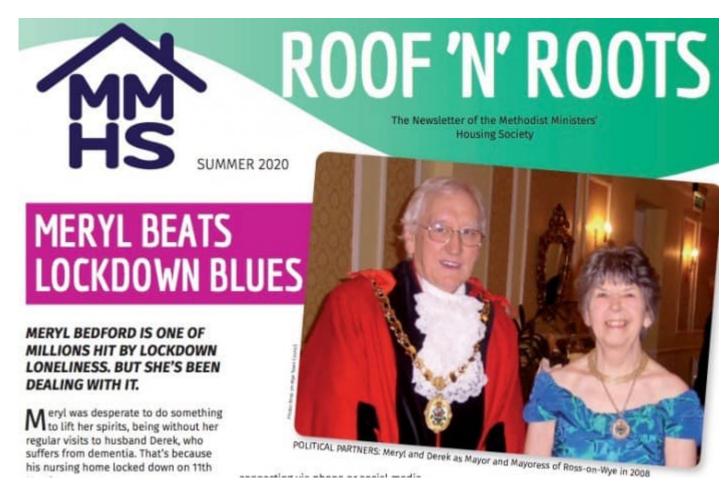


SUMMER 2020

Description



How have you been coping with the Covid crisis? Meryl Bedford broke the isolation barrier by working her way through her church directory. â??I thought I should ring the people who are by themselves,â?? Meryl told us. â??It helps me â?? and I hope it helps them!â?? Work your way through this pandemic with vital advice in the latest Roof â??nâ?? Roots:

- Why colouring is good for you;
- How to walk your way to wellbeing;
- Get your Gas Safety check done;
- How your garden helps you grow.

Category

1. Roof 'n' Roots

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