

I take off my gloves to straighten the letter, the paper kept blowing in the summer breeze as I tried to read it. There is only this letter and a few old screws in the glove box. I wonder how long it's been there. This car has been down the end of the field as long as I can remember. Now seems like a good time to do something with it; can we restore it? Can we salvage some parts of it, can we make something else of? What a life to have lived though, it was a simple life.

I think in some way we have all seen the pleasures in the simple things over the past few weeks. Thankful for our basic needs being met, overjoyed for anything extra. We have all seen better ways to live this life.

This time has made me realise what really matters, our lives, our health, our families, our communities, our people. Those who are saving us, protecting us and caring for us: thank you. We have seen the strength of your courage, putting your fears and worries aside and putting your lives at risk for us all. You are our most valuable resource and should always be treated that way.

If I could go back to 5 days before the restrictions what would I have done differently? Spent more time with my friends and family. Sat, listened, hugged. I can't wait to see the hand gestures, the eyes roaming, or rolling, the mind ticking, smell the Lenor summer breeze or old spice off their clothes. Feel their warmth and the love. But we will continue with our virtual hugs and heart emojis for now. More than ever the words we hear matter, our worlds are smaller, less noise, no coffee station chats, no hairdressers' gossip. We need to be kind and check in with each other, share a funny video, tell a bad joke. What do you call someone with no body and no nose? Nobody knows

What's brown and sounds like a bell? Dung
Why don't ants get ill? Because they have antibodies

Did you hear about the explosion at the cheese factory? There was nothing left but de brie.

- I gave my dad his 50th birthday card. He said: "One would have been enough."

- How do you organise a party in space? Plan it.

- Two TV aerials got married. The ceremony was boring, but the reception was great.

I once bought a dog from a blacksmith. As soon as I got it home, it made a bolt for the door.

Why does a chicken coop only have two doors? Because if it had four doors it would be a chicken sedan