

# Lockdown and you...how's it going?

I'm sure for many of us, we have fallen into a new weekly pattern of zooming our families and social group members, or of phoning them at a certain time of day. Whether you use Zoom, FaceTime or WhatsApp or Teams, it can be a strange and sometimes unnerving experience for many of us as we get used to what feels like to accidentally talk over other people (or be talked over), watch a count-down clock dictate when we must say goodbye and above all, not to be able to reach out and touch the people we love. What should you do if you've said something and it's been taken the wrong way? How can you offer anything personal to someone with so many onlookers?

A recent Church of England survey identified that, for some, such meetings only serve to highlight how isolated they are feeling, and many admitted to coming away from the screen and breaking down in tears.

This week, my own family has had to face the heart breaking news that a close family friend suffered an enormous stroke and is not expected to pull through. She is a lady who made such an impact on our lives that being isolated makes the loss and the timing of it for her family feel even greater somehow. Why does the end of such a beautiful life have to be now, at this time and in this way?

If you have experienced anything similar or are feeling low, you are not alone. You may not feel there is anyone close enough to talk to openly, but it is good to do something positive and share it with someone - even if this is just a baby step.

Our family has decided to prepare ourselves a little better for future gathering times. We are going to meet once a week for a family story and each time, one of us is going to bring to the table a skill or project we have been working on to talk about in more depth.

One of the most exciting things for me about this lockdown is the array of gifts that have surfaced in our community as people have time to master the things they love. One Mum and her three children arrived in the courtyard of The Well with around 50 plants from their allotment as a gift to other households who may like to grow food at home. The culinary skills going on for our meals' service are extraordinary! From Liz's traditional puddings to Kay's tasty curries; Chris & Mary's incredible tray-bakes to Marilyn's gift at transforming anything she finds in the fridge into masterful dishes - it's been a hive of activity to give Ready Steady Cook a run for its' money!

I would like to suggest that, as part of our keeping in touch, we share some of the projects we've been doing with other Well community members.

Su Coward has kindly agreed to be the first, and some of her exquisite creations are displayed below. Su explained that she likes to recreate ordinary things around her - noticing the detail and beauty in each one....and one extraordinary man whom you might just recognise?! Until lockdown, I had absolutely no idea that Su is a trained textiles artist and her talent is plain to see. Thank you so much for sharing these Su and please, please keep going with this as it is very inspiring! Can I have a go please?

The other thought I had was that we could share suggestions for uplifting television programmes or films we have watched. My family absolutely adore Grayson Perry's Art Club, 8p.m Monday Nights on Channel 4. Whether you're into Art or not, it's a touching yet insightful insight into how the nation is feeling and echoes some of our Well values about inclusion. It's also been fascinating for me to watch Michael Wood's Documentary on Kibworth history for the first time, spotting some rather special stars of the show!

Please email any thoughts to me and I'll include these in the next newsletter as a way of staying connected until we can begin to gather again - all be it in small numbers.





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And the heart of Gold goes to....



Ruth - for tenacity and skill in tackling copious rhubarb donations and transforming them into many delicious crumbles (very popular with our clients!)

Thank you, Ruth! And thank you also to Michael for joining the team as a driver...a great team,

## The Listening Service

Please contact Emma in confidence if you would like to use the service or know of anyone who may benefit. We have male and female listeners available.

## Diary Dates

### **Night of Prayer - next Friday, 29th May at 9p.m.**

Thank you for sending us personal prayer needs last time. Please feel free to do likewise this time and we will certainly pray for you and those close to you.

We are missing those who are unable to volunteer at this time enormously and I will keep you posted with news about how Well Cafe Life may resume in the coming months as soon as I have something tangible to work with.

Take care and God bless,

Emma

