Dear friends

An April note from the wilds of Suffolk

I hope each and every one of you is staying safe and well during these uncertain and unprecedented times.

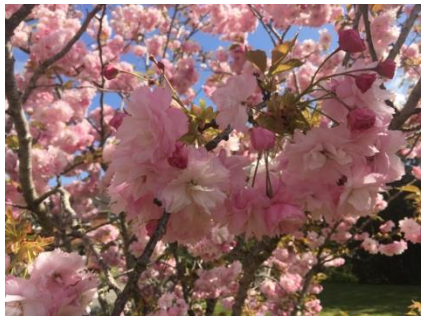
Even though the majority of Leg Clubs have been temporally suspended please remember that both myself and Lynn are still at the end of the phone or email so please feel free to contact us at any time.

Yet again the weather these past weeks has been wonderful sunshine and so uplifting considering what our world in currently going through!

However, with this Spring weather I want to take this opportunity to say I understand how difficult and frustrating it is for volunteers and Leg Club members who have had their weekly plans disrupted. Like so many of you I too really miss travelling and spending time with loved ones and enjoying meals with friends and colleagues whilst in social isolation.

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

Especially when two colleague stated: "*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 our wonderful Leg Club volunteers and members. Indeed, you are all very much in my thoughts in this extraordinary time.

Keep safe and well.

Warm regards

Ellie