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| Knockmoyle Lodge Care Home29 Knockmoyle road, Omagh028 8224 7931BT79 7TB |

To the residents of Knockmoyle Lodge Care Home

I write to you all to reassure you that the Coronavirus pandemic will not stop us from living our rightful lives. We will all be alright if we continue to wash our hands, try not to touch anything that has been touched by any other people too often and keep to the two-metre social distancing rule. Hopefully we will all find a way to entertain ourselves, by developing a new hobby, for instance, like knitting or writing books, or going into the more academic areas, by learning a new language, solving crosswords or sudoku puzzles, or the classic jigsaw puzzle. All ways of entertaining ourselves. If you happen to own a mobile phone then you can communicate with your family via video communication or the standard telephone call. We may be stuck at home, but it can be a good thing as we might get to think more, rest more, and, most importantly, appreciate everything we have more. I probably feel the same as you, a bit flat, tired, bored, and sometimes, lonely. We should remember, though, that everyone is in the same boat. Imagine that everyone is stuck in a small rowing boat, and that a storm has come - the Coronavirus, and our ride has become bumpier than it should be. The people rowing the boat - the NHS, will eventually get us to shore, home and dry. We can then sit up in a recliner chair with a warm cup of tea in our hands and a blanket over our bodies, with a fire burning healthily in front of us.

So please, now we need each other more than ever. Ring a family member or a friend, talk to each other, share how you are feeling, and reassure them that this will not go on forever and it will eventually calm down. The good thing is, when you are feeling down in the dumps, those people will do the same for you in return. We are all in this together and we will all get through it.

Kindest regards

Oliver, age 11