

Tuesday 7th April

I woke up feeling excited about my food delivery! Never in my life have I felt so excited about something so trivial. This lockdown has certainly made me realise not to take ANYTHING for granted again. I am so glad this order is arriving today as it will stop Tim from rushing out to the supermarket for bits and bobs.

3.15pm Bang on time! My Tesco delivery arrives. The driver was friendly and placed all my bags on the front doorstep in keeping with the 2 metre distancing rule. It took quite a while to unpack and tick everything off the list. Amazingly, all the products were there and with only two substitutions – tomato puree and beef mince. Yippee!

Great news! Boris Johnson is reported to be making good progress and now sitting up in bed. I say a prayer and wish Boris and all the patients who are in hospital right now a speedy recovery. I also think about their families who are desperately worried about them and are unable to make contact.

I look forward to tomorrow night when all of us will stand at the top of the driveway alongside our neighbours, cheering and clapping all the NHS workers who are selflessly looking after all of the people who are so desperately ill right now.

Thursday 9th April

I woke up this morning to the sound of the birds tweeting in the tree just outside my bedroom window. I can hear cars passing on the road and I question where they might be going and who is driving them – doctors, nurses, delivery drivers or people just driving to Sainsburys in the town centre to buy essential food?

The sun is shining and the weather forecast has predicted another sunny day, even warmer than yesterday apparently. As I write this diary entry, I can hear the distant whirr and rumble of the bin lorries. Thursday is collection day and thank goodness as my bins are full and almost brimming over. With constantly eating at home and having a full house, we seem to be consuming so much more and ultimately getting through so much packaging and rubbish. Lucy usually eats her lunch at college and Mary is normally away at University so I guess it makes sense.

I think about my day ahead and what I plan to do: write diary entry, continue report writing, go for a run around the block, complete session 2 of my Davina workout and finally enjoy sitting in my garden, reading my brand new book.

I feel lucky that I have my whole family with me, and at the moment, everyone is well. The days are speeding along quite quickly now. I read that it takes about 21 days to re-adjust and adapt to a new routine. This feels true. I no longer dread the long days and worry about how we will occupy our time anymore. They just keep flowing from one into the other and life certainly seems much slower and chilled right now – no more dashing about and keeping to strict schedules.