



**University of Dundee**

## **Pandemic Tales**

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# PANDEMIC TALES

## RESPONSES TO COVID-19 AND LOCKDOWN



UNIVERSE

# PANDEMIC TALES

## RESPONSES TO COVID-19 AND LOCKDOWN

Edited by Chris Murray and Divya Jindal-Snape



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Since 2016 the Scottish Centre for Comics Studies has produced a number of public information comics, many of them dealing with healthcare issues and science communication. This has been part of a research project looking into the educational potential of comics. We believe that comics, which combine words and images, engage readers in unique ways that can aid understanding. The medium is highly effective at communicating ideas clearly, but also provoking emotional, intellectual and imaginative responses.

When the Coronavirus pandemic took hold in early 2020, sending the world into lockdown, we decided to create an anthology comic to help people reflect upon the impact of the virus. We wanted to capture the important transitions that everyone was making, and to tell the stories of the communities, groups, and individuals who were doing amazing things to help themselves and others. We sought to tell the stories of ordinary people in extraordinary circumstances. We also wanted to highlight the University of Dundee's response. This has included scientists working to assist the global effort to find a vaccine, nursing students join the front line by completing their studies in practice, the creation of the Scrub Hub, which saw a partnership between the university, business and the public to create much needed PPE, creating guidance material and resources in partnership with British Psychological Society to support children and young people, school staff and families with educational and life transitions, and many other activities. In light of these inspiring tales of dedication and determination the comics team mobilised to help tell these stories in the best way we know how - through a comic!

*Pandemic Tales: Responses to Covid-19 and Lockdown* collects stories about these strange and challenging times. During the pandemic and lockdown the stories created for this anthology were released individually as webcomics on the Scottish Centre for Comics Studies website and some through blogs published by the Transformative Change: Educational and Life Transitions (TCELT) Research Centre. These stories have now been collected here in one volume. Many thanks to all those who supported this project, from all the writers and artists creating the comics, to Professor John Rowan, Dr Clive Randall and Kaye Lister at the University of Dundee, who assisted with funding the project. We dedicate this comic to all those who we have lost to the pandemic, to everyone who has struggled through illness and the pressures of lockdown, and to all the scientists and healthcare workers around the world who have worked so hard to keep us safe.

We are excited to share these stories with you, and there are many more to follow!

**Chris and Divya**

**UNI\*VERSE**



University of Dundee



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A gallery of work in progress images from the comics, featuring work by Ashling Larkin, Catriona Laird and Zu Dominiak

Edited by Divya Jindal-Snape and Chris Murray

Front Cover by Ashling Larkin

Production by Rebecca Horner and Zu Dominiak

# CONTACT US

If you have any queries or feedback please feel free to contact us. Also, please complete a brief online questionnaire about our comics:

**[dundee.onlinesurveys.ac.uk/public-information-comics](https://dundee.onlinesurveys.ac.uk/public-information-comics)**

We would really appreciate your thoughts on the comics, especially on the impact they might have made on your understanding of these issues.

Learn more about our Educational and Public Information Comics here:

**[scottishcomicstudies.com/public-information-and-educational-comics/](https://scottishcomicstudies.com/public-information-and-educational-comics/)**

# A NURSING STUDENT'S STORY

WRITTEN BY: LISA TAIT, SARAH HUMPHREYS AND CHRIS MURRAY

ARTWORK BY: JULIE CAMPBELL

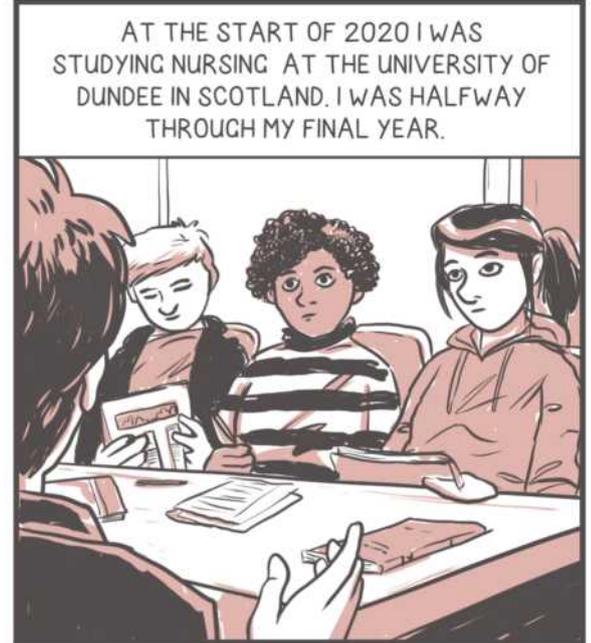
WITH THANKS TO GRANT KING, GAVIN MURRAY, MARK COURLAY, DIVYA JINDAL-SNAPE, LAWRIE MACDOUGALL AND DONNA COLLIE

FEBRUARY 2020



HEY, MY NAME IS MOLLY. LIKE EVERYONE ELSE I STARTED HEARING ABOUT THIS NEW VIRUS A FEW MONTHS BACK. NOW IT'S HERE.

AT THE START OF 2020 I WAS STUDYING NURSING AT THE UNIVERSITY OF DUNDEE IN SCOTLAND. I WAS HALFWAY THROUGH MY FINAL YEAR.



MARCH 2020



OUR TUTORS STARTED TALKING TO US ABOUT THE POSSIBILITY OF COMPLETING OUR PROGRAMME IN PRACTICE.

I SPOKE ABOUT IT A LOT WITH MY FELLOW STUDENTS



EVERYONE WAS TALKING ABOUT IT AS 'GOING TO THE FRONT LINE'



IT WAS SCARY

THEY CALLED US HEROES



THAT DIDN'T MAKE ME FEEL LESS SCARED, AND WHENEVER I HEARD THAT I FELT BAD FOR MY CLASSMATES WHO OPTED FOR THE THEORY PATHWAY INSTEAD OF GOING INTO PRACTICE

SOME WEREN'T READY, AND IT TOOK COURAGE TO ADMIT THAT. OTHERS NEEDED TO PROTECT THEIR FAMILIES. EVERYONE HAD TO WEIGH UP THE DECISION

EVEN UNDER NORMAL CIRCUMSTANCES GOING INTO PRACTICE WAS ALWAYS GOING TO BE SCARY...



BUT THIS WAS A GLOBAL PANDEMIC, AND NO-ONE REALLY KNEW WHAT TO EXPECT

LOCKDOWN HAS BEEN IN PLACE FOR MONTHS NOW AND THINGS HAVE SETTLED INTO A ROUTINE.

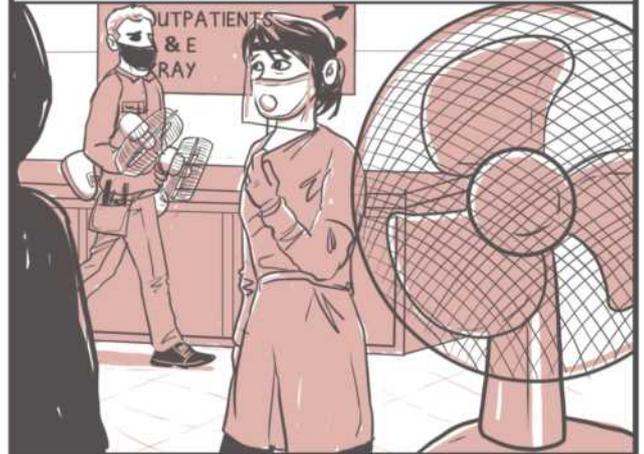


EACH DAY I RECEIVE A SAFETY BRIEFING FROM THE NURSE IN CHARGE ON EACH OF THE FOUR PATIENTS I WILL LOOK AFTER. I HAVE TO DETERMINE THEIR SYMPTOMS, PAST MEDICAL HISTORY, AND HOW WELL / UNWELL THEY HAVE BEEN OVERNIGHT



THE BASICS ARE PRETTY MUCH THE SAME AS MY EXPERIENCE ON PLACEMENT BEFORE THE PANDEMIC, BUT ALL THE PRECAUTIONS AND PPE MAKE THINGS A BIT DIFFERENT!

WORKING IN FULL PPE IS HOT WORK! THERE ARE ELECTRIC FANS ON THE WARD BUT THEY KEEP BREAKING DOWN



WHEN MEETING PATIENTS, NURSES USUALLY STAND AT THE DOOR UNLESS WE NEED TO TREAT THEM DIRECTLY OR HELP MAKE THEM MORE COMFORTABLE



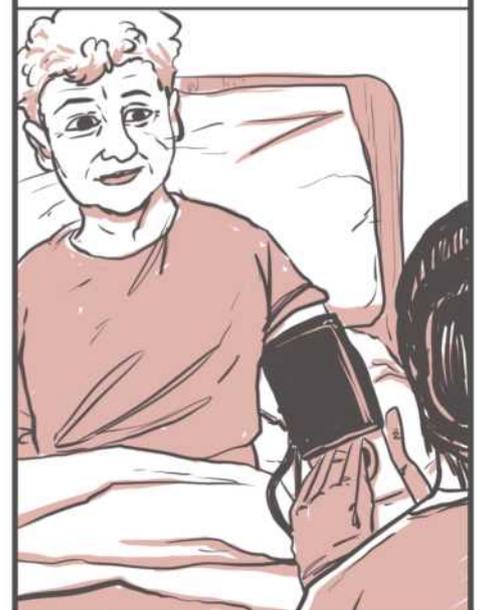
I AM ALWAYS ACCOMPANIED BY A REGISTERED NURSE WHEN GIVING MEDICATION

EVERY PATIENT HAS THEIR OWN ROOM, SOME HAVE NEGATIVE PRESSURE ROOMS BEHIND DOUBLE DOORS



MANY OF THE NURSES HAVE STARTED WRITING THEIR NAMES ON THEIR PPE, ALONG WITH PHOTOS OF THEMSELVES, JUST SO THE PATIENTS CAN SEE A SMILING FACE

AS WELL AS TREATING THE VIRUS WE ALSO HELP THOSE WHO NEED ASSISTANCE WITH WASHING, WHILE ALSO WHILE ASSESSING SKIN CONDITION, MENTAL HEALTH, AND TRYING TO ADDRESS ANY WORRIES



EVENTUALLY I GRAB BREAKFAST



THEN THE NURSES GO AROUND THE WARD WITH THE DOCTORS



WE DISPENSE DRUGS TO THE PATIENTS AND CHECK HOW THEY ARE DOING. OFTEN WE HELP THEM CONNECT WITH FAMILY MEMBERS



THEN I GRAB LUNCH

4	-				
5	-			→ moved to W3	DR DEARLY
6	LAURA SMITH				
7	ROSS ALLEN *	P.		in W4	DR MAHMOOD
8	GEORGE PATTERSON				DR SADAF
9a	-			18 56.7	NURSE CARMAR
9b	MAJA PASTERNA *				JOHN
10	BEN SHAFIQ				ASE
11	MARY SUTHERLAND				NUR
12	-				DR M
13	PRATIK SHAH				- COVID
14	CATLUN O'BRIEN				MR S
15	-				DR W

THE DOCTOS DETERMINE IF PATIENTS ARE POSITIVE OR NEGATIVE FOR COVID-19 AND WHICH WARD THEY SHOULD GO TO.



THE NOSE SWAB FOR THE COVID TEST GOES RIGHT BACK (NOT UP!), SO IT FEELS LIKE YOUR BRAIN IS BEING SQUISHED



THE SWAB FOR THE BACK OF THE THROAT MAKES YOU CAG, BUT IS NOT AS BAD AS THE NOSE

AFTER LUNCH THE RESULTS ARE BACK AND WE CHECK X-RAYS AND SWABS



THEN WE HAVE TO FIND BEDS FOR THE PATIENTS BASED ON WHICH WARD THEY NEED TO BE IN



WHEN A PATIENT IS BEING MOVED THEY WEAR A PPE MASK FOR THEIR OWN PROTECTION

ONCE A PATIENT HAS BEEN MOVED WE CLEAN THE ROOM SO IT IS READY FOR THE NEXT PATIENT



AND THEN WE BEGIN ALL OVER AGAIN



DINNER



SOME OF MY CLASSMATES HAVE BEEN WORKING IN CARE HOMES



I HEAR THAT IT HAS BEEN BAD THERE

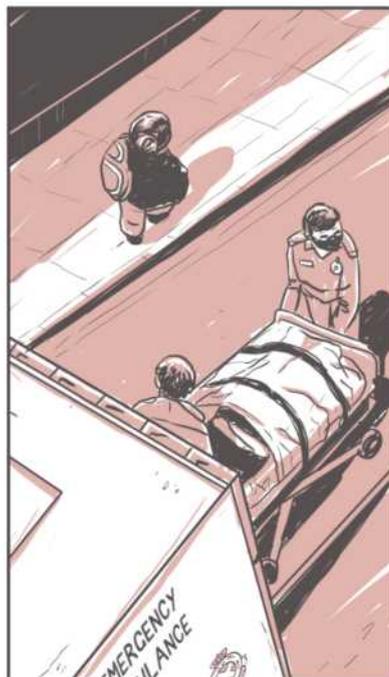


IT'S ALWAYS INCREDIBLY UPSETTING WHEN A PATIENT DIES.

FORTUNATELY DEATHS IN SCOTLAND HAVE BEEN MUCH LESS THAN MANY OTHER PLACES, BUT IT'S NEVER EASY. I CAN ONLY IMAGINE HOW THE FAMILIES MUST FEEL, NOT BEING ABLE TO BE HERE



I WANT TO BE ABLE TO TELL THEM THAT WE WERE HERE FOR THEM. THAT THEIR LOVED ONE WAS NOT ALONE



THE SUPPORT FROM THE COMMUNITY HAS BEEN AMAZING



HAVE YOU BEEN BREATHING QUITE FAST? THAT'S THE FIRST SIGN OF INFECTION



THEY ORIGINALLY THOUGHT THAT CORONAVIRUS WAS AN AIRBORNE DISEASE

ONCE THEY FOUND OUT THAT COVID-19 WAS ACTUALLY A DROPLET DISORDER TREATMENT BECAME A BIT EASIER. WHEN YOU COUGH, THE TRANSMITTED MOLECULES ARE HEAVY AND DROP DOWN. AT MOST THEY ARE CARRIED FOR ONE METRE



WE RECEIVED TRAINING FROM A RESPIRATORY NURSE, WHICH WAS A BIG HELP

SUCH COLLABORATION ALLOWED ME TO SEE DIFFERENT WAYS OF WORKING AND KEEPS MORALE HIGH WITHIN THE HOSPITAL



WE REALLY ARE ONE TEAM, FIGHTING TOGETHER AGAINST THIS VIRUS, WHICH MAKES THE WHOLE SITUATION A LITTLE LESS SCARY



THE PANDEMIC HAS BEEN TERRIBLE, BUT IT IS MAKING US BETTER NURSES. WE WORK AS A TEAM AND ARE MORE KNOWLEDGABLE THAN EVER, WITH A WIDER APPRECIATION OF OTHER WARDS



AND MOST IMPORTANTLY, OUR PATIENTS ARE GETTING BETTER CARE BECAUSE WE KNOW WHAT WE ARE FIGHTING



THESE ARE LONG DAYS, BUT I FEEL GOOD AFTER FINISHING A HARD SHIFT KNOWING I'VE MADE A DIFFERENCE

ASIDE FROM THE HARDSHIP AND SUFFERING WE ARE EXPOSED TO, I WOULD ALSO SAY THAT IT HAS BEEN EXCITING TO SEE THE NHS RESPOND TO THE CHALLENGE. THE WARDS HAVE TRANSFORMED SO QUICKLY AND EVERYONE HAS PULLED TOGETHER IN REMARKABLE WAYS

MY STUDIES AT THE UNIVERSITY OF DUNDEE PREPARED ME FOR A CAREER, BUT JUMPING IN THE DEEP-END AT A TIME OF GLOBAL CRISIS HAS BEEN WHOLE NEW LEARNING EXPERIENCE

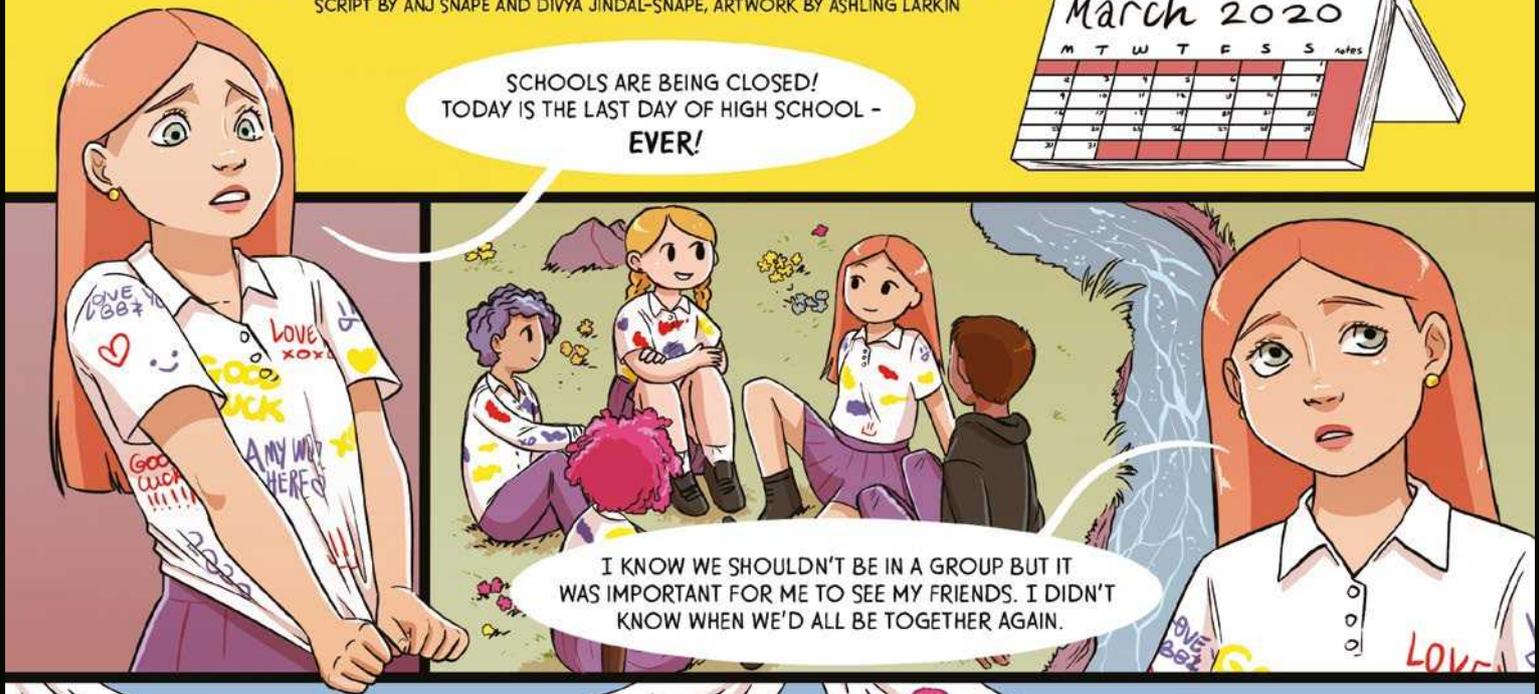
PLEASE DO EVERYTHING YOU CAN TO SUPPORT NURSES AND THE NHS

# LOST, AND FOUND, IN TRANSITIONS

SCRIPT BY ANJ SNAPE AND DIVYA JINDAL-SNAPE, ARTWORK BY ASHLING LARKIN



SCHOOLS ARE BEING CLOSED!  
TODAY IS THE LAST DAY OF HIGH SCHOOL -  
EVER!



I KNOW WE SHOULDN'T BE IN A GROUP BUT IT WAS IMPORTANT FOR ME TO SEE MY FRIENDS. I DIDN'T KNOW WHEN WE'D ALL BE TOGETHER AGAIN.



IT'S IMPORTANT FOR US TO MEET WITH OUR FRIENDS.

GOOD FOR OUR MENTAL HEALTH.

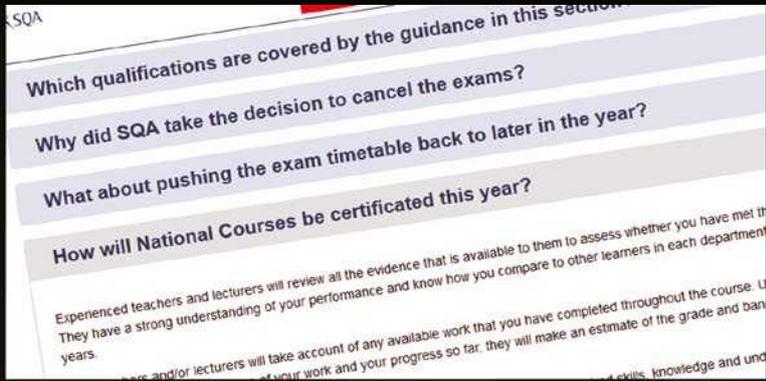
BUT WHAT ABOUT CHILDREN WHO RELY ON FREE SCHOOL MEALS? WHAT WILL THEY EAT? ELECTRICITY BILLS WILL BE HIGH TOO.

AND WHAT ABOUT THE CHILDREN FOR WHOM SCHOOL IS THE ONLY SAFE PLACE? WITH HEIGHTENED TENSIONS RELATED TO COVID-19, WILL THEY FACE MORE DOMESTIC ABUSE?





EXAMS HAVE BEEN CANCELLED. WHAT WILL HAPPEN TO GRADES FOR UNIVERSITY?



Which qualifications are covered by the guidance in this section?

Why did SQA take the decision to cancel the exams?

What about pushing the exam timetable back to later in the year?

How will National Courses be certificated this year?

Experienced teachers and lecturers will review all the evidence that is available to them to assess whether you have met the requirements for each qualification. They have a strong understanding of your performance and know how you compare to other learners in each department. They will take account of any available work that you have completed throughout the course. They will make an estimate of the grade and band for your work and your progress so far.



IT FEELS LIKE I'M NOT GETTING A GRADE, I'M BEING GIVEN IT.

I WON'T FEEL A SENSE OF ACCOMPLISHMENT. I SHOULD BE FOCUSING ON MY ADVANCED HIGHERS RATHER THAN STARTING UNIVERSITY.

IT'S ONLY MARCH AND UNIVERSITY WON'T START TILL SEPTEMBER, IF THAT!



EVERYONE HAS THIS BIG GRADUATION. I LOOKED FORWARD TO THIS THROUGHOUT HIGH SCHOOL. I WON'T GET TO DO WHAT OTHERS DO LIKE CROSSING THE STAGE AND GETTING A CERTIFICATE.

I'LL SEE THOSE HOLLYWOOD MOVIES IN FUTURE AND ALWAYS FEEL I DIDN'T GET IT.



THIS HAS BEEN SUCH AN ANTI-CLIMATIC END TO 6TH YEAR OF HIGH SCHOOL! I FEEL A SENSE OF LOSS. SCHOOLS SHOULD RESCHEDULE THE LEAVERS' BALL FOR WHEN THE CORONAVIRUS IS OVER.



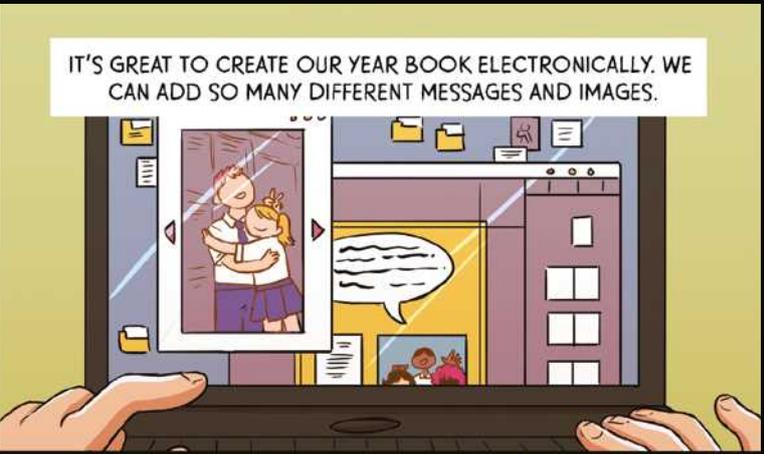
You will go to the ball!



I FEEL GUILTY THINKING LIKE THAT WHEN SO MANY PEOPLE ARE DYING. I NEED TO FOCUS ON OTHERS, LIKE SUPPORTING MY NEIGHBOUR WHO IS ON HER OWN.



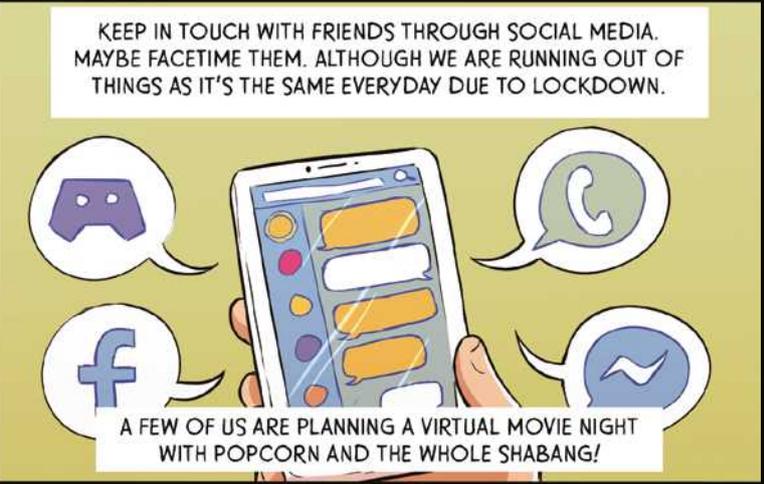
WE DECIDED TO HAVE A VIRTUAL LEAVERS' BALL. SOME OF US HAD ALREADY BOUGHT NEW DRESSES FOR JUNE LEAVERS' BALL, SO IT WORKED WELL. OTHERS BORROWED FROM THEIR PARENTS, BROTHERS AND SISTERS.



IT'S GREAT TO CREATE OUR YEAR BOOK ELECTRONICALLY. WE CAN ADD SO MANY DIFFERENT MESSAGES AND IMAGES.



THE BEST THING FOR US IS TO STAY BUSY. MAYBE START A NEW HOBBY BUT DON'T FEEL LIKE YOU HAVE TO COME OUT OF THE LOCKDOWN WITH MASTERY OF IT.



KEEP IN TOUCH WITH FRIENDS THROUGH SOCIAL MEDIA. MAYBE FACETIME THEM. ALTHOUGH WE ARE RUNNING OUT OF THINGS AS IT'S THE SAME EVERYDAY DUE TO LOCKDOWN.

A FEW OF US ARE PLANNING A VIRTUAL MOVIE NIGHT WITH POPCORN AND THE WHOLE SHABANG!



PARENTS SHOULD GIVE US SPACE. DON'T WAKE US UP IN THE MORNING AS THERE IS NO POINT. BUT ALSO KEEP US BUSY. DO SOMETHING TOGETHER AS A FAMILY, LIKE PLAYING BOARD GAMES, OR EXERCISE TOGETHER.



PEOPLE MIGHT BE THINKING TWO MORE WEEKS OF STAYING IN AND THEN EVERYTHING WILL BE BACK TO NORMAL. IT WON'T BE LIKE THAT. I, FOR ONE, WON'T BE DASHING OFF TO A CONCERT OR ANYTHING LIKE THAT.

AND WILL THE WORLD EVEN BE THE SAME AFTER THIS? I HOPE I COME OUT OF IT A BETTER PERSON.

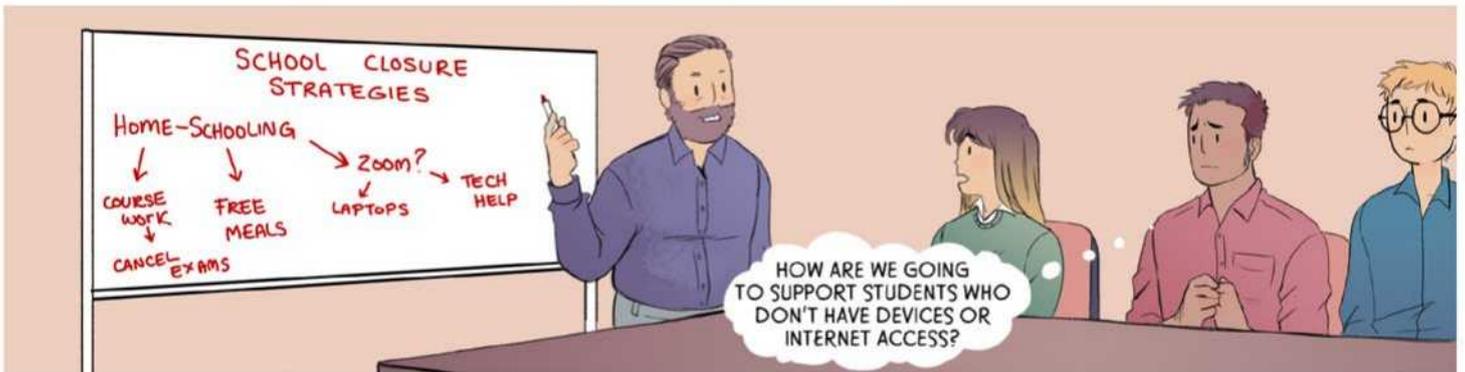
DESPITE THE SAD ASPECTS OF CORONAVIRUS, THERE HAVE BEEN SOME POSITIVES. WE ARE ALL SPENDING TIME WITH EACH OTHER AT HOME. TAKING CARE OF OUR NEIGHBOURS, SPEAKING WITH FRIENDS AND RELATIVES AROUND THE WORLD REGULARLY. STOPPING WORK TO HAVE LUNCH, OR TO GO TO THE GARDEN IN THE MIDDLE OF THE DAY. IT PUTS EVERYTHING INTO PERSPECTIVE.

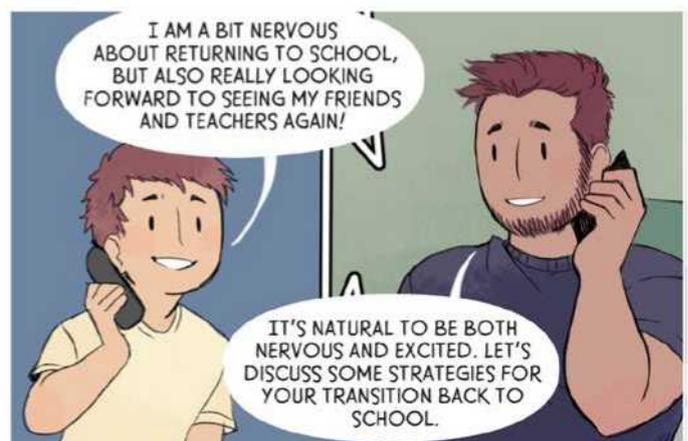
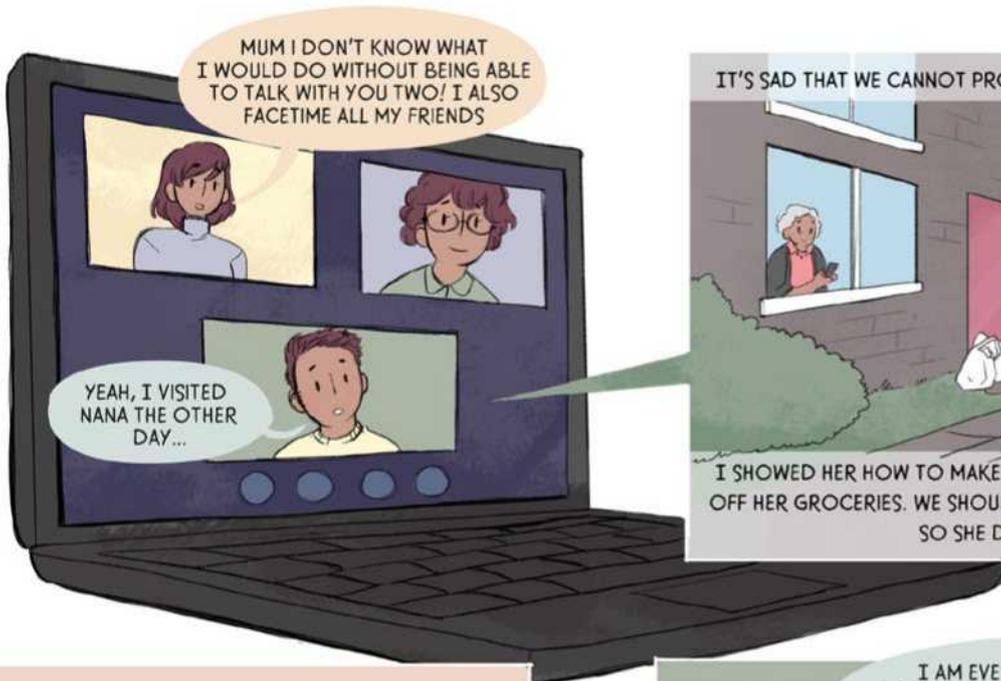


THE WORLD HAS NEVER COME TOGETHER LIKE THIS BEFORE. LET'S HOPE WE LEARN FROM THIS EXPERIENCE.

# SCHOOL TRANSITIONS: WHOSE TRANSITIONS ARE THEY ANYWAY?

SCRIPT: SAMUEL STONES, JONATHAN GLAZZARD, DIVYA JINDAL-SNAPE AND CHRIS MURRAY  
 ARTWORK: CATRIONA LAIRD

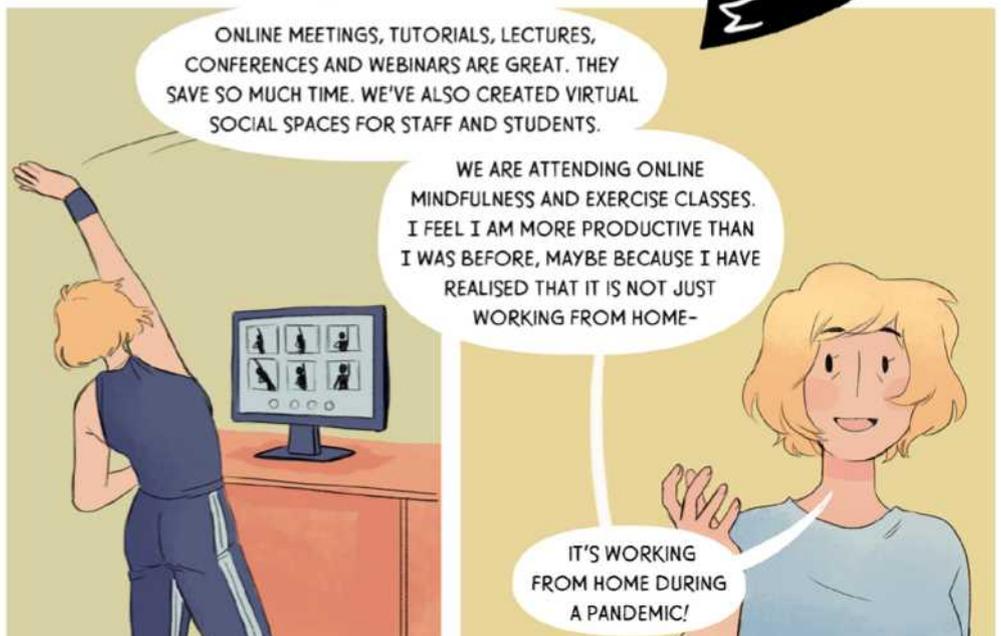
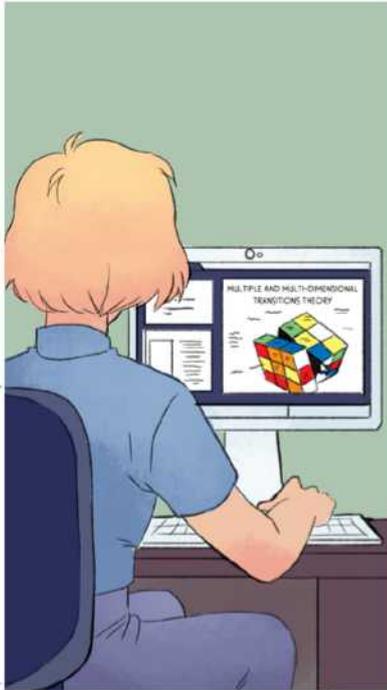




# UNIVERSITY LIVES IN TRANSITION

SCRIPT: JONATHAN GLAZZARD, SAMUEL STONES, DIVYA JINDAL-SNAPE AND CHRIS MURRAY  
ARTWORK: CATRIONA LAIRD





# STAYING WILD, INSIDE AND OUT

STORY BY ALEXIA, DUNCAN, JOE AND OLLIE BARRABLE  
SCRIPT BY DIVYA JINDAL-SNAPE AND CHRIS MURRAY  
ARTWORK BY ASHLING LARKIN



CONTACT WITH AND CONNECTION TO NATURE ARE NOT THE SAME THING. BUT THEY'RE BOTH GREAT FOR OUR PHYSICAL AND PSYCHOLOGICAL HEALTH!

SINCE LOCKDOWN, REGULAR CONTACT WITH THE NATURAL WORLD HAS BECOME HARDER FOR MOST OF US.

THAT DOESN'T MEAN THAT OUR CONNECTION HAS TO CHANGE. NATURE IS EVERYWHERE. AFTER ALL, WE ARE PART OF NATURE.

WHAT WE NEED TO DO IS NOTICE AND NURTURE THIS CONNECTION. PARENTS AND TEACHERS CAN HELP.



IF YOU HAVE ACCESS TO A LOCAL GREEN SPACE

MAKE YOUR DAILY EXERCISE 'GREEN'.

USE YOUR SENSES WHILE OUT AND ABOUT. WHAT CAN YOU HEAR, SMELL, TOUCH, SEE?

FIND NATURE EVERYWHERE IT HIDES!



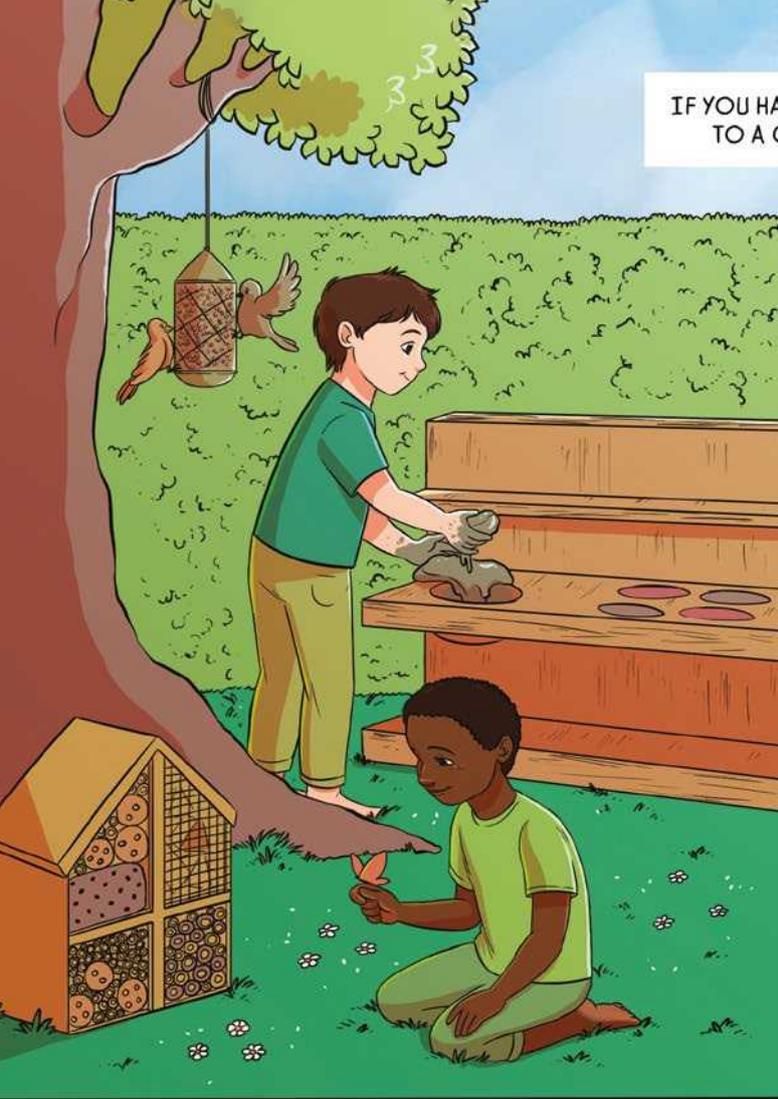
LET'S COLLECT SOME STONES FOR LATER. AND SOME STICKS FOR OUR BUG HOTEL.

AND OF COURSE WE CAN USE TECHNOLOGY TO CAPTURE SOME OF WHAT WE SEE OR HEAR.

YAY! OLLIE WE CAN USE THEM TO PLAY WITH. OR WE CAN PAINT THEM!

AND WE CAN PRESS THESE ONCE WE'RE BACK HOME, JOE!





IF YOU HAVE ACCESS TO A GARDEN



PROVIDE OPPORTUNITIES TO REST AND HIDE OUTDOORS. AND HAVE AN ADVENTURE AT THE SAME TIME IN THE DEN!

MOST IMPORTANTLY, LET THEM ENGAGE IN FREE PLAY.



IF YOU DON'T HAVE ANY OUTDOOR SPACE

WE MADE THIS INDOOR GARDEN. I LOOK AFTER IT EVERY DAY!



PLACE A BIRD FEEDER ON YOUR WINDOW OR LEAVE SOME SEEDS ON YOUR WINDOW SILL.

MUMMY, LOOK THE BLUE BIRD IS BACK AGAIN!



BOYS, LET'S PLAY OUR FAVOURITE GAME.

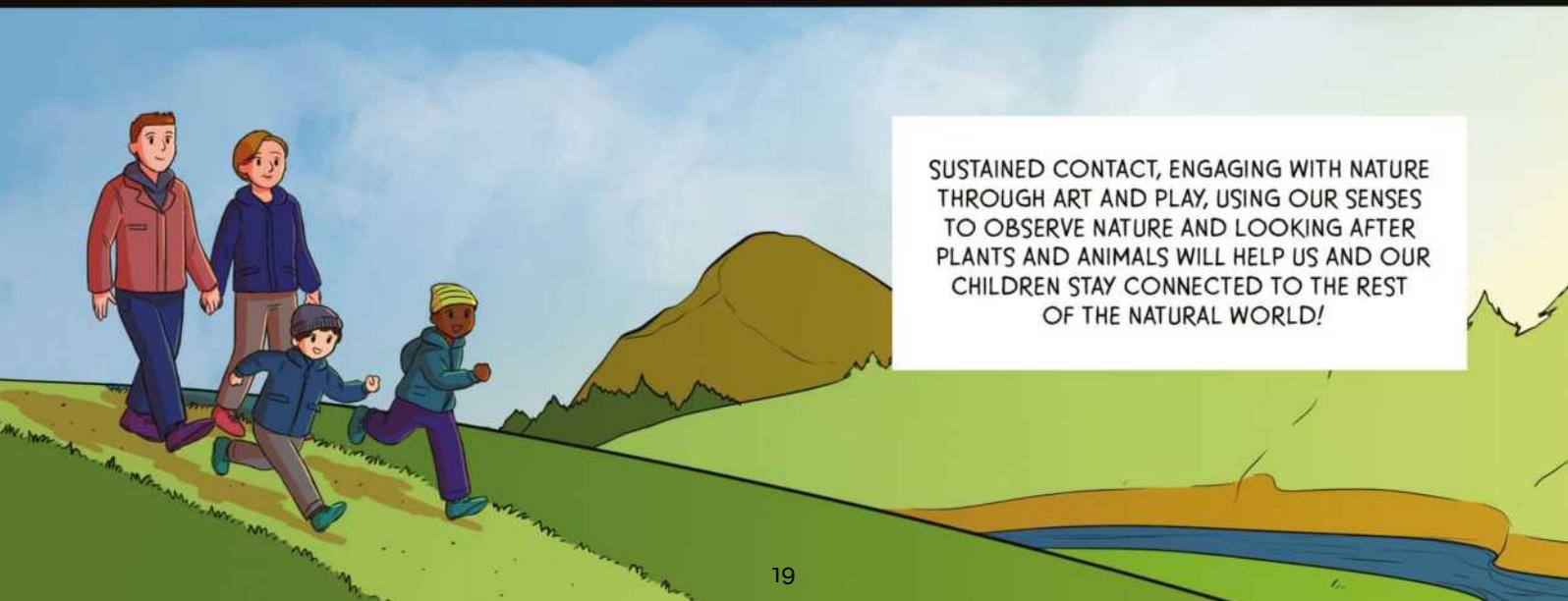
SKY WATCH!



SO WHAT SHAPES CAN YOU SEE IN THE CLOUDS?

AND WHAT COLOURS CAN YOU SEE?

MUM, CAN WE LOOK FOR THE STARS AT NIGHT?



SUSTAINED CONTACT, ENGAGING WITH NATURE THROUGH ART AND PLAY, USING OUR SENSES TO OBSERVE NATURE AND LOOKING AFTER PLANTS AND ANIMALS WILL HELP US AND OUR CHILDREN STAY CONNECTED TO THE REST OF THE NATURAL WORLD!

THE KIDDO'S  
LAST DAYS AT  
NURSERY, THE  
VIRUS HAD  
ALREADY TAKEN  
HOLD OF THE UK



SHE REALLY  
SHOULDN'T  
HAVE BEEN  
THERE, AND  
WE KNEW IT.

BUT THERE WAS  
NO CHOICE: WE HAD  
TO WORK

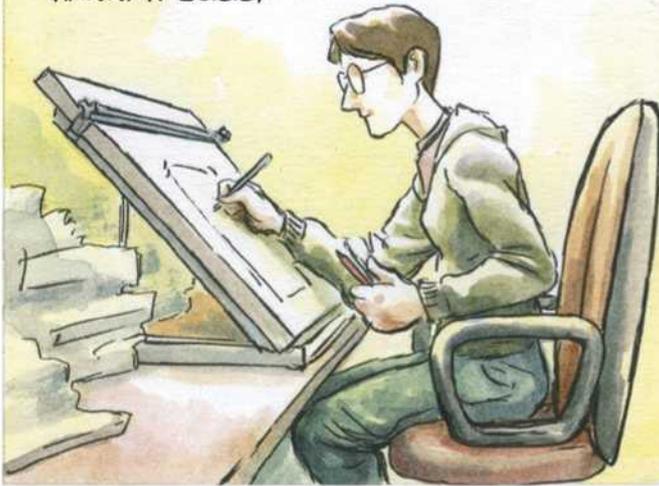


CONTRACTS  
TO FULFIL,  
DEADLINES  
TO MEET.

# A ROCK AND A GUILTY PLACE

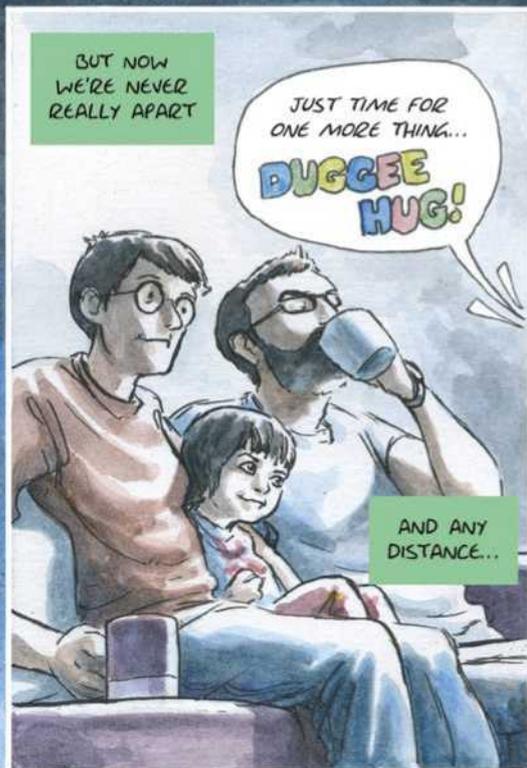
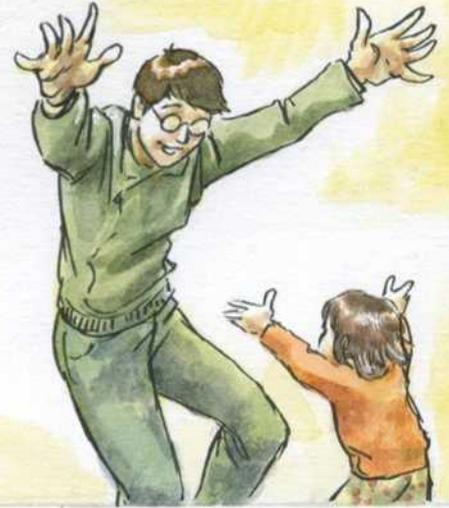
if you don't come out of this quarantine with either:  
1.) a new skill  
2.) starting what you've been putting off like a new business  
3.) more knowledge  
You didn't ever lack the time, you lacked the discipline  
8:38 PM - Apr 2, 2020 - Twitter for iPhone

HANNAH BERRY



THEY KEEP HER BUSY  
AT NURSERY.  
  
SHE USUALLY COMES  
HOME WITH GRUBBY  
KNEES AND PAINT UNDER  
HER FINGERNAILS,  
CARRYING ART SHE'S  
MADE AND FOOD SHE'S  
BAKED, RECITING  
STRANGE PHRASES SHE'S  
PICKED UP.

THE SPACE WHEN WE'RE  
APART IS COMFORTABLE  
AND SAFE, AND MAKES  
OUR TIME TOGETHER  
FEEL MORE VALUABLE.



BUT NOW  
WE'RE NEVER  
REALLY APART

JUST TIME FOR  
ONE MORE THING...  
**DUGGEE  
HUG!**

AND ANY  
DISTANCE...



MIND IF I...?  
NO, GO ON.

FEELS LIKE  
BETRAYAL



MUMMY  
WHERE GOING??  
I HAVE TO GO  
UPSTAIRS TO  
WORK NOW  
I'LL BE BACK  
TO DO LUNCH  
IN A BIT, OK?

NO NO  
NO

WHERE  
GOING  
MUMMY?



WHERE MUMMY?

SHALL WE PUT YOUR SHOES ON?

WHERE ARE YOUR SHOES?

NO SHOES NOW.

DO YOU WANT A SANDWICH?

SANDWICH?

SANDWICH WITH CHEESE?

CHEESE!

YEAH?

CAKE.

HA HA HA

OH NO

HA HA

HA HA

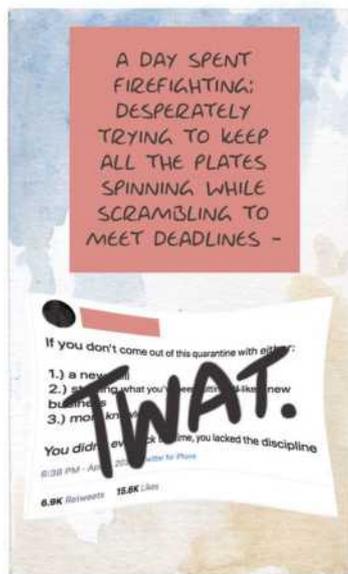
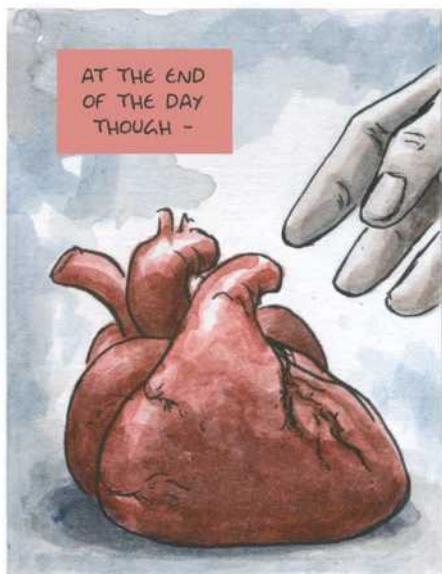
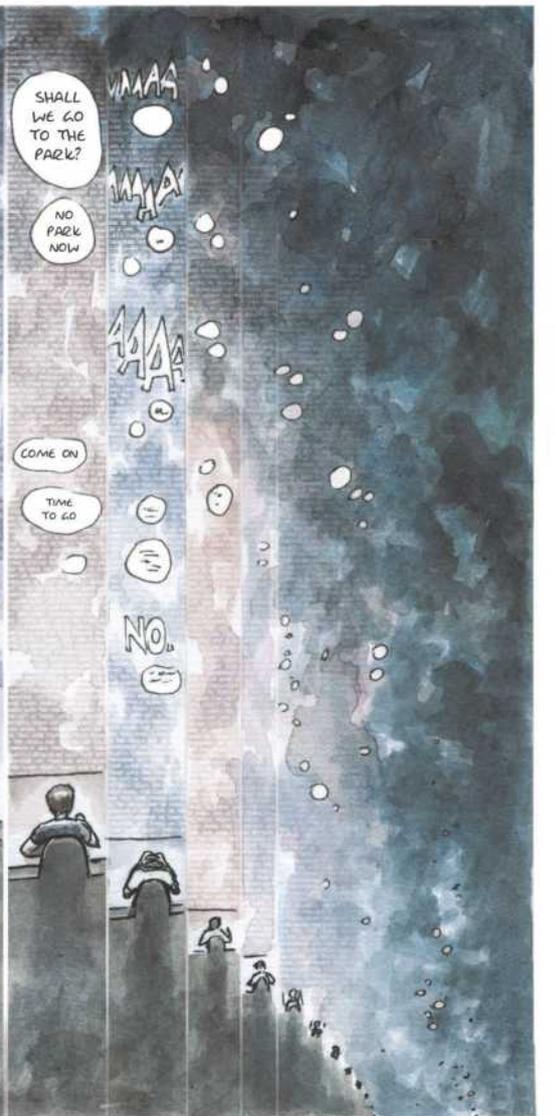
OH NO

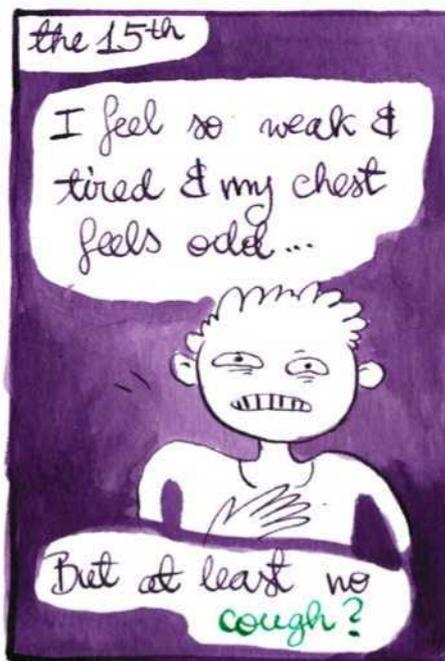
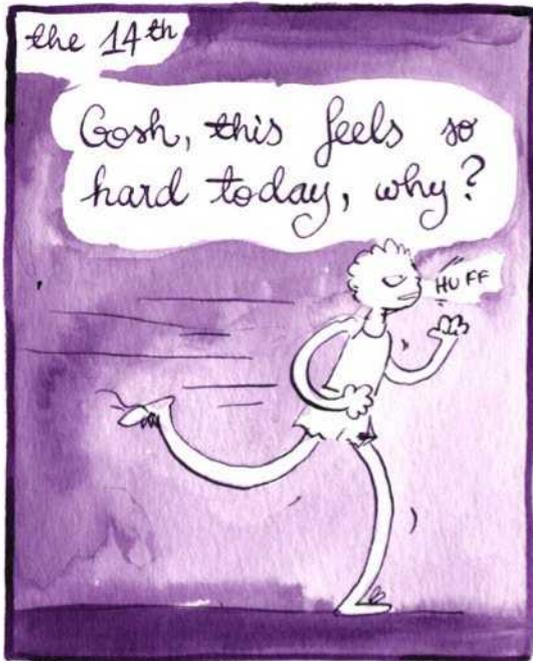
CLICKETY CLACK! CLICKETY CLACK!

CA-TI-CA -TI-CAA! CA-TI-CA -TI-CAA!

WHERE MUMMY?

SHE'S WORKING





After the 7 days, I expected to feel a lot better or a lot worse. Instead, I just felt the SAME.

so I called the GP



- You need to call us when you are struggling to breathe.
- I am struggling to breathe
- Yes, but call us when it's so bad you can't speak.
- ...How will I be able to do that when I can't speak?
- ...

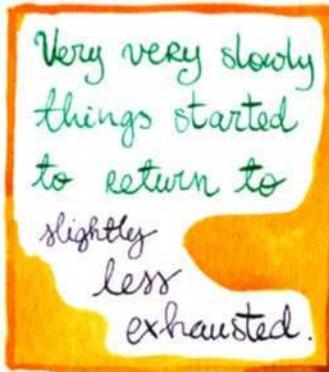
Will this ever end?



Wow, I can sit up for 1 hour after making a sandwich!



Very very slowly things started to return to slightly less exhausted.



It was okay to go out too!



So I went to take the TRASH OUT.



Weather was hideous, but it felt AMAZING to finally FEEL the FRESH AIR.



Even if I had to rest for hours immediately after.



The road to recovery still seems pretty long, so I make sure

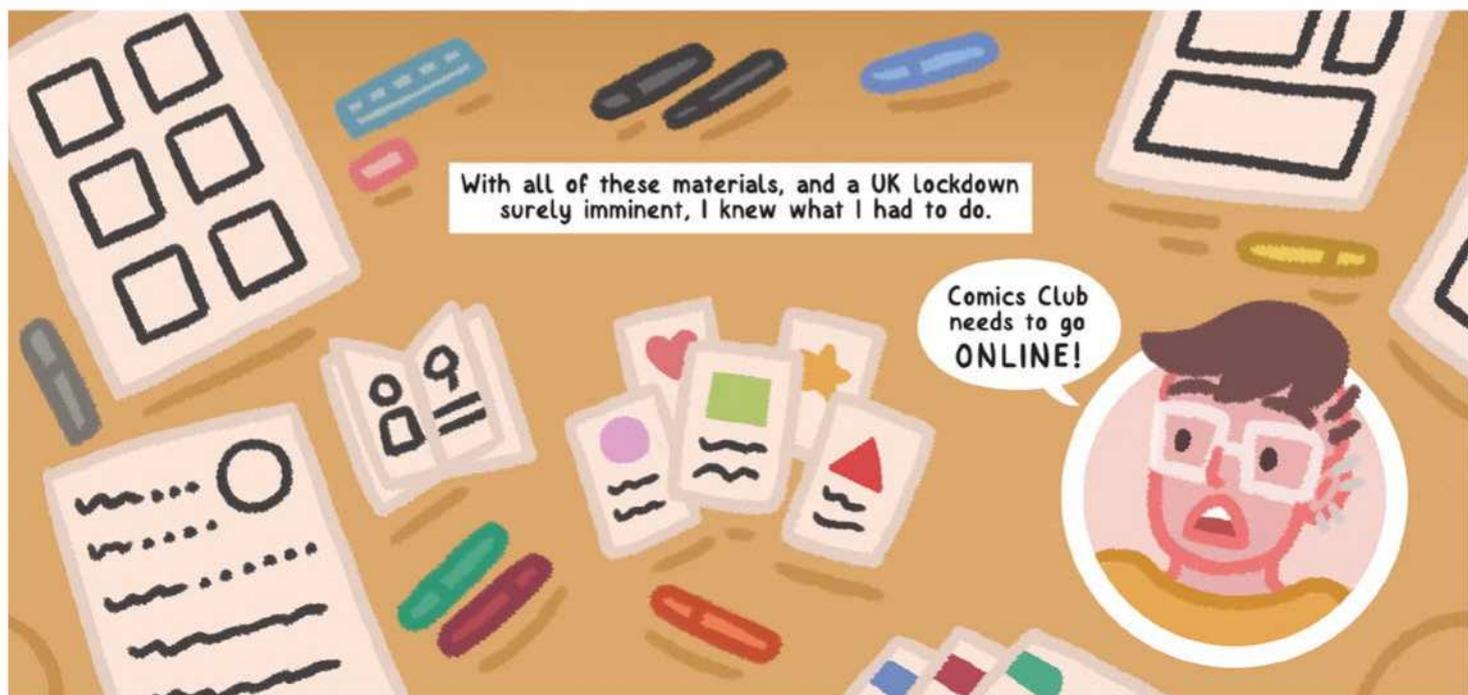


to take a lot of rest stops.

# COMICS CLUB GOES DIGITAL BY REBECCA HORNER



# TWO DAYS LATER



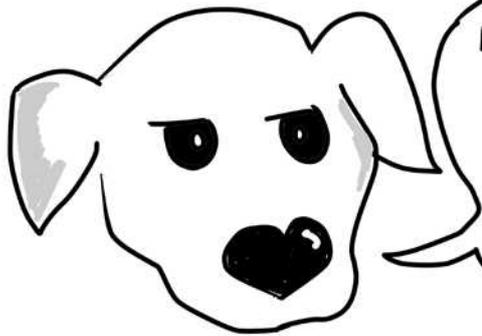


We can't recreate the same sense of community online that we had in person, but by going digital we're now reaching young people who wouldn't have been able to access our clubs otherwise.



# BUDDY'S TIPS TO SOCIAL DISS-TANCING

BY MEGAN SINCLAIR



NOT SURE WHAT THIS PANDEMIC THING IS ALL ABOUT BUT OVER THE LAST SIX YEARS I'VE MASTERED DISTANCING MYSELF FROM EVERYONE. IN FACT, I MUCH PREFER IT THAT WAY. SO I'M HERE TO SHARE SOME TIPS.

## RULE NO. 1

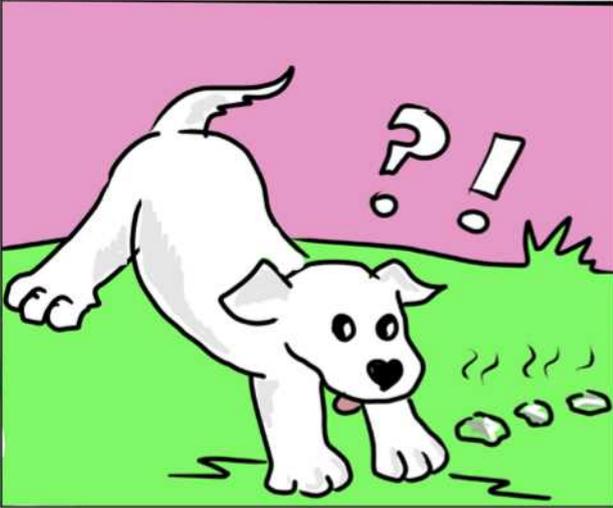


## RULE NO. 2



 RULE NO. 3

FAILING THAT, FIND FOOD WHEREVER YOU CAN...



... YOU CAN'T RELY ON THESE FOOLISH HUMANS TO PROVIDE FOR YOU.



 RULE NO. 4

ANOTHER WAY TO AVOID CONTACT IS TO HIDE IN BUSHES AND WOODLANDS ...

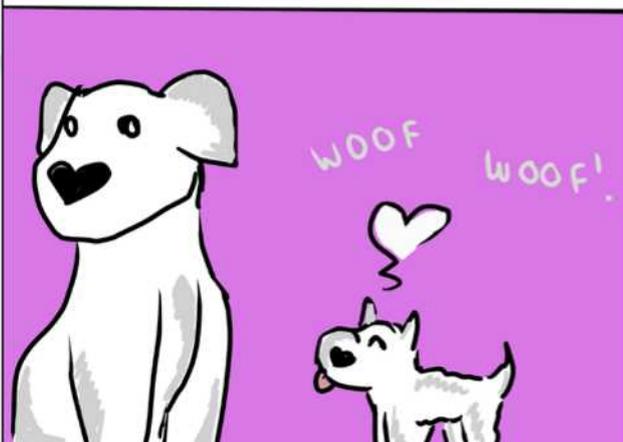


... POOPING IN THEM IS OPTIONAL BUT THE KEY IS TO REMEMBER NO EYE CONTACT...

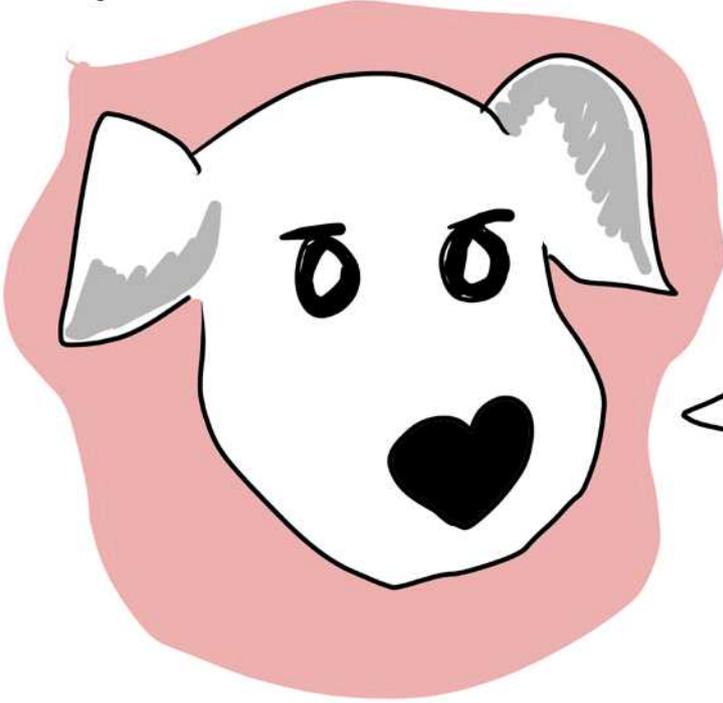


 RULE NO. 5

IGNORE NEEDY YOUTHS THEY SPREAD DISEASE ...

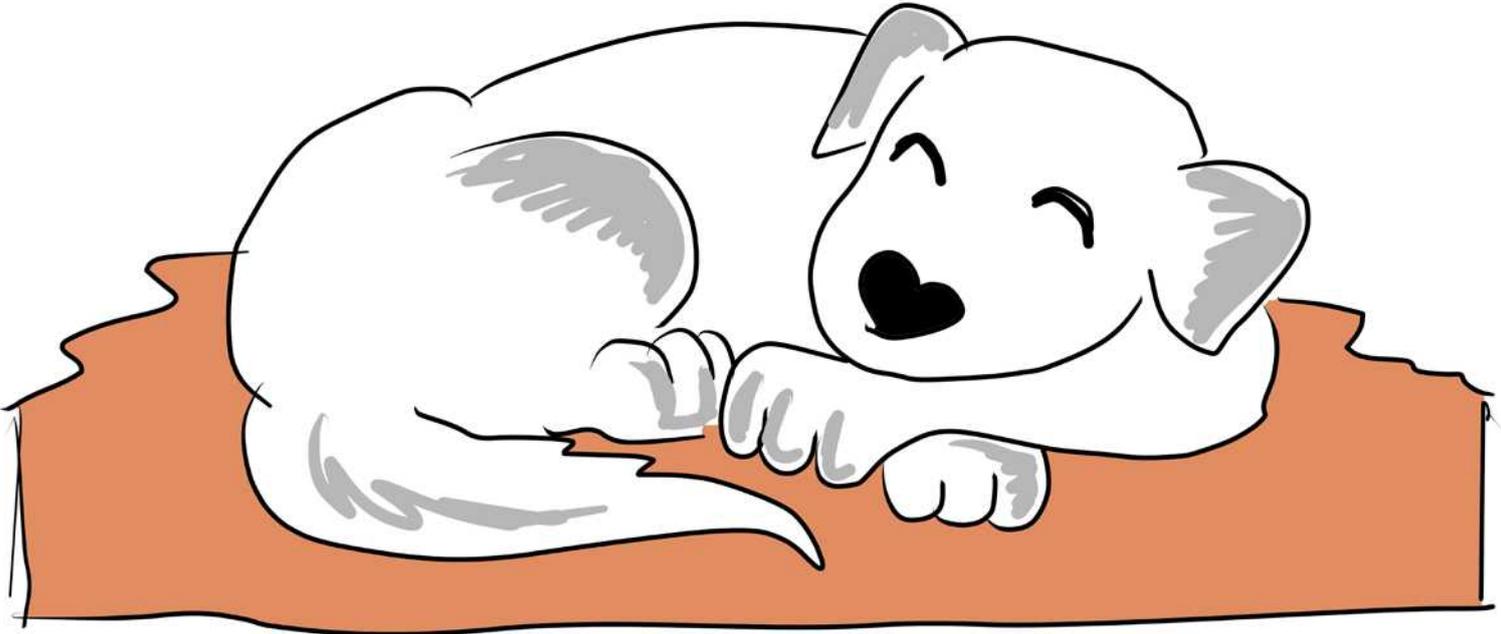


 RULE NO. 6



AND THE  
GOLDEN  
RULE ...  
ALWAYS  
REMAIN  
ALOOOF...

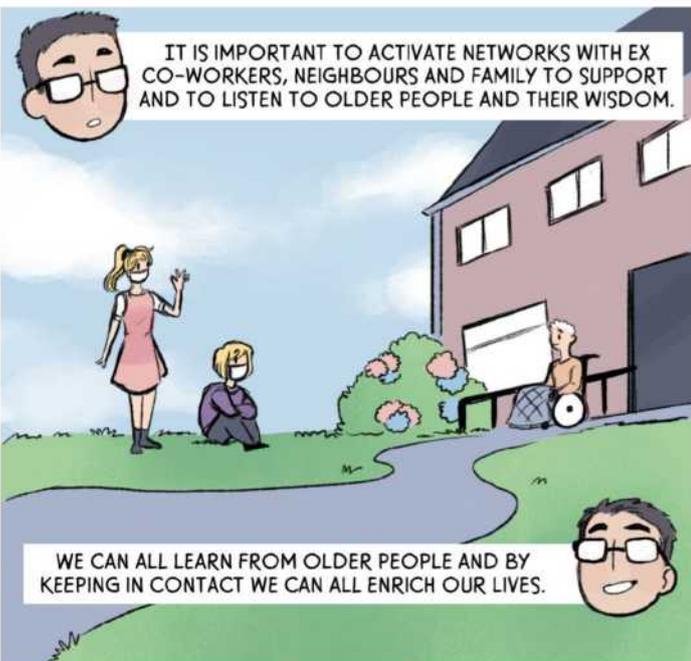
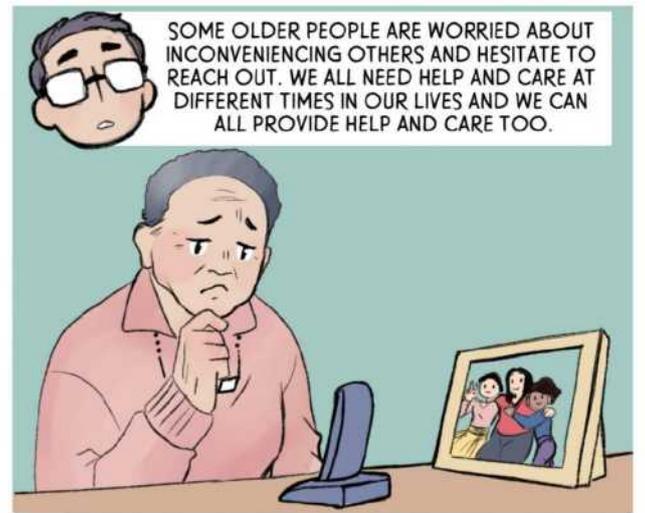
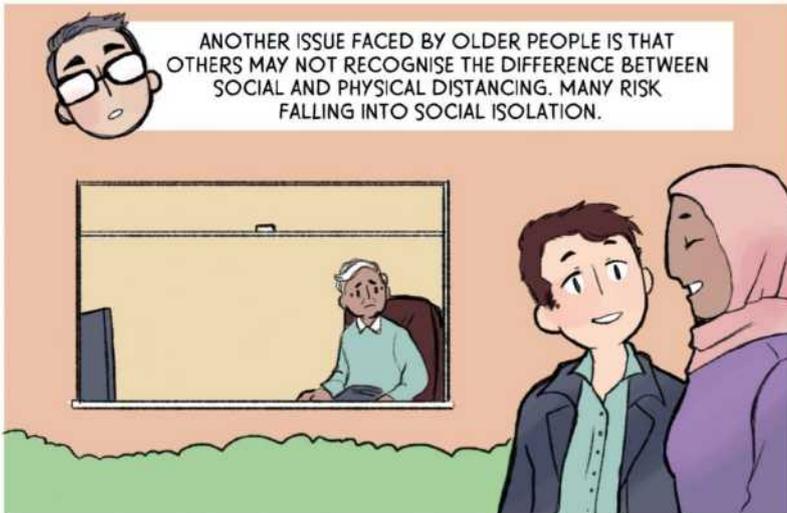
... AND IF NOT, ALWAYS BE NAPPING AND THEN  
HOPEFULLY WHEN YOU WAKE UP THIS VIRUS  
THING WILL ALL BE OVER AND THE WEIRD  
HUMANS CAN GET BACK TO LEAVING YOU  
IN PEACE.



# OLDER PERSONS' RIGHTS

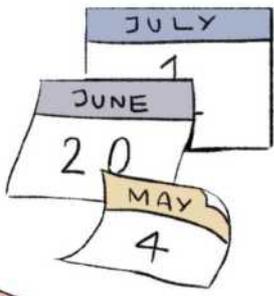
## LESSONS FROM THE COVID-19 PANDEMIC

WRITTEN BY MAYRA CROWE, FERNANDO BERRIEL AND CHRIS MURRAY - ART BY CATRIONA LAIRD

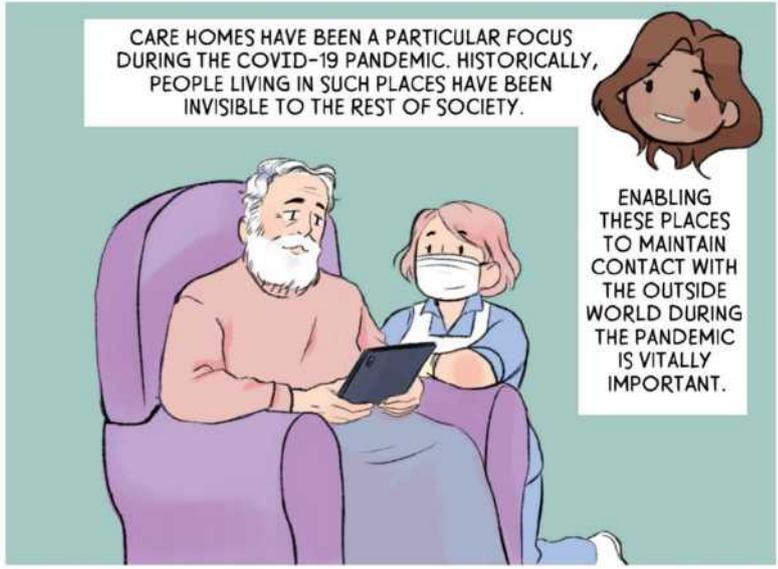




LOCKDOWN AND DISTANCING HEALTH MEASURES CAN BRING FEELINGS OF ISOLATION AND LONELINESS.



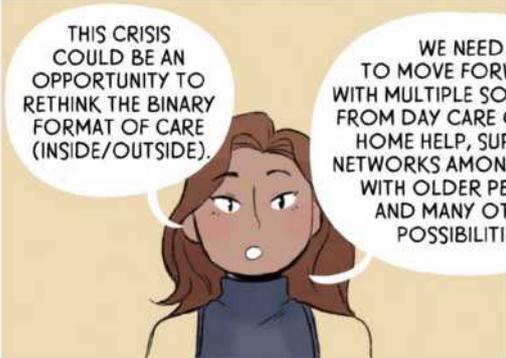
THE NEED TO MAINTAIN PHYSICAL DISTANCE FOR HEALTH REASONS SHOULD NEVER BE CONFUSED WITH SOCIAL DISTANCING AND ISOLATION.



CARE HOMES HAVE BEEN A PARTICULAR FOCUS DURING THE COVID-19 PANDEMIC. HISTORICALLY, PEOPLE LIVING IN SUCH PLACES HAVE BEEN INVISIBLE TO THE REST OF SOCIETY.



ENABLING THESE PLACES TO MAINTAIN CONTACT WITH THE OUTSIDE WORLD DURING THE PANDEMIC IS VITALLY IMPORTANT.



THIS CRISIS COULD BE AN OPPORTUNITY TO RETHINK THE BINARY FORMAT OF CARE (INSIDE/OUTSIDE).

WE NEED TO MOVE FORWARD WITH MULTIPLE SOLUTIONS, FROM DAY CARE CENTRES, HOME HELP, SUPPORT NETWORKS AMONGST AND WITH OLDER PEOPLE, AND MANY OTHER POSSIBILITIES.



SO, HOW CAN WE BE OF HELP?



IT IS IMPORTANT TO HAVE EFFECTIVE NETWORKS SO OLDER PEOPLE ARE INTEGRATED WITHIN COMMUNITIES AND SOCIETIES. IT IS A MATTER OF GUARANTEEING THE RIGHT AND ABILITY TO COMMUNICATE.

THERE HAVE BEEN MANY POSITIVE RESPONSES TO THE PANDEMIC FROM OLDER PEOPLE. THEY HAVE FOUND NEW WAYS TO ENGAGE WITH THEIR GRANDCHILDREN, THEY HAVE SEWN FACEMASKS, AND LOTS OF OTHER AMAZING ACTIVITIES, ALL WITH THE INTENTION OF HELPING OTHERS.



IN URUGUAY, 80 YEAR OLD ÁGUEDA RESTAINO, A MEMBER OF THE NATIONAL NETWORK FOR OLDER PEOPLE, A COLLECTION OF 300 DIFFERENT PRO-OLDER PERSON'S ORGANIZATIONS, LED A CAMPAIGN TO STOP A BILL WHICH WOULD HAVE HAD A MAJOR NEGATIVE IMPACT ON HUMAN RIGHTS FOR OLDER PERSONS.



ÁGUEDA FOUGHT AND WON, TO KEEP THE INTER-AMERICAN CONVENTION ON PROTECTING THE HUMAN RIGHTS OF OLDER PERSONS, WHICH RECOGNISES OLDER PERSONS AS PEOPLE WITH THE SAME HUMAN RIGHTS AND FUNDAMENTAL FREEDOMS AS OTHERS.



WELL DONE, TOM!

THAT'S ANOTHER LAP DOWN!

CAPT. TOM MOORE, A 100 YEAR OLD WWII VETERAN, MANAGED TO RAISE OVER £32M BY COMPLETING 100 LAPS IN HIS GARDEN. THE MONEY RAISED WAS DONATED TO NHS CHARITIES.

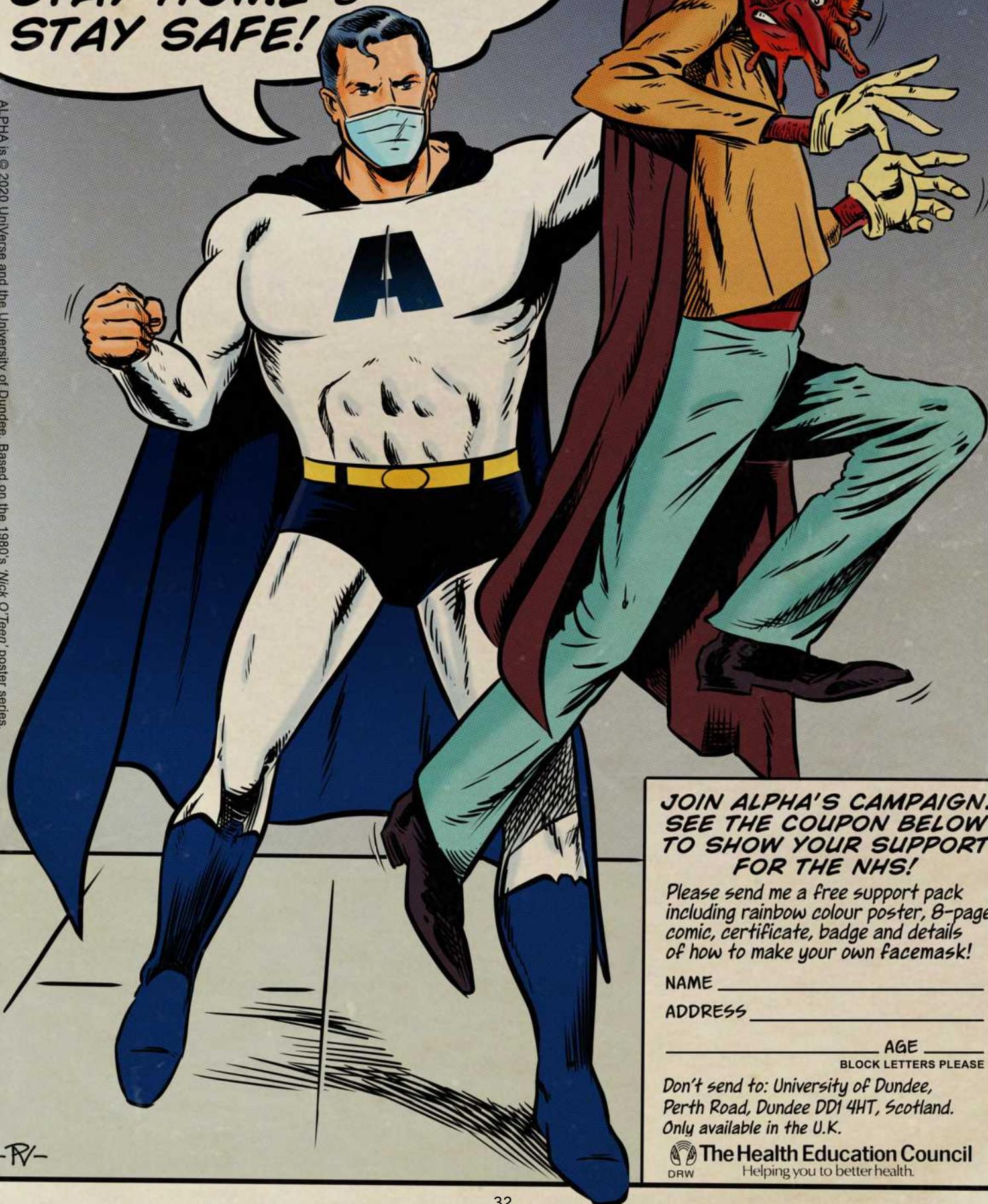
ONLY AS A COLLECTIVE WE CAN CREATE A BETTER SOCIETY AND LEARN FROM THE HARD LESSONS OF THE PANDEMIC.



THIS WILL HELP ENABLE OUR OLDER PERSONS TO BE FULLY INTEGRATED INTO SOCIETY AS A HETEROGENIC GROUP AND BE RECOGNISED AS PEOPLE WITH THE SAME HUMAN RIGHTS AND FUNDAMENTAL FREEDOMS AS OTHERS, DURING THE PANDEMIC AND BEYOND.

HELP ME CRUSH THE EVIL  
COVID NINE 'TEEN!  
SELF-ISOLATE, PRACTICE  
SOCIAL DISTANCING  
STAY HOME &  
STAY SAFE!

ALPHA is © 2020 UniVerse and the University of Dundee. Based on the 1980's 'Nick O'Teen' poster series.



**JOIN ALPHA'S CAMPAIGN.  
SEE THE COUPON BELOW  
TO SHOW YOUR SUPPORT  
FOR THE NHS!**

*Please send me a free support pack  
including rainbow colour poster, 8-page  
comic, certificate, badge and details  
of how to make your own facemask!*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ AGE \_\_\_\_\_

BLOCK LETTERS PLEASE

*Don't send to: University of Dundee,  
Perth Road, Dundee DD1 4HT, Scotland.  
Only available in the U.K.*



**The Health Education Council**  
Helping you to better health.

DRW

-RV-

Take it from

# ALPHA



SOCIAL  
DISTANCE, STAY  
HOME! THE NHS  
ARE THE *REAL*  
HEROES.

m m  
lp w 't  
t  
w u  
w u

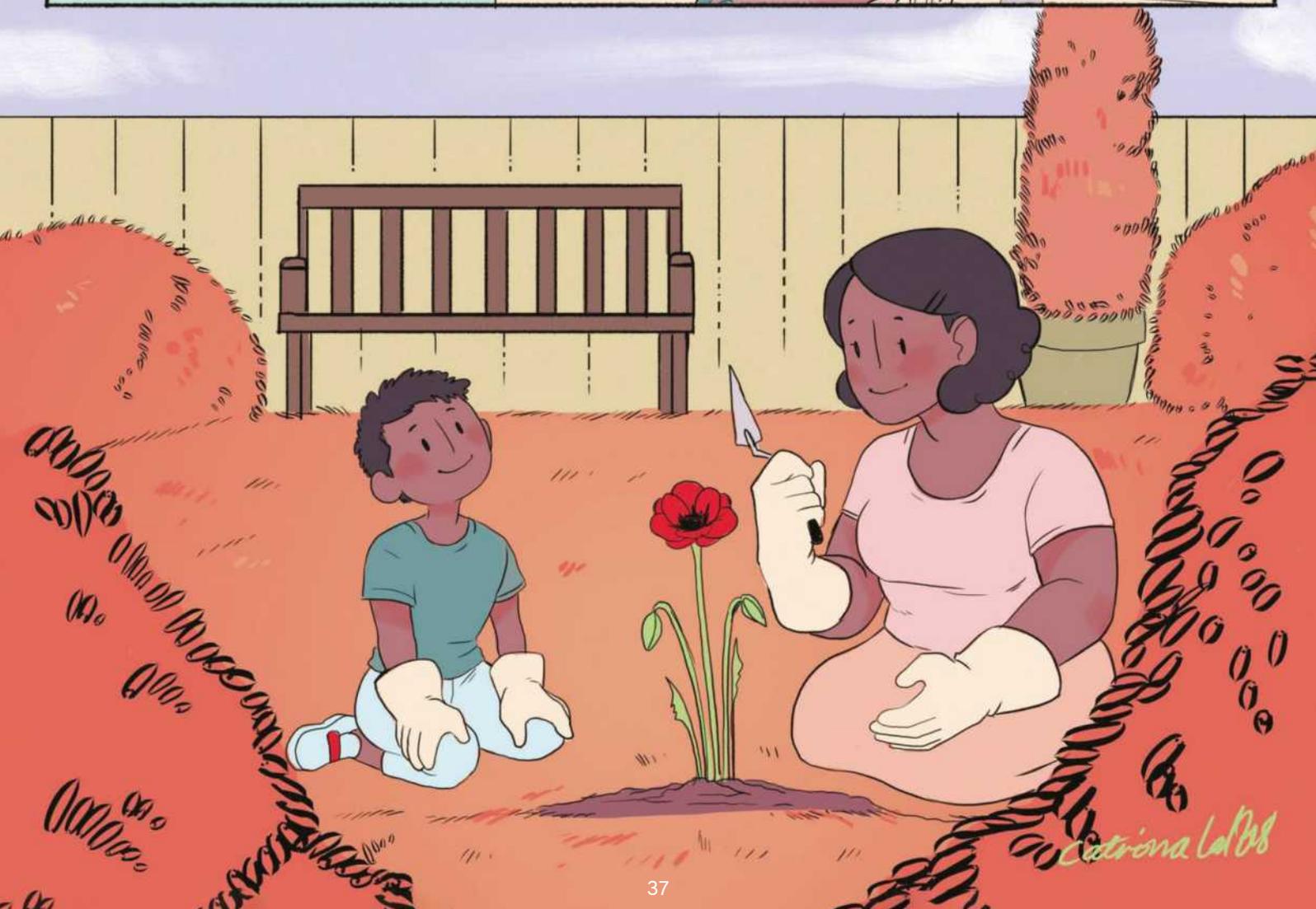
# Max Plants a Flower for Old Eddie

STORY: LAURA FINDLAY ART: CATRIONA LAIRD





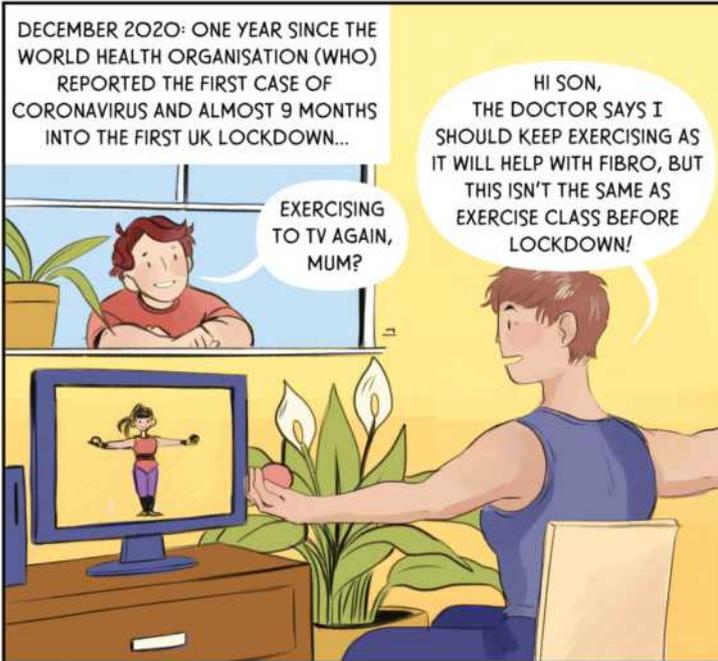




# HAVE I BEEN HERE BEFORE?

## FIBROMYALGIA AND COVID-19

ARTWORK AND LETTERING BY CATRIONA LAIRD. | WRITTEN BY EMMA BROWN, NIK DICKSON, REECE ROBERTSON, KATHRYN WOOD, AND CHRIS MURRAY.  
THANKS TO MANDIE LEE, DIVYA JINDAL-SNAPE, ALISON MCCOLL, DAMON HERD AND GOLNAR NABIZADEH.





ALL THIS INFORMATION IS JUST SO OVERWHELMING, AND I JUST HEARD THAT THERE MAY BE A LINK BETWEEN FIBROMYALGIA AND LONG-COVID!

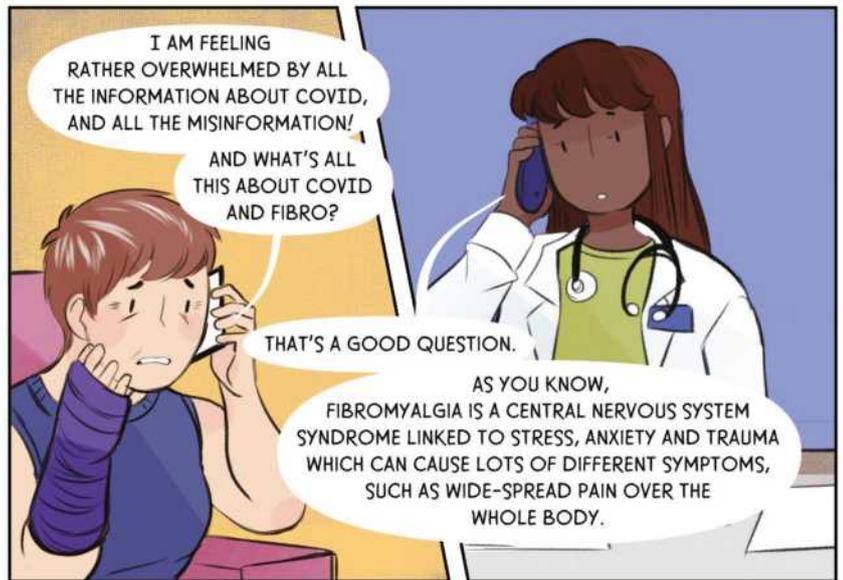
I THINK YOU SHOULD RING YOUR DOCTOR'S SURGERY TO TRY TO FIND OUT SOME MORE INFORMATION.



I AM SO SORRY TO BOTHER YOU, I KNOW YOU MUST BE SO BUSY WITH THE PANDEMIC!

DON'T APOLOGISE, I AM VERY HAPPY TO TALK TO YOU.

HOW ARE YOU MANAGING?



I AM FEELING RATHER OVERWHELMED BY ALL THE INFORMATION ABOUT COVID, AND ALL THE MISINFORMATION!

AND WHAT'S ALL THIS ABOUT COVID AND FIBRO?

THAT'S A GOOD QUESTION.

AS YOU KNOW, FIBROMYALGIA IS A CENTRAL NERVOUS SYSTEM SYNDROME LINKED TO STRESS, ANXIETY AND TRAUMA WHICH CAN CAUSE LOTS OF DIFFERENT SYMPTOMS, SUCH AS WIDE-SPREAD PAIN OVER THE WHOLE BODY.



THAT DESCRIBES ME PERFECTLY DOCTOR.

I FEEL FATIGUED, SUFFER FROM STRESS, BRAIN FOG, HEADACHES AND AM IN PAIN CONSTANTLY.

YES, AND TO ANSWER YOUR QUESTION, RECENT STUDIES SUGGEST THAT THE STRESSES AND TRAUMA EXPERIENCED BY LONG COVID SUFFERERS ARE LIKELY TO CAUSE SYMPTOMS SIMILAR TO FIBROMYALGIA.



AH... I SEE. I WAS WORRIED THAT IF I GOT COVID I MIGHT NOT BE ABLE TO TELL THE DIFFERENCE AND THAT I MIGHT INADVERTENTLY PASS IT ON TO FAMILY. THE THOUGHT OF WHAT MIGHT HAPPEN TO THEM WAS TERRIBLE.

THE THOUGHT OF MY SYMPTOMS MAYBE GETTING WORSE, AND NOT KNOWING IF IT WAS LONG COVID WAS QUITE DISTRESSING.

I KNOW ANOTHER PERSON WHO HAS FIBROMYALGIA AND HAS CONTRACTED COVID. THEY ARE WRITING A BLOG ABOUT IT. YOU SHOULD CHECK IT OUT.

I WILL! IT'S GOOD TO HAVE SOME MORE INFORMATION -- THANK YOU.

NO PROBLEM AT ALL. AND PLEASE GET BACK IN TOUCH WITH ME IF YOUR ANXIETY PERSISTS.

IT HAD BEEN GREAT TO SPEAK TO THE DOCTOR, BUT BETTER STILL WAS MAKING CONTACT WITH OTHER PEOPLE WITH FIBROMYALGIA WHO ALSO HAD QUESTIONS ABOUT FIBRO AND COVID.

## Fibromyalgia Dis

Fibromyalgia and Long Covid  
comments 10 | likes 30

Anyone else having issues with Long C  
comments 130 | likes 465

Article: FFU-Scotland CIC helping with...  
comments 60 | likes 104

Learning from Doctors with Long Covid  
comments 17 | likes 4

Blog: What do we know about Long Covid

FFU Scotland CIC started online in 2014 and became a registered non-profit organisation in 2017.

Working for and with Fibromyalgia in Scotland, providing education, supports, services and opportunities for better self-management of the syndrome.

Dr Nathalie MacDermott has been active in the fight against diseases like Ebola but since long COVID, she now has trouble walking.

'The group is very helpful,' she says. 'It's a mixture of mutual support, mostly around symptoms and how to navigate the NHS with these symptoms; how to navigate the private sector and so on. But there is also discussion about contractual stuff, because people are having issues with employers and other things to do with being off sick.'

Many felt angry that they had, almost certainly, contracted covid-19 in their workplaces, but now felt abandoned or even penalised by colleagues—a small but not insignificant number have been asked to leave roles due to prolonged sick leave.

SOME OF THE CONTRIBUTORS TO THE BLOG HAD LONG COVID AND FIBROMYALGIA.

IT WAS GOOD TO READ THEIR STORIES, AND TO OFFER THEM SUPPORT.

- Forum User - 2h

Long COVID effects can be serious. In the beginning, many believed that complaints were **psychosomatic**, caused by stress and fear around COVID. But doctors, who suffered from long COVID themselves, knew better. I knew there was something wrong when I had **intense pain** radiating down my arms, legs and body and could barely walk....

FibroUsername replied - 1h

↳ So sorry you had to go through that, we're with you!

AND I SOON STARTED TO FIND A NETWORK OF SUPPORTIVE ONLINE FRIENDS WITH FIBRO. JOINING THE FIBRO FRIENDS UNITED -- SCOTLAND FACEBOOK GROUP MADE A HUGE DIFFERENCE!



FFU-Scotland CIC  
@fibroscotland

Like Page

WOULD YOU BE INTERESTED IN VOLUNTEERING WITH FIBRO FRIENDS UNITED -- SCOTLAND, MANDIE?

YES!

CLICK!

I STARTED TO VOLUNTEER WITH FIBRO FRIENDS UNITED -- SCOTLAND. SOON WE HELPED FORM A LOCAL FFU SUPPORT MEETING.

FINDING THESE PEOPLE AND THIS SUPPORT HAS HELPED ME CUT THROUGH THE MISINFORMATION AND ANXIETY.

HAVING FIBROMYALGIA CAN BE FRUSTRATING AND CONFUSING ENOUGH WITHOUT ALSO HAVING TO WORRY ABOUT A PANDEMIC AND DEAL WITH LOCKDOWNS!

WITH SO MUCH CONTRADICTIONARY INFORMATION ABOUT COVID, AND THEN LONG COVID, I WAS STRUGGLING TO KNOW WHAT TO DO, BUT ASKING FOR HELP AND REACHING OUT TO OTHERS WITH SIMILAR CONCERNS AND EXPERIENCES REALLY HELPED ME!

HELLO, MY NAME IS ALISON MCCOLL (BA PG. DIPSW) FOUNDER, MANAGING DIRECTOR OF...



FFU SCOTLAND CIC IS A NON-PROFIT ORGANISATION BASED IN NORTH AYRSHIRE WORKING WITH FIBROMYALGIA ACROSS SCOTLAND.

THE ORGANISATIONS MISSION IS TO FOSTER A STRONGER CONNECTED, INCLUSIVE AND EMPOWERING FIBROMYALGIA COMMUNITY THROUGH THE PROVISION OF SUPPORTS AND SERVICES, THE DEVELOPMENT OF THE FIRST COMMUNITY BASED PATHWAY CENTRE FOR FIBROMYALGIA IN SCOTLAND AND WIDER COLLABORATIVE AND ADVOCACY WORK WITHIN ALL SECTORS.



IN THE STORY YOU'VE JUST READ MANDIE WAS CONFUSED AND WORRIED ABOUT LONG COVID. IF SHE GOT COVID WAS SHE MORE LIKELY TO DEVELOP LONG COVID HAVING FIBRO? WOULD SHE BE ABLE TO TELL THE DIFFERENCE? WOULD HER FIBRO SYMPTOMS GET WORSE?



MANDIE DID THE RIGHT THING. SHE CONTACTED HER DOCTOR AND SHE SOUGHT THE SUPPORT OF A WIDER NETWORK. MANY PEOPLE WITH FIBRO HAVE FELT SCARED, ISOLATED, CONFUSED AND DISENGAGED FROM SOCIETY DURING THE PANDEMIC, AND REACHING OUT TO OTHERS HELPED HER.

SHE ALSO DECIDED TO VOLUNTEER WITH FFU SCOTLAND CIC AND HELPED OTHERS WHO WERE GOING THROUGH THE SAME THING.



ALISON

MANDIE

WHEN WE SURVEYED OUR MEMBERS WE FOUND THAT THEY HAD LOTS OF CONCERNS. LIKE MANDIE SOME WERE UNSURE ABOUT WHAT GETTING COVID MIGHT MEAN FOR SOMEONE WITH FIBRO. WOULD IT MAKE THEIR FIBRO EVEN WORSE?

OTHERS WORRIED THAT IF THEY CONTRACTED COVID THEY MIGHT NOT KNOW AND COULD PASS IT TO FAMILY MEMBERS, AND MANY FEARED THAT LOCKDOWN MIGHT MAKE THEM EVEN MORE ISOLATED THAN BEFORE, RESULTING IN SIGNIFICANT MENTAL HEALTH ISSUES.



FFU SCOTLAND CIC ARE COMMENCING VIRTUAL CONNECTION CHATS OVER THE 14 HEALTH BOARDS IN SCOTLAND TO BRING PEOPLE TOGETHER OVER A COFFEE/TEA TO CHAT AND FEEL LESS ISOLATED.

THESE MEETINGS WILL BE FACILITATED BY A VOLUNTEER AND ARE DESIGNED TO PROVIDE SUPPORT AND INFORMATION FOR PEOPLE LIKE MANDIE WHO ARE SCARED, ANXIOUS, ALONE AND DISCONNECTED FROM THEIR COMMUNITIES.




DIVYA

MANDIE

THE ORGANISATION IS ALSO CONSIDERING WAYS TO EXTEND SUPPORT TO PEOPLE WITH LONG COVID WHO HAVE SIMILAR SYMPTOMS TO FIBROMYALGIA.

YOU CAN LEARN MORE ABOUT FFU SCOTLAND CIC AT...



WWW.FFU-SCOTLAND.ORG  
 FACEBOOK - @FIBROSCOTLAND  
 INSTAGRAM - @FFU\_SCOTLAND  
 TWITTER - @UNITED\_FIBRO  
 TEL NO. - 01294 537566  
 EMAIL - SUPPORT@FFU-SCOTLAND.ORG

# YOUR VOICE AND THE VIRUS

SCRIPT BY BRUCE ADAMSON, CHRIS MURRAY AND ASHLING LARKIN | ARTWORK BY ASHLING LARKIN

## CONTENT WARNING:

THIS COMIC INCLUDES IMAGERY OF VIOLENCE AT HOME AND OF OTHER DIFFICULT EXPERIENCES CHILDREN AND YOUNG PEOPLE HAVE FACED DURING THE PANDEMIC.



THE PANDEMIC AND THE DECISIONS MADE BECAUSE OF IT HAVE AFFECTED SOME CHILDREN MORE THAN OTHERS.

THE 240,000 CHILDREN LIVING IN POVERTY HAVE BEEN THE MOST AFFECTED BY THE PANDEMIC.

WHAT DOES THAT LOOK LIKE?

WHO'S KEEPING TRACK?

DOES ANYONE KNOW WHAT'S HAPPENING?



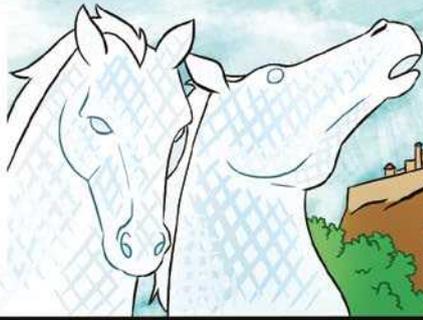
HELLO, MY NAME IS BRUCE ADAMSON AND I AM THE CHILDREN AND YOUNG PEOPLE'S COMMISSIONER SCOTLAND.

THE COMMISSIONER  
AND HIS TEAM

**CHILDREN & YOUNG PEOPLE'S**  
Commissioner  
Scotland

- PROMOTES AND PROTECTS THE RIGHTS OF EVERYONE IN SCOTLAND UP TO 18, AND UP TO 21 WITH CARE EXPERIENCE.
- IS COMPLETELY INDEPENDENT OF GOVERNMENT.
- MAKES SURE SCOTLAND KEEPS ITS PROMISES TO CHILDREN AND YOUNG PEOPLE.

WHEN I BECAME THE COMMISSIONER IN 2017 I TRAVELLED AROUND SCOTLAND AND ASKED CHILDREN AND YOUNG PEOPLE WHAT THEY WANTED ME TO DO.



THEY TOLD ME THEY WANTED...

A CHAMPION FOR OUR RIGHTS!



SOMEONE WHO WOULD WORK CLOSELY WITH US!



RAISE OUR VOICES!



SPEAK TRUTH TO POWER!



I SET UP A GROUP OF YOUNG ADVISERS WHO HELP ME.

THEY'RE FROM ALL OVER SCOTLAND AND FROM DIFFERENT BACKGROUNDS AND ARE INVOLVED IN ALL ASPECTS OF MY WORK.



THEY ARE HUMAN RIGHTS DEFENDERS!

ON 8TH APRIL 2020, THE UN COMMITTEE ON THE RIGHTS OF THE CHILD WARNED OF:

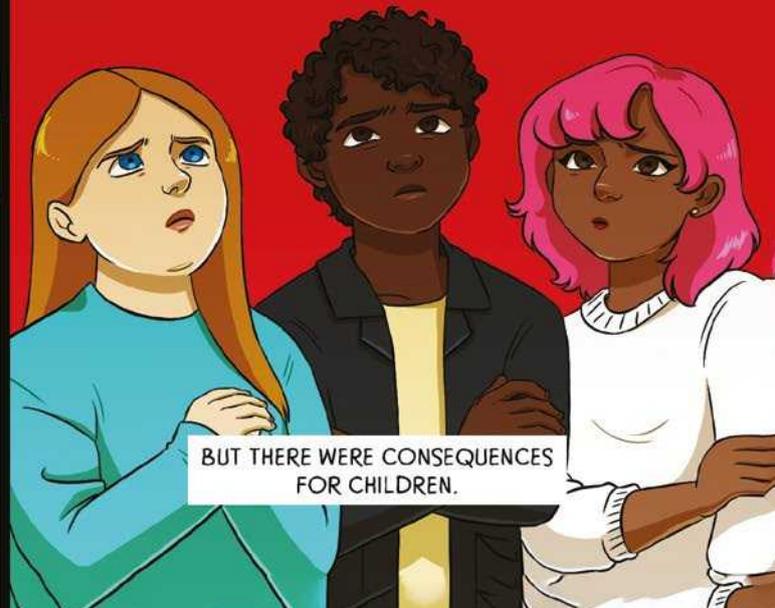
THE "GRAVE PHYSICAL, EMOTIONAL AND PSYCHOLOGICAL EFFECT OF THE COVID-19 PANDEMIC ON CHILDREN".



WE DID A PROJECT SHOWING THAT THE PANDEMIC HAD AFFECTED EVERY PART OF CHILDREN'S LIVES. THE DECISIONS MADE IN THE EARLY STAGES OF THE PANDEMIC, LIKE THE LOCKDOWN, DID NEED TO HAPPEN TO PROTECT PEOPLE.



THE COMMITTEE CALLED ON STATES TO FOCUS ON 11 KEY AREAS. WE USED THESE AS THE BASIS FOR OUR WORK DURING THE PANDEMIC.



BUT THERE WERE CONSEQUENCES FOR CHILDREN.

MANY CHILDREN DON'T ALWAYS HAVE FOOD AND REGULAR MEALS AT HOME, WHICH WAS MADE MUCH WORSE BY SCHOOL CLOSURES. THERE WERE FEWER FREE SCHOOL MEALS. NO MORE BREAKFAST AND DINNER CLUBS.

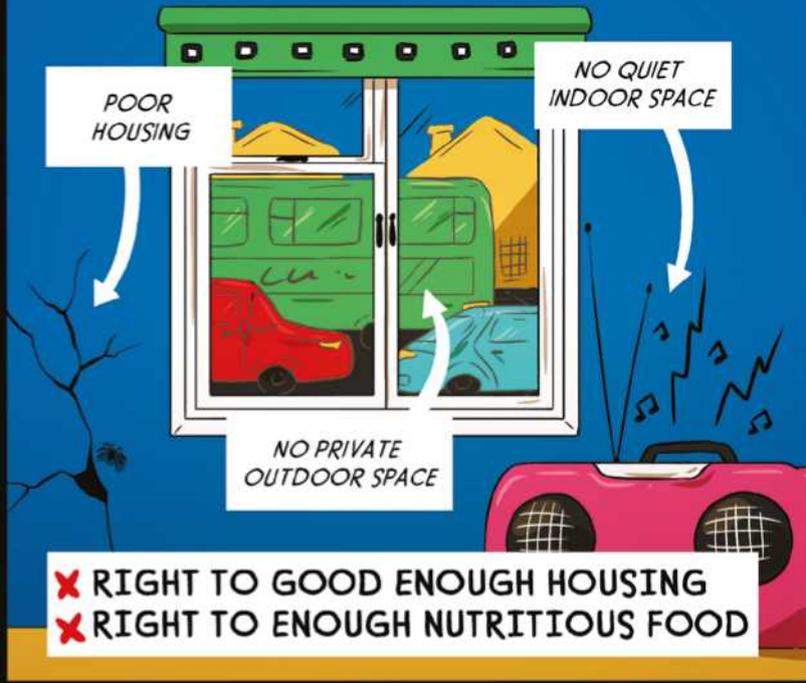


POOR HOUSING

NO QUIET INDOOR SPACE

NO PRIVATE OUTDOOR SPACE

✗ RIGHT TO GOOD ENOUGH HOUSING  
✗ RIGHT TO ENOUGH NUTRITIOUS FOOD



THE RIGHT TO EDUCATION HAS BEEN LIMITED FOR CHILDREN. SOME STRUGGLE TO TAKE PART IN ONLINE LEARNING AS THEY DON'T HAVE WHAT THEY NEED. THIS AFFECTS CHILDREN'S EDUCATION AND THEIR CHANCE TO CONNECT WITH FRIENDS.



LOCKDOWN AND SCHOOL CLOSURES IMPACTED ON LOTS OF OUR RIGHTS\*. MANY SPENT MORE TIME LOOKING AFTER FAMILY.

FINDING SUPPORT FOR OUR OWN MENTAL HEALTH HAS BEEN DIFFICULT.

\*FREEDOM OF ASSOCIATION, TO SEEK INFORMATION, TO PLAY.



ISOLATION. PAYING BILLS. GETTING FOOD. SUPPORTING THEIR CHILDREN TO LIVE AND LEARN. THE PRESSURE ON PARENTS ALSO PUTS CHILDREN AND YOUNG PEOPLE AT RISK.



YOUNG PEOPLE WHO EXPERIENCE DOMESTIC VIOLENCE, ABUSE AND NEGLECT ARE AT PARTICULAR RISK. THEY MAY BE STUCK IN AN UNSAFE HOUSEHOLD, WITH LIMITED ACCESS TO SUPPORT SERVICES.



SCHOOL CLOSURES AND LOCKDOWN HAVE INCREASED CHILDREN'S EXPOSURE TO MANY THREATS, FROM PARENTS, CARERS, AND ONLINE.

✗ RIGHT TO FREEDOM FROM ALL FORMS OF VIOLENCE, INJURY OR ABUSE

THERE ARE OVER 14,000 CHILDREN IN SCOTLAND WHO HAVE FORMAL ARRANGEMENTS OF CARE AND SUPPORT IN PLACE.



BUT NEARLY 200,000 GET INFORMAL SUPPORT, INCLUDING DISABLED CHILDREN.



MANY FAMILIES WHO CONTACTED US DURING LOCKDOWN WERE CONCERNED AT THE LACK OF PROPER PLANNING AND SUPPORT FOR CHILDREN WITH COMPLEX NEEDS.



THE IMPACT ON ALL CHILDREN HAS NOT BEEN EQUAL:

SOME CHILDREN WERE AFFECTED MUCH MORE BY SCHOOL CLOSURES THAN OTHERS, LIKE CHILDREN LIVING IN POVERTY OR DISABLED CHILDREN.



THIS RAISES QUESTIONS ABOUT WHETHER THE GOVERNMENT HAS GUARANTEED THE RIGHT TO EDUCATION FOR ALL CHILDREN WITHOUT DISCRIMINATION, AS THEY HAVE PROMISED TO.

WE HAVE GIVEN ADVICE AND SUPPORT TO CHILDREN AND FAMILIES IN THE PANDEMIC ESPECIALLY AROUND EDUCATION. BUT WE WORK TO CHANGE THINGS FOR ALL CHILDREN WHETHER THEY HAVE CONTACTED US DIRECTLY OR NOT.



I REGULARLY MEET WITH THE YOUNG ADVISERS ONLINE TO DISCUSS THE ISSUES THAT ARE AFFECTING CHILDREN. TOGETHER, WE CAN COME UP WITH A PLAN.

SO WHAT HAVE WE BEEN DOING?



WE'VE CHECKED IF THE SCOTTISH GOVERNMENT'S DECISIONS WERE LAWFUL AND ARE ADVISING THE PARLIAMENT ON THE HUMAN RIGHTS IMPACT THEY HAD.



THE YOUNG ADVISERS MET WITH DECISION MAKERS LIKE THE SQA, POLICE SCOTLAND AND THE GOVERNMENT TO EXPRESS CONCERN.



WE'VE MADE HUMAN RIGHTS GUIDANCE ON SUBJECTS LIKE THE RIGHT TO EDUCATION.



AND VIDEOS AND ANIMATIONS TO HELP CHILDREN AND FAMILIES LEARN ABOUT RIGHTS WHEN AT HOME TOGETHER



WE'VE TALKED REGULARLY ABOUT HOW THE PANDEMIC IS AFFECTING CHILDREN ON TV, RADIO, IN NEWSPAPERS AND ONLINE. THIS HELPS US PUT PRESSURE ON THE GOVERNMENT AND COUNCILS TO MAKE BETTER DECISIONS.



THE YOUNG ADVISERS HAVE BEEN DOING PODCASTS, INSTAGRAM LIVES, AND BEEN ACTIVE ON SOCIAL MEDIA.



WE PRODUCED AN INDEPENDENT REPORT - A CHILDREN'S RIGHTS IMPACT ASSESSMENT - THAT ASSESSED HOW THE GOVERNMENT'S DECISIONS IN THE PANDEMIC HAD AFFECTED CHILDREN'S HUMAN RIGHTS.



THE YOUNG ADVISERS ALSO PRODUCED AN IMPACT ASSESSMENT OF THE SQA DECISION TO CANCEL EXAMS.



IN THE PANDEMIC, WHAT THE POLICE CAN DO HAS CHANGED. WE'VE LOOKED AT HOW THEIR NEW POWERS MIGHT AFFECT CHILDREN AND YOUNG PEOPLE AS PART OF AN INDEPENDENT GROUP. OUR YOUNG ADVISERS WORKED WITH POLICE SCOTLAND HELP THEM IMPROVE THEIR COMMUNICATION WITH CHILDREN AND YOUNG PEOPLE.



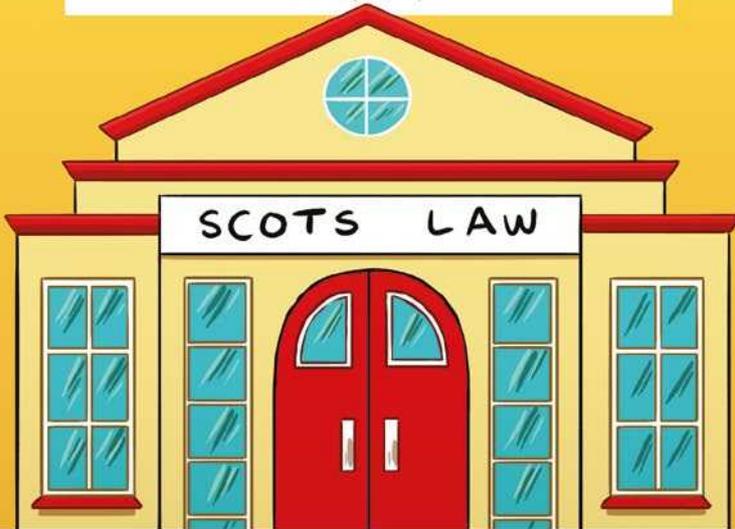
WE'VE BEEN WORKING WITH THE UNITED NATIONS AND WITH CHILDREN'S COMMISSIONERS ACROSS EUROPE AND THE WORLD TO SHARE IDEAS AND SUPPORT EACH OTHER.



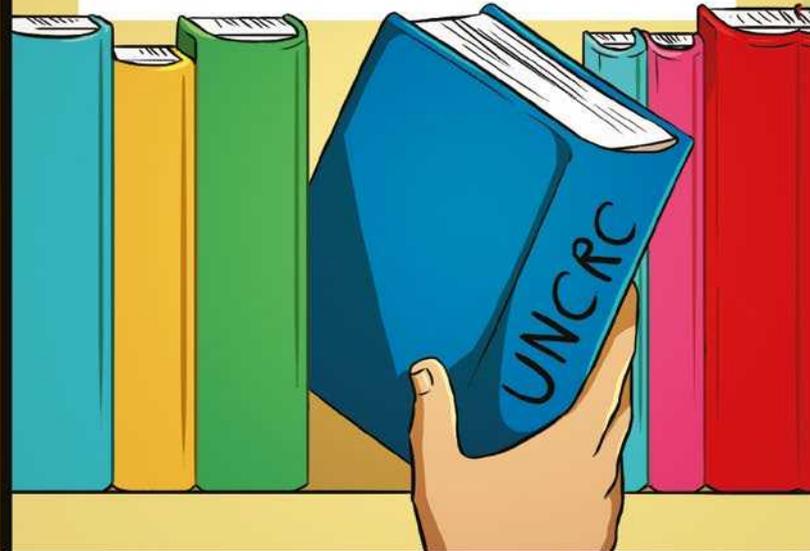
THE YOUNG ADVISERS AND I HAVE SPOKEN AT LOTS OF ONLINE EVENTS, AND WE'VE WORKED CLOSELY WITH CHARITIES AND OTHER GROUPS, PARTICULARLY PARENTS ORGANISATIONS.



WE'VE WORKED HARD TO MAKE SURE THE SCOTTISH GOVERNMENT STICKS TO ITS COMMITMENT TO PUT CHILDREN'S HUMAN RIGHTS INTO LAW IN SCOTLAND THIS YEAR.



HAVING CHILDREN'S RIGHTS IN LAW MAKES IT MUCH EASIER TO PROTECT THEM IN TIMES OF CRISIS.



WE HAVE MANY SPECIFIC EXAMPLES OF THE IMPACT ON MENTAL HEALTH, LIVING IN RURAL COMMUNITIES, POVERTY, AND DISABILITY. THE MAIN THING WE'VE FOUND IS THAT CHILDREN AND YOUNG PEOPLE FEEL LIKE THEY HAVEN'T BEEN INVOLVED IN DECISION MAKING. THAT IS WHAT OUR ORGANISATION AIMS TO TACKLE.



# OUR YOUNG ADVISER ABIGAIL (15) SUMMED THIS UP WELL:



LIFE CHANGING DECISIONS BEING MADE DURING CORONAVIRUS, LIKE EXAMS BEING CANCELLED, HAS FELT LIKE PLAYING A GAME.

BUT EVERY TIME IT SHOULD BE OUR TURN, SOMEONE SKIPS OVER US AND WE END UP LEFT BEHIND AND FORGOTTEN.

FEELING OUT OF CONTROL WITH NO SAY HAS MADE YOUNG PEOPLE'S MENTAL HEALTH WORSE.

WE NEED TO BE INVOLVED IN KEY DECISIONS ABOUT OUR LIVES AND IT IS EVEN MORE IMPORTANT WHEN LIFE STILL FEELS SCARY AND UNCLEAR FOR US ALL.

**CHILDREN &  
YOUNG PEOPLE'S  
Commissioner  
Scotland**



YOUR RIGHTS DON'T GO AWAY IN DIFFICULT TIMES AND WE'RE STILL HERE TO GIVE YOU ADVICE.

FOR MORE INFORMATION ABOUT YOUR RIGHTS, THE YOUNG ADVISERS AND DETAILS OF HOW YOU CAN GET INVOLVED OR GET ADVICE PLEASE CONTACT US FOR FREE ON:

0800 019 1179

BY TEXT:  
0770 233 5720

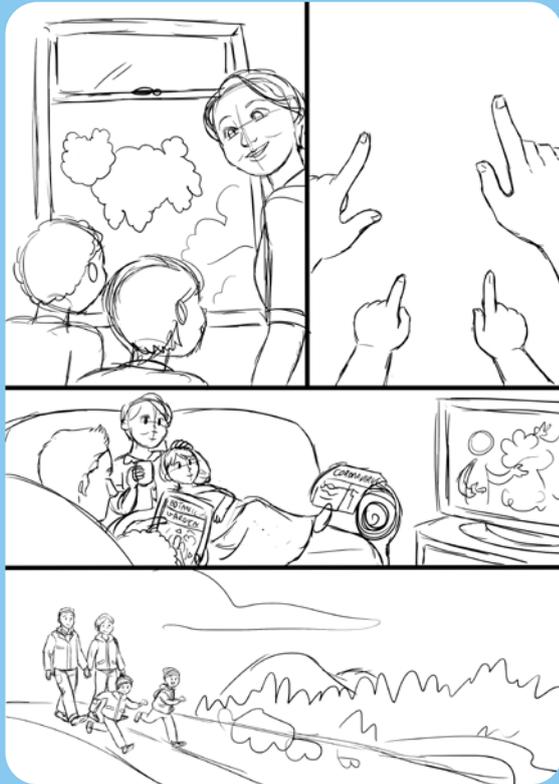
BY EMAIL:  
INBOX@CYPCS.ORG.UK

OR  
@CYPCS  
ON SOCIAL MEDIA

# PROCESS

Here are sketches and layouts showing some of the stages of the process of creating comics.

## ASHLING LARKIN



# CATRIONA LAIRD

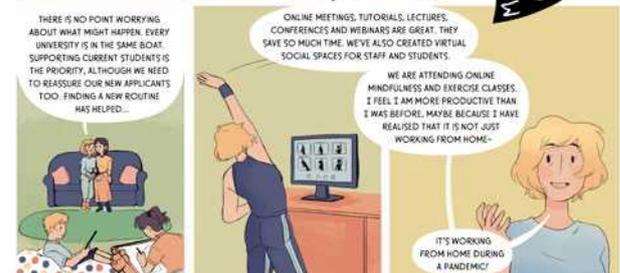
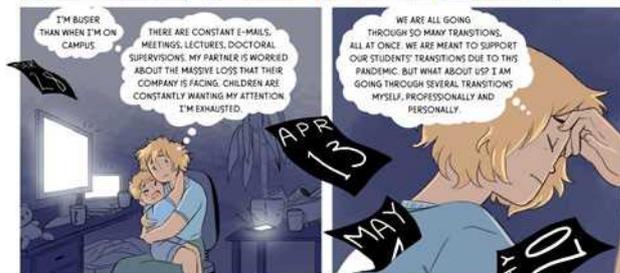
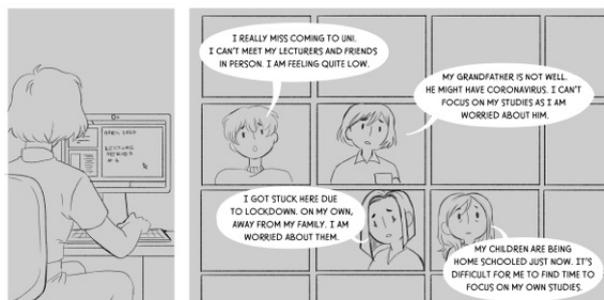
## UNIVERSITY LIVES IN TRANSITION

SCRIPT: JONATHAN GLAZZARD, SAMUEL STONES, DIVYA JINDAL-SHAPE AND CHRIS MURRAY  
ARTWORK: CATRIONA LAIRD



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# MORE COMICS BY DUNDEE COMICS CREATIVE SPACE

