

## **Enjoying life's simple pleasures together All it takes is your time and costs nothing.**

Hi everyone. A walk in the countryside, on the beach or by a river at this time of the year, can be a wonderful experience. Taking the dog for a walk, dad's playing football with their boys, mum and the little ones feeding the ducks in the park can give us all so much pleasure and it will help the children to discover nature. In the winter when the snow or frost is on the ground, in spring when the leaves and flowers are beginning to bud, in autumn when the leaves are changing colour and falling are all such magical times but sometimes we just take it all for granted.

Having our meal times together around the table after all the day's events is also a wonderful time to share each other's company. How many of us have friends round in the evening for drinks and perhaps a meal, or go to the pub. What a wonderful way to spend an evening and laughter then rings in our ears. These are some of the gifts in life which we have but we often don't actually think about them, we just take them for granted. Perhaps we should all do these activities more often.

A picnic in the park, on the beach or in the woods is often an experience that children remember. A camp fire around a tent or caravan parked in the woods is an extra special memory which some of us can enjoy. Sometimes someone may bring along an old guitar and string the cords of old songs that were of their generation. The younger generation would prefer an Ipad with the latest music popped into their ears via an earpiece! But whatever the experience you can share with the friends and family that you have, if you can make it quality time together, with laughter and fun, is something which we can all do, and costs very little, but the memories may last forever.

Spending time with friends and family is so important and does not have to be expensive **Time is precious but costs nothing.** Nature is one of life's simple pleasures which we often forget about and don't really think or look closely at. Most of us have a back garden that we can use, if not the park, when the sun shines we may get the paddling pool out or a barbeque but we can also use our gardens at other times in the year. A bat and ball, a football or netball is wonderful exercise. Snowmen can be built, flowers picked and brought inside but all we have to do is use our imagination, and then enjoy the fun it can create. The next time you go to the park or woods, why not have a game of hide-and-seek, or hide some sweets for the children to find behind bushes or trees. They will love it and so will you. I hope you enjoy your quality time together.

**Sheila Steptoe**