

# “Isolation”

Stay at home we have been told.  
Vulnerable because we are old.  
At first this seemed a normal act.  
But soon we started to react.  
No social gatherings we are told.  
Friendly hugs are put on hold.  
Shopping now becomes a chore.  
With empty shelves and queues galore.  
Butchers and Bakers all help, and more.  
To give us deliveries to our door.  
April comes and the weather's hot.  
But trips for Easter are still a not.  
Daily briefings come our way.  
But some days things go quite astray.  
Fighting hard to reach an end.  
With losses hard to comprehend.  
Slowly our efforts stem the flow.  
But we are told not to let go.  
Return to norm demands are driven.  
But no timescale can be given.  
Five criteria are to be met.  
Before any return they will vet.  
The race for a Vaccine is in full steam.  
Hopefully this will be our redeem.  
Let's hope we learn from all that passes.  
And rebuild our Phoenix from the ashes.

**WBA Ecclestone**