

## Making the Most of Lockdown

June 2020

There is no denying that the last few months have been challenging. Since the 23<sup>rd</sup> March, we have all taken part in the national effort to stay at home, not mix socially and only going out for essentials and exercise. All in the hopes of helping to fight coronavirus and save lives. It is reassuring now to see that the spread of the virus is continuing to diminish, and that lockdown measures are gradually being eased.

We have however each faced some 'difficult' decisions of another kind. Whether it's deciding which quiz to take part in next, just how long your hair needs to grow before you will attempt to 'have a go' or whether or not a beard would truly suit us, living in lockdown has brought its own unique challenges. The team at Watson Moore have been trying to make the most of the opportunities that working from home has given us and wanted to take a moment to share some of these with you.

### *"I have been able to read much more"*

Some of us have taken to our books, whether reading something new and exciting or turning to an old favourite. "I've read fifteen books so far in lockdown," explains Mella, "I love reading and, as I'm not going anywhere or doing much of anything else, I have been able to read much more!"

"I've been reading too," says Dan, "I've gotten into my history and been reading about World War Two (which helped me appreciate the 75<sup>th</sup> anniversary of VE Day in May much more) and also about the Berlin Wall and the Space Race. Really fascinating stuff!"

"I've actually really enjoyed being at home with my two girls," adds Mella, "They're 23 and 19. What with one being home because college is closed and the other being home on furlough, we've been able to spend far more time together than we ever would have usually, and probably ever will again. It's been really special."

### *"My two dogs will stop at nothing to get my attention"*

It's also been said that we are a team of 'dog lovers' here at Watson Moore, with most of us living with a four-legged furry member of the family. "I've loved spending so much more time with my two dogs" says Rebecca. "They've behaved themselves *most* of the time, that is except for when I'm trying to keep my head down and get on with my work. They will stop at nothing to get my attention, usually trying to physically separate me and my laptop!"



Megan and Monty after a garden workout



Rebecca is enjoying spending quality time with her two 'babies'



Chris' youngest enjoying a hot afternoon in the garden

“Whilst I don’t have a dog at home,” says Chris, “I do have three kids that also find creative ways to get my attention. Sometimes they run around the garden, or bounce up and down on the trampoline, calling for me. When it’s really hot, I’ve set up a slide and inflatable swimming pool in the garden for them to play on. Despite repeated requests however, I have yet to try the slide out for myself. Sadly, I don’t think my 2-year-old really understands when I say that Daddy would break it”.

## *“I’ve cycled through parts of West London I never knew existed”*

Many of us have used the extra time to exercise and keep fit. As Alex explains, he has been going out for bike rides, “I’ve loved going out and cycling through parts of West London I never knew existed! I’ve especially enjoyed cycling along the canal. Just lovely.”

Meg has been getting up and completing at least 30 minutes of exercise in the garden each morning. “Well, I aim for 30 minutes,” Meg says, “but sometimes my dog Monty will come and get in the way!” Meg has also been experimenting in the kitchen and cooking family meals. “I’ve been improvising with different foods and been trying out loads of new recipes. Lockdown has really given me time to work on myself, both mentally and physically”.

## *“It was the first time I’d won a quiz”*

Like many, we’ve all been taking part in more quiz nights than ever before. We even held our own “Watson Moore Pub Quiz Night” in May. The pressure was on and tensions were high. “Chris and I go way back,” explains Alex, “and there was no way I was going to let him beat me!” Despite a difficult first few rounds however, it was actually Jon that surprised everyone and shot up to first place after an amazing final round. When asked how he felt about his victory, Jon said “I was ecstatic! It was the first time I’d won a quiz in my life. I made sure to celebrate on camera for all my dear colleagues to see”.

However it is that you’ve spent your lockdown experience, we hope that it has been filled with as many light moments as we’ve had. We would love to hear your lockdown stories, so please do get in touch. We also continue to work hard from home and are here to help with any queries you might have, both now or in the future.

We look forward to when we can meet again but until then we wish you all the best; stay safe and enjoy the sunshine.



*The Watson Moore Quiz night in full swing*



*Alex has been loving his cycle rides*



*Dan hard at work reading up on history*

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