Dear friends

A note from the wilds of Suffolk – the importance of communication!

I hope this email finds you, your family and loved ones well and managing during these difficult times.

British Summer Time began today and the English weather over the past week has been a huge blessing as we experienced some wonderful sunshine. As I write this the early morning sun is out and the fruit trees are coming into beautiful blossom which is so uplifting considering what our world in currently going through!

Involuntary social isolation can have a serious effect on physical, mental and social health making it more important than ever to maintain contact with our friends and professional colleagues' especially when companies and their teams have had to readjust to different methods of working. Thankfully due to the modern technological world we now live in, with access to smart phones and internet communication it enables us to communicate with family, friends and professional colleagues whilst in social isolation.

During these unprecedented times I always try to remain positive. That's not to say that I don't have down days...who doesn't! However, one always reflects on a statesman, who once said, "*A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty*."

These are testing times for everyone, but keeping a positive attitude is always an advantage and helps to keep us healthy.

We may be temporarily pausing our lives as we have always known it, but this doesn't mean I will be forgetting about you. Indeed, you are all very much in my thoughts in this extraordinary time.

Keep safe and well.

Warm regards