

I want to remember the
illness, the quiet, the calm,
& the time & space to think &
be. I look my mother to Covid
I want to remember her smile

I felt sad

Life slowed
down, we cooked
together - walked
together & enjoyed
the company

I want to forget not being to go anywhere and not being able to go and see family.

I WISH I COULD FORGET
THE WHOLE
THING!!!

losing touch with people. Not
being able to say goodbye
to my Brother.

Lots of SADNESS,

WE HAD A WONDERFUL
PANDEMIC. WORKING IN
THE OPEN AIR WE GROW
TOGETHER FELL FURTHER
IN LOVE & GOT MARRIED

I Wish I could let go
of being in Survival mode
One day I will look
back and see all I
achieved

who died. A terrible feeling of
isolation. Not being able to see
my family.

My biggest learning...
just HOW MUCH
we need each other,
how much we miss
each other in isolation!
••• ♥ ♥ ♥ ♥ ♥ •••

Remember the
kindness of
Neighbours who went
the extra mile to
help others

family is something
to cherish when you still can.

Empty roads. Greenspaces.
Walking. Space to think.

Dedication of care and NHS
staff. Communities helping
each other *

Loss of two family members.
and rules in place to not
have social contact.

I wish to let go
of the memory of
all the hospital
patients who faced
illness and death
without their friends,
family and loved ones x