

Welcome all to our third Noticeboard during lockdown. I hope you are all keeping well. Again I would say please let me or our Welfare Officer know if you are unwell or would like any help and support.

I know it is hard for us who are such passionate walkers to limit our walking, but the government advice is not to walk for more than an hour a day and not to drive to somewhere in order to walk. There are good reasons for this and I would urge all of you to follow the advice and guidelines – it is not a matter of protecting yourself but of protecting others such as emergency services who might have to come out to you if you hurt yourself. And if we feel this is difficult, think of those millions who live in London and don't have the green spaces available on their doorstep as we do. We all look forward to the times ahead when we will be able to return to our wonderful walks and social gatherings.

Rather than always hearing from me, I have asked Sarah Darby to contribute this week's Noticeboard and the rest of this email is from her.

Judy Brua – Chair



Easter Greetings to you all. Such a strange Easter with signs of buds and new life in nature but humanity is in lockdown around the world.

I feel very privileged that Judy has invited me to write our Noticeboard for Easter week, then I wondered, why me? Perhaps as a non walking member of ESW it makes a change

to have a non walking Noticeboard during a non walking week.

First of all, may I welcome Barbara W and Linda R back to East Surrey; both in quarantine and lock down in your own homes...sounds awful but probably much better than the confines of a cabin on a cruise ship unsure when or where you might disembark. I guess it is an expedition that will be talked about for a life time- no coincidence perhaps that Barbara W had a headmistress called Shackleton.

My husband Arthur greatly misses the variety of walks, destinations and conversation which he enjoys in your company especially when the weather is so perfect for such outings. So what have we done instead? Last Sunday we got our bikes out of the garage and cycled from Limpsfield to Staffhurst Wood. There is so little traffic that every road feels like a cycle track. The lack of white noise meant we could listen. There were few bluebells but the woods were alive with birdsong and early spring buds and wild flowers. If you have bikes but don't use them for fear of lorries and selfish drivers, now is the time to use them again and really enjoy this peaceful time on the roads.

Perhaps many of you feel as I do. What can I do to help this quite extraordinary situation to help those who are struggling? This week I received a delivery of 15 meters of royal blue polyester cotton and a pattern. I am in the process of making scrubs for my daughter in law, a London doctor who normally wears her own clothes to work. This is not permissible at present, and there are not enough NHS supplied scrubs for all the staff on duty. Oxted Health Centre has its own appeal <https://www.justgiving.com/crowdfunding/opag-ohc> to raise money for fabric and other protective clothing. Sixteen local sewers are making hats gowns and scrubs for ESH. Equally you too may have a relative who is working in a highly infectious environment and would value some scrubs. Patterns are available on the website:

<https://www.theavidseamstress.co.uk/collections/a0-sewing-pattern-printing/products/copy-of-scrub-a0-printing>.

For many of us this will be an Easter without friends and family to enjoy a long spring weekend. Churches are closed so unable to celebrate the message of Easter. Everybody can enjoy one of the many services on line from their own home. If you are unsure where to look, may I suggest you think about looking on YouTube 09.30 St Johns Hurst Green. We have watched three of their services and really enjoyed them. They are also available after the initial broadcast so that you don't have to tune in at 09.30 on Sunday.

Now for a poem which some of you have seen and enjoyed. It was sent to me by a friend in Australia. She does not know the author so I cannot acknowledge her by name. Enjoy!

This could apply to the blokes too !



I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married

And turned into someone's mum,
Somebody's wife, then Nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide

To fit through the flaming gates!

Looking forward to seeing you again soon . Lets hope the cream tea will be permitted!

Sarah Darby



WALKING FOR PLEASURE
