Dear friends

An April note from the wilds of Suffolk

I hope this note finds everyone safe and well during these extraordinary times.

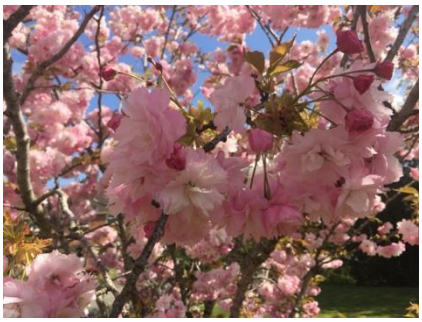
Yet again the weather these past weeks has been astonishing and so uplifting considering what our world in currently experiencing!

I want to take this opportunity to say I really do understand how difficult and frustrating it is for so many of you to have your work and personal lives disrupted. As with so many of you I too genuinely miss travelling and spending time with loved ones and enjoying meals with friends and colleagues.

Since being in social isolation and avoiding contact with others I feel fortunate with the practical support being offered from my neighbours regarding shopping etc. Also, I have been so inspired at the UK and international sharing of creativity from friends and colleagues and how they adapted to a change their working practice, behaviour and lifestyle.

During a conversation with a friend who is a keen photographer (also my charity designer) I started a small photo challenge, and now receiving some breath-taking photos from him and even a video taken when he was cycling along a canal path at hair-raising speed. What began as a simple remark during our conversation has now become international with friends who became aware of the challenge now include photos captured from their garden or out walking/cycling in their emails!!

Two snippets from overseas:



"*In these times I remember the snippets my grandmother used to tell me about life during the Spanish flu outbreak and the lack of any govt support back then – she would be looking down us now and telling us we're lucky!*

"*I hope that every single petal of your cherry blossoms is a message of peace for those who have suffered and found themselves suddenly lifeless and jobless, poor in soul and body".*

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

Keep safe and well.

Warm regards

Ellie