

Lockdown

Count
your blessings the adage goes.
How
can I ? I can't even touch my toes.
Of
course I can, cos I'm not daft.
Sometimes
I can even make folk laugh!

Laughter
is the best medicine so they say,
so
how about one laugh a day?
They
gave us lists of exercises to perform ,
I've
read them twice at least, is that the norm ?

Take
time to meditate they say.
I
do that anyway,nearly all day, every day!
When
one is eighty plus the future may not come.
So
use today to ring a chum.

I
think about the times long past.
When
life was full of things I had to do.
And
all I longed for then, has happened now:
Time
to myself to please just me(at least I have time for a private wee!)

Plan
your day with treats to enjoy!
And
so I do: biscuits ,chocolate the whole palloi:
The
odd glass of wine or two or three!
Oh!
what bliss to be just me!

Beware
they say, eventually you turn into your Mum!
Oh
! Help that is just what I .have done.
This
doggerel thing is what she did.
Ever
since I was a kid.

So
Mum I hope I've done you proud .
And
soon this virus will be cowed
And
then we'll all be free to roam
in
this 'McCarthyStone' that we call HOME.

Maeve Prenton

with a nod to my Mum and of course Pam Ayers