

# It came as if from nowhere

It came as if from nowhere, this virus with the awkward name  
It wandered through the London streets and into Britain's country lanes.  
No matter whether you're old or young, with money or without,  
You need to keep your distance lest the virus is about.  
To rid us of this hateful thing, great changes must be made  
To how we live and where we work and when the workers can be paid.

And for those of us in retirement flats, a different kind of day  
The loss of companionship, just discovered, no weekly film, no games to play  
But British spirit to the fore, we phoned and emailed, even penned  
Our friends and family near and far, and read our books from end to end  
Out came the knitting and cakes were made  
And to fight the pandemic, in our homes we all stayed!

**Meg Slingsby**