

# THE ENGLISH LETTER FEB 2026



So here we are 2026.

Where did we leave off? Ah, Xmas activities.

Well Andrea came up to us and we all headed to Troutbeck in The Lakes where we had our third "Xmas day". Andrea had booked a lovely cottage with great views and well placed to local pubs or a short ride into town. It was also good walking country for her.

We had drinks at the nearby Mortal Man that has a history going back to 1689.

A short drive venue for records this wear.

As ever these around drinking, no

So it was when



also took us to another great afternoon tea. This picture moment with appropriate head

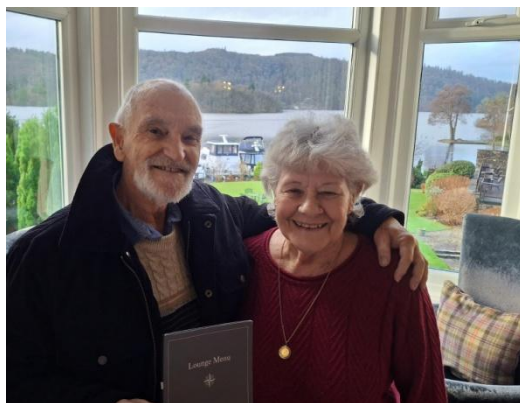
days most of the photos revolve restaurants and eating and mountain climbing.

we ventured into Bowness and

had a drink. The Old England Hotel was one of our stays in 1969 as part of our honeymoon.

We would like to stay over here some time and just working out suitable dates especially if we can take advantage of winter deals.

We returned to Sandhurst Grange on Dec 25 for another Xmas dinner of traditional style. Then it was NYE and we went out to the



Trevino Lounge being a recommendation from Andrea who had eaten tapas in one down her way. It was a bubbly



atmosphere and full despite it being early evening.

The walls were covered with artworks for sale.





We went back to SG where we met up with a few residents to try and see in the new-year. Andrea had made some snacks but by 11 pm we were all gone to watch the fireworks in London on TV.

Andrea left us after some wfh at our place and we returned to a more normal life style.

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I will not talk too much about health issues as I fear I may have spread into self pity.

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My appetite is a lot better although small plates that perhaps someone of my age would wish for. I have started to resurface and even played a bit of table tennis where I was kindly given a head start with points to make the games competitive.



I no longer run the chess but have attended twice now at the Ansdell Library and so I have a mix of mental and physical activities going on. I even went along for the first time in many months to the Creative Writing group of the u3a. Here is a pic I took of the chess group in action. No fee with coffee on tap and we just give the library a donation.

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Oh there was of course the Xmas lights in St Anne`s with a small addition this year being a snow man or perhaps polar bear. This was taken after dinner at The Allegria to say thanks to Andrea for all her hard work whilst with us.



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I nearly overlooked our recent holiday to the Sahara. Not.

It just shows you what AI can do to make one believe something that is not true. Funny or troublesome.

So my psa is once more falling but no return of my energy, although perhaps a bit.

Next significant date is in March when the stent is replaced under general anaesthetic.

I think that brings us up to date as we continue to watch the war in Ukraine and see hope of a peace deal in Gaza. Trump still plays his games and Starmer is under attack for employing Mendelson with Andrew Windsor in deeper trouble.

Courtney returns on March the first but may well return to Australia after a month or so of being here but a fluid situation as many things come together. Mackenzie is already back and working.

That is it.

Good bye for now.

Love

Alan and Bev

PS Many thanks to those people who sent in their news.

