

## Stay Where You Are. We'll Come To You!

Since you can't come to us, we'll come to you! During the COVID19 pandemic, we've postponed all routine eye examinations, contact lens check-ups and styling consultations, but rest assured we're still here for you. We're a resourceful and forward-thinking bunch, and you'd be amazed what can be achieved with just a telephone call, email and/or video conference. And of course, our monthly newsletter allows us to "come to you". That's right folks, whilst the world may have come to a grinding halt this past month, you can still enjoy the C&R experience from the comfort of your own home, through the joy that is the printed word. While I don't think Netflix or Amazon Prime Video have anything to worry about just yet, this is hopefully a welcome bit of light-relief for you, something to take your mind off the headlines and fear and worry that is the 24/7 mainstream media. Hold onto your hats and let's dive in!

## Good News! You Are Adaptable to Change.

*You may have read this email I sent out a few weeks ago. Whether you read it or didn't here it is again. It's on the house...*

"I hope this message finds you well and I hope you are adapting to your new daily routines as best as possible. **Charles Darwin said it is not the strongest of the species who survive, nor the most intelligent who survives. It is the one that is most adaptable to change.** Now would be a good time to be adaptable to change.

**No doubt about it, adapting to change is hard and can take its toll.**

If you have felt anxious, confused, over-whelmed, stressed or afraid this past week, know that you are not

alone. Most of us aren't sleeping as soundly as we normally would. But it's important to know there are things we can all do to better navigate the coming weeks and months. And to adapt to change more easily.

I'm reminding the team at Clarke & Roskrow that although there are so many things outside of their control, the one thing we can all control is our mind and what we choose to focus on. **The sun is still going to rise every day, and our job is to make sure we do the right things every day for ourselves, our families and our communities.** Plugging into all the fear and feeding that into your head all day long is not helping. Constantly checking the news, emails, websites, blogs, forums, and social media is NOT how you get the best out of yourself.

You need to give yourself the mental space to think clearly. Stay informed but control your intake. Be intentional about how and when you check the news. Make a good old-fashioned to-



do list for your day with pen and paper, instead of living in your head and being bombarded with 1000 thoughts a minute. You might not be able to control coronavirus. You might not be able to control what everyone else is doing. Or how responsible people are being. But you can control *your* day. And you can control what *you* focus on. **As the song by Jools Holland goes, we need to "Ac-Cent-Tchu-Ate the Positive and Eliminate the Negative". Fixate on the positive. Fixate on the possible. Fixate on the hope.**

There are a lot of awful situations happening around the world right now. You are going to hear about it all in the

coming weeks whether you like it or not. Just turn on the TV or radio or go online. You can't miss it. But be fair to yourself and your sanity and choose to focus more on the good things that are happening right now.

Parents are being more patient and more present with their kids. 40+ year old men like me are calling their mum every single day to talk and check in (rather than the usual once a week-ish in normal times!) Teams of people are looking out for one-another and pulling together in amazing and self-less ways. Our village has set-up a WhatsApp group for older members of the community who might be feeling lonely, isolated, or are unable to go shopping or get their medications. Our very own Tina has been doing voluntary work helping the elderly in her local area. Strangers are being kinder to one another. Most of us are trying to be better human beings. **There is good in everything and this crisis is no different. Good will come from it.**

I realise this is affecting everyone in different ways and some of you will be having a good day today, and others will be having a bad day. There will be ups and downs, and each day will be different. I'm the same, with my own ups and downs to deal with.

Tomorrow is a new day. So, hang in there and keep going. There is an old Dale Carnegie quote I like. He said, "The toughest job I will ever face is the management of Dale Carnegie." Too true.

**The toughest but most important job you have right now is to manage yourself everyday.**

You can do this."

### Look Out Gordon Ramsey!

My mum & dad always said (and still do!) that "you should always learn something new everyday". Despite navigating these uncharted waters in recent weeks, I've managed to spend some time doing things that I would otherwise be unable to and learning new skills along the way. Only last week I made our very own Hollandaise sauce! Granted, this might not seem like a massive achievement in comparison to say mankind's first visit to the moon, or Einstein's theory of relativity, but in these unprecedented times I'm taking this as a small victory for my culinary efforts. Especially when you consider the effort I had to go to to get just one of the ingredients – a lemon. Now, we're all familiar with the nation's insatiable appetite for loo paper, hand sanitizer and

anything that comes in a can, but seriously lemons..? I'll admit that usually we just rely on good old Schwartz Hollandaise sauce in a packet that you mix with milk, heat it through on the hob and BINGO! you've got your Hollandaise sauce. But seemingly the Great British public have decided that this is *exactly* what they need during COVID lockdown, every shop I visited being devoid of any packets of said sauce. After a quick panic call to Karen, we realized we had the basic ingredients, apart from the lemon. Off I went back to the same few stores I'd already visited in search of the humble citrus. To no avail! All three shops were bang out of lemons. First world problem and all that I know but really...? Anyway, a quick request via our village WhatsApp group and a friend came up trumps – she apparently had an abundance of lemons in her fridge and was more than happy to help me in my time of crisis! And the



Hollandaise sauce? Well, I think it would have passed Gordon Ramsey's attention (and I didn't use any of Gordon's colourful language in the process of making it) and Karen enjoyed it but my kids, who are my best critics, didn't like it as much as the "packet stuff". So, rest easy Gordon, I don't think you have anything to worry about!

### News from the C&R Team.

Many of you have sent emails and messages of support in recent weeks, for which I am truly grateful and humbled. I've passed on your best wishes to the team who, thankfully, are all keeping fit and well. We're still doing our weekly meetings to keep communicating and keep everyone in the loop and engaged.

They've all been keeping busy in recent weeks. Tina's been doing some voluntary work in her local community, delivering food parcels and other essential items to the elderly and vulnerable; she's also still managing to meet with her amateur dramatic society via the wonders of modern technology to do play readings. Tina's also picked-up her knitting needles and has made a blanket for her partner's new baby niece, who's due in July.

Emma has been using this newfound time to crack on with the renovation of her house along with partner Tim. Armed with sandpaper, Polyfilla and paint, there's been lots of sanding, filling and decorating going on! The beautiful weather has also allowed them to get out into the garden, digging over the soil and sowing lots of veg, salad and herbs seeds. Being "at one" with nature, and being more in tune with the seasons, is great food for mind and soul! Time permitting, Emma hopes to brush-up on her Italian language skills using the ever popular Duolingo app.



Jason has similarly been enjoying the sunshine, allowing time for pottering in the garden and enjoying some quality time with his and partner Luke's French bulldog Dave, who is taking full advantage of having both of them at home and is enjoying all of the extra attention!

## Why Doing Nothing Is Good For Your Health.

*At C&R one of the many interesting and quirky magazines we have for you to peruse while you enjoy a fresh-ground coffee is The Idler. It's an entertaining read about the art of living. And thanks to bloomin' COVID19 our "always-on" culture has been stopped in its tracks and people everywhere are being forced to get good at being idle (for a great podcast on the importance of doing nothing have a listen to Rangan Chatterjee's "Feel Better, Live More" podcast interview with Claudia Hammond, episode#95 "Why You Need More Rest"). I realise some of you may be out of the habit of stopping to smell the roses, so here's an excerpt from Tom Hodgkinson, editor of The Idler and author of How to be Idle. Enjoy!*

"Idling doesn't get a good press. Idlers are routinely categorized as scrounging layabouts and no-good parasites. If you want to benefit from society's offerings,

then you had better get up early and spend most of your time suffering. If you're good—if you work really, really hard—then you shall be rewarded with some money and a two-week holiday each year.

But idling as an approach to life has plenty of philosophers to recommend it. The original, inspirational do-nothing of them all must be Socrates. Here is a man so lazy that he never bothered to write anything down. He didn't charge for his teaching because, we imagine, chasing his students for fees would be too much trouble.

Instead the bearded sage just sat around doing nothing, contemplating and asking questions in the marketplace. He would tilt his head quizzically and say, "really?" when in conversation. He also enjoyed drinking wine all night with his pals. And in so doing, he invented a new science of living called philosophy, meaning the "love of wisdom". That was thanks to his pupil Plato, who was so entranced by this outstanding gentleman that he wrote down everything he said.

Elon Musk has said that no one changed the world on 40 hours a week. Well, Socrates changed it on zero hours a week. If one person exerted so much influence over the world in such a supine fashion, then perhaps we should follow his example. Is life really about suffering and 14-hour workdays? No. We must make time for philosophy, for thinking, for simply being.

The Industrial Revolution, for all the marvellous machinery it brought to England, led to a new emphasis on work for work's sake. The working day grew longer, and the new factory hands would toil fourteen hours a day. Workers became disconnected from their produce: they became just factory hands, not creators.

Work became simply a means of earning money. In our spare time, if we had any, we were expected to spend this money on buying stuff. So we became workers by day and consumers at weekends. Our creative impulses were channelled into shopping.

### So idling got somehow lost.

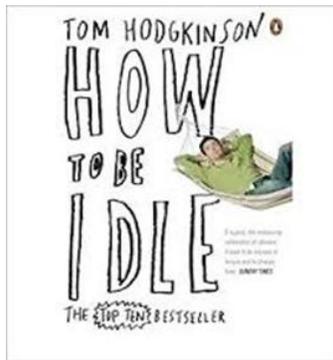
A simple way to escape the work-and-consumer cycle is simply to do nothing. Can you find the odd five or ten minutes during the day to just stare into space and let your mind wander? There is a lovely activity called "day dreaming". When I was at school, I would get told off for staring out of the window and going off into a dream world. But daydreaming is perfectly natural and it is

healing. We were not made just to work, like machines. We were made to think and to dream. After all, everything begins with an idea.

There are all sorts of ways to bring idling back into our lives...cafés, pubs and bars are temples of idleness (or at least they used to be, before the phone and laptop invaded them). They are places for sitting and doing nothing, either alone or in merry company. Perhaps the greatest luxury known to man and women is to spend an entire afternoon in a picture-perfect watering hole. Armed with a steady supply of liquid libations, doing nothing in particular.

Mindfulness, which is such a thing right now, is a form of organized idling. But it seems like a lot of effort to me. Surely all you really have to do is sit in a chair, stare into space, listen to your breathing and set the timer on your phone to go off in five minutes?

Let me add here that the kind of idling I am recommending is not the same as mere laziness. In fact, idling can be very useful to your life. It is when we are relaxed that we get good ideas. Poets and philosophers need a lot of thinking time. Wordsworth and Coleridge



used to go on epic long walks in the Lake District and around Exmoor to get their minds moving. Similarly, idling can encourage you to connect with your own inner artist or poet. Try going for a walk in a particular place that you enjoy and where you feel inspired. Take a sketch pad or a leather-bound notebook with you to collect any doodles, drawings, feelings or thoughts which you are moved to put down. And if you can open a bottle of wine while recollecting your emotions, all the better". *Tom Hodgkinson is editor of the Idler and author of How to be Idle: A Loafer's Manifesto. Available at all good book shops!*

## Reminder! We're Still Here for You!

Harborough might be deserted but we're still here for you, **by phone, email and video consultation!**

Here are the ways we can help:

- **New Glasses & Sunglasses:** if you need new glasses, we can arrange a phone and video consultation and walk you through the possibilities for your new eyewear. We'll post out your selected frames for you to try on and we'll be able to advise and guide your selection with a video eyewear styling consultation.
- **Eye Care:** I am available for emergency phone consultations to provide advice and guidance if you have any concerns about your eyes and/or vision. In most cases this can be done via telephone or video consultation.
- **Repairs:** if you can post your glasses or sunglasses to us,\* we'll try to work our magic and return your repaired glasses to you by post. If your glasses are not repairable we can order a direct replacement.
- **Contact Lenses:**if you need more contact lenses we can take your order and in most cases they can be delivered to your home or work address.

*\*Please email or call us before posting anything to the practice.*

**Not receiving our email updates? Sign-up here at [www.bit.ly/opticianemailsignup](http://www.bit.ly/opticianemailsignup)**

The Church Street Chronicle is a monthly(ish) conversation about life as it looks from the helm of Clarke & Roskrow Styling Opticians.

I believe in relationships and am working hard to build our practice based on lasting and loyal long-term relationships with our clients.

Your feedback is invaluable. I'm extremely interested in what our clients have to say. I enjoy responding to the comments, and I enjoy writing it!

Please send your thoughts and comments on what we're talking about to [hello@clarkeandroskrow.co.uk](mailto:hello@clarkeandroskrow.co.uk).

I try to rise to the mammoth challenge of making every newsletter a riveting read. If I've failed in your eyes to do that and you would rather not receive our newsletters please email [hello@clarkeandroskrow.co.uk](mailto:hello@clarkeandroskrow.co.uk) or call us on 01858 462996. Thank you