

## Powering Through Covid

*By Chris Lilley, Athena Care Homes (UK) Limited*

Let's plug into this nasty Covid nineteen,  
It's a contagious virus that cannot be seen.  
Our lives now are not as they used to be,  
Positive, negative and earth have affected me.

There have been negatives that affected us all,  
Keeping safe surrounded by a protective wall.  
Feeling alone, confused and in isolation,  
Take heart it's not just you but it's the whole nation.

On the news we see the death toll mounting,  
Would it go away if they stopped counting?  
I miss seeing my children, grandchildren and friend,  
If they think of me, perhaps their love they will send.

There are some positives it's not all doom and gloom,  
People band together to help, and friendships bloom.  
The Thursday clap at eight and meeting neighbours I've never seen,  
Volunteering for shopping and errands for Bill, Bob and Jean.

Our residents can see a loved one and hear what they lovingly have to say.  
Through a window, facetime, in a pod, or behind a screen is another way  
Connecting brings that spark of love that we all need,  
It affects us all despite age, gender or creed.

Nature has earthly wellbeing, lifting the way we feel,  
Birds, bees, flowers and trees they can all help us to heal.

Take a breath of the cleaner less polluted air,  
It's a fresh bonus in a time that is so rare.

The Himalayas have risen now from the smog,  
Venetian canals have cleared showing fish and a frog.

It shows what is possible when we all go green,  
A cleaner world to live and thrive has just been seen.

So this virus brings positive, negative and earthly things,

We have to make the best of what it brings.  
Remember to do the basic rule, hands, face, space,  
It will put those around in a much safer place.

