



# Twenty's Tweets

COVID-19 AWARENESS

Together  
we can

OVERCOME!

#TogetherWeCanSaveLives



International Inner Wheel

District 20's Newsletter

*Lockdown Special!*

May 2020

## Maureen's Mutterings !

Hello Ladies!

I do hope that you are all well and avoiding any ailments that are with us at the moment.

Unfortunately, most of the events that had been organised for Inner Wheel clubs for the Summer months have had to be cancelled but hopefully we will be able to resume normal activities and get together in the Autumn.

You will hopefully be aware that the current District Executive are remaining in post until June 2021. This we feel, will give us all some stability for the District. I know that many of the clubs in District 20 will be remaining with the same Exec for the forth coming year and some of course will be changing. Whatever decision you have made for your clubs I can assure you, that you will have my full support and that of the Executive too.

One thing I would like to promote is that you all keep in touch with each other and contact friends and members in your clubs, especially the ladies who live by themselves. Please, pick up the phone and give them a call! I met my neighbour last week (keeping 2 metres apart of course) and I asked her how her father was coping as he lives alone. Her response was, "Whenever I try to call him the line is often busy, my father has decided to call two different friends every day to have a chat. He's apparently going down his Christmas card list, and thoroughly enjoying catching up with old friends and relatives!"

I thought this was a wonderful idea and maybe you could try it too!

With all this wonderful weather we have been having I expect your gardens are looking good enough to enter the Chelsea flower show and I bet your homes are cobweb and dust free and everything is in apple pie order! I just wish I could say my house and garden was like that but I have been knitting and so far I've completed two buggy blankets and nearly two matinee coats for our new expected grandchildren! Maybe I'll start on the housework next week!!

Please look after yourself and your loved ones. Keep safe and well.

Every good wish for the weeks ahead.

Yours in Friendship

*Maureen*

Our District Chairman Maureen's charities are District 20's  
"Mission 20:20 Restoring Dignity to Women and Girls"  
and  
"School in a Bag"



## Bath *(Jenny Jones)*

Some of our members have been busy making scrub caps and other protective outfits - laundry bags for PPE - face masks as well as knitting premature baby clothes and blankets. At the same time many have kept in regular contact with each other, and the lonely, with regular telephone calls, whilst one of our members has been successfully growing bedding plants from seeds. Then on VE Day childhood memories were shared.

However, the prize has to go to Hildegard for her finding and sharing many interesting/ amusing videos with us all – Thank you very much Hildegard for raising our spirits.

Let's hope we all meet again very soon.

### *Apologies to Wordsworth*

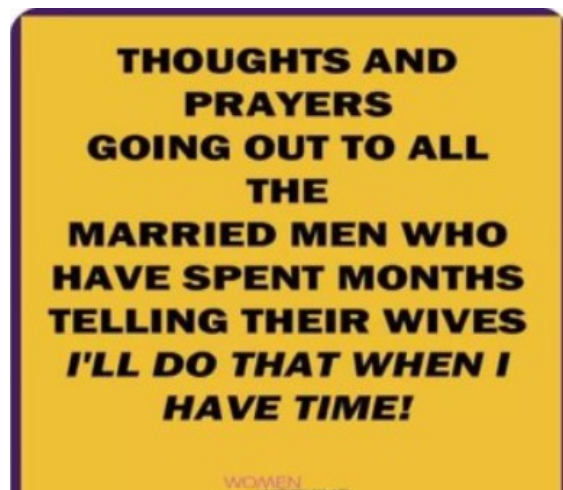
I wandered lonely as a cloud  
Two metres from the madding crowd,  
When all at once my name was called  
To enter Waitrose hallowed hall.

This was the pensioner's special hour  
I'd gone to get a bag of flour.  
But I forgot, when through the door  
What I had gone to Waitrose for.

The Waitrose staff were extra kind  
I told them it had slipped my mind.  
They asked what else I had forgot  
They clearly thought I'd lost the plot.

I phoned my wife again to ask  
And remind me of this special task,  
"I need some flour to make a cake  
With all that cream you made me take."

"Yes." I recall - I had to lie  
I dared not ask what flower to buy,  
But then I saw them next the tills  
A bunch of golden daffodils.



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## Taunton Vale *(Cheryl Birkett)*

Joint President Mo Hodges was a very willing helper when our speaker needed a volunteer to try on the kit worn by RNLI when they go out on a "shout". It was a really interesting evening that brought home to everyone how amazing and brave the volunteers are when they go out into the unknown.

As always our membership have carried on caring for each other. We now have a buddy system in place so actively keeping in touch with each other by phone and with our own WhatsApp site to post lots of messages and silly videos! Our committee meetings are by Zoom and we hope to meet together next month on this medium with our whole club, exciting times!

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## Bathavon (*Janis Giles*)

### My Garden in 2020

I'm working in my garden  
I'm working day and night  
I'm digging, weeding, planting  
I've got to get it right

My sleeves rolled up  
My boots pulled on  
I grab a fork and spade  
No time to stop for coffee breaks  
'Til flower beds are laid

I'm feeling very virtuous  
I'm wallowing in success  
The garden's looking really good  
Gone is all the mess.

I'd like to open up my garden  
To friends, neighbours, family  
But the only one to see it now  
Is me, me, me.

The sadness of my story  
I'm sure you all will know  
With corona-virus lurking  
There's nowhere one can go.

*But*

Let's give a thought for people  
With no garden in their lives.  
A flat, a room ten storeys up  
In a High Rise.

Take care, keep safe, stay home.

I'll work on in my garden  
Wishing Co-vid will soon be past  
And freedom came for everyone  
And Hope return at last.





## Chelwood Bridge *(Ros Anstey)*

Linda Quinn has been knitting pink hearts for the Bristol Royal Infirmary she had picked up a message from two nurses working in the General Intensive Care in the BRI which was a request. They mentioned that it is very difficult for families who have loved ones inside the ITU, especially when loved ones pass with no family able to visit and had come up with an idea which they thought might help support the family during this difficult time. They asked if we could knit matching pairs of hearts, they specify a size but any design was fine. They would keep one heart with the patient and send the remaining heart to the family along with some forget me not seeds to plant in their garden. They have ways to sort the infection control. Linda thought this was a super idea and as we all have



some time on our hands and she had needles and wool she'd make a start, saying, Anything that might help families through what is a very difficult time.

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## West Woodspring *(Angela Castell)*

Like many clubs at the moment we are unable to do any projects, but one thing members are making knitted squares and Carol Schubert is sewing them together and doing a fantastic job of it. The picture is attached. The other picture are of 106 squares made by myself and Jackie Cottey and are awaiting delivery to Carol to be sewn together. The blankets will be given to the Salvation Army to be distributed to the homeless.



On Monday 4th of May we held our first ever remote committee meeting by Zoom and were looking forward to it with some trepidation. However, we covered our agenda items and planned our next remote committee meeting ! We agreed to email all members to encourage them to attend our A.G.M. on Zoom. We have also had an offer of a talk to be done at a Zoom meeting sometime, which is encouraging.

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## Wrington Vale *(Wendy Welham)*

Well we've certainly scrubbed up well!

The call went out for old sheets, material that was washable at 60° and the colour didn't matter, and anyone with a sewing machine who knew how to use it. The photos show a small proportion of the scrubs that were eventually delivered to Weston Hospice together with some of the sewers (that's people who sow and not the other meaning of that spelling!) The name of the trousers has been changed from 'Pru's bottoms' to 'Pru's trews' because it sounded more dignified.







A couple of ladies in our club have been doing a virtual walk! Club members are sponsoring them and I hear that several others in their respective villages have kindly done the same. The plan is to walk for 30 minutes a day for any 30 days before the end of June. The pictures are of the walkers and the wonderful walks they are going on – separately of course!

Ann Thatcher is doing the Orchard Walk in Sandford and Angela Jones is doing the Donkey Walk in Winscombe. To date Angela is in the 'lead' having completed 23 walks while Ann is on 21 walks. If this lovely weather keeps up I think they'll achieve their goal before too long.

This walk is the brainchild of President Elect Nic (Angela's daughter) and the money raised will be going to Weston Hospice in memory of Rotarian Roy Jones who was a dear friend to many people and is sadly missed by all. Interim reports from Treasurer Pam says she has so far received £615!

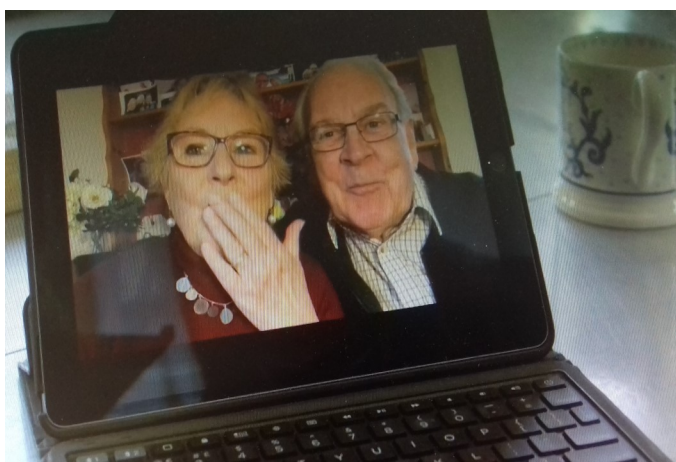


## Midsomer Norton & Radstock

*(Susan Meadows)*

You have asked for IW snippets.. well here's an improbable & light hearted one. My husband Roger and I were asked by our film cameraman son David to join in a Birdseye advert! So from our kitchen table we set up my iPad & sent a clip of us waving & blowing a kiss to our teenage grand daughters miles away who can be seen in the first clip waving to us. All very quick & if you don't blink, you might spot us!

<https://www.birdseye.co.uk/our-brands/helpful-ideas>



Our Club have just donated £50 to our local food bank.

Incoming President Heather Langridge had a big surprise over Easter when she and her husband Rod were in "lockdown isolation". The doorbell rang and there on the front step was their neighbour Nikki dressed as an Easter bunny and bearing all their groceries.

"Nikki has been an absolute gem", said Heather. "Not only has she done our shopping, but she and her husband Dave have kept up our spirits as well. They are among those I have been clapping for on Thursday evenings"







### **Westbury** *(Chris Bristow)*

In the week prior to the 'lock down' starting, eight of our members got together at Joanna Earney's house to fill rucksacks with items that had been collected by members. These full rucksacks are to be donated to 'Mary's Meals' once we are back to normal. At the moment they are being stored in Joanna's dining

room! The photo shows members with the items ready to put in the rucksacks.

Two of our members have been busy with their sewing machines. Maureen Coward has made 48 'scrubs bags' from unwanted quilt covers, which are being sent to the Royal United Hospital in Bath. She was hoping to make

50 but ran out of material, but all the same it was a wonderful thing to do. Pat Harper has also now started to make some 'scrubs bags' and has already made 10 - keep going Pat and well done! She is using offcuts of curtain lining to make them.

Many of our members have been keeping in touch via phone and email, telling each other what they have been up to. Most of us are missing our get-together's at meetings, coffee mornings and lunches, but all seem to be making the most of the nice weather and getting out into the garden and going for walks in the countryside. I'm sure we will all appreciate our times together much more once we can meet up again.

On a lighter note to finish, I wonder if any other clubs can match this?

Three Committee members are celebrating consecutive days birthdays! Pat Harper, Treasurer, on the 9th May, Linda Eaglesham, President, on the 10th May and Val Algar, Secretary, on the 11th May!!

Can anyone beat this?

### **Burnham on Sea** *(Sue Newberry)*

Member Kelly who works at a local Residential Home, asked about scrubs bags and this escalated into a proper little cottage industry. After Kelly's request and following a phone call between Penelope (ISO) and Rita (President) it was decided that we would see if the other nursing homes in Burnham had a need as well. Rita asked the Village Agent in Lympsham to put out a request in the village and an SOS was also sent to Club members who have been raiding their linen cupboards. People have been so generous in not only donating goods, 11 dustbin sacks to be precise, but also volunteering to sew them up. This has been achieved with the help and co-operation of Lympsham W.I. and it has been wonderful to collaborate with them. Several members have been busy sewing up the bags and Rita has villagers from Lympsham sewing as well.

We have now supplied scrubs bags to Burnham Hospital, Highbridge Medical Centre, Weston Hospice, Bridgwater Hospital, Brunel Care and the local Nursing Homes. The latest batch are going to Musgrove. To date, in the last 17 days we have supplied 633 bags – what an achievement.

The willingness to help at such a difficult time has been really heart warming as people have told me that it is so



President Rita (BoS), Anita (BoS) and Angela (President of Lympsham W.I).

***And from Rita Jolliffe President of Burnham-on-Sea I.W. and Angela York President Lympsham W.I.***

Inner Wheel and the Women's Institute are two of the largest women's voluntary organisations in the world and it is a huge privilege to be able to join forces to achieve this amazing result. Thank you to all members and friends who have so willingly offered to help.





nurses at Weston Hospital, whose hands are suffering greatly from the continual washing and sanitising they go through each shift. Grateful thanks go to the local Body Shop agent who has provided these hand creams free from her commission.



30 Memory Bags have been sewn and donated to the Neo-Natal unit at Musgrove Hospital. These are for the parents to keep Babies first hat, blanket, hospital band etc in and take them home with their baby.

20 Breast Cancer cushions have also been delivered to Musgrove Hospital in the past couple of weeks.



good to be able to do something to help those working on the frontline. A special 'thank you' goes to Penelope for initiating the making of these bags.

Members have donated £90 to purchase 31 items of handcream for the

## Mendip (Linda Wright)

Just before the lockdown a few ladies were able to get together and make some picc line covers (*peripherally inserted central catheter—I had to look up picc!*) These were subsequently taken to Weston General Hospital who were very appreciative.

We were supposed to be meeting to sew faces on to the knitted teddies but have been unable to get together, so at the moment Irene McIntosh has them and is occupying some of her free time completing them!

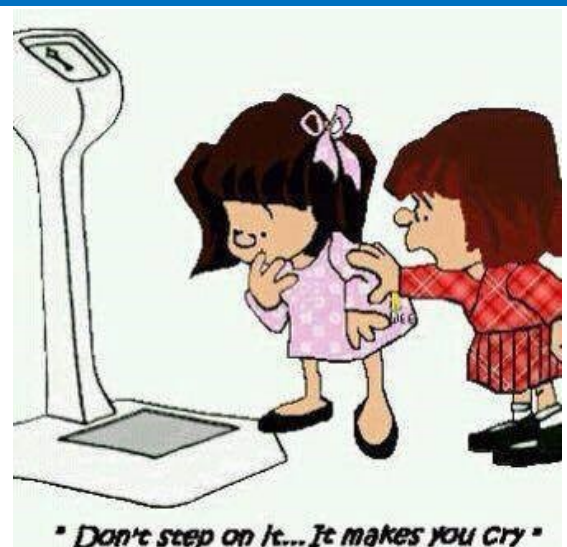
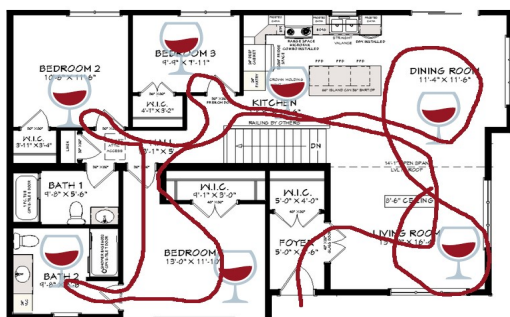
We have been holding Zoom meetings - modern technology, hey!! They are good fun and no one knew who was in their p.j. bottoms!! We all agreed that the lesson learnt was "how to go up 2 dress sizes in 4 weeks.

Members from Inner Wheel and Rotary dusted down their sewing machines and have been learning new skills.....like French seams!! Some donated material, Some cut & pinned, some sewed. 78 laundry bags went on their way to the hospitals in Bath.



Mendip Rotarian, Marc Angliss, handing over face masks to Touts Pharmacy in Cheddar.

## PLANNING YOUR NEXT WINE TOUR WILL BE A LOT EASIER THIS YEAR





## Frome (Gill Barnes)

We are all at present helping with Fair Frome giving either money or food/goods to help the needy in Frome. Our Rotary President Margaret Gilmour is on the committee of Fair Frome so we have helped them a lot and also Dorothy House who have a Hospice in our area.

May Meeting with a difference—From President Sue: This evening would have been our May meeting so as we can't be together I thought I would send you a short message. As it happens perhaps it is just as well we can't have our meeting as I have developed laryngitis and have no voice at all. Not infectious but rather sore. Hope it will go away soon. I do hope you

are all well and coping with this prolonged social distancing. The lovely weather we have enjoyed until the last couple of days have helped for Michael and me being able to be out in the garden. Spring is such a lovely time of year and helps to cheer us all with warmer days to come.

Thank you Jenny for suggesting we all raise a glass at 8.00pm this evening and then send a photo to Gill for her to send to Twenty's Tweets. It will be good just to take a minute at that time to think of our Inner Wheel friends and send on silent good wishes to all for continued health and safety in these uncertain times. Let us hope it won't be too long until we can meet again.



Good to see Ronnie, Sue, Judy, Kate, Pam & Jenny raising their drinks!

**From the Editor**—yes in the middle of it all! I was so surprised by the amount I have been sent for the Tweets that I have tried to include it all to the best of my ability—yes a lot of it is repetitious in that clubs are making scrubs etc—but why not see what everyone else is doing? Its fantastic how much has been accomplished by you all!

Thank you to the correspondents and others who have sent contributions and I'm putting all the odds and sods at the end!

**Question?** Have you figured out any pattern in the order that the Clubs have been written up? There is only one that is not where it should be in the great scheme of things. I thought I'd have a bit of fun this time.....

**Who has the foggiest notion about what I've done?**

Email answers to [20tweets@uwclub.net](mailto:20tweets@uwclub.net) please!





## Sedgemoor *(Ute Smeed)*

The Sedgemoor ladies appear to follow an agenda, starting off with attending to their gardens with vim and vigour, followed by cooking, baking and knitting and crochet work. The Breast Care Cushions are not forgotten. Silk is ironed, cut out and sewn up ready for stuffing. Two members in particular should be mentioned. They have a great scheme in progress. Both isolating but the goods are exchanged by personal courier, a Fireman, no less who lives near one and works near the other. He kindly picks up and drops off on their door steps.

Some of us have taken up writing and writing of poetry, some are painting.

We are unable to physically involve ourselves with caring for others but many of the knitted and sewn products, the latest being large cloth bags for Health Care Workers Kit ready for the disinfection, will go to good causes.

Masks are being sewn for family and for our club members.

We sent a valued cheque to Musgrove Park Hospital which was very much appreciated. Like most people we engage in clapping every Thursday and meet the neighbourhood at the same time – at a distance, of course.

We definitely think more deeply about life and our life in particular. We appreciate our family, friends and neighbours even more than before. We talk far more frequently. Although we are isolated we are in touch all the time at a press of a button. We send pictures, poems, “funnies” or write about what we are doing.

Last but not least some pictorial examples:

Dr. Ted for one member's daughter who is a Health Care Worker at Musgrove Park Hospital in Taunton.



These Teddies are resting in their basket awaiting delivery to a charity.



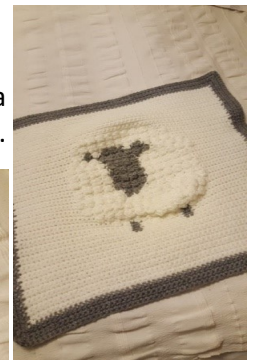
But are they?

They heard about “action photos” and look what they are up to!



A beautiful quilted blanket and toys for the first great grandchild!

A crochet blanket and a lamb for a new-born granddaughter.



A first attempt at knitting for the doll and a sweater for a caring daughter,



as well as silk being ironed for the Breast Care cushions.



## Taunton *(Theresa Dowsett)*

In February, before the lockdown, 12 members attended a cookery course at Santa Checkleys in Drayton, and much enjoyed eating their meal afterwards.

To make sure Taunton members keep in touch during the lockdown, Presidents Angela and Anne have instigated a CHAT communication online. We have learnt much about each other and our families. President Angela has family living in France where they have to download a permit before leaving the house. President Anne has become a keen birdwatcher. One member is writing her life story for her grandchildren, while several are helping with school work online. Many members have commented on the joy of chatting to their grandchildren via Facetime or Zoom but how much they miss physical contact.

Several Taunton members live in Blagdon Village Community., one of whom celebrated her birthday with everyone sitting 6 ft. apart while eating her cake. One member has been involved in the formation of a



mutual support group in her neighbourhood, another has turned to poetry, whilst our most senior member enjoys a video conference with her French group or doing her Spanish homework on the computer. Many of us have been busy in our gardens. Most members have remarked on the peace of the lockdown and how lucky we are to live surrounded by our beautiful Somerset countryside.

## Wellington *(Yvonne Coupe)*

President Rosemary and the committee have agreed to continue until July 2021. We have postponed our Inter-Club lunch until October 2021, when we hope life will have returned to normal and we can all meet again socially.

During the lock down we have been busy keeping in touch with each other by phone, email and Facebook, shopping for friends and neighbours confined to their homes and knitting canula sleeves and jackets for babies and squares for blankets. Some of us have made 'scrubs' for local NHS and healthcare workers and others helped to deliver information leaflets from the local council and Wellington Coronavirus Community Group giving contact numbers for shopping and prescription delivery requests.

We have given £1000 to our local Blood Bikes group, President Rosemary's charity, to enable them to

continue their vital work to support the NHS at this challenging time and we are putting aside the money we would normally spend each week having coffee out with our friends to donate to charity in due course.

President Rosemary always ends our meetings with an appropriate verse. In this month's club newsletter she wrote:

Life is a book in volumes three -  
The past, the present, and the yet-to-be.  
The past is written and laid away,  
The present we're writing every day,  
And the last and best of volumes three  
Is locked from sight - God keeps the key.

We send our best wishes to all members in District 20 and look forward to meeting up with you again at the end of the tunnel!

## Yeovil *(Elizabeth Brown)*

The Club held their first Zoom Coffee Morning recently. It was so good to be able to actually see everyone and catch up with how we are all coping with lockdown. Many thanks to member Jill Stevens for arranging it and well done to all of us for managing to cope with the new technology!!!! We are now looking forward to next one.

When it became apparent that medical workers needed scrub bags to place their scrubs in for washing, we were fortunate that member Margaret Spurr, as Chairman of







the Friends hospital shop at Yeovil District Hospital, had just the right contact. Margaret, Carol Price and some of Margaret's friends made bags with the amazing result that 126 bags were delivered to the hospital. One of the bags in the first photo has a Nurse's Prayer attached to it. We are now hoping to make scrubs. Several members of the Club are on the committee of the Friends of Yeovil Hospital Charity and the charity recently supplied 500 wooden hearts that can be written on by a loved one to give to a relative in the hospital.



## Chard *(Desi Fradgley)*

We have held zoom meetings since the lockdown and it has been a lovely way to keep in touch.

The nurses in Chard Hospital were delighted to receive a gift of hand creams and body lotions from the Club and donations of "Dinner money" have been made for local charities with so far £250 going to The Lords Larder.

At our AGM, which was held Just before everything came to a grinding halt, Jt. President Penny read this great Pam Ayres poem, which was just what was needed that evening!

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 damn 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!



On a slightly more serious note, I had a little panic attack one evening, and had to take several deep breaths and thought I hate being cooped up. I like the feel of a gentle breeze on my face, the warmth of the Spring sunshine and to be out walking in the countryside, all of which I am now deprived of to some extent, in splendid isolation with my lovely better half. Then, I don't know why, but Terry Waite came to mind, and the awful situation he found himself in. Kidnapped, blindfolded, held as a hostage, all alone, kept in terrible conditions, no home comforts, not given food as we knew it, abused, never

knowing from one hour to the next what was facing him, kept like this for 1,673 days. Nearly five years. Never knowing any news of his family, friends, colleagues. BUT HE KEPT HIS FAITH. At times he must have wondered if and how his situation would end. And here we are, in the comfort of our own homes, food, medication, support from friends and family. We have only to pick up the 'phone and we can chat to someone. We also have social media if we want it.

### HOW LUCKY WE ARE.

## Crewkerne

Member Jan McNeill has been working hard with her live online concerts for the local nursing homes, the local community and Inner Wheel. She did a special one for VE Day and has a weekly request 'show'.



### SOMETHING I WILL REMEMBER ABOUT LOCKDOWN—Linda Quinn

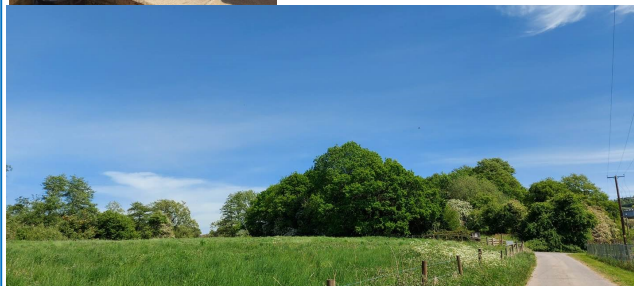


In the situation we have been in, I have been shielding at home due to a few health issues. I have on lots of occasions wanted to escape but knew this was not possible. Husband Tony was able to do his daily exercise and took some quite long walks across the fields following the public footpaths. This way he was not coming into contact with too many people. When he returned he told me about what he saw as spring was blooming around the countryside. He then decided to take some photos on his phone to show me what was happening in the big wide world. This means I have been able to see primroses and bluebells and beautiful blossom, also wisteria, magnolia and clematis covering walls and houses. The leaves have come onto the trees in that lovely fresh green and there have been pictures of sheep, goats, cows and calves and even a Shetland pony, as well as some superb views. This has meant that I have enjoyed Nature from my own front room.

As well as this I must thank one of our members Ros Anstey who most mornings takes a "Walk on the Wildside" not too far from her home in Keynsham. On Facebook, she describes what she sees on her walk, early in the morning. There are lots of dog walkers, joggers and cyclists but not quite so many cars as there used to be. She tells me about the gardens and the flowers and I can almost smell the lilac and cherry blossom. Sometimes it is cowslips growing on the verges and the description of the bird song is something else. She seems to have a following of starlings and pigeons and there is often a friendly robin. When she returns home for

her breakfast and coffee she has her usual friends waiting to be fed in her garden. I hear about bears and rainbows in the windows and blue flags for the NHS and she often has childhood memories brought on by what she sees and smells, which are often very similar to my own.

I would like to thank Tony and Ros for keeping me in touch with what is going on outside and so often making me feel that I have been on their walk as well.





**We thought we'd ask two questions—and thank you to all who answered. I was going to collate them but although many are essentially the same, they have been phrased differently — so here it is in full!**

### **What do you miss the most during these difficult times?**

- I have missed the family visits and events planned over the last few weeks. My brother's 60th birthday and retirement party was cancelled.
- I've missed spending time with my Mum and my children.
- I have missed going to work and being with people. As a teacher I have missed the daily interaction with young people.
- I also miss going out for the day to visit another town or National Trust property.
- Having a coffee and lunch out.
- Seeing and hugging grandchildren
- Mixing and being with other people
- The luxury of a weekly visit to the hairdresser (*and my physiotherapist - Jenny*)
- Coffee and chat
- The uplifting music of the Church Choir
- The sound of children's voices playing in the park
- I miss my family and friends - seeing them in person - the hugs especially.
- Moving freely outside and browsing in shops, visit theatre, concert, cinema, restaurants or watching Sport, particularly when grandchildren are involved.
- Family and friends, going out as I please, the gym, having my hair done.
- Freedom of movement. I haven't quite walked up the wall yet but thinking about it! It's 7 weeks since I went out of the drive as I am not too good at walking. Hoping to get round M&S in the next couple of weeks!
- Not being able to go for days out on a whim, meeting up with friends.
- Social interaction e.g. meeting friend for lunch, coffee and dinner and being able to visit family.
- Holidays, lunching with friends and going to our beauty spots.
- The physical embrace, a hug or a kiss from a loved one, whether it be one of my children, grandchildren, family member or friend. It has been great being able to chat on a video link but to see and to touch, in person, is the most precious thing that I have missed.



- My family they are in Hampshire us being in Somerset is really hard.
- My children grandchildren & friends.
- Playing table tennis, short tennis & the people in the clubs
- I have missed going to the beach and going to the Quantocks or Lambert's Castle for picnics, also missed the Churches being open as normal.
- The overwhelming Club response : physical contact with family - embracing playtime with grandchildren or great nieces and nephews - and friends, actually visiting or receiving visitors and spending quality time together. Hugging and kissing are part of this. One member suggested once we are able to conduct a proper IW Meeting we would not need a Speaker, time would be spent just hugging each other and chatting face to face.



## What have you appreciated/ gained from isolation?

- I have slowed down, listened to the birds, discovered new walks in that I can do from my home.
- I have realised that I can occupy my time without resorting to too much day time TV.
- Better with modern technology
- Learned to cook and/or expanding culinary expertise
- More telephone calls from children
- Clear blue skies with less traffic noise
- Less pollution
- No rogue telephone calls
- I am appreciating the opportunity to do creative things I haven't done in a long time and the opportunity to help key workers by making scrubs, masks, headbands and hats.
- Also appreciating the tranquility I feel in our beautiful countryside and the peace I feel and hear when I am out on my walks; birdsong, horses gently neighing, the hum of a tractor or mower on the distance.
- What have I appreciated :neighbours, phone calls, video links, time to paint Birthday cards etc, food deliveries & MY HUSBAND
- On the plus side the calendars are empty so the days revolve around gardening, spring cleaning!, meals delivered once a week and no rushing.
- To be in charge of our time without the ties of a hectic agenda.
- Technology per se. We can text, email, zoom, enjoy facetime , download items of interest.
- The most fascinating example is this: The Grandparents could not travel to welcome their new granddaughter, the first baby of their son and daughter-in-law. Technology made this meeting possible. They could speak together and admire the new- born baby in a large picture from all sides. You can see the picture again on the iPad resting on the couple's table and recording this special event! It is magic!
- Things gained are Peace, no crowds or traffic and our wildlife being free of human noise and humans destroying their habitat.
- What have I gained the most? Well, weight mostly but I have been very resourceful, particularly, with food and have even eaten a mouldy crust from a loaf of bread! Besides that, the thing I have gained the most is the appreciation of the trees, flowers and shrubs in my garden. Over the last seven weeks, I have walked around my garden, every single day, and noticed the changes as the leaves have sprouted and the flowers have developed. I have smelt the delicate fragrances of some plants and have wondered over the beauty of it all. Although our world is in turmoil, nature has continued to flourish regardless.



- I have gained by enjoying talks with my grandchildren on zoom which they seem keen to do. I have been helping to home school the youngest one Laura aged 7 by this medium also.
- What I have learnt that 55years married we still get along so very well and love each other as we did in 1965!!!
- Appreciating all the people willing to help in a crisis, time to work at a more leisurely pace on garden/ allotment.
- More communication especially with families so far away, not leading such hectic lives.
- Not leading such a hectic life and intending to slow down somewhat when this is all over.
- First I have made 25 Christmas cards!! Haven't got round to singing carols - yet!!
- Loving the quietness, lack of traffic, airplanes and resulting clearer air.
- The sun has been shining nearly the whole time—which must be a blessing for those with children.
- I've found out what retirement is! It is having time to garden!



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**International  
Inner  
Wheel**

**RDA**

**Riding for the Disabled Association  
Incorporating Carriage Driving**

*International Service  
Committee Chairman, Shamim  
Govani's, International fund-raising  
project for the year – Malaria  
Prevention Project – Inner Wheel  
working in partnership with The  
Butterfly Tree and MedicalAidFilms.*



The deadline for submissions is the 20<sup>th</sup> of those months but please send things to [20tweets@uwclub.net](mailto:20tweets@uwclub.net) immediately after they have happened, then you won't forget!

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