

依士靈頓華人協會

ISLINGTON CHINESE ASSOCIATION



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***Staying Well Connected* - Bulletin 5 (6th May 2020)**

HOPE IN A CHANGING WEATHER by Su Shi, the Northern Song Dynasty writer, painter, calligrapher, gastronome, pharmacologist, poet and politician. In this writing, I particularly echo "..... Looking back at the place where there was wind and rain; that have all gone now and everything is so peaceful once again, as nothing has happened". It totally describes the general mood living through the Coronavirus pandemic and we look forward positively to resuming normality once the virus is defeated. When the lockdown is lifted and life returns to some normality, we are still who we are!

" Don't worry about the sound of rain knocking on the leaves through the thick woods, why not sing and walk pleurably

A bamboo stick and a pair of straw shoes are lighter than riding a horse. What's so scary about heavy rain? It can be confusing but with my clothes on, I can still come and go as usual in the smoke and rain

Feeling the chill, the cold spring breeze awakened my insobriety. The setting sun on the distant hill had replaced the smoke and rain, and had come out to meet me

Looking back at the place where there was wind and rain; that have all gone now and everything is so peaceful once again, as nothing had happened

Wind, rain or poor weather will not mean anything, it's time to go home "

Katy BLAIR (Fundraising Manager)

THINGS MAY NOT HAPPEN AS ONE EXPECTED

Mr Chan went to the hospital to get an injection. The injection room was crowded with people. As soon as he arrived at the door, he heard the head nurse shouting, "Today is the last day of your internship training. Today is the review exam."

Mr Chan was taken aback, immediately withdrew his injection paper, went outside to have a cup of tea. After some time, he came back seeing that the crowd was gone, the trainees were gone, and Mr Chan felt that he had passed by the difficult situation. He handed over the injection paper to the head nurse, she looked at it, turned her head and shouted to the other side: "Who just failed, come out to retake the exam!"

Reflection: The more one escapes, the more pain it may be. If one has the courage to face the difficulties up-front, sometimes one sees the beauty of life everywhere.

John MAK (Community Development Coordinator)

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THANK YOU NHS

At the beginning of UK Lockdown, I stuck on my television for the latest news of the epidemic every day. I also frequently checked the number of confirmed cases and the number of deaths on my mobile phone. As time passer-by, my worry slowly went away and I calmed down. Maybe because the epidemic had settled down. Maybe I realized that it was useless to over worrying about it. However, we must not be arrogant because the coronavirus is still here. So, we still need to follow the government's guidance.

A sense of crisis is necessary! It is because not only we can be infected but everyone around us may be infected because of me (if I am a transparent infected person). We should also be cautious to protect our NHS medical framework by not overloading it. Some of the medical professionals have already given their precious lives in protecting us. Moreover, the rest still here keep working to protect us. Therefore, we must not be irresponsible at this time.

Thank you, all the medical staff of NHS!

Donna SO (CEO)

THE LIGHT IN THE DARKNESS

I am sure most of us are aware of the impact the coronavirus pandemic has had on our nation. We are seeing a rise in the number of cases, death toll and closure of restaurants and businesses. As a result of social distancing and self-isolation, the streets of once busy cities currently look unprecedented quiet. Many people face being furloughed and some even laid off. As of 6th May, the global infections were 3,846,924 cases and the death toll rose to 265,885, while the United States had the highest number of infections, with 1,263,634 cases and 74,810 deaths; The United Kingdom had the fourth highest number of infections in the world, with 201,101 cases, but the highest number of deaths in Europe, surpassing Italy as the second-highest in the world with 302,076 deaths. Visibly, whether global, the United States or the United Kingdom, the outbreak is not clear yet!

In this current season of social distancing and self-isolation, we have noticed patients especially elderly people passed away at home alone for days before being found.

Amidst all the doom and gloom we personally encounter or read in the news, there is some "Light in the Darkness".

The national "Clap For Carers" movement is extremely moving. People across the country are cheering, clapping, banging pots and pans and playing drums and bagpipes at 8pm every Thursday as tribute to key workers such as NHS staff, health and social care workers, delivery drivers, supermarket staff and bin collectors. This simple gesture of appreciation goes a long way in keeping morale up as key workers continue to plough on to maintain some level of normalcy for our society. Over 400,000 people have joined the NHS army of volunteers in one day, offering to deliver medicines from pharmacies, driving patients to appointments, bringing patients home from hospital or making regular phone calls to check on people isolating at home. This action to show that we as a society are capable of showing more kindness and appreciation to those around us.

The coronavirus pandemic has taken so much away from us as a society. Yet, at the same time we are living in a very special time we will likely never experience again. We are given permission to be still at home, free time to spend with families and a chance to slow down and notice those around us who need help and kindness.

Perry FUNG (Centre Manager)