

March 2020

In this unprecedented situation we embrace time to listen to children's laughter as they bounce on trampolines in their gardens, time to admire the bursting buds emerging from the trees as we walk through lanes, time to greet friends, neighbours, strangers as we take our daily measure of exercise.

In this period of self isolation we experience time to watch the darting birds gathering twigs, moss and leaves for nest building, time to marvel at the displays of daffodils nodding their heads in the sunshine, time to notice and breathe the cleaner air, devoid of roads congested with traffic.

In this phase of uncertainty we cherish time to enjoy the therapy and comfort of baking biscuits, cakes and buns, time to welcome blossom and springtime flowers in our gardens and streets, time to contemplate acts of kindness in our communities in a changing world.

Margaret Ellis

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