

**RESPECT  
WOMEN**

**CALL  
IT OUT**

women's  
health



LODDON MALLEE

**16 Days of Activism  
Resource Pack  
2020**

## How to use this resource pack

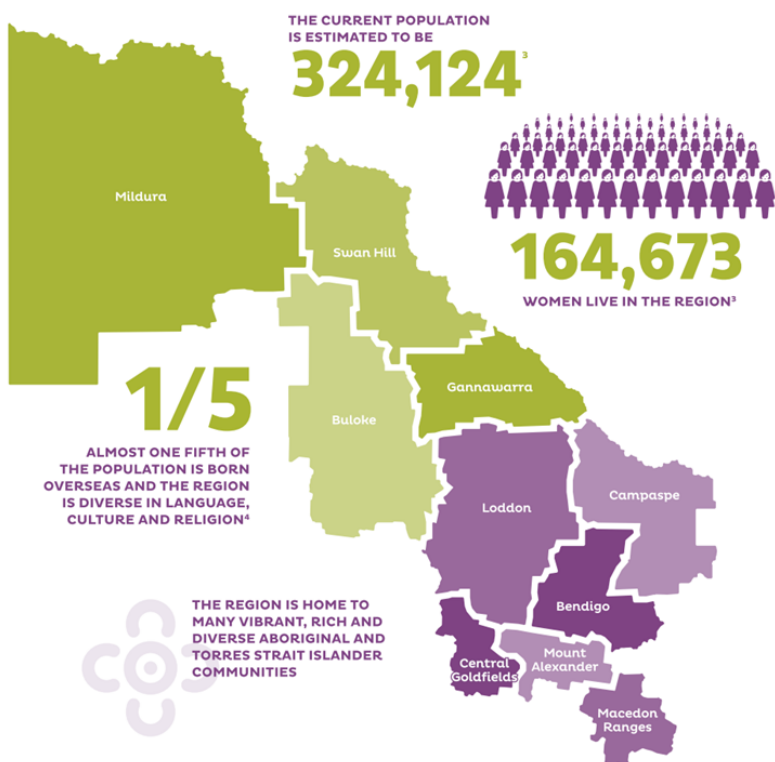
This Resource Pack provides easy to use resources that will help stimulate discussion, thinking and learning about Gender Equality and the prevention of violence against women. A range of resources have been selected that reflect diversity.

## About 16 Days of Activism

16 Days of Activism is all about creating momentum, raising awareness and taking action towards ending violence against women and girls. It begins on 25 November, the International day of Elimination of Violence Against Women and ends on 10 December, which is International Human Rights Day.

To learn about the link between gender equality and violence against women, watch Change the Story (4.28 mins) by OurWatch [here](#).

## Women's Health Loddon Mallee



As a regional women's health service working across North-West Victoria, Women's Health Loddon Mallee (WHLM) has a strategic focus on sexual and reproductive health, prevention of violence against women, and gender equality. Located in Bendigo but working in partnership across the Loddon Mallee region, WHLM's vision is to achieve gender equality by addressing gender inequities and determinants of women's health through leadership, advocacy, gender transformative practice, and by supporting cultural change.

## Referral services for people experiencing violence

# 1800RESPECT

NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE **COUNSELLING** SERVICE



Centre for Non-Violence Inc.  
Phone: (03) 5430 3000  
Freecall: 1800 884 292

## inTouch

Multicultural Centre  
Against Family Violence

(03) 9413 6500 or Toll  
Free 1800 755 988  
[intouch.org.au](http://intouch.org.au)



Supporting Aboriginal women  
experiencing family violence.  
1800 105 303 - [djirra.org.au](http://djirra.org.au)



For older Victorians  
experiencing abuse.  
1800 368 821  
[seniorsrights.org.au](http://seniorsrights.org.au)



Counselling and referral  
services for LGBTQI+ people.  
1800 184 527 - [qlife.org.au](http://qlife.org.au)



Mallee Support Line  
1800 290 943  
[orangedoor.vic.gov.au](http://orangedoor.vic.gov.au)



Swan Hill 24/7 Crisis Line  
Sexual Assault (03) 5033 1786  
Domestic Violence  
(03) 5003 1899

Mildura 24/7 Crisis Line  
Sexual Assault (03) 5025 5400  
Domestic Violence  
(03) 5021 2130

**RESPECT WOMEN** **CALL IT OUT**

## Women's Health Loddon Mallee

### Well Women's Clinic

In addition to our health promotion work, we provide a women's health clinic at our Bendigo office.

#### Services provided include:

- CST (Cervical Screening Test)
- STI screening and information
- Unplanned pregnancy choices counselling
- Termination of pregnancy referral and assistance with pathway
- Bowel, bladder and breast health support
- Menopause information
- General women's health information and discussions
- Nurse preceptorship
- Education sessions
- Contraception advice and referral



### Community of Practice

The Loddon Mallee Communities of Practice is a significant region-wide contribution to Gender Equality. Women's Health Loddon Mallee initiated the CoP in August 2020 with the aim of supporting informal and collaborative work towards Gender Equality and preventing violence against women. As region-wide conduits, the GE team at WHLM facilitates the Gender Equality CoP with key focus areas to include Isolating work, Emerging work on masculinities, Resistance to GE work, Gendered stereotypes, Young people's perspectives, Intersectionality – First Nations; CALD, Safe and Together frameworks and Diversity V Inclusion.

### Training

Women's Health Loddon Mallee offers a range of training packages that are tailored to the needs of your organisation. We currently offer workshops on Intersectionality, Bystander Action and Gender Equality. Contact Women's Health Loddon Mallee for costings and availability.

### Intersectionality Workshop

We explore ways that multiple factors shape the life experiences of diverse peoples within differing contexts, including - Aboriginality; age; disability; ethnicity; gender identity race; religion; sexual orientation and regional/rural experiences.

We will examine power and social structures that maintain disadvantage and challenge our own privilege.

This workshop is designed to support action on gender inequality, by consciously considering and addressing additional barriers which restrict belonging and engagement for diverse peoples.

### Bystander Action Workshop

This workshop will introduce the Bystander effect; how social norms, exclusions and disadvantage is maintained through our collective silence. This workshop shares everyday scenario's that are applied to ways to intervene safely in diverse contexts. Bystander action as effective primary prevention for violence against women is outlined within this session.

Our workshop is designed to prepare you to be an active bystander, setting up effective and safe ways to intervene within workplaces, communities and in the primary prevention of violence.

### Gender Equality Workshop

A introductory workshop that defines 'gender' as the everyday activities that shape the nature of being a man or a woman.

The workshop challenges stereotypes based on binary gender, drawing on examples that illustrate ways that gendered norms maintain discrimination and exclusions, such as the Gender Pay Gap.

Our workshop introduces the link between gender equality and violence against women and girls through the four drivers of violence.

The workshop will provide an overview of the 2016 Royal Commission into Violence Against Women and the latest implementation and reporting requirements of the Victoria Gender Equality Act 2020.

## Links to Videos

### Gender Equality

[Gender Equality explained by children](#) (2.36 mins)

[The gender pay gap experiment with boys and girls](#) (1.30 mins)

[Kids Explain Why Women Are Paid Less Than Men](#) (4.12 mins)

### VicHealth

[Attitudes to Gender Equality and Violence Against Women](#) (2.23 mins)

Contains clear examples of less obvious forms of VAW eg: putdowns, cultural norms/myths & controlling behaviour

### Online harassment and intervention

[Together We're Stronger](#) (1.15 mins)

[Online Bystander Intervention: Your Voice Matters!](#) (1.30 mins)

### Sexist Attitudes

[Asking for it](#) - comedy (1.30 mins)

[James is dead](#) - comedy (2.22 mins)

### A retro focus - how have attitudes changed?

[Is education a waste of time for married women?](#) (10.20 mins)

[Should husbands watch the birth of their children?](#) (3.53 mins)

[Should husbands help with the weekend housework?](#) (3.56 mins)

[Should the bikini be banned?](#) (3.50 mins)

Julia Gillard's misogyny speech has been voted most unforgettable Australian TV moment.

If you haven't watched it, you can [here](#).

## TED Talks on Gender Equality



[It's time for women to run for office](#)  
Halla Tomasdottir  
(19 mins)



[How do design gender bias out of your workplace](#)  
Sara Sanford  
(13 mins)



[Why gender equality is good for everyone - men included](#)  
Michael Kimmel  
(15 mins)



[Why can't we talk about periods?](#)  
Jen Gunter  
(11 mins)



[To raise brave girls, encourage adventure](#)  
Caroline Paul  
(12 mins)

## TED Talks on Masculinity



[How I unlearned dangerous lessons about masculinity](#)  
Eldra Jackson III  
(11 mins)



[A call to men](#)  
Tony Porter  
(10 mins)



### Domestic and Family Violence

Eight survivors of domestic and family violence share empowering reflections of their experiences living in violent, abusive and controlling relationships.  
(30 mins)

### Survivors Of Sexual Assault

Women and men tell their deeply personal stories of sexual assault, sharing what happened, how people reacted, whether they got justice and what they did to recover. These are voices and insights you won't hear anywhere else.  
(30 mins)

ABC's [You Can't Ask That](#) asks the hard questions of diverse and marginalised Australians.

## Media Recommendations

Try applying the Bechdel test to movies you watch during 16 Days. The Bechdel test was created by Alison Bechdel in her 1985 comic "Dykes to watch out for" and has become a measurement for gender bias in movies. Watch the test rules [here](#).

### Bechdel test rules:

Are there more than two female characters in the movie who have names?

Do they talk to each other?

Do they talk to each other about something other than a man?

Here is some media created by, or centering the diverse and unique stories of Australian women.



Australian comedian **Hannah Gadsby** uses humour and honesty to share personal revelations on gender, sexuality, autism and trauma. Her show, *Nanette* can be found on Netflix.

**HerStory**; A discussion by Indigenous female actors, writers and producers about the contribution of women to their communities and identity. Featuring Rachel Perkins, Nakkiah Lui, Sally Riley and Nayuka Gorrie. Hosted by Brooke Boney.



**Thelma Plum**, is an Aboriginal Australian singer-songwriter-guitarist. Her debut album, *Better in Blak*, was released in July 2019 and peaked at No. 4 on the ARIA Albums Chart. Listen [here](#).

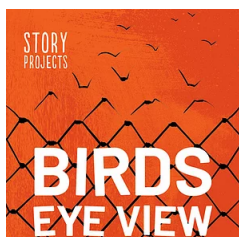


### Our Stories: Ending HIV

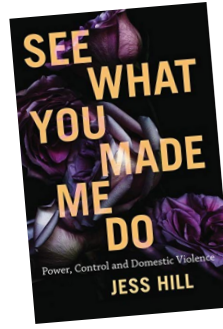
**Stigma**, a podcast about women, by women living with HIV in Australia, challenging the myths and stereotypes that feed HIV stigma.



**Birds Eye View** is the first podcast made inside the Darwin Correctional Centre and one of the first podcasts ever made by women in prison. Giving you a new perspective on women in prison.



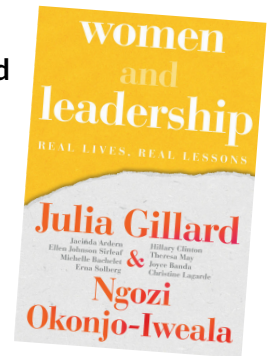
## Book Recommendations



**See What You Made Me Do - Jess Hill**  
Domestic abuse is a national emergency: one in four women has experienced violence from a man she was intimate with. But too often we ask the wrong question: why didn't she leave? We should be asking: why did he do it?

### Women and Leadership: Real Lives, Real Lessons - Julia Gillard and Ngozi Okonjo-Iweala

Women make up fewer than ten per cent of national leaders worldwide, and behind this eye-opening statistic lies a pattern of unequal access to power.



### About Bloody Time - Karen Pickering and Jane Bennett

This book makes the case for menstrual revolution as an essential key to unlocking gender equality. Thousands of women and girls have shared their experience of menstruation and menopause and the results are clear. Negative attitudes are pervasive, entrenched and harmful.



## Women's Museum Australia

Her Place Museum is a not-for-profit organisation that celebrates the social, civic and entrepreneurial achievements of all Australian women and their role in shaping our nation. Her Place Women's Museum Australia has profiled 40 remarkable Australian women through the curation of exhibitions celebrating their work, achievements and historical significance. Watch their stories told [here](#).

Since 2016, Her Place has invited creative writing students from the University of Melbourne to share the stories, lives, actions and choices of Australian women who have shaped the social, cultural and political fabric of Australia. Watch [here](#).



## Covid-19 - Putting a Gender Lens on Recovery

A Better Normal - girls call for a revolutionary reset

**Gen Vic - Under the Radar**

**Gender Equity and Policy Practice Forum**

Feminist economic recovery from Covid-19 (34 mins)

Khara Jabola-Carolus, Executive Director of

Hawai'i State Commission on the Status of Women.

Gender and disaster: intersectional perspectives and racism during Covid-19 (1 hour)

**Gen Vic Fact Sheets**

**Gender, Disaster and Resilience: Towards a Gender Equal Recovery**

Gender equity and Covid-19

Economic security for women

Women's mental health in the context of COVID-19

Preventing violence against women

Sexual and Reproductive Health in the context of COVID-19

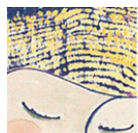
**Workplace Gender Equality Agency**

Gendered impact of Covid-19

**Q&A**

Covid-19 and the pink collar recession (8 mins)

To learn more about the links between gender and disaster, visit the Gender & Disaster Pod [here](#).



## Gender & Disaster Pod

An initiative of WHGNE, WHIN & MUDRI

## Additional Resources

**ANROWS**

The National Community Attitudes towards Violence against Women and Gender Equality Survey resources and videos found [here](#).

Gender Equity Insights 2020

Delivering the business outcomes

Women's Health East

The impact of gender on social inclusion for older women

Employer Guide to Family and Domestic Violence

In Touch Abuse is never acceptable: posters in 22 languages



The Municipal Association of Victoria have a number of resources aligning with the Respect Women: Call it Out Campaign. You can find these resources [here](#).

## Other ways to be Involved

- Let colleagues know about the 16 Days campaign and activities during meetings.
- Write a newsletter article about the 16 Days campaign for your workplace, sports club, service club or community group.
- Send a daily email to staff during the 16 Days campaign, providing information about gender equality.
- Share WHLM Facebook posts/Tweets and events on social media!

## COVID-19 IS A GENDERED PROBLEM

During the COVID-19 crisis, women are experiencing **higher levels** of depression, anxiety and stress than men.

**35%**

of females have moderate to severe levels of depression, compared to 19% of males

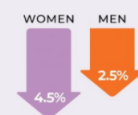
**27%**

of females have moderate to severe levels of stress, compared to 10% of males

**37%**

of women aged 18-24 report suicidal thoughts, compared to 17% of men

55% of job losses due to COVID-19 are women.

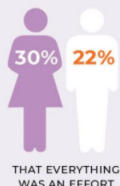


**\$205 BILLION**

VALUE OF UNPAID LABOUR BY VICTORIAN WOMEN  
DELOITTE REPORT 2019



DURING LOCKDOWN, WOMEN ARE SIGNIFICANTLY MORE LIKELY THAN MEN TO HAVE FELT:



**2800%**

INCREASE IN DEMAND

TO THE WOMEN'S MENTAL HEALTH CLINIC AT THE ALFRED HOSPITAL IN ONE MONTH.

WOMEN ARE DEPLETING THEIR SUPERANNUATION AT A HIGHER RATE THAN MEN WHEN WITHDRAWING EMERGENCY COVID-19 FUNDS.

MAJORITY OF THE CASUAL WORKERS UNABLE TO ACCESS JOBKEEPER ARE WOMEN.

WOMEN ARE PERFORMING FAR MORE OF THE UNPAID LABOUR AND ADDITIONAL EDUCATIONAL SUPPORT IN THE HOME DURING LOCKDOWN.

THE PAYROLL IMPACT ON WOMEN HAS BEEN GREATER THAN MEN ACROSS MANY INDUSTRIES.

The majority of essential workers have been women and are in the **lowest paid jobs**.



A GENDER EQUAL RECOVERY REQUIRES GENDER EQUAL SOLUTIONS

G+V  
GENVIC

**RESPECT WOMEN CALL IT OUT**

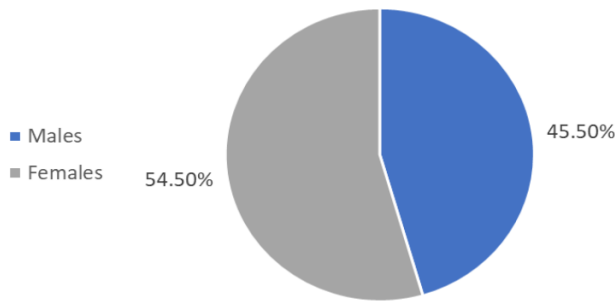
16 DAYS OF ACTIVISM RESOURCE PACK

## Local Government Area Data

### Loddon

During 2019 in the Loddon Shire 79% of all reported victims of family violence incidents were women. There were 32% more reported incidents of family violence recorded by police in 2019 compared to 2015 in the Loddon Shire. Of the reported sexual offences against women in Loddon Shire during 2019, the perpetrator was known to the victim in 88.2% of cases.

#### Chief executives, general managers and legislators



Comparison of leadership between men and women

### Macedon Ranges

During 2019 in the Macedon Ranges Shire, 71% of all reported victims of family violence incidents were women. There were 17% more reported incidents of family violence recorded by police in 2019 compared to 2015 in Macedon Ranges. Of the reported sexual offences against women in Macedon Ranges during 2019, the perpetrator was known to the victim in 73.4% of cases.

When asked 'How safe do you feel walking alone in your area after dark?' 59.2% of women in the Macedon Ranges feel safe walking alone after dark, while 82% of men feel safe.

### Mildura

During 2019 in Mildura 76% of all reported victims of family violence incidents were women. There were 7.6% more reported incidents of family violence recorded by police in 2019 compared to 2015 in Mildura. Of the reported sexual offences against women in Mildura during 2019, the perpetrator was known to the victim in 67.7% of cases.

24.7% of women in Mildura agree that men should take control in relationships, compared to 43.1% of men.

## Mt Alexander

During 2019 in the Mount Alexander Shire, 77% of all reported victims of family violence incidents were women. There were 30% more reported incidents of family violence recorded by police in 2019 compared to 2015 in Mount Alexander. Of the reported sexual offences against women in Mount Alexander during 2019, the perpetrator was known to the victim in 91.1% of cases.

As of 2016, there were 763 lone parents in Mount Alexander, 79.2% women compared to 20.8% men. 13.6% of Mount Alexander women gave unpaid assistance to a person with a disability, compared to 8.4% of men. 30% of women in Mount Alexander did 15 or more hours of unpaid domestic work compared to 13.3% of men.

### Swan Hill

During 2019 in Swan Hill 77% of all reported victims of family violence incidents were women. There were 10% more reported incidents of family violence recorded by police in 2019 compared to 2015 in Swan Hill. Of the reported sexual offences against women in Swan Hill during 2019, the perpetrator was known to the victim in 85.5% of cases.

39.2% of women in Swan Hill agree that men should take control in relationships, compared to 37.7% of men.

**Women and Girls in Swan Hill**

A snapshot of gender inequity in Swan Hill, using disaggregated data, to support improved planning, policy, and service delivery.

- Education:** 25% of women in Swan Hill, aged 18 years or over, have completed Year 12 or equivalent, compared to 22.8% of men.
- Employment:** 45.5% of women in Swan Hill, over the age of 25, are below minimum wage (less than \$20) compared to 21.5% of men. 42.8% of women in Swan Hill are employed full time compared to 38.2% of men.
- Qualification type:** 22.8% of women in Swan Hill are employed full time compared to 21.5% of men.
- Case and unpaid work:** 25% of women in Swan Hill did 15 or more hours of unpaid domestic work compared to 13.3% of men.
- Perceptions of safety:** 25% of women in Swan Hill did 15 or more hours of unpaid domestic work compared to 13.3% of men.
- Sexual and Reproductive Health:** In 2017, the facility rate of women that were sexually assaulted in 2017 was 23.5% per 1,000 women. In 2018, the rate of sexual assault was 23.5% per 1,000 women.
- Local Council:** 87.2% of local councillors in the Swan Hill Shire are women, compared to 42.8% of men. The position of CEO of the Swan Hill Shire is held by a man (80.8% of CEOs are men) and the position of Mayor is held by a man (80.8% of Mayors are men).

If you would like a full copy of these Fact Sheets, please email [ge@whlm.org.au](mailto:ge@whlm.org.au) and specify what LGA you are interested in.

## Local Government Area Data

### Gannawarra

During 2019 in the Gannawarra Shire, 72% of all reported victims of family violence incidents were women. There were 62% more reported incidents of family violence recorded by police in 2019 compared to 2015 in Gannawarra. Of the reported sexual offences against women in Gannawarra during 2019, the perpetrator was known to the victim in 84% of cases.

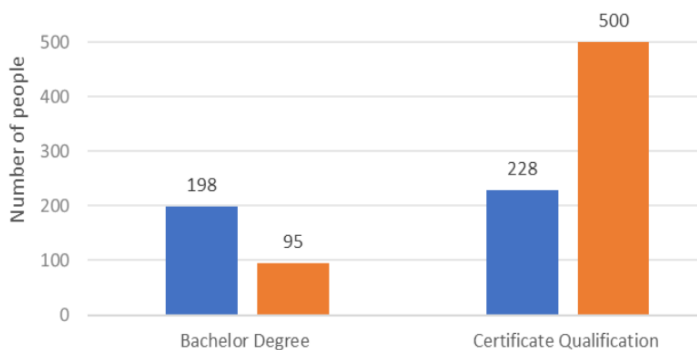
28.3% of women in Gannawarra agree that men should take control in relationships, compared to 39.7% of men.

### Buloke

During 2019 in the Buloke Shire, 82% of all reported victims of family violence incidents were women. There were 6% less reported incidents of family violence recorded by police in 2019 compared to 2015 in Buloke. Of the reported sexual offences against women in Buloke during 2019, the perpetrator was known to the victim in 83.3% of cases.

### Qualification type

■ Women ■ Men



Comparison of qualification type between men and women

### Campaspe

During 2019 in the Campaspe Shire, 81% of all reported victims of family violence incidents were women. There were 23% more reported incidents of family violence recorded by police in 2019 compared to 2015 in Campaspe. Of the reported sexual offences against women in Campaspe during 2019, the perpetrator was known to the victim in 82.4% of cases.

33.5% of women in Campaspe agree that men should take control in relationships, compared to 45.9% of men.

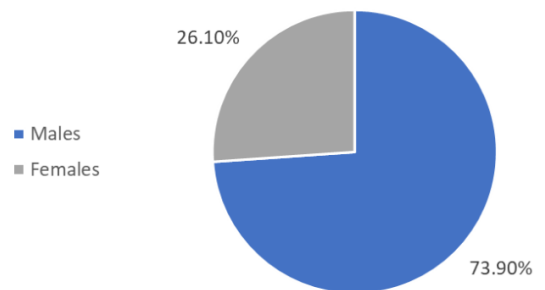
44.4% of local councillors in the Campaspe Shire are women, compared to 55.6% whom are men (4 women, 5 men).

## Central Goldfields

During 2019 in the Central Goldfields, 72% of all reported victims of family violence incidents were women. There were 52% more reported incidents of family violence recorded by police in 2019 compared to 2015 in Central Goldfields. Of the reported sexual offences against women in Central Goldfields during 2019, the perpetrator was known to the victim in 88.2% of cases.

20.6% of women in Central Goldfields agree that men should take control in relationships, compared to 39% of men.

### Chief executives, general managers and legislators



Comparison of leadership between men and women

## Greater Bendigo

During 2019 in the Greater Bendigo Shire 77% of all reported victims of family violence incidents were women. There were 16.3% more reported incidents of family violence recorded by police in 2019 compared to 2015 in Greater Bendigo. Of the reported sexual offences against women in Greater Bendigo during 2019, the perpetrator was known to the victim in 80% of cases.

As of 2016, there were 5,216 lone parents in Greater Bendigo, 82.7% women compared to 17.3% men. 12.5% of Greater Bendigo women gave unpaid assistance to a person with a disability, compared to 8.3% of men. 26.4% of women in Greater Bendigo did 15 or more hours of unpaid domestic work compared to 9.9% of men.

If you would like a full copy of these Fact Sheets, please email [ge@whlm.org.au](mailto:ge@whlm.org.au) and specify what LGA you are interested in.



## The Covid-19 Survey A Story Collection Project

In designing the Covid-19 survey, three aims were prioritised. Firstly, to capture data from the Loddon Mallee during the Covid-19 pandemic. Data is being collected across the globe during this time, and it is important to ensure that the unique and diverse experiences from the Loddon Mallee are included in this data. Secondly, the narrative collected will help inform gaps in access and equity across the region. Finally, this survey aims to provide people with an opportunity to share their story – a process to be cathartic and helpful to the individual participating. For this reason, the survey can be completed without allowing WHLM consent to share the story. The survey was first published in June 2020, inviting people across the region to share their stories. Themes were identified in the narrative collected.

### Caring Roles

While struggles have been recognised, many women commented on the positives they found in changing caring roles and responsibilities. Caring for children during this time has been reported to strengthen bonds with children. Help in caring responsibilities was appreciated and there was some stressed expressed regarding caring for elderly parents. The slower pace of life due to a lack of activities that children are usually involved in was appreciated by mothers.

“Shutdown has been an opportunity to blend my two ‘callings’, one, as a mother, the other, as a worker.” (F32)

“It’s (shutdown) helped me feel more connected as a mother.” (F32)

“It slowed down our lives as not driving our other child around for ex-curricular activities.” (F49)

“As I am caring for my parents during a pandemic, I have had extra pressures to do their tasks.” (F47)

“I have found it really enjoyable not having to travel to work and not rushing kids around to different activities. Not feeling guilty for not visiting family and friends.” (F35)

### Gender Roles

One prominent theme has been the shifting of the balance of domestic responsibilities during this time. Women have reported taking on more household chores than before the lockdown. A shared experience was that working from home gives the impression that the worker is available during the day to undertake more domestic duties. Working from home was not always seen as real work. The data also highlighted the role women take in running the household.

“It’s been wonderful for my partner and I to more evenly share the housework, and caring, while he maintains full-time work, and I, part-time.” (F32)

“The family now has an expectation that I can do everything because I am here (WFH).” (F49)

“I have found I’m in a more stereotypical gendered role at home – which was probably the case before but is magnified – where I didn’t used to get home until later my partner would often have started cooking, whereas that’s not happening now.” (F40)

“While I consider that we usually have a reasonable balance of sharing domestic duties, I noticed that he made an unconscious mental shift - that he’d been at work all day and that I’d been at home all day (even though I was still working full time too), so it was reasonable to expect that I could / would do a greater share of the domestic duties. Fortunately he was able to recognise what had occurred when I raised it with him, however I do still think there’s been some lingering shift in his expectations in this regard.” (F48)

“I have also found that because I am home more and my husband still works outside the home, I have become more domesticated in parenting and household responsibilities. I found myself doing 90% or more of the housework, cooking and cleaning whereas when we both worked outside the home, it was probably 60%.” (F37)

## Juggling

Women expressed the pressure to consistently be successful in all their roles; mother, wife, teacher, employee, caretaker, etc. The high expectations on women were apparent, and these expectations were to be met regardless of the pandemic.

“The hardest part for me has been home schooling while trying to work from home and continue to be a mother, wife and housekeeper. My experience is unique as I am a female and have been expected to pick up the home schooling while not ‘dropping the ball’ in other areas such as my work and my household chores” (F35)

“I have continued to work and study at home throughout this time, and still now. The strain to keep up in these areas, while also parenting 100% of the time, and home schooling added to the load, has been detrimental to my mental health. This led to physical illness and flashes of suicide ideation at times. Feeling the need to uphold my strength and resiliency, also made me more vulnerable, by thinking that ‘I can do this, I must do this, I must keep up with everything! When in fact, it was the recognition and acknowledgement that ‘no, I don’t have to keep up with everything’ which eventually eased my burden and general tension that I was holding.” (F45)

## Isolation

When expressing feelings of isolation, respondents usually followed up with describing how they overcame these feelings by connecting in new ways. Mothers acknowledged the impact that isolation had on their children, especially during the home-schooling period. Those with employment who were working from home found they were disconnected from colleagues, and older respondents acknowledged the loneliness as a result of not seeing family.

**The Covid-19 story collection project is still running. If you would like to participate in telling your unique story, follow this [link to our survey](#).**

“

“I’m not the total introvert I thought I was, I miss people and social interaction. I miss hanging out with the girls after work, going for a wine at the bar, dancing, laughing. Zoom link ups are just not the same. And you miss all that informal, incidental stuff which is where the real richness of life is.” (F38)

“It was difficult not seeing grown children who have moved out of home. Zoom is not quite the same as hugs.” (F56)

“As a prep parent I have felt isolated not being able to chat with the other mums at school drop offs and pick ups.” (F35)

“It has been hard not being able to see and help family members. I’ve missed socialising sometimes and I can feel isolated.” (F58)

## Connection

The ways in which people have connected during this time were noted as surprising and treasured. Some families grew closer, communities came together, and priorities were re-evaluated. People expressed that they had not previously realised the need they had for social connection. The shutdown provided people with more time, and many used this additional time to connect with loved ones.

“Covid has allowed me and my family to reconnect and get to know each other on a more deeper level.” (F45)

“My neighbourhood supported one another and wanted to make sure they were checking in on those around them.” (F35)

“I have learnt the power of friendships despite the physical distancing. Connection is so important.” (F39)

“How people have come together to assist one another, the different and sometimes better ways of working, and families spending time together.” (F58)