

Presidential Ponderings

Isolation Issue 2

Things have moved very rapidly since my last missive. I continue in isolation and must thank all of you for your emails and for your food parcels! One friend amused me greatly by leaving something on the doorstep, ringing the bell and running away. She texted later to say she had not felt so naughty since she was 12!

We are in difficult and trying times but I must commend the governments of all colours for their actions. I would hope that the vast majority of our communities are heeding the warnings and following instructions. However it is obvious there are some people who believe they are above or outside the rules and will continue to flout them. I hope that their stupidity does not jeopardise the lives of others.

Regarding the isolation – a few tips from me in isolation:

- 1 Set yourself a particular job to do each day. The garden shed, the garage, the kitchen cupboards – something to focus your mind and keep you occupied
- 2 Set up telephone calls with different people. This enables you to keep in touch with your family and friends. I have a 6pm hook up with one friend so that we can enjoy a drink together and a toast!
- 3 If you have safe access to outside, walk outside your door at least three times a day: to the post box, round the garden, to the dustbins etc. Exercise is crucial for both the mind and the body.
- 4 Have a project – something you have been meaning to do for ages. This could be writing to friends overseas, baking a cake or writing your novel. There are lots of online sites to help you
- 5 Get out all those old games. I have been playing patience with real cards, doing old jigsaws and trying to teach myself chess. All good stuff to keep the brain moving.
- 6 Reading – books are still the greatest comfort of all in down times. I will do a review of a couple in our short newsletter going out soon.
- 7 Television and radio – keep connected but do not listen to too much bad news. Try watching movies or documentaries. What about all those old DVDs sitting in the cupboard? I will send a couple of reviews for you too. Stay away from the inane!

There will be many other things for you to do to keep occupied, as each of you has different interests.

Stay well, stay safe and stay sane. Above all, stay in contact

Andrea

President