



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. 'I thought I should ring the people who are by themselves,' Meryl told us. 'It helps me – and I hope it helps them!' Work your way through this pandemic with vital advice in [the latest Roof 'n' 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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