'We are a very positive family unit'

When not in lockdown at home, **Hilary Urry**, 51, is practice manager/dental nurse at Brighton Dental Care. Hilary qualified as a dental nurse in 1994.

I live in Seaford, East Sussex with my partner Paul, his son and son's fiancée. I have two stepchildren and one child of my own. I usually get up at 7.30 am and eat toast and marmalade on the sofa.

My day usually consists of breakfast, shower, dog walk, marking, colouring, gardening and watching 'Spooks'. I am a tutor for the Dental Nurse Network and also for Training 4 Practice. I try not to do any marking at the weekend. I colour using the app 'Happy Colour'; I just find I can lose myself in it and switch off to the outside world.

the garden. I think having a garden definitely makes things easier at the moment.

It has been good to spend quality time with my partner and dog, and on the whole, we are a very positive family unit. The pandemic has made me appreciate what I have a lot more and not take things for granted.

In the evenings I colour and watch TV. Paul and I take it in turns to cook, although generally he cooks more than me.

I miss seeing family and friends in person but I have a FaceTime call every week with my sisters and message my best friend every day. When lockdown is over, I look forward to seeing my best friend and giving him a huge hug.

I do miss my colleagues, although we keep in touch weekly through WhatsApp.

Regarding my future career in dentistry, I am slightly apprehensive about the effects of aerosol generating procedures (AGPs) and minimal personal protective equipment (PPE) or time to clean down between patients, due to NHS demands.

I usually go to bed at 11 pm and sleep fairly well, depending on whether Paul is snoring or not.

'It has been good to spend quality time with my partner and dog.'

The pandemic has made me

appreciate what I have a lot more.'

At the moment workwise I just do occasional emails as requested by my employer. I remind the dentists who are in triaging calls, via WhatsApp, to run the water lines weekly and change the Alpron, running the taps in line with Legionella requirements.

I was deployed to a GP 'hot hub' in Seaford, but due to a lack of patients needing the service - which is a good thing - I have been temporarily stood down.

Every day I go for a walk with the dog and my partner. I also spend time pottering in

©Hilbrida13/Stock/Getty Images Plus

<https://doi.org/10.1038/s41407-020-0318-9>