Dear friends

I thought in these very difficult times it would be appropriate to send a message to you all. First and most important I trust that you and your families are all keeping well and free from this dreaded virus. Having met so many of you over the years I know you will be itching to help wherever you can in your local communities – that is the sort of people you are. However, we are all advancing in age so I do hope that your inclination to get out and help is tempered with keeping safe and staying within the guidelines. I have already fallen into the trap by picking up prescriptions for people in my village who are at high risk, but was reminded gently but firmly by my GP that I was well north of 70….!!

However, even if your natural spirit has to be tempered with caution I do hope that same spirit will carry you through these difficult days, and through the many social media you can keep close contact with family and friends.

I know you will have been looking at the ROCA web site and therefore will be up to date with the various events that have had to be postponed or cancelled. We can only wait and see how this crisis develops to see whether events later in the year also have to be cancelled. I hope not as I think by then we will all be ready for a party.

Keep well everyone and best wishes from Caroline and myself.

Cliff Spink