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## Inspired in self-isolation: Hannah Talbot

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.

Hannah is a lighting technician working on rock and pop shows ... which she's been doing since finishing her apprenticeship at London's prestigious Royal Albert Hall venue, which is where she first heard about the NRG - Next Robe Generation - programme.

Robe: Where are you right now?

Hannah: I am currently spending isolation in my flat in Wimbledon, South-West London.

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

Hannah: I am studying Open University courses in environmental science and issues surrounding global warming and setting up an online business. But if I'm honest ... I'm also binge-watching Only Fools and Horses!! (The popular UK sitcom set in Peckham, south-east London, was originally broadcast on BBC One between 1981 and 1991).

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

Hannah: I have been painting and catching up on my tailoring skills, it's been years since I sewed anything properly.

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

Hannah: I'm not looking after anyone else, but I AM looking after myself as I'm in a 'high risk' category.

Robe: Has anyone inspired you since this started?

Hannah: I like to watch some European shows and films and I have recently been watching some Russian shows... so, I've now been inspired to begin learning Russian!

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

Hannah: I'm loving Killing Eve right now (British black comedy spy drama / thriller TV series, produced in the United Kingdom for BBC America) and I can't wait for series 3 to come out.

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

Hannah: Well firstly I can't wait to leave the house as I have been isolating longer than most people as I'm high risk, but mainly I just want to get back to work as I can't stand sitting still for too long!

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

Hannah: I think it's important to remember each other currently because most of us are aware of the mental health issues a lot of the people in the industry face. I think if we can do anything at this time, then it should be to just check on someone who may need a friend right now. Let's all go back into the industry together.

