



## My Lockdown Covid-19 Challenge Part 3 Coping with Lockdown easing and a stressful few weeks

It's been a few weeks since my last post and what a challenging few weeks it has been. I am however still smiling and optimistic (there's a song there, 'be optimistic don't be so grumpy just smile'). It has been a mix of illness, stress, beautiful moments and 'Gardeners delight'.

I have to admit that the easing of lockdown has been a mixed bag of feelings for me. Initially not many masks about when I first had a venture out put fear into me like I was not expecting, but do you know what, there are thousands of people who feel and felt the same so as I said previously "it's ok not to be ok!" I didn't go out again for a week. Then I decided that if it was absolutely necessary I would brave it with a mask to make myself safe (I just struggle with the views of the few who seem to think only of themselves and not others and think its ok not to wear a mask). I have been out to do food shopping 3 times now and initially when there were staff outside ensuring you only went in a few at a time and were cleaning the trollies it wasn't so bad but even that seems to have slackened and I now make sure I take my own wipes and sanitiser for my hands and trolley and just about everything I touch. Personally I wash everything with a solution of bleach and soapy water as it comes into the house to be doubly sure nothing is coming in. It's a pain and takes ages to put the shopping away but for me if it makes me feel safe it's worth it. I wonder what little habits others have developed over the last few months to make themselves feel safe, I would love to hear about them (you could put them on the community chat; it may help others realise that we all have our own "new normal"). It is good though to go out into the world and have interaction with others.

I have finally been able to see my children and grandchildren in the garden, however this social distancing is so hard not to have a proper (not virtual) cuddle is heart-breaking for us all but it's worth it if we can at least see them in person. I still can't wait for the day we can actually have a hug and kiss.

There have also been lots of nice things. My garden, especially the vegetables, is being very productive and there is nothing quite like home grown. My favourite runner beans are delicious.



I've planted my second crop of potatoes in my little plot in the garden and also put some in some new potato bags I purchased when I last went out. They are quite ingenious as you can harvest the first few new spuds from lift up flaps on the sides. I will let you know how that little experiment goes on. I had some rhubarb that didn't like where it was so I took a risk and moved it into a large container and it is now flourishing so hubby is looking forward to his next rhubarb crumble. Oh and I have cucumbers from the greenhouse coming out of my ears but we love them. Another hint to a song here 'inch by inch row by row, gonna make this garden grow'.



If you have read my previous pieces you will know I have a love of Bertie my local blackbird, well he had a second brood and brought his babies to see me, how cool is that two lots in one season, just goes to show how the weather affects nature. At this rate we will have four and twenty blackbirds in a few years lol.

I love a walk around the garden after a shower or bit of rain, aren't raindrops on roses beautiful. Also having visits from next doors cat, she is so funny (whiskers on kittens).



The strangest new visitor to the garden was a stag beetle and don't know if you will see from the picture above he had an ant going for a ride on his back, it was fascinating to watch. This has been another positive over this lockdown I am taking time to notice these things.

The colours in the garden of the flowers this year has been stunning, I truly realise how lucky I am..



During a pretty bad week whilst on yet another course of antibiotics I wasn't up to much gardening, I did however sit at my craft desk and actually made a card for my sister's birthday (she love cats of all kinds). I also made cards for my Aunties who are in care homes to cheer them up. I find crafting very therapeutic, certainly takes the mind off of pain!



I had a birthday during July and my hubby made my day truly memorable by taking me to West Bay (it was quiet when we arrived) and arranging my favourite seafood lunch which we ate sitting on the quay with a little put you up table and proper plates. How luck am I? Truly blessed.

So... all in all its been a productive few weeks where challenges have been overcome and I have come out of writing this feeling positive as when you look back you realise just how much you can achieve even when you have been poorly, in pain and in strange circumstances this new normal puts us all in. Keep smiling; you can cope, thinking of you all. Lesley ☺