**UPDATE – Let’s just call it Seven**

Soooooooooooooo, here we are at seven months of this. During this time, the clocks have gone forward and now they’ve gone back, things are going to look and feel a bit different in this mainly working from home malarkey. Scarves, possibly dressing gowns [that’s housecoats or goonies] onesies and big slippers will feature massively over the next wee while and after work walks to stretch the legs, and clear the heads, will be in the dark.

 I started to think about the number 7 and how many things were connected to it – there are loads so here goes with just a few that popped into my head;

* 7 Seconds [Youssou N’Dour ft Neneh Cherry]
* Seven Brides for Seven Brothers [musical]
* Se7en [film]
* 7 - the number shirt worn by Kenny Dalglish legendary Scottish football player
* 7 - the number of deadly sins [apparently]
* The Seven Seas - This is a historical term, there are more than 7 [ I know this as the daughter of a ship’s captain], although there is a chippy in Wigan called that and a range of vitamins too [other brands are available]
* 7 days of the week

I’m sure you will now all be racking your brains for all things 7 – my advice to you would be don’t – I could’ve filled a page just with the songs that I came up with, it’ll drive you crazy and I don’t think any of us need anything else to do that for us at the moment.

As far as our services are concerned, we have managed some indoor stuff courtesy of our partners at the Crags Sports Centre and are in negotiations with the Charteris Centre at the Pleasance for access to do some small group-work. It’s not the same as having our own base available to us, but as that doesn’t look like it’s happening any time very soon, it’s fantastic to know that we don’t have to be thinking about being outside over the next few weeks in the cold and dark! It does mean limiting group sizes to comply with social distancing but it feels good to be able to offer a wee bit more……..we have also been piloting online music tuition with Conal and Kadie on Friday afternoons.

At the moment we are waiting for further announcements and are hoping that this will not mean any change to what we are able to be offering right now…………that reminds me of another song “Seven Tears [tiers]” by the Goombay Dance Band - google it for sheer entertainment value!

Stay safe, stay sane people – we’ll get there

P.S. – we had an email today about Secret Santa…………………….I’m saying nothing