

Dear Resident,

Firstly, thank you to ALL those residents who have taken time to send me messages of hope, concern and genuine "love". It is heartwarming to know that you are in so many residents' thoughts and prayers.

This is just a short note to let you know how things are going with me.

It is my estimation that I am on day 13 of the Covid virus. After initially having an underlying nagging headache, loss of appetite and a feeling of fatigue I am pleased to say I seemed to have completely recovered. I had an 'on-line' consultation soon after testing positive with my GP, he gave me a cocktail of immune boosters that include zinc, vitamin C, an antibiotic, a blood thinner and a corticosteroid.

Right now, I am feeling no obvious after effects of the virus, feeling fit and rested. We have had some lovely weather lately so have also had a good dose of vitamin D.

I still have no idea of where I might have picked the virus up. So be careful out there, you know where you have been, however you do not know where the other person has been.

I'm really looking forward to seeing you all again and being back in the village next week.

Regards

Derek

