



Hello Everyone



"Summertime, and the livin' is easy..." so *"Let's take it nice and easy"* as there's no point in rushing the recovery of our status quo. Why don't we channel our inner Captain Tom (now Colonel and SIR!) for he knows life's a journey not a destination, and he brings a ray of hope to us all.

The purpose of our life is to be happy, so, to coin a phrase, *keep calm and carry on!* Hope to see you very soon.

Best wishes

Kim

EVENTS UPDATE

AGM 20th May

We cannot hold this due to current health advice, but we plan to reschedule it as soon as is reasonably possible, following Government guidelines. Watch this space.

Coffee Morning, Tuesday 9th June 10.30am

This cannot be held at The Calcot Hotel, but we will be holding a virtual Coffee Morning on Zoom, for any member who would like to attend, and has learnt how to use Zoom. Please email Arlene, our Secretary, who will be hosting the meeting, so that she can send you an email invitation link nearer the time.

arlene.riley@outlook.com It is important to do this otherwise you will not be sent the invitation link.

Please bring your own coffee/cake to the meeting!!

Hope to see you there!



Boat Trip July 17th

This is cancelled for this year, but we will reschedule it next year.

Fundraising Update

Our fundraising activities have obviously come to a bit of a standstill for now, but a big thankyou to those individual members and long term supporters who have kindly made donations to Arthritis Matters this year.

Thank you as well to Kathy MacPake who raffled her beautifully dressed doll which raised £50, which she donated to Arthritis Matters.



I miss my hairdresser...



**HAIR
CRISIS
???**

Oh for a visit to the hairdresser! We'll never take them for granted again!



Who'd have thought that six weeks of uncut hair would weigh a stone, but who am I to argue with the bathroom scales.

So what have members been doing during Lockdown?



Hilary declared this jigsaw map of Berkshire the hardest she has ever done!



Deborah has been out and about with her camera and snapped this lovely shot of a bee.



Gill's garden is as good as it's ever looked, and her beans are now in and ready to flourish!



Arlene has been baking her usual delicious creations!



Kim has been busy knitting, and has painted stones to hide in her garden for her grandson to find.



Kathy M has knitted more dolls' clothes and.....



...decorated these jars which she turns into lights

Newsletter delivery

At the moment we are still having to send Uplift only via email, as the printers who usually produce it for us are closed. This does mean that some of you without email are missing out, but we will do our best to print off a few copies at home and send them out by post.

NIRVANA SPA

Thank you to those members who showed an interest in using the Dead Sea Salt Pool at Nirvana Spa. We will let you know when there is any news to report. At the moment, the Spa is closed.



Useful website:-

www.versusarthritis.org/cova

This is a special Coronavirus chatbox where your questions about Covid-19 can be answered.

Good wishes

Russell Ayling

Neil Hudson

Paul Street



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