

Community Support and Services Committee

From: Jenny Pinzon [REDACTED]
Sent: Saturday, 7 August 2021 10:55 AM
To: Community Support and Services Committee
Subject: Answer Raise your voice on social isolation

Thank you for wanting the case of the people who have been affected by the isolation of the covid

My case is the following:

My experience of isolation has been due to the restrictions that the government has had to impose on the community due to the presence of covid 19 in Brisbane and other cities, In my case it has affected me because my main objective has been to learn English in this country but I have not been able to achieve it with satisfaction since I cannot meet with the people who I think can help me to have a communication and in this way practice talking and listening since it is not the same to establish a conversation with someone through some technological means, you do not feel one with the freedom of being able to enjoy the outdoors with those people or at least change places independently of the house, I also It has affected since I have not been able to know other places in Australia and at work on some occasions the number of hours worked has been reduced for which the resources become a bit restricted, in the same way the use of the mask when one leaves The house is very annoying and this causes one to lock oneself up more in the house and not want to go out due to the limitations imposed although I know that it is for the safety and well-being of one but the same affects ta personally and mentally.

What has helped me to reduce the isolation is mainly the support of my family but this is not so good for me since my English decreases every time I speak with them because they speak only Spanish, this has helped me to stay away from depression and others, the support of my partner with whom I live also helps me.

The barriers that have been presented to me by covid 19 for me have been not being able to: have a face-to-face conversation, enjoy a meal with close people, meet other people, not be able to go to some places of religious gathering or other places public due to closure.

Another experience has been the temporary loss of work of my partner, since his work is closed every time there is lockdown and therefore income decreases, even being with him most of the time also affects in a certain way since Everything becomes routine and I cannot have my personal space since he has nothing to do, the relationship is affected in this case because I have to continue studying online.

Thank you

Jenny Pinzon

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