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## Inspired in self-isolation: Amy Kerr

With Covid-19 lockdowns worldwide and health authorities urging people to self-isolate and practice social distancing on a massive scale as part of an enormous effort to #FlattenTheCurve of this global pandemic ... we are reaching out to industry friends, colleagues, associates, partners, etc., and asking them to share their #StayAtHome and #QuarantineAndChill activities with us during this extraordinary time.

Amy is Robe UK's field sales support manager – a role as social as it is diverse and a job she loves. Time is spent on the road – visiting customers and demonstrating fixtures; teaching a group of industry professionals and students how to use a specific product; or at a trade show mingling with people from all around the world.

Robe: Where are you right now?

Amy: I am currently at home in Bedfordshire.

Robe: What are you doing to fill the time whilst isolating / on lockdown?

Amy: As well as continuing to work from home I have been taking advantage of the lovely weather by getting out on my bike and I have discovered so much more about where I live!

Exercise is very important for me for looking after not just my physical health but also my mental health during this lockdown. Online workouts allow me social interaction and to feel part of a group again, as well as an opportunity to get the blood pumping and turn up the music!

Robe: What's the most creative thing you're able to do in isolation?

Amy: Gave my husband a new hairstyle and trying to learn a new lighting console!

Robe: Are you looking after anyone else during the Covid-19 crisis?

Amy: Just my husband.

Robe: Has anyone inspired you since this started?

Amy: There have been a lot of heart-warming stories and I am inspired by the selflessness of the general public, the bravery of our NHS staff and key workers and our ability to pull together in a crisis.

Robe: Favourite book / movie / Netflix series / viral video?

Amy: I have recently discovered a podcast called "The Last Podcast on The Left" (<http://www.thelastpodcastontheleft.com>), which is a horror/true-crime podcast and the hosts are hilarious! (this weekly podcast features comedian and podcast host Ben Kissel, podcast producer and researcher Marcus Parks, and comedian and actor Henry Zebrowski, all of whom are long-time friends)

I have been catching up on a few Netflix series' and I just finished Tiger King, which is off the wall crazy.

Robe: What's the first thing you'd like to do when we are through it?

Amy: Go to a gig!

Robe: Own question / answer / message of solidarity or something you'd like to say?

Amy: This pandemic has made me appreciate a lot of things in my life that I took for granted before.

