

To All the NHS Staff

Hello, my name is Tyler I'm 14 years old and attend Marshland High School.

I would just like to send you this letter to tell all the NHS staff how fantastic you all are in these very difficult and challenging times we are all facing. I think you are doing a marvellous job being on the front line, you must all be facing so many different emotions at the moment that I can only imagine. I know of some NHS staff who are not even living at home with their loved ones or even their children, that is incredible brave. I could not imagine in these times not being with my Mum, Dad or sister.

You are putting your own lives at risk to care for patients that are sick or even have the dreaded Covid 19, that in my eyes is incredible you are all heroes.

I'm a very keen sports person and was recently in hospital having a operation due to a sports injury, how I was looked after was fantastic, the COVID-19 has affected a few of my follow up appointments and my physio appointments, I know why these measures have been put in place so its not just looking after people you have the pressure of it must be the pressure of rearranging everybody's appointments, and even dealing with some negative people.

During my time in lockdown as a family we are keeping a routine, I wake up have my breakfast get washed and dressed to start the day, We are very lucky last year my Dad built a cabin in our back garden for a home gym, I go in the gym and carry out do my exercises set from my physiotherapist and also some cardio to keep my fitness up. I then do my school work usually my PE first as this is my favourite lesson. In the afternoons I like to go and kick a ball about in the garden, It's a horrible situation we are all in and its hard that our routines are completely different, we are making the most of family time which is nice with Mum and Dad at home. I'm very lucky that I have both my parents working from home.

I do feel this has been a real eye opener to everybody and we should appreciate all the frontline workers and the daily risks you are all taking, we should all as a community pull together. Kindness and respect are a massive part in this situation that should be key. As what is going on in the world is nobody's fault if we can stick together and help each other it makes a bad situation a little better.

I know this is a challenging time, but I really hope you all can stay very positive as you are all doing such an incredible job and there really isn't enough words to thank you all. I'm sending you all in this letter a massive thank you from myself and all my family. Keep doing what you are doing. Myself and my family will help doing our bit by staying at home. So, we can all get through this tuff time together, stay strong.

Yours Faithfully

Tyler

Student at Marshland High School.