

3. Something to look forward to

During the Covid-19 pandemic, Archway has been very supporting to me by a weekly phone call from one of their many volunteers, ensuring that I stay well. The weekly conversations generally last up to three-quarters of an hour and I always look forward to these calls. I also receive *The Bright Side* newsheet, which keeps me in touch with the folk at Archway. The newsheet arrives by post once a fortnight with a word search, quizzes etc. to pass the time and always has useful phone numbers in case I need help. Until present I have not needed to use the numbers but it's nice to know that there is help out there for me. I often think of the many folk I have met at the weekly social evenings before Covid-19 and hope to meet with everyone in the near future. The support which Archway provides is second to none. There's always a welcome at Archway.

I've also wrote the odd poem and they published it in *Brightside* for the rest of the lonely people to read and I quite appreciate that. I've become a poet thanks to the Co-ordinator at Abingdon. It was her that got me to write my first poem. I've carried on writing a few poems but I'm mainly a storyteller.

I write short stories a lot. When I go back to Archway, to meet people again, they shall be entertained by some of my short stories. They are stories that start off and get people interested, but I always end up where it makes people laugh.

Keeping in touch keeps me up to date. I'm up to date with what's going on. It's nice that Archway can take the trouble to contact all of their members. If there wasn't Archway I'd probably be making more visits to see me doctor, because of the loneliness. I mean I can always pick up one of their quizzes or the word search and pass the time on one of those, cos I don't always do them you see because I tend to watch a lot of television lately.

I think they've done enormous, they've been enormous for help. They give help to other members, lonely people, they give help to those as well. It's not just me. And it's the way they do it. It's a nice approach, it's a very good approach.

Also, Sally rings me up once a week on a Wednesday. We have very interesting conversations, talking about things in general and that.

It's nice that they can spare the time to phone me. I mean because the person who speaks to me, she does work, she does go out to work... and it's nice, you know, that she can find the time to speak to me over the phone cos it generally lasts three-quarters of an hour. It's the conversation with people that makes the difference. I'm one of those that likes to meet people to have a chat with. I mean when I go into town for shopping or for a walk out, I generally see people and have a chat with them, but with the lockdown, whenever I go into town there's not many people about and I am one that likes company.

Phone calls and *The Brightside* are something to look forward to and looking forward to things, it's like when I've booked a holiday. The best part of the holiday is the build up to looking forward to a good holiday.