This is the time to remember COVID-19 the new assassin - 2020.

At this present time all our lives have been put to a halt. Accept for all that are valuable key workers required for the country to keep going.

At 70 plus our residents thought they could retire comfortably in their new beautiful downsized homes.

Little did we all know!

Now, we have all have been put through a test of time. Covid-19 the assassin is the reason of why we all fear and is amongst us all. Coronavirus has no mercy.

Time brings patience and a reason to continue. With this we need to believe that:

This is the time to unite to keep up the fight.

This is a time for reflection, and to understand valuable family time.

This is the time to appreciate one another and learn to fall in love all over again.

This is the time to realise maybe we don't need as much as we think we did 'the little things in life'.

This time has shown not everything is materialistic, although we always want more.

This time is to bring out the creativity and talent in us that we failed to see or pursue.

This is the time to look on the bright side of life and hold the forte for one another.

This is the time to reminisce and go back to the good old days 'trouble free and fun'

This is the time we co-operate and social distance ourselves from ones we love to protect them from this vicious virus.

This is the time we stay locked in to stop the virus winning or gaining second innings.

This is the time that we stay in hope.

This is the time to appreciate and be thankful and blessed. We are fortunate to be counting our blessings and are blessed to rise and see a new day.

This time will remain a special memory between all of us.

Our thoughts and respect goes out to those that have been victims and did not make it through, we will honour this time in their loving memory –

By Anusia Bhudia REM - Goldwyn House, Borehamwood