

## Truro Inner Wheel Club



Dear Members of Inner Wheel,

Greetings to you all from the Inner Wheel Club of Truro!

No need to tell you all that Inner Wheel is a wonderful organisation, especially in times like these, and long may it continue. Just a thought: some of us, being older, might be more vulnerable than the young but don't forget we are more resilient to all the changes we have to face. We are used to being at home, many of us alone for some part of each day. We have faced many difficulties, even wars. Some have lost loved ones and we cannot manage to do all the things we did when we were younger. However we know how to cook simple meals, grow vegetables and knit and sew. Our 'make do and mend' skills are proving very useful and there are dozens of masks and NHS scrub bags made by one of our members to prove it! Then there are the knitted blankets and clothes for young children in dire circumstances abroad.

Here is a piece which appeared in our recent newsletter. We hope you, as members of other clubs, will enjoy it:

*Sunflowers turn according to the position of the sun. In other words, they "chase the light." You might already know this, but there is another fact that you probably do not know! Have you ever wondered what happens on cloudy and rainy days when the sun is completely covered by clouds?*

*This is an interesting question. Isn't it?*

*Perhaps you think the sunflower withers or turns its head towards the ground. Is this what crossed your mind?*

*Well, that's incorrect! This is what happens?*

*They turn towards each other to share their energy.*

*Nature's perfection is amazing. Now let's apply this reflection to our lives. Many people may become low-spirited, and the most vulnerable ones, sometimes, become depressed.*

*How about following the example of the beautiful sunflowers i.e. "Supporting and empowering each other". Nature has so much to teach us.*

*Wishing everyone a "Sun flower" trait of turning towards each other on cloudy and gloomy days. Spread goodness...it will come back to you.*

Here is a list of the 'sunflower activities' we have been doing in Truro to support our community and fellow members during Lockdown:

- We had a Mexican Wave so everyone in the club received a phone call
- There have been extra newsletters and some members have supplied poems, life histories and photographs.
- Our President has contacted members regularly and we have supported each other by phone and e-mail
- One member is very involved with voluntary work at the hospital which has proved essential at this difficult time
- We have distributed most of the funds we raised before Lockdown to local and overseas charities.
- We held our virtual Birthday Lunch (our 75<sup>th</sup> Year) in our homes. It was sad as we missed each other very much. The highlight was when we received a recording of 'We'll Meet Again' sung by one of our members, Shirley Tyack.
- Sarah Chaplain, Royal Cornwall hospital, Treliske, suggested on Spotlight that we wrote a letter to a patient who cannot access visitors at the moment. They laminated the letters and distributed to patients
- Some members have given the money they would have spent at the hairdressers to local charities

Here are some words from a member:

### **Lockdown**

The plan was for us to fly out to stay with our daughter, Melissa, in Australia, on 15 March. Sadly, this wasn't to be as the Coronavirus had hit the UK and this news soon dominated the headlines! Melissa phoned us to say that Oz had also got the virus and we would have had to stay in quarantine for 2 weeks on arrival at Melbourne and getting home might have been difficult. We were all so disappointed to have to cancel the trip but have booked the flight again for November and just hope it'll be possible then. Soon after that, life began to change and we had daily instructions on the media to 'stay at home, only go out to buy essentials, only go out for exercise close to home once daily'. All contacts with groups were stopped - churches closed their doors, gatherings for all clubs ceased, cinemas closed, hotels and restaurants closed for social eating, many shops closed except food shops. The roads became very quiet and public transport was greatly

reduced. Suddenly, one could hear the birds much more and when walking one met many more families on bicycles, runners and other dog walkers which was pleasant. People seemed far less hurried and everyone had time to greet one with a smile as if saying: 'We're all in the same boat so we'll make the best of it!'

During this time, I've been able to phone and e-mail many friends and relatives far and wide - rather like a prolonged Christmas! It's been a blessing to see the family on What's App, especially the grand children, and to have regular up-dates. For the family in Australia, it's been really important to keep in touch this way.

Our local U3A send us regular Newsletters with quizzes and fun articles and jokes which is really good. Our vicar sends us the Parish Magazine 'on line' and prayer outlines and readings for home which is good.

Our Alzheimer's Office is closed at the moment and the Memory Cafe near Camborne where I'm a volunteer is also closed. However, we can still do phone calls to carers and those with memory problems which keeps us all in touch and carers feel it's a great benefit to still have someone to talk to.

It helps me such a lot to continue with this volunteering by phone and gives one a sense of purpose and structure to the week. As a hospital volunteer at RCH as well, I greatly appreciate the lovely Newsletters sent out to us. It's great to see how many people come out to clap for all the amazing NHS staff every Thursday night at 8.00pm.

We're so lucky with all those people in the Service industries - the dustmen who continue to arrive each week, the postal service also which is so good and all those who serve us in the food shops. One morning, I went to our post-box and was amazed to find a colourful bunch of flowers from our dear post lady. What a lovely thing for her to do and quite undeserved as she is the one doing us a service! We left a card and a little gift for her the following day! Although the 'lockdown' is hard in that families and friends cannot get together in quite the same way as before, we can appreciate the really important things in life at the moment with a slower, more peaceful way of life which helps us reflect a bit. To all our good friends in Inner Wheel, it's great to hear news through phone calls and the Newsletter and as Vera Lynne said - We'll Meet Again and until then - keep well!

**Many of us have found solace in our gardens so here is an account from another of our members:**

### **What my garden means to me**

During this lonely lockdown I have contacted friends, cleaned, made scrub bags for the NHS, and masks for the nursing home; but best of all has been THE GARDEN! Last year my husband died and I was struggling to adjust when the virus arrived to add its menacing claws to my grief. Since the beginning of the crisis, each day I noticed at least one small white feather in the grass. I mentioned this to a friend who said, *'Feathers appear when angels are near. They are sent to give you encouragement. He's with you.'*

Since the lockdown gardening has been totally absorbing. I think you might call it 'mindfulness', escaping from the bad news. With all the extra time available my

garden has flourished with a new vegetable patch, extended borders, a renovated pond, and a wildflower area. The greenhouse is bursting with plants and there will be plenty to give away. Time flies with such an absorbing hobby and ‘digging for victory’ has taken on a new meaning! There is nothing to equal the beauty of an English garden and an added bonus during lockdown is that there is more time to be still and see the previously unnoticed details of nature.

In the photograph you will see a message on a stone which my granddaughter painted. It reads, *‘To plant a garden is to believe in tomorrow’*. That’s what my garden has helped me to do.



And now to the future of our Truro Inner Wheel ..... We have our new committee for next year all sorted and there will be a Zoom hand-over meeting.

Inner Wheel of Truro looks forward to seeing you in the future... ‘We’ll Meet Again’.

YIF

Maureen Woodhouse MBE

Club Correspondent