Dear friends

As we enter September I thought of the proverbial phrase by Geoffrey Chaucer, *'time and tide wait for no man'* as regardless of events one cannot stop the passage of time or movement of the tide, and this year has without doubt reinforced the importance of valuing time as an amazing gift that I'm sure many of us have learnt to appreciate over the past months. Especially as we enter the third season of the year and reflect on the overwhelming effect COVID-19 has had on so many loved ones, friends and colleagues since my notes came into being in early Spring.

The impact of the pandemic upon entering the new decade altered everyones lives in so many eclectic ways and the situation is still far from perfect. There is a lot of truth to the well-known statement so many of us quote in our everyday lives '*less is more*', and I felt it was important to take a moment, which is easier said than done, to contemplate on what had happened from New Year to date. Whilst musing over the past months it made me pause, reflect, appreciate and truly value what one currently has in life.*"Time has a wonderful way of showing us what really matters." Anonymous*

As global government restrictions have enabled us to start reintegrating back into society, we need to maintain our intergenerational community spirit and retain a strong focus on helping and supporting the older generation especially here in the northern hemisphere, as we herald the beginning of autumn and witness the nights beginning to draw in with chillier temperatures. Having enjoyed exceptional weather recently the bulk of harvesting ripe fruit and crops is well under way with extremely slow, dusty combines on roads or being caught behind a lorry transporting straw bales with hay debris flying all over the place as the farmers desperately finalise their harvest. Nestling in idyllic parts of Suffolk, renowned for Apple Cider and growing excellent varieties of grapes our local vineyard over the years has produced a selection of award-winning wines from their Bacchus, Pinot Noir and Auxerrois grapes and gathering their grapes is now underway, with the vintner hoping for another successful award-winning year! A busy month indeed.

Autumn is a wonderful time of the year as we suddenly notice a change in animal activity as they start gathering foods to store in preparation for the coming winter, and many birds start to migrate towards a warmer climate to escape the plummeting temperatures. Also, the joy of observing the breath-taking artistry of nature as we witness the magnificent autumnal colours of trees, displaying various shades of stunning, multi-coloured leaves.

As summer finely draws to a close many of us hope for an Indian summer enabling us to make the most of the last warm sunny days and pleasant evenings enjoying a drink with family and friends relaxing in an idyllic location as social distancing allows! Also, it's time to look forward to eating hearty, comforting wholesome meals and Sunday roasts (UK favourite) that are to some extent forgotten about throughout the summer months. Nothing beats a nourishing casserole and a good old fashion crumble as cooler days set in making it a perfect time for the much-awaited Leg Club Favourites Recipe Book currently in the final stages of getting into print ready for the ideal Christmas gift. Thought of the day *"Time passes unhindered. When we make mistakes, we cannot turn the clock back and try again. All we can do is use the present well". Dalai Lama.*

Warmest regards

Ellie