

A Sunday and Monday in Lockdown

I walked along the path
Breaking in fresh air
The grass is green
The sky is blue
But my thoughts are far away.

Where are my thoughts?
They are with those in hospital.
With doctors, nurses and care workers
With those who are locked in at home
With those whose loved ones have died.

Today the clouds are gathering
There could be a hint of rain.
As I've taken my daily walk
The lady I met kept her distance
But we greeted each other like friends.

I'm walking the main road now
There are more cards today.
Maybe they cannot work from home
But many could be care workers
On their way to tend the sick and dying.

Boris Johnson has returned to work
So grateful for restored health.
Full of thanks for those who looked after him
His message to us all
Please continue to obey the rules.

By Ruth Woodhams