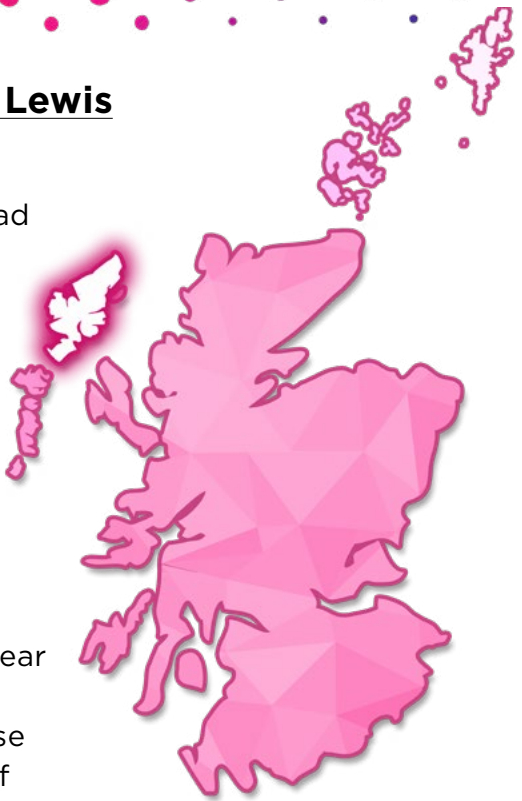


Case Study – Kate, bisexual woman, Isle of Lewis

Kate moved to Edinburgh 2 years ago for work. She had a good life there with friends and had **“a lot more freedom than at home on the Isle of Lewis”**. She already suffered from PTSD as a result of abuse she suffered as a child. At the start of the Pandemic her anxiety became so bad it got to the point she had to leave her job and friends and move back home to Lewis.

On her home Island of Lewis, Kate lives 30 miles from the main town of Stornoway, meaning she is isolated. She also suffers from agoraphobia meaning she has a fear of going outside. This is caused by her anxiety and she worries that people in her village talk about her because of her sexuality. She explained this is mainly because of religious beliefs in her local community.

Kate said she has really poor mobile reception at home, and this causes problems when trying to communicate with other people especially on the phone. Public transport is very limited with only a couple of buses a day between the village she lives in and the main town of Stornoway.



Kate said she needs to travel a couple of miles to the nearest shop. She explained there are only 2 shops in the area, a corner shop and a petrol station but these are difficult to get to unless you walk or can drive.