for C to concentrate on school because it didn't feel like school.

C10nba: I didn't

A31NBA: is that how you felt? (asking C10nba)

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C10nba: There was nobody that could help me when A53F was away and you were working. So I just don't get it.

A31NBA: That's so that created a lot, a lot of tension because there was a lot of frustration. C10nba was annoyed that they didn't understand what they were trying to do. and you know it was a perfectly, You know, perfectly understandable that especially for that age they were just given work. 'here do this'. And like no disrespect to the school, they did what they could, but it was like work your way through these worksheets and if you couldn't... like when A53F wasn't on shift so you could sit down with C10nba and they could do it together and work through it and it was quite a nice experience for them.

A53F: It's better wasn't it?

A31NBA: but when A53F wasn't here it was like I was trying to work and help C10nba. and it's like 'I can't help you, now I'm on a meeting' and C10nba: 'but I don't understand'. So then it became that C10nba's home schooling had to fit around when I could sit with them. And then that meant that I was working later because I had to make up the time and it just created a lot of...

C10nba talking to A31NBA (I'm sorry)

A31NBA: No, not your fault (replying to C10nba).

We had a lot of tension, especially between C10nba and I, where we were sort of falling out a lot.

R commenting when noticing C10nba's emotional stress: almost the same here.

A31NBA explaining to C10nba: Yeah, It was the situation

A53F: everyone of us went through some kind of...

A31NBA: you much preferred it when you were able to go to school, didn't you?

C10nba: I like school.

A53F: it's like in some ways we quite lucky 'cause we had laptops and things like that, that they could utilize. Even though we had to reach sort of [unclear word: rejigger man] technically work, which is shouldn't really do. But you know and. We were quite lucky that they could do that.

There must be other families that can't even don't have that sort of technology or ability to do that, so.

A31NBA: but then it did sometimes, say if they had to sit down at a Zoom class for a decent chunk of time, we put them at my desk so it felt more like school. But then that meant that I had to work from the sofa or the dining table. Because it was the only way to sort of make it feel like school. was If it was like: 'this is a workspace'. When it was just the dining room table, it's like, oh, it doesn't really feel like: 'Do I have to be here?' kind of thing. So that was something that really did in that kind of impacted the family dynamics a bit. because it neither of us wanted to make C10nba do something they didn't want to do. So...

A53F: yeah. 'cause dining room tables associated with good family times and eating good food isn't it? Yes, sitting there working!

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A31NBA: and we didn't want it... We didn't want the center of the house to become and it almost became a space that C didn't wanna be. I don't want... because it represented being forced to sit there... and so that's why I sort of outside became spaces where C10nba gravitate to. because this bit of the house, which is normally like the hub and the family bit and where we would sit and watch a movie together and eat together and do a lot of things together, it became a space nobody wanted to be in because it was like the bit where everyone was always frustrated with.

A53F: It's like the negative room wasn't it?

A31NBA: yeah.

R: so was there anything? Did you make any changes to get around this these difficulties? Uhm, I think it's on your home.

A31NBA: I think we did. It was more around how we used it. So we knew that C10nba had to home school. But we, like, to say we would allow to... if it was something that they had to be sat at the computer. They would do it at the table. but if it was anything that could be downloaded and done somewhere else, then they were allowed to do it somewhere else. So, they will go and they will go and read on the trampoline or they would go and draw outside, or they would, you know, do things in their bedroom and it was basically trying to make sure they didn't have to stay in one space for too long.

R: yeah.

A53F: That's the thing, isn't it? If you are in one room all the time, every hour, every day. it just makes it more stressful, doesn't it? Day after day you're getting a variety, you live through for different reasons, then it's better, isn't it?

R: So this difficulty like forced you to change the way you used every space, the spaces in your home, like the different rooms?

A53F: Well, for me, chilling out was outside or in the kitchen. but that sounds tough. But like even just like prepping and the dinners and things like that, it was just interaction in different room and because there generally I'm in there most of the time I'm on my own and it's just another place where I could get 5 minutes peace and quiet if I needed to. Then again it was like we were also doing things additional things like C10nba will be doing some baking and stuff like that with me just as extra things that I think I overfed the family over locked down because I was just we were just trying different things and making different things. Weren't we? just try and make each day slightly different. so we didn't do the banana bread one, but we did the chocolate rice krispies and things like that. the garage is now...

A31NBA: the garage is you're alone space.

A31NBA: like by now everything is but my [unclear word: man space] is taken over by my gym. Yeah, you know everything space is your garage.

A53F: Yeah,

A31NBA: you can talk about that in the thingy (the booklet).

A53F: yeah

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A31NBA: help your resentment to me for stealing space.

A53F: Don't think it's resentment. I think it was more concerned 'cause I did a knee operation in the middle lockdown. So I had a replacement knee put in, so with that obviously comes lots of physio and things like that and I guess I was trying to run before I could walk. because I've got a, technically I've got a gym although it's kind of a very easy to use in the garage 'cause it's cold and damp and there's not much room in there at the minute. and obviously I had visions that I was gonna be a superhero and recover quite quickly, but clearly that's not the case anyway.. But here we go!

R: Yeah. and C10nba, did you have, like, make changes in the way you. like important places in your in your home? During the lockdown, did you have to change, like for example the use of the... Was it used differently the living room or the kitchen? Or dining space.

C10nba: We change the living room and my bedroom a lot. Garden used to be somewhere I didn't really like to be. it's a good space.

A31NBA: But we did do changes as a way of making it. Feel different, didn't we? We, like, switched you room around a few times, didn't we just to make it feel like... Something had changed.

A53F: Yeah, it's not getting their groove, isn't it? And not being able to get out of it.

R directing the question to C10nba: OK, so how? How did you use your room during the lockdown?

C10nba: I used it as a reading space and that was basically where I did most of my stuff, and when I got angry I went to my room. And when I got upset I went to my room. When I was happy I was down here or outside.

R: And that's that, was mainly during the lockdown. Or have you been using it like that all the time?

C10nba: I use it like that a lot.

A31NBA: but then you go, you spend a lot of time in your room. now you've got the computer in your room.

C10nba: Yeah, the [unclear word: spot] computer.

A31NBA: That was something again, that was something we brought in during lockdown I suppose. Yeah 'cause we always said will keep the computers and like the games consoles and everything in the communal space so that we can keep an eye on what C10nba is doing.

A53F: and the length of time.

A31NBA: yeah, and the length of time, which is all well and good.

But when you're all stuck inside and you're none of you have got any other forms of entertainment and C10nba 's playing computer games on the one and only television you...

A53F: put the other one in the kitchen!

A31NBA: yeah, but you quickly you quickly change that and go: 'You know what I think you can have a free games in your room.' so that we can actually have the television.

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A53F: it's not the spaces that changed, it's the rules around the uses of spaces have changed.

A31NBA: Yeah, it did,

A53F: and I think as well because everybody else give each other a lot of leeway, didn't we?

A31NBA: Yeah,

A53F: and if somebody is grumpy, just sat there grumpy and [unclear word]. So we didn't have too many bad interactions.

A31NBA: but then yeah, so C10nba was like the computer was allowed to go into C10nba 's room so that they could play computer games up there. So then they have kind of... So they've sort of been able to use their room more. And I think again, it's that age difference as well as when we started the whole Covid experience they just turned. Like they yeah, you know they Looks of eight. No, I like now They're coming towards 10. Uhm, and so that you know they want more of their own space and a kind of adult free zone, which is become their bedroom. Whereas their bedroom before, I think before the lock down, their bedroom was just for sleeping. Whereas now after all of this and everyone being on top of each other, your bedrooms kind of become your (talking to C10nba) zone isn't it where no one else is allowed to go. Do you think?

C10nba: yeah?

A31NBA: Yeah, so that's changed I think as well.

R: and you and you talked to me about a lot of like things that you did together and a lot of like shared time together. But were there any times when you felt like there's too much alone time?

A31NBA: No. (laughing)

R: There was too much alone time and like your you felt like not just having some alone time but you reach the point that you feel like isolated from being alone.

A53F: Not for me. 'cause technically I was at work, so things seem very much the same and. And it's more about appreciating that other people may need alone time rather than me. 'cause I have a change of environment where everybody else was still no technically.

A31NBA asking C10nba: did you feel isolated?

C10nba nodded

A31NBA: yeah.

C10nba: I felt very lonely because I was only with a few people, and eventually that makes me feel lonely.

A31NBA: are you talking about upset by saying you're stuck with grownups?

C10nba showing signs of stress

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A31NBA: Why do you think you felt lonely? Yeah, 'cause you were stuck with grownups and there wasn't any kids.

C10nba: even if a teenager come over to the house, it would have made me feel [unclear word]

A31NBA: yeah.

C10nba talking in a low voice [unclear words]

A53F: So you can be around people who still feel lonely.

R: And what did you do when you felt so lonely?

C10nba: I played with my teddy or *** or [unclear word]

A31NBA: and you talked to Charlie a lot, didn't you?

C10nba: and Jess

A31NBA: and Jess on the...

A53F: Yeah, we tried reconnect with people, didn't we? By using Teams.

A31NBA: So again, C10nba was able to set it up on a on their iPad so they could just bring, like it was hooked up to my phone, so they could just ring their friends. So I would got random text messages from C10nba's friends. come up on my phone to say: 'Can C10nba talk now?'

A53F: yeah, and on my computer.

A31NBA: *The Dog's being pain!*

but that was kind of how we dealt with C10nba. Because it was that kind of missing that interaction with children.

A53F: I think it's always trying to find something positive to look forward too, wasn't it?

A31NBA: Yeah,

A53F: whether it was a family night in with popcorn in TV or film or something, or doing stupid games in the garden or whatever. We tried to do something.

A31NBA: We rented a hot tub in the winter

A53F: we did! In February.

A31NBA: in February the February before we've gone away on holiday. And we're going to Centre Parks and it was like a really nice holiday. So because we were stuck in the House, we tried to recreate it. So we rented a hot tub so that we could have like the kind of swimming experience outside in the cold. So you (talking to C10nba) really like that didn't because you love water?

A53F: Yeah, and I like it 'cause it was being outside.

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A: Yeah, so the the Amazon delivery woman thought we were mental looking around and found this in the garden. She's like: 'what is this?' and I was like: 'it's a hot tub!'

C10nba: And it looked like.. Just..

A31NBA: it did look like a paddling pool. It's just one of the blow up ones. She was like: 'you're mad' and I was like: 'No, it's hot. I wouldn't be in it if it was cold'.

C10nba: We (C and A31NBA) would, she (A53F) wouldn't.

A53F: I wouldn't be. Yeah, you're right.

A31NBA: but no that was that was kind of... Again, those kinds of things where we tried to kind of pretend and we did like the pump and I simply we bought one of them foot spas. And which order all of the bits off Amazon so that we could pretend that we were doing a pamper spa day.

C10nba: and I pampered you.

A31NBA: So C pretended to be the person that worked there and would give the treatment and things.

C10nba: And i will give you nail polish.

A31NBA: Yeah, did all our nails

A53F: and it was me going to work with multi coloured nails.

A31NBA: Yeah that was funny.

C10nba: And we did foot nails.

A53F: yeah, and I have a shower at work, and then my work colleagues like: 'why have you got multicoloured nails?'

R: Yeah, that sounds like lots of fun.

A31NBA: that kindda things. And again, I suppose we we did try and do, consciously, do activities together because we were aware that we were kind of on top of each other and we weren't... So it was almost the again a way of sort of get through the day and then we can do something fun in the evening.

Or, if you if you manage through all your schoolwork today and you let Mommy work, then tomorrow will do this.

A53F: Yeah, so it helped make the lounge a bit more... a place in the evenings to be in... rather than everybody being in a different room.

A31NBA: and we did like the Taskmaster games, didn't we?

C10nba: Yeah, when we could walk on the spinning thing.

A31NBA: Yeah, we'd like have to. It's a television show where they make up challenge, funny challenges and everyone has to do it. And you see how different people's brains work, 'cause they do it in a different way. So it was things like you've got to get from this offer to your bedroom in

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the smallest amount of steps. And you know, I think I ended up nearly making myself sick 'cause I tried to do all in forward rolls all the way up the stairs.

C10nba: I shovelled on the pillow

A31NBA: Yeah, you jump like a sack race. They're gonna pillow and it was so we did those kind of things quite a lot to and we even we did this thing with my brothers, didn't we? So that we'd be able to tell them, so it was like under 5 pound challenge so you had to buy someone something weird from Amazon and get it sent to their house. And then we'd all open them together. And things like that. A53F: So 'cause obviously, like nobody is going anywhere. So, you can't say: 'oh what you've been doing?' everybody is like 'well, we know 'cause we've all been stuck in the house'. so it was another way of trying to make it that day and conversation slightly different than the day before.

R: So it's very interesting to see how you like it. Feels like you were really exploring your home and like... seeing your living room instead of being the place where you all like to be together. Being like bored or fed up being in the living room. maybe being in the backyard more frequent; seeing more possibilities in the Conservatory.

So what are the changes that's maybe not just another place in the way you use the place that you would expect?

A31NBA: well, obviously. We've massively changed, like the front garden, which we still use and the Conservatory, But I think even things like the way that we use so we all sit and eat together now. But I think we never like, obviously because of A53F's shifts, and you know, So sometimes I would feed C earlier, so C would sit and eat their dinner and then we might eat later on or we eat separately and things like that or would even eat on the sofa on our laps. Whereas now we do really try, and consciously, sit together to eat and things like that.

C10nba: We all eat different things.

A31NBA: We all like different things, but we all sit together.
and I think those kind of things. Of states, since the lock down because it was trying to like, obviously during lockdown, it was just trying to find things to do and... but having that sort of, actually, making time to spend time together. Because I'll be at the lock down was annoying and we got on top of each other, it was nice to have that much time together.
Yeah, so uhm. 'cause I mean we hadn't been living together that long. Had we?

A53F: no, it was weird, wasn't it? 'cause you'd expect... that's what we said about our relationship must be really, really strong. 'cause we haven't...

A31NBA: We didn't fight or anything

A53F: We didn't have any arguments or anything. We just managed to get on really, really well. So it was even gonna go one way or the other wasn't.
It's even going downhill rapidly 'cause you're on under each other's feet or completely other way. But luckily...

A31NBA: yeah, but I think it was because we made that conscious effort to recognize that we have limitations that C10nba and I are neurodiverse, so when we overwhelmed we can get very difficult. And A53F isn't... so A53F You were neurotypical. So that means a lot of the time she maybe doesn't didn't understand what we were getting so wound up about because to her everything was perfectly fine, but to us... The tally was making a beeping noise... we had to change the telling because I couldn't

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stand the noise it made. and we had to get rid of... A53F had to give up all of her clocks... there are now nor clocks in the house. No clock because we can't stand the sound of the blocks so she doesn't want you. She has a lovely watch but you can't wear watch now. and and things like that So I think there was a lot of these changes that maybe when we weren't in the house all the time we could deal with. See why I watch because she could watch because it, but when we were together all the time, she had to adjust her life so much to our ticks and our needs. but actually I think that sort of baptism of fire a bit, has got us all much more cohesive as a family because we are aware of. Each other's limitations, the things that wind us up, the things that don't, and and so we're a lot better at communicating now I think..

A53F: and recognizing the early stages of : 'get me out of here!'

A31NBA: but I think and even C10nba grown in knowing when they're getting frustrated or when they you know when they're quick to say you're being mean to me, and it's like actually maybe 'I've misunderstood' And we're a lot better at... Like consciously using our spaces. So if we're getting overwhelmed, C10nba will go to their room; or I'll go to my conservatory; and A53F will go to the garden or to the Van. A53F got a van. now that we've finished the garden and the Conservatory, she started renovating a van. So, you know when we know when we need our space, we'll use that will use the house instead of where, I think before the lockdown, especially between C10nba and I, it would result in a big full on screamy argument. because we didn't walk away. We used to be : 'no, we must fix it and we have to stay in the same space until it's fixed.' Whereas now we've learned actually walking away and and using all of the different rooms in the house is good and not having everything in one room like we did before... having all the computers in the one room and everything in the one room so that we knew what everyone was doing all the time actually. Enjoying that and and respecting those boundaries and that privacy, especially for C10nba, has been really positive, I think, 'cause actually there's less secrets because C10nba has their own space. So they don't feel the need to hide things from us because they have the freedom to have the space if they want it. so, then they tell us things because they don't have to because we're not on top of them checking on them all the time.

R: That's that's very interesting thing that you have shared with me and I'm really, really grateful for sharing all these things with me. And please, if you want to add anything more, just use the booklet. so uh, the next part and that's the last part. is more focused on the children's experiences. So, uh, if C10NB, if you would like to talk to me about your locked down experience.

A31NBA: do you wanna show Heba your picture and talk about that?

R: Yeah

A53F: *we'll be back in two seconds.* once we sampled it, and so I don't know if you can see 'cause it'll just if it if it. It just sits there you go yeah OK, oh, that's very interesting.

A31NBA: You've drawn a picture you're if your den. Its over the road so it's not actually in our house. it's in the common area. So there's like a... where we live it's like you've got semi detached houses and then on the corners. Instead of having a corner house, they've just left that plot empty and they've got trees on them, so it's it's like a a copse of trees directly opposite our house.

C10nba: with the bush and then they've got a hole in the bush on the side so you can go inside. And there's a little corner and there all the slugs live in. And that's the little thing where if you find a little snail or slug, you put it down that hole and they can live with people with other slugs and snails. And there's a little area where I've made a nice little den-bed kind of thing where you sit. and [unclear words] down always sit.

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R: how frequent did you go there? Did you go there? How many times did you go there? every day or maybe once a week or?

C10nba: It was about once a week.

A31NBA: Yeah? Cause it's over the road... We will just start with, well, no, you can't go there. You've got to stay in. and then it was like you can go there, but only when there isn't someone else there. 'cause obviously there's other kids, so I think they kind of took turns using that space.

R: is that part of the things that you explored during the lock down? Or did you use it before?

C10nba: *and I wrote a description*

A31NBA: we didn't really use it before the lockdown because we could go places. So like it's gone then you right? (*Encouraging C10nba to read her description of the den*)

C10nba: I like this place because it's mine. and it's a place to go for playing and it's a place of peace.

R: Yes, so interesting!

A31NBA: because of the trees, isn't it? So it's actually quite quiet in there, isn't it?

R: Yeah, looks like a very interesting place C10nba.

C10nba: Yeah, it's over there(pointing to the den)

A31NBA: It was quite good as well because if so when I was sat in the front garden, you could see them. but it was again giving them that little bit of freedom to feel like you know well I can go over the road and I'm in that sort of communal area on my own.

C10nba: I know you knew you were watching me.

A31NBA: yeah, I knew you knew we were watching but we didn't have to be right next to you. Did we?

A53F telling C10nba: just safety.

C10nba: but you were watching in the room. It was actually... It's more private my room then in there (at the den). But I like it there cause it's outside.

R: And is there anything else that you... is that the place that like the most during lockdown?

C10nba: And then there's the dining place.

A31NBA: Yeah, you drew the dining table didn't you?

C10nba: Yes

A53F: really good drawing

A31NBA: They, so drawn the dining table as the place they didn't like.

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A53F: It's got your office in there and the back window in

A31NBA: no it's the front window.

A53F: is it?

A31NBA: It's that way. Oh my dear, sorry

A31NBA: I think that's the it's pretty. It's the same as the picture that we took of the dining.
why didn't you like that?

C10nba: because that's where I had to do my work, and that's where we eat. And that's where we do everything.

R: why did you do work in the dining room?

C10nba: Because when I was working at table (the coffee table A31NBA clarified) *** will come and jump.

A31NBA: Yeah, so we you wanted to work at the coffee table, didn't you? But wanted to sit up properly, especially when you had to sit for a long time. But yeah, it was often quite cluttered in there 'cause there was like half done crafts and schoolwork. And you know, breakfast pots.

C10nba: there was never breakfast pots.

A31NBA: Well, you know we'd eat there. And there was a lot going on in that one space, wasn't there?

C10nba: Too much.

R: So, if you were to choose. If you if you were to choose a any other place to do your work, which place would you choose that you have chosen?

C10nba: I would have probably chosen... I want to sit up the hammock.

A53F: at the front garden.

C10nba: Yeah, why didn't I do that?

A31NBA: 'cause it was raining and it was winter for one of the lockdowns.

R: so maybe it needed to be more sheltered.

A53F: or when the weather is good

R: and how did it feel? So how did it feel there in the in the dining room while you're doing work?

C10nba: not happy, not happy.

A31NBA: So why didn't you like it?

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C10nba: cause there's just too much stuff, yeah? when I had to eat, I just have to push my stuff to the side and then after I did I just have to do it again.

A31NBA: because there was so much going on. It was almost like. I'm halfway through something so right. You've got a week now, so move that and then you can go back to it and. Yeah, instead of having like a separate space, that was school, and then move to eat, and then move back to work. But you also meant you couldn't move for a long time. sitting down all the time, which as you can tell, is not something that C10nba does very well.

R: Yeah. And is there anything more that you would like to add C10nba? Is there anything else that you would like to tell me? About your. Lockdown about the lock down and your home during the lockdown.

C10nba: Yeah we went onto a ... there was this big slope in the park. and everybody got on it so much, so the snow was gone and it was just like an ice slope. and it was really fast and we went down on.

R: Well that wasn't that was in lockdown because obviously we can't go to the parking a lot during lockdown. but in the lockdown bit we built the one on the front. and we cleared... everyone had cleared the road so that they could drive. and then did it be massive, like snowdrifts, so we built a slide, didn't we? On the front path.

A53F: Yeah, it went from the corner almost all the way down [unclear words]

A31NBA: and using the snowdrift that come off the road, we built big slide. and quite a few of the kids, I caught quite a few kids using it.

R: Also, it seems that you still had some fun C10nba. I would have liked to join.

A31NBA: Yeah, it was fun, wasn't it? We did, well. We've tried to find ways where we could still. Build things.

[debrief]