

## ‘When will things go back to normal?.... ’

I've always struggled with the word 'normal'!.... what is normal? A 'Normal' Family, 'Normal' Behaviour, 'Normal' Circumstances..... what does normal mean??

We all have a different version of normal - my normal working week and family routine, is not the same as my neighbour's, my family situations are normal to us but not the same as others, life remains normal in terms of the sun rising and setting, but life as we knew it is far from normal.... and we hear much of the 'New Normal'... so who knows what that means!

I guess it's best to see normal as the now.... and live in the moment... in the now, making of it the best we can. As the late great man, Captain Sir Tom Moore, put it, 'Tomorrow will be better.', or at least if that's our focus it generally will be.

Whilst many remain immune to or have thankfully avoided the virus itself, there can't be many who don't feel the impact of the pandemic on their lives. Whatever their circumstances families have constantly had to adjust to changes, restrictions and guidelines, and as a result, increasingly, many are feeling somewhat overwhelmed by their work, or lack of it, situations (not everyone can easily adjust to working from home overnight), adhoc home schooling, reassuring scared children (& adult family members), keeping in touch with isolated relatives, looking out for neighbours and the strategic exercises of keeping the food cupboards stocked; remember **IT IS OK TO NOT BE OK** under such uncertain and unprecedented times ..... and this is just as applicable several months on as it was in the early days of lockdown and restrictions.

*What impact has the pandemic had on you and your family? Is this impact temporary? Or are the effects of it likely to last for months/years to come? How has your family life changed? Are there any areas of your life that you need advice about? Do you miss having people to share your experiences with? Would talking with others in similar situations help?*

*The Family Life Team for the Archdiocese would like to invite **YOU** to a 'Drop in Zoom' if you would like a bit of advice, support or information **or just chat with likeminded parents/grandparents** about the joys and challenges they face within their families and maybe discover how the Church can support the families of our community, directly or through signposting to appropriate organisations.*

**Zoom Drop In Sessions will be held by Zoom on Tuesdays during June/July as follows;**

- **June 15<sup>th</sup> at 8pm,**
- **June 22<sup>nd</sup> at 8pm,**
- **June 29<sup>th</sup> at 11am**
- **and July 6<sup>th</sup> at 11am**

– Parents and grandparents can 'drop in' to the sessions as suits your availability and as one off or several as you wish.....but you will need to get a joining invitation, so, please email [flc@rcadc.org](mailto:flc@rcadc.org) and a joining invitation will be sent by reply. If you do find things getting too much, remember to talk to family and friends and share your feelings; if this isn't possible or appropriate remember there are organisations that can offer support or just a listening ear:

- [Family lives](#) - offer information and support on many aspects of family life and parenting. They offer an online chat and have a helpline **0808 800 2222**
- [Samaritans](#) – call them anytime **116 123**
- If you have domestic abuse concerns, [Refuge](#) have a 24 hour helpline **0808 2000 247**