



Week 2 30<sup>th</sup> March 2020

**Lockdown, Self-Isolation**....words and actions that almost all of us have never heard in our lifetime. A unique time in our era, but one that also brings out unique qualities that perhaps comes to the fore and shows what most are capable of. From the excellent volunteering work of the Cubit Club delivering supplies, through the over 700 thousand who have joined the NHS volunteers, to those that are organising their own street help for the elderly and vulnerable - we can all provide assistance during these times, even if it's just a phone call.

Of course our own health – both physically and mentally is important, and there are numerous sources of information in here and on the internet on how to keep fit, healthy and occupied, and of course helping to limit the contamination and spread of the virus.

Keep strong, keep healthy, keep in, look after others in need and let's come out the other side a different, but I'm sure a more caring society.

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*The hands of the clock, they form a Square  
And now we toast with a solemn air.  
For Brethren all are no longer near.  
The land is shrouded and draped in fear.*

*For Coronavirus, Covid-19,  
The most devastating that we've ever seen  
Creeping, dangerous, across our lands.  
So for twenty seconds wash your hands!*

*The general request, have no doubt,  
Stay home, stay indoors, don't go out.  
Don't panic-buy, don't give in to greed.  
Show charity, just take what you need.*

*Have faith in the Grand Architect above  
Who will reunite us all in love  
For when we're through the other side  
We'll sit together, side by side.*

*But for now, I'll humbly advise  
Brethren of Mystic Badge and ties,  
remember to help each other  
Give fraternal aid to each every Brother*

*Or neighbour, throughout all this year.  
Give support, or just a listening ear.  
It will be time, ere we meet again,  
but on the Square, when joy will reign*

*The Tyler will stand outside our door,  
And we'll shake a friendly hand once more.*

*Reproduced with kind permission from  
Bro Damon Lord, Malvern Hills lodge No. 6896*



Tell us and send in your photos of "what's on your mantelpiece at 9pm" Toast Time, or unusual locations! A selection from last week....



The first shopping run of the Cubit Club members helping those self-isolating.

One of the 55 helpers, Bro John Hayes drops off essential supplies to Mrs Shirley Williams whose late husband was a founding member of Lodge Dewi Sant in Worcestershire.



New & Young Masons helping those not so new and Young.

Contact the Cubit Club to volunteer.



# CLAP FOR OUR NHS

STAND ON DOORSTEPS OR OPEN A WINDOW AND CLAP AND CHEER AS LOUDLY AS YOU CAN FOR ALL THE FRONTLINE WORKERS - NHS STAFF, CARERS, FOOD AND MEDICINE DELIVERY DRIVERS, SHOP WORKERS AND ANYONE ELSE ON THE FRONTLINE RISKING THEIR OWN



Another great uplifting call to rouse the spirits of not just the NHS, but all those putting themselves on the front line to keep the country going – from the small retail shop workers to the Police, Fire, Delivery Drivers, Postman and all others.

Every THURSDAY at 8pm show your appreciation by clapping outside!



Here's a few ideas how you can keep planning to fill your time, click the links to follow to the websites for more information – We especially like the “Brew your own beer” one!!

## PHYSICAL WELLBEING

Kick Start Your Day With a Stretching Routine

<https://www.nhs.uk/live-well/exercise/5-minute-wake-up-workout/>

Follow Some Fitness Videos

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Sitting Exercises

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

Strength Exercises

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

Flexibility Exercises

<https://www.nhs.uk/live-well/exercise/flexibility-exercises/>

Balance Exercises

<https://www.nhs.uk/live-well/exercise/balance-exercises/>

## MENTAL WELLBEING

Online/Virtual Foraging Course (associated cost, but I can assure she's very knowledgeable)

<https://www.foragingcoursecompany.co.uk/virtual-foraging-course>

Bird Watching Guide

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/birdwatching/how-to-identify-birds/>

Brew your own beer in a week

[https://www.amazon.co.uk/b/ref=dp\\_bc\\_aui\\_C\\_4?ie=UTF8&node=3579754031](https://www.amazon.co.uk/b/ref=dp_bc_aui_C_4?ie=UTF8&node=3579754031)

<https://www.worcestershirehomebrewclub.co.uk/>

<https://www.worcesterhopshop.co.uk/>

Take an online quiz

<https://www.sporcle.com/>

With acknowledgement to Anna Singleton, WRC Captain



The Masonic Charitable Foundation will supply additional financial assistance above and beyond its regular charitable funding, working alongside UGLE who will be coordinating a number of projects through the mobilisation of our vast membership.



**Kids at home?** Some of our younger brethren will be faced with having to have children at home now schools are closed – Some articles on coping strategies can be found [HERE](#)

Fitness? Try out a 25 minute workout for kids at home [HERE](#)



**And finally, how to avoid 'Cabin Fever'...!**

For many who have not worked from home before, the day can seem very long, and the environment can become at times overwhelming if you are both working and living in the same space.

It is important to have a structure to the day, and get a break when you can.

Use the time you would normally have used to commute to do something different, and possibly a good start to the day is to exercise, take a walk, gather your thoughts for the working day ahead, or read a newspaper. Have the radio on for company and keep up to date with the news. Take a break at lunchtime, get away from your Laptop, stretch your legs, go for a walk in the garden, take time out before you start working again in the afternoon. Why not pick up the phone rather than email - have some human interaction!

At the end of the day, make sure you have something to make a clean break between working and stopping - again take a break, exercise, go for a walk, online Ted Talks meditation, or take a relaxing bath! (or invigorating shower) Possibly spend a little more time preparing dinner and change the lighting for the evening.



Launch plans for the sale of “The Essence of Freemasonry” range of men’s toiletries have been deferred pending a resumption of Masonic activity.

**DUCK RACE TICKETS.** The Regatta and Duck Race are postponed for now. Please hold onto any unsold tickets - more news in due course!