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**June 2020**



HM Government

NHS



*R = Rate of infection*

# CORONAVIRUS STAY ALERT TO KEEP R DOWN

- Stay home as much as possible
- If you do have to go out, keep your distance from other people (2 metres apart wherever possible) and only meet up with one other person from another household, outdoors and at 2 metres distance.
- Travel by car or bicycle if possible
- Keep washing hands regularly and the moment you get home if you have been out
- The advice for those aged 70 and over continues to be that they should take particular care to minimise contact with others outside of their household

For the latest advice, please refer to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

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## Welcome

Can you  
find me?



And the people stayed home. And read books and listened,  
And rested and exercised, And made art and played, And learned new ways of being. And stopped,  
And listened deeper. Someone meditated, Someone prayed, Someone danced,  
Someone met their shadow, And people began to think differently, And people healed.  
And in the absence of people who lived in ignorant ways, Dangerous, meaningless and heartless,  
Even the earth began to heal, And when the danger ended, And people found each other,  
Grieved for the dead people, And they made new choices, And dreamed of new visions,  
And created new ways of life, And healed the earth completely,  
Just as they were healed themselves.

**Written by - Kitty O'Meara**

Congratulations to all those who found Miti hidden on page 21 in the Holland House Advert.

The winner picked out of the hat was David Etchells.

She returns this issue - can you find her? She is hidden somewhere  
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# Adapting how we exercise...

We are living through a time that is scary for all and it is having a massive impact on people's physical and mental health. Therefore, it is imperative that we ensure we are doing everything we can to help and support each other through this.

For those who are used to going to gyms/group exercise classes etc. this has been a major change and it has affected many people. There has had to be a quick move of direction to the way we deliver workouts. The Leisure Sector had to close down, very quickly, in response to the Government's guidance and I, along with many other Instructors nationally, moved swiftly to provide classes online. This is not as easy as it sounds as there are many rules that have to be adhered to, otherwise you run the risk of being muted or shut down altogether. I had to quickly order license free music, check my insurance cover plus find and test the right platform to enable me to deliver safe and effective classes. Thankfully I was able to move all my classes within two days and I am now successfully delivering 10 workouts a week, plus, adding new types of classes that I haven't taught for a long time.

Exercise is important - it isn't just the physical and mental benefits but the feeling of being part of a team, a group of like-minded individuals who bond over a shared interest in activities. Never underestimate the effects that working together brings, only once you haven't got it do you realise the positive impact it creates. By keeping the group together, virtually and gaining new people every week, there has been a huge feeling of "we are all in it together". Many people, me included, can come to a class with the burden of the world on our shoulders but by the end you walk out feeling energised and uplifted. We need to keep enjoying the endorphin rush of physical

exercise, life's natural happy pill. In these strange times it is imperative that we recognise that physical health go hand in hand with our mental well-being. In the weeks of lockdown many people have struggled with their loss of routine and have felt isolated. Being able to reach out to everyone, albeit virtually, has enabled us to check that everyone is ok. It is ok to share that you may be having a bad day, or week, because everyone is feeling the same way and we can all help make it better even if only for an hour or two.

Never has it been more important than to keep yourself fit and healthy. We are in the middle of strange times and we have had to adapt to a new normal, who knows when we will be able to come together again in groups to enjoy our hobbies but until that time, we can continue to look after our health and take the opportunity to get fitter or even start for the first time. Let's face it; this is an opportunity to start exercising in your own home. So many have told me, over the years, that they find the thought of walking into a crowded dance studio or gym, daunting – but now you have no excuse. You can find all types of classes on line and you can try without any inhibitions. Have a look and google classes you have always wanted to try.

Life has changed and the Fitness Industry has had to move with it but whilst most people resist change, why not take this new direction and see the many ways you can stay fit whilst staying safe. There really is so much available to you.

Above all stay safe, stay fit and take care.

*Linder X*



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FRIDAY 6PM STEP

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### This month - Cracks 'n' crevices

I love a crevice. A little gap between the lawn and the path; a cracked paving slab, or a little hole in a wall. These are tiny pockets where magic can happen.

Does the crack or crevice sit mainly in the sun or the shade? If it's sunny, you have a choice of plants with silvery or aromatic foliage. If it's shady, choices will be more limited but there are still plants to suit.

When planting, buy the smallest plants you can and gently strip off most of the compost. Squeeze them carefully into the crack or hole, water them and top dress with grit unless the crevice is in a vertical surface (because the grit will fall out!). Accept that some plants won't survive, but if you monitor them and nurture them a little in the first year, watering and pushing a little more compost in if the rain washes any way, then most plants will establish themselves. The most successful time of year to plant cracks and crevices is March and April but don't restrict yourself, any of these are worth trying.

**Dianthus squarrosus** - Russian dianthus produces mats of blue-grey leaves and single white flowers with a pretty scent.

**Androsace sarmentosa 'Sherriffii'** - This little plant is my go-to because it's sturdy, establishes easily and is topped with pretty pink rosettes in the spring.

**Aubrieta deltoidei** - I was always a bit snobby about this plant but when I saw it smothering an ugly cracked concrete wall at my son's school, I fell in love with it. The purple against the pale grey concrete looked amazing. It can be sheared back after flowering to keep it in check but basically its bomb-proof.

**Arenaria alvacariensis** - My ten-year-old calls these 'alien blobs' which doesn't do them any justice. They are really easy to establish and form an attractive green dome of tight foliage, smothered with small white flowers in late spring.

**Thymus serpyllum** - Tiny-leaved thymes are great crevice plants, and useful in the kitchen!

**Erigeron karvinskianus** - sprinkle seeds into crevices and this tiny daisy will grow and then self-seed happily. It's particularly good for



dry, sunny areas.

**Sempervivum** - I have had a love affair with houseleeks since my student days. I wedge them into every crack and crevice in my garden. They will settle in and create little colonies almost anywhere you shove them, adding texture and colour. They're evergreen too. What's not to love?

**Vinca** - Periwinkles have the prettiest little flowers, available in white, purples and blues, that actually thrive in shade, so they are perfect for brightening that neglected corner of the patio...the bit with the loose paving stone that rarely gets any sun and always looks a bit drab.

My dad referred to cracks 'n' crevices plants as horticultural haberdashery! The tassels, beads and bows of the plant world, that cover the ugly seams and embellish the plain areas. I think that's a brilliant description of these hardworking little plants.

Happy Gardening!



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## A Brief History Of ... Fathers Day

There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the sun as the father of the universe. Since the summer solstice occurs around the same time of year as Father's Day, some people see a link between the two.

The idea of a special day to honor fathers and celebrate fatherhood was introduced from the United States. There, a woman called Sonora Smart Dodd was inspired by the American Mother's Day celebrations to plan a day to honor fathers. Father's Day has been celebrated in June since 1910 in the USA. The celebrations in the United Kingdom are thought to have been inspired by the American custom of Father's Day. This is in contrast to Mother's Day, which has a very different history in the United States and the United Kingdom.

On Father's Day, many people make a special effort to visit their father. They often take or send cards and gifts. Common Father's Day gifts are ties, socks, underwear, sweaters, slippers and other items of clothing. Other people give tools for household maintenance or garden work, luxury food items or drinks.

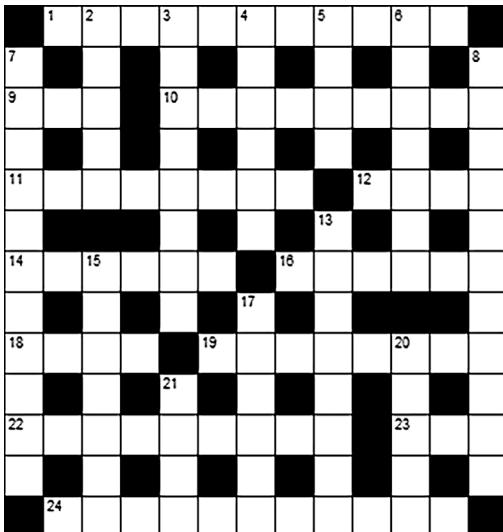
Many Father's Day gifts have slogans such as "The World's Best Dad", "For My Father" or just a simple "Dad" on them. The increase in print-on-demand services offered by photo processing companies has made personalized gifts even more popular for Father's Day.



Photographs of children can be printed on desk calendars, mugs, T-shirts, mouse mats, bags and even ties. Many fathers are expected to take these to the office to remind them of their families while they are working.

In the days and weeks before Father's Day, many schools, Sunday schools and children's organizations help their pupils to prepare a handmade card or gift for their father. Mothers and other family members may help children to make personalized gifts, such as calendars with drawings made by the children.

## Crossword



### Across

- 1 Covered furniture with fabric and padding (11)
- 9 To make a choice (3)
- 10 Express the same phrase in another language (9)
- 11 Seers, forecasters (8)
- 12 Part of a cowboy boot (4)
- 14 Track for storing spare trains (6)
- 16 Capital city of Greece (6)
- 18 Massive (4)
- 19 Leave in a will (8)
- 22 Visiting, being present at. (9)
- 23 Stain, tint (3)
- 24 Vigorous polishing or cleaning (5,6)

### Down

- 2 Paved outdoor seating area (5)
- 3 Transcend, perform better than (8)
- 4 Disorganised, forgetful (6)
- 5 Requires little effort (4)
- 6 Typical specimen (7)
- 7 Pile of rotting plant matter (7,4)
- 8 Large revolving fairground ride (6,5)
- 13 Skirmish, grapple (8)
- 15 Computerised numerical display (7)
- 17 Observing, watching (6)
- 20 Assistants, attendants (5)
- 21 Remove the outer wrapping (4)

			4	3		6	
	1	2		6			
					9		7
	7		1		3		4
4							5
2		8		3		7	
8		6					
		1		2	4		
3		8	9				

## Sudoku

### How To Play Sudoku

Fill in the grid so that each row, column and 3 x 3 box contains the number 1 through to 9 with no repetition.

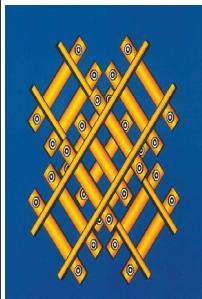


## Fuzzy Photo!

We have made some ‘minor’ alterations to an image of a famous person, place or object.

Can you work out who, where or what the original images was?

## Lateral Thinking



One Friday morning two trains speed along the same track through an empty railway station. One is heading north, the other south. Neither train brakes, nor diverts to another track, yet they avoid a collision. How?

## Mind Benders

Find the three hidden phrases

Can you find the three hidden romantic comedy film titles?





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## Recipe Idea

# 'Gin & Tonic with a slice of Lemon' Drizzle Cake

**Perfect for a summer afternoon tea**

### Ingredients

3 large eggs, beaten  
240g butter at room temperature  
240g caster sugar  
240g self-raising flour  
2 large lemons  
200ml gin  
25ml tonic water (optional – elderflower is particularly nice)  
130g granulated sugar

### Method

Line a 1Kg loaf tin.

Preheat oven to 180C / Gas Mark 4. Cream the softened butter and caster sugar together until light. Add the eggs a little at a time and beat until combined. Carefully fold in the flour and the finely grated zest of both lemons.

Add the juice of 1 lemon and 100ml of gin, then pour into the lined tin. Bake in the centre of the oven for 45 minutes, or until a knife inserted into the centre of the cake comes out clean.

Remove from the oven and leave to cool slightly in the tin while you make the drizzle.

Combine the rest of the gin, the granulated sugar, tonic water (if using) and juice of 1



lemon in a bowl. Puncture the surface of the cake all over with a skewer, then pour the drizzle over.

Don't remove the cake from the tin until it's cold and the sugary topping has crystallised. Serve with crème fraîche and a G&T...of course.



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Whilst we totally appreciate that the last few months have been very difficult for everyone, we feel like it just might be the time to start getting excited about **adventures you can plan for in 2021**, and put something in the diary to look forward to.

For some, a holiday close to home may be preferred. For others, something further afield. You may be considering a beach holiday, a city break or an ocean or river cruise, something more bespoke, “tailor-made” for you. No matter what you prefer, our door is “open for business” and we would love to have the opportunity to arrange your holiday for you.

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# Monthly Astronomy

As the Sun is now past the equinox. It's from the Latin meaning equal and night. It rises earlier and sets later; the days are getting longer. This month might be a good one to try some planet spotting.

- 3rd June Moon at perigee, at its closest to the Earth (3.36)
- 5th June Full Moon, the Strawberry Moon (19.12) Penumbra lunar eclipse (19.25) when the Moon moves through the faint outer part of the Earth's shadow.
- 8th June Jupiter 2.2 $\square$  N of the Moon (17.21)
- 9th June Saturn 2.7 $\square$  N of the Moon (2.12)
- 12th June Mars 2.8 $\square$  N of the Moon (23.55)
- 19th June Venus 0.7 $\square$  S of the Moon (8.54)
- 20th June Summer solstice, the longest day
- 21st June New Moon Annular solar eclipse, visible from parts of Africa, Arabia, Pakistan, India, Taiwan and China.
- 22nd Mercury 3.9 $\square$  S of the Moon (7.18)

# Astronomy in June

- 22nd June – 2nd July Boötids meteor shower may be visible, peaks around 27th June.

- 30th June Moon at perigee. (2.09)

## Constellation of the Month

Try looking for the constellation of Boötes this month, looking south it should be high in the sky. It is one of the largest constellations and the name comes from the Greek word meaning 'herdsman'. It contains one of the brightest stars in the sky called Arcturus.

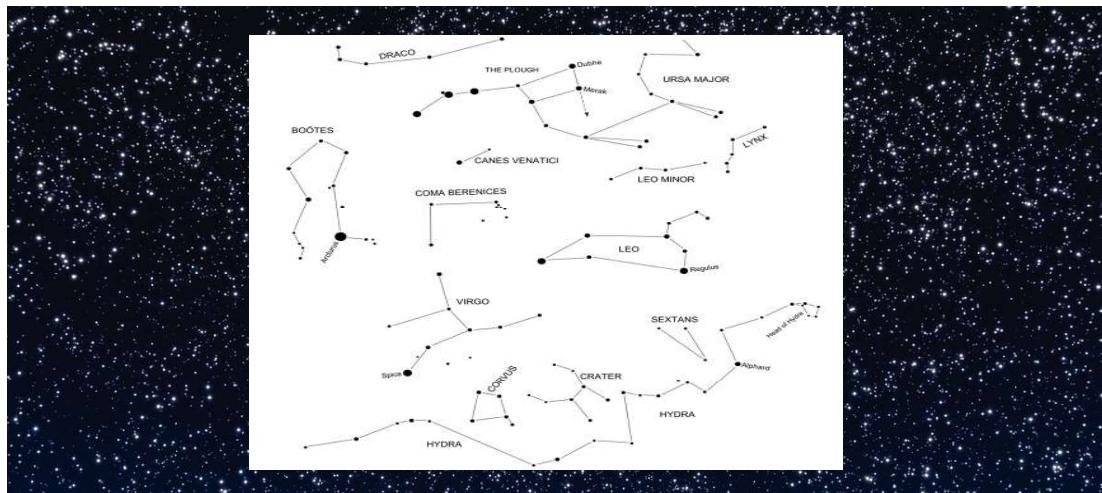
## Astronomy Fact of the Month.

### Is it a planet or a star?

A simple way to spot the difference is ask yourself does it twinkle. (Think of the nursery rhyme, "Twinkle, twinkle little star")

When observing with the naked eye stars will twinkle. Planets don't, their brightness will remain constant.

## Information provided by PADAS (Preston and District Astronomical Society)





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# Penwortham & Preston

We started our walk just outside the city boundary in Penwortham, at the free car park on Hill Road (PR1 9XH). At this point, it's worth noting that if you fancy cycling this route, then that is also an option, as it consists of an excellent network of paths.

Turn right out of the car park and then almost immediately turn right again down Valley Road. After a few minutes it bears off to the right. Keep right and head up to the bridge which goes over the A582. From the bridge, simply head straight on until you can see a main road in front of you. This is the B5254 Leyland Road. Cross the road and after a minute or so, you'll come to a sharp left, Holme Road. This is a straight track and the place where you'll get the first glimpse of the Ribble. It's tempting to start snapping straight away but trust me, there'll be plenty of better opportunities later on. Eventually, you'll meet the A59 Liverpool Road. Turn right and head over the river. This is the point you start to appreciate just how wide and tidal the Ribble is. At the time we visited, in the early afternoon, the tide was out so the rock bed was very visible.

Once across, turn right onto Broadgate. If, like me, you are a sucker for architecture, then this is the stretch for you. Built at a time of great prosperity for Preston, it offered the burgeoning, new middle classes views of the river but that doesn't mean they skimped on the detail. The fantastic Georgian properties have been retained pretty much in their original state, and the area as a whole is all the better for it. It's not hard to imagine what it was like down here 120 years ago.

Carry on along Broadgate until you come to the next bridge, and head back over. This particular crossing is, if you have a bit of time, an opportunity to get really arty with your camera. The cobbles and old-style street lamps, with the spire of Penwortham Methodist Church in the near distance, mean this is crying out to be used as a location for one of those BBC period dramas.

Back on the south side of the Ribble, we turn left and stride down Riverside Road. Again, there are some fine examples of period property in this part, before it transforms into a river side pathway. Almost immediately, the splendid North Union Railway Bridge viaduct comes into view. Built between 1835 and 1838, these days it carries West Coast Main Line trains. Amazing to believe that 177 years after coming into operation, this bridge is still an integral part of our transport system, as well as being of significant architectural merit. Our next crossing point takes us to yet another old bridge, one which has been closed since 1972. The East Lancs Railway Bridge ran to Bamber Bridge, but now allows pedestrians and cyclists across. Before you get onto it though, you have to go underneath it, bear right and then follow the path back on yourself by going up the banking. Once on the bridge, the original barriers between rail and pedestrian sides are still there and, again, you are afforded excellent views

We now find ourselves at Avenham Park/Miller Park, which melt into each other. I can't help thinking that Prestonians are being canny in not broadcasting this too much to the outside world. It is, without doubt, one of the most regal parks I have ever seen. At times, it feels like you are in a National Trust property. Designed and built in the 1860s, it's an English Heritage Grade II listed attraction boasting a number of historical structures, as well as a lovely Japanese Garden. There's also a modern cafe, where we stopped for a cappuccino (£2.30) and a bag of crisps (£1.20). I could write pages about the park, but nothing does it justice more than seeing it in real life.

Heading eastwards, we walk down the tree-lined path towards the Old Tram Bridge. This isn't, in fact, the original Tram Bridge, but a concrete replica of the wooden bridge which was pulled down in the 1960s. In

its heyday, the tramway was used to transport coal and other goods from the Wigan branch of the Lancaster Canal at Walton Summit.

With all this, it's easy to overlook the river itself. Apparently, it is an incredibly important waterway for members of the Church of Jesus Christ of Latter Day Saints. The first Mormon baptisms took place in the Ribble in 1837 and, to this day Preston remains the home of the oldest branch of Mormons anywhere in the world.

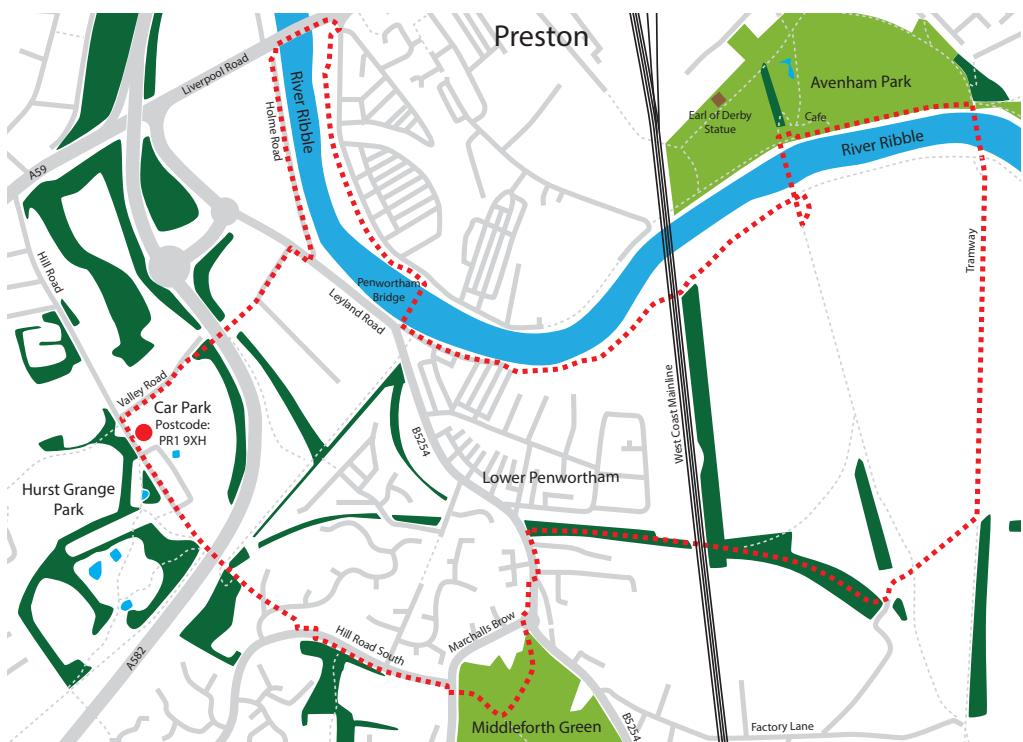
Once over the bridge, it's a dead straight path until you get about 10-15 minutes in (depending on your walking speed) when you veer off right down Factory Lane. This snakes south-westwards until you get to a gate. At this point, turn right, following the sign for Penwortham. This takes you underneath the West Coast Mainline and eventually brings you out on the B5254 opposite Penwortham Fire Station. Turn left, going past the

church on your left and the petrol station on your right until you get to a mini roundabout. Ahead, you'll see the entrance for Middleforth Green park. Follow the path across until you get to the main road (Marshalls Brow). Turn right and then make a left at Hill Road South. You'll pass a primary school on your left and then, across the road, there's a path which connects to Hill Road across the A582. Once over, it's only a matter of minutes before you're back at the car park.

There is much to commend this four mile walk. The history, the architecture, the landscape and the fact that half way round there is the chance for a cuppa.

Whether you tackle this walk by foot or bicycle, it'll give you a new perspective on our Preston city.

*With Thanks to Chris Pearce from LocalLife for supplying this walk.*



# 5 Reasons to Shop Local

One unexpected and welcome outcome from the Coronavirus lockdown is the way in which many small businesses have been able to adapt so that they can keep trading. We've seen cafes become grocers, restaurants develop collection and take-away services almost overnight, shops develop online e-commerce stores, and salon owners becoming YouTube stars as they share their skills and expertise with ever widening and appreciative audiences.

Even during times of crisis, the demand to shop can open up new opportunities in many industries. At Local Directory we've always believed that shopping local plays a vital role, and no matter what our world will look like in the future we should all carry on supporting local enterprise.

So here are 5 reasons why shopping local matters, now more than ever.

## 1. It builds local communities & strengthens local economies

When you support a local business, you are supporting your friends, family, and neighbours. The availability of local shops is especially important for the elderly, vulnerable, young people and those without access to private transport. Plus the more money that local councils make in rent and rates, the more they can spend on supporting local infrastructure and public services.

## 2. Local small businesses add character to towns and villages

A small business or boutique shop adds character to the city or town when you walk or drive by. In a world that has become increasingly dominated by chain stores, a local business's branding is unique and often quirky, adding something different to your High Street, offering an alternative experience, and bringing a much needed breath of fresh air into areas populated by generic stores and companies.

## 3. Shopping local creates more job opportunities and encourages entrepreneurship

A local business that becomes a success will

WHEN YOU BUY FROM A SMALL BUSINESS AN ACTUAL PERSON DOES

A LITTLE HAPPY DANCE

grow, and as they grow they'll recruit more staff from the local population. Plus their success will encourage other local businesses to open up to take advantage of the footfall, encouraging other people to take the plunge and become entrepreneurs too!

## 4. You get a more personalised service

Local business owners are friendly and engaging, they get to know their customers at a personal level and can provide better advice about their products and services. Local traders value your business more since their survival depends on their good reputation and repeat business. They can often adapt their products to suit your personal requirements, or source something bespoke for you, which big chains won't do.

## 5. It's better for the environment

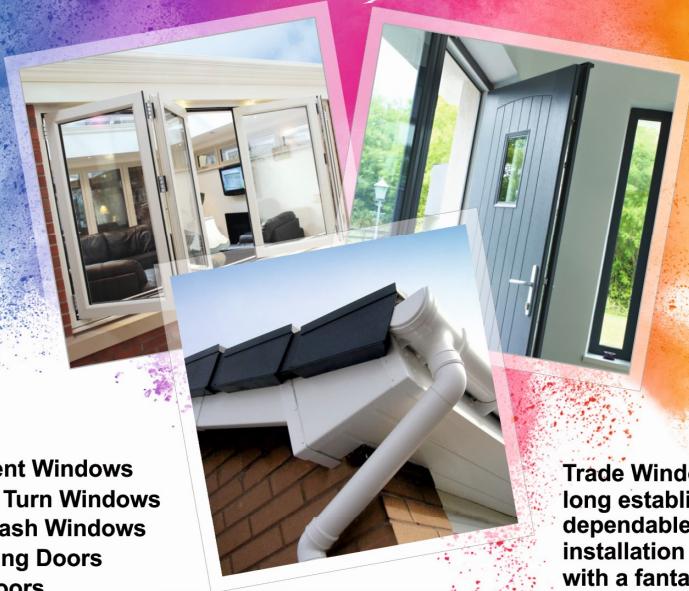
Shopping local means less mileage and petrol costs for you, which helps reduce CO<sub>2</sub> emissions. Plus local shops often stock locally sourced goods which not only supports the local economy but also reduces transport times and costs of the goods, which impacts positively on their carbon footprint.

We know it's tempting to default to the big chains or to buy online. But shopping locally is usually just as cost-effective and convenient, plus you are supporting your local community, rather than putting money in nameless and faceless shareholders' pockets.



# *Signature*

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# The Art of Home-School

Most children love to draw or paint. While so many of us are stuck at home it's a great way to keep them occupied too. A few friends wondered if they should be encouraging more 'mind-improving' activities such as maths and English worksheets. Art tends to be viewed as a 'bolt-on' extra in school. But art is so much more, and along with music should be given a much more prominent role within education.

Drawing, painting and sculpting help mental, social, and emotional development. Creating art boosts our ability to analyse and problem-solve.

As a conscript teacher in the 'school of mum and dad' it's easy to fall into the trap of 'right and wrong' when we would be better to remember that art should be about the process rather than the product.

As children manipulate a paintbrush or pencil, their fine motor skills improve. As they mix colours they learn about proportions, and when they experiment with different media they dabble in science. Most importantly if a child feels good about being able to experiment while creating art, it boosts their self-confidence. Children who feel able to try things and make mistakes develop more creative ways to think which extend beyond their artwork.

Lots of parents don't feel comfortable with art, because unlike maths there isn't a 'correct' way to do it', or they feel they have to intervene to make things look 'right'. So, I've put together a list of art websites that offer tutorials aimed at the children themselves rather than at their parents. They all use real world art equipment, not digital platforms and have all been tested by my own 10-year-old artist-in-residence.

**www.artforkidshub.com** - This is a lovely art website for kids. It has hundreds of tutorials, mostly for drawing, but some painting and origami too. Mr Hub does the drawings in a slightly speeded up time scale, but the instructions are clear and easy to follow.



**artprojectsforkids.org** - This site is run by an art teacher who has put together lots of fun art projects for kids. There are drawing lessons and craft projects.

**stepbysteppainting.net** - A great site packed with online step-by-step canvas painting tutorials, suitable for all the family, with a complete section dedicated to kids. Older kids who are keen artists will love the more grown-up painting tutorials too.

**thepaintrepublic.com** on Facebook - This is our favourite site by a country mile. Lindsay teaches live sessions on Facebook a couple of times per week. The tutorials then stay on the page so that children can access them at any time. She's an encouraging, enthusiastic teacher and paints along with her sons, who are funny, lively and very normal, and this is the big bonus for my own son, who is missing his friends and the banter of the classroom. We probably underestimate how much of the important stuff in a school day doesn't seem important at all. The silly incidents and funny anecdotes our children bring home are woven into the tapestry of their day-to-day existence, and at the moment that part of their lives is on hold. Lindsay and her boys are a breath of fresh air in our house. The art is great, and she also leads adult classes for when the kids are in bed. Cannot recommend this one highly enough.

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# What can I do when I'm feeling overwhelmed?

## Try a breathing exercise

For example breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed, and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out.

## Take a break

If it's possible, step away from what you are doing. You could read a book or a magazine, even if it's only for a few minutes.

## Picture yourself somewhere you feel calm

Even if you can't physically get away, your imagination can transport you to somewhere you feel calm. Think of somewhere relaxing and peaceful. You might choose a memory of somewhere you've been, or a place you have imagined.

## Listen to music

Really listen to the music. Can you hear a drum beat or a certain rhythm? Focus on the music, and let other thoughts fade away.

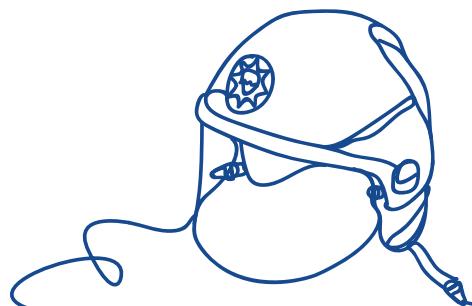
## Try a grounding exercise

To reconnect you with your surroundings. Look for and find one thing you can see, one you can touch, one you can hear, one you can smell and one you can taste.

## Stay safe

If your feelings become overwhelming, and you have suicidal thoughts or you think you may self harm, remember that you can pick up the phone at any time of night or day and talk to the Samaritans on their 24 hour Freephone helpline: 116 123.

You might also find that our information on How to cope with suicidal feelings is helpful.  
[mind.org.uk/suicidalfeelings](http://mind.org.uk/suicidalfeelings)



# Need support?

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Email: [jo@samaritans.org](mailto:jo@samaritans.org)

[Samaritans.org](http://Samaritans.org)

## Local services

Find your Local Mind and the services such as crisis helplines, drop-in centres, counselling and befriending they offer here [mind.org.uk/localminds](http://mind.org.uk/localminds)



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## Feature

Sometimes life is overwhelming, and it's especially overwhelming right now. Sometimes we need practical things we can do in the moment to help, that don't involve learning yoga, a new language or the ukulele.

### Restrict access to health-related news

It's important to keep up to date, but more than a few of us have found that the need to check and recheck has become compulsive, feeding our anxiety. It's better for our mental health that we if we limit the amount of time we spend reading or watching news to one or two periods per day.

### Try not to seek constant reassurance

It's a natural human response to seek reassurance. Reassurance makes us feel calmer for a while. It's difficult to provide reassurance in a situation where no-one really knows all the facts and things change from day to day. In this situation our brain can create a feedback cycle where we seek reassurance then have to re-seek it as the news shifts and makes us anxious again. In this way we become reassurance junkies, needing more and

## Half a Page of Calm



more. If you feel like this, it's time to take action.

### Exercise

Go for a walk. Jump. Dance. Shake your arms. Vigorous movement helps rid your system of adrenaline, which will help you feel calmer.

### 4-7-8 breathing

You can do this exercise either sitting or lying down. Place one hand on your belly and the other on your chest. Take a deep, slow breath from your belly, and silently count to four as you breathe in. Hold your breath, and silently count from one to seven. Breathe out completely as you silently count from one to eight. Try to expel all the air out of your lungs by the time you reach eight. Repeat until you feel calmer.

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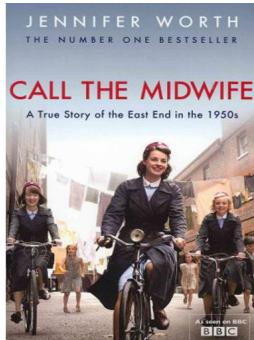
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## Book Review



### **Call the Midwife – Jennifer Worth**

If in lockdown you've been re-watching the entire wonderful BBC series *Call the Midwife*, you might want to take the time to read the books on which it's based. Jennifer Worth's bestselling memoirs recall stories of life, birth and death in London's East End during the 1950's.

It opens as Jennifer – then fresh-faced young Jenny Lee – arrives at Nonnatus House, a community of nuns who provide midwifery and district nursing for the close-knit families of the dockers of Poplar, and follows her as she lives and learns amongst them.

Jenny is an honest and sympathetic narrator, quick to point out her own failings. The nuns, from calm, steady Sister Julienne to mischievous Sister Monica Joan are characterised beautifully, and Jenny's fellow midwives are a memorable bunch. But it is the people of the East End who burst from the pages – from terrified runaways to hardy mothers of four (and even twenty four!), from seedy pimps to rough and ready dockers, all are described so vividly that they practically step out to meet you.

The backdrop is almost a character in itself. As the book progresses, the reader begins to understand something of the history of the area – bombed heavily during the war, it has not recovered by the time Jenny arrives, and many families are caught in limbo, un-

## A Good Read

able to do anything about their appalling living conditions. This element is explored in further detail in the subsequent volumes of the trilogy, particularly in 'Shadows of the Workhouse'.

And, of course, there are the birth stories. Every birth is different, and the book contains comic, tragic and poignant experiences. Worth balances human interest and medical detail deftly, never talking down to the reader but never baffling them with complex terminology, as she guides us through the emotions as well as the technicalities. For anyone with an interest in birth, midwifery, social history or just a good story, this is a must read.

### **The Hunger Games – Suzanne Collins**

We've watched all the Hunger Games films again while in lockdown. They are a great lead-in to the books which if possible, paint an even more vivid picture. Collins' dystopian vision of Panem is even more sinister on the page. This land, which was once America, is now divided into twelve districts, controlled by the Capitol and subjugated both by hunger and by the yearly tradition of 'reaping' one boy and one girl from each area to fight to the death in a televised theatre of cruelty.

In order to save her sister from this fate, Katniss Everdeen steps forward to take her place. Instantly her life changes as she is taken first to the Capitol for a series of rituals, and then thrust into the Games themselves. To complicate matters further, she must decide whether her fellow 'tribute' from District 12, Peeta, can be trusted or whether he must be sacrificed in order for Katniss to save herself.

This was the novel that turned my reluctant teenage reader into one who stayed up well into the small hours to finish it. And like all the best fantasy writing, it allows us to reflect on our own world, and how we treat others. No bad thing right now.

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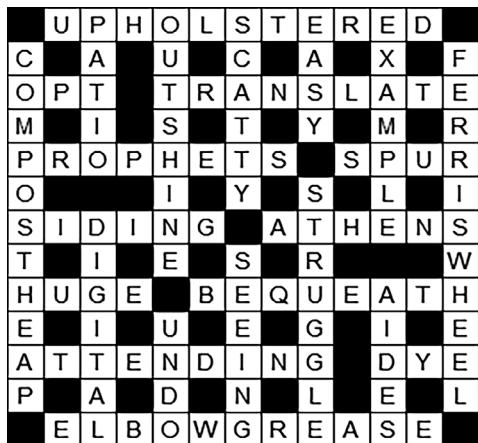
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# Puzzle Solutions



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3	9	1	2	7	6	5	4	8
6	4	2	5	8	1	9	3	7
9	5	7	6	1	8	3	2	4
4	6	3	7	2	9	8	1	5
2	1	8	4	3	5	7	9	6
8	2	6	3	5	4	1	7	9
5	7	9	1	6	2	4	8	3
1	3	4	8	9	7	6	5	2

## Mindbenders

Base line  
Uphill struggle  
An inside job

## Lateral Thinking

One went through at 8am and  
the other at 9am



Fuzzy Photo  
David Beckham

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Help is available if you have a medical condition which makes you vulnerable to COVID-19, especially if you are over 70. You also qualify if you are pregnant or have a disability.