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Time has a wonderful way of
showing us what really
matters in life.

101Quotes [About.com](#)

The Memory Matters and Moments team feel it is important to keep you as updated as we can in the current situation with Covid-19 (Coronavirus) and our services.

LATEST UPDATE: 23/03/2020

We thought we would start today's newsletter off with a song. Music is a key part of the atmosphere at Moments Café and it helps to bring back memories. On a daily basis, we are going to be sending out uplifting songs for everyone to enjoy and we will also be taking requests too. Therefore, if you have a song you would like to recommend, then please send it our way. Today's song is **Thank You for the Music** by Abba. You can listen to it by clicking [here](#).

Covid-19 priority shopping times

	Monday, Wednesday & Friday 8am-9am NHS staff, social workers, elderly & vulnerable
	Monday, Wednesday & Friday 9am-10am Elderly & vulnerable
	Monday, Wednesday & Friday 8am-9am NHS workers
	Monday & Thursday (1 st hour) - elderly & vulnerable Tuesday & Friday NHS & emergency service workers
	Monday – Saturday 7am-8am NHS badge holders
	1 st hour of trading (times vary by store) Elderly, vulnerable & those who look after them
	1 st hour of trading (times vary by store) Elderly & Vulnerable
	Check each store as they are setting their own rules
	Check each store as they are setting their own rules

Important information regarding priority shopping times.

At the moment, patience will serve us well, the information that we need will come but decisions are being made fast and it takes a while for the systems to be put in place. We also need to make sure we are taking care of ourselves. If you are able to, then try and get outside in the sun. Do you have a garden you can sit in for a little while? If not, try opening a window to let in some fresh air. However, it is important that you remember to continue to socially distance yourself from other people. If you need to go shopping, there is now an option to go at a time less busy (**see graph table above**).

Whilst we are on the topic of staying at home, why don't you try and make a Moments Café Fruit Scone? You can find our delicious recipe [here](#). Feel free to take a picture and tag us on Facebook @MomentsPlym, as we'd love to see your tasty masterpieces!

Please Note: We publish our updates before the Government makes new announcements. Therefore, we will try our best to keep you informed on a daily

basis.

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