

All these things -

All these things we would take for granted –

Seeing the family, hugging the grandchildren

Horse riding on Saturday mornings with Alex.

A drive to the shops, or to the coast

Or to Wakehurst for a walk with friends.

Not in the mood to cook? No problem- we'll go out to eat -

Pub lunch, or a restaurant ? Which ever takes your fancy -

Yoga on Monday, Dance class on Thursday,

Friday mornings ?– Italian or Creative Writing with East Grinstead U3A

But now is the time for social distancing –Staying Home and Saving Lives

Adjusting to a new way of being

Learning new skills -

Yoga class on line - YouTube for National Theatre, or PE with Jo

Zooming to Australia for Ashton's birthday, blowing out the candles together

In New South Wales, in Queensland, and Sussex,

Reading the kids a story on Face Time,

The phone rings, friends from miles away, just to chat, to see if we're OK

Staying safe, keeping well.

And where to next? There's no end in sight -

But we won't give up, we'll keep busy, enjoy our daily walk,

Keeping our distance, protecting the NHS,

Always wishing and praying that our families stay safe

Wherever they may be.