



# Laura Gettingbye

Laura is part-time worker, full time mum of two. Partner works an office for the council, so safe for now but working from home for the foreseeable using a company laptop. They rent with no prospect of putting together a deposit without inheritance which is unlikely to come any time soon (and even then, divided amongst many siblings).

## Device and internet usage

- Echo Dot (radio, news, quizzes) ● ● ● ○ ○
- Smartphone (calls, Facebook) ● ● ● ● ○
- Family laptop (Tesco, Amazon) ● ● ○ ○ ○

## Cooking skills

- From scratch ● ● ○ ○ ○
- Heat-up/Microwave ● ● ● ● ●

# I can cook ... kind of ...

**‘I can cook, kind of ... sometimes in a pan or the grill but also ready-meal heat-ups and microwave 3-4 days a week and then 2 takeaways or eat-outs (McDonald’s) at the weekend. I don’t drive due to cost of ownership but live near Tesco Metro for top-ups and gets Tesco deliveries for the heavy and bulky stuff. Usually budgets £3 per head for supper (£12 for the four of them). So fresh meat is basically chicken thighs or economy mince else wait for the reduced stickers for the odd chop, rib or steak.**

There’s a farmer’s market once a week in the centre of town that we’ve turned into an essential journey/treat and quite surprised how much fruit and veg I can buy for £20. Kids not mad on ‘green veg yuk’ so needs to be hidden.

We have all got a little bigger since lockdown. Anxiety leading to more comfort eating. We don’t drink other than a few cans at the weekend, but the kids love their fizzy drinks.

***‘I hate cookbooks that always insist you use ingredients that cost the earth. Jamie bloody Oliver is the worst of them, with all that ‘throw in a bunch of oregano’ nonsense. Like I have any oregano kicking around on the off chance!’***

We dropped Sky when it started to become silly money, so have a Freeview TV with Netflix, Amazon Prime and Disney. We have an Echo Dot for music and family quizzes.

*‘I planted out some herbs in a big pot at the start of lockdown and now have all sorts of nice flavours to add to the shop without costing anything apart from a packet of seeds, some dirt and my time. Who knew, eh?’*

# Life in a day

- 5am start on workdays as cleans for the NHS GP practice before they start at 8am. With lockdown this has become problematic but necessary and some say she’s a keyworker.
- 6.30am other days to have an hour before kids wake up to ‘stay sane’ (strong tea, roll-up, backdoor step)
- Kids are primary school age so even now they are back in class, they are very needy.
- Walking is her only exercise and she regularly does over 10,000 steps just ‘living’.
- Extremely careful with money, easily falls into trap of buying ‘cheap yellow food’ that the kids love but really bad for them.
- Does supper for 5.30pm with all four sitting down to eat together.
- Watches TV until 9pm, into *The Crown* which is pure escapism, usually falls asleep in armchair.