

THE ENGLISH LETTER MARCH 2026



This seems to follow the last letter rather quickly which might be pushing your attention a bit much. But it is our diary and so reflects those activities that frame our lives at the moment. The frame may not be in gold leaf, more rustic wood, but never the less a true reflection.

Despite what I said earlier I am going to open with health because I am feeling a lot better. I will not get better as such but the improvement represents a positive position instead of all the negativity.

I took my first walk along the promenade since probably Aug 2025. It only lasted 45 minutes but a good start. It was a sunny day, of course, and in the mid teens the English come out to play thinking that perhaps summer is with us. I had 3



layers on although 2 would have been enough.

You see here a family setting up “camp” on our

vast beach with pier in the background.

Along my walk I saw that the donkeys were there for rides and the little train that runs around the pitch and putt course was in action.



I waved to children on the train and adults laughed and waved back. Very charming scene.



I went past the many beach huts with some



being occupied. A small group were playing boules on the sand. Dogs everywhere but not allowed in the section of beach shown above.

I have a Blue Badge. Did not think I qualified but others did and so I applied and got it very speedily. This was all done on



line once I obtained sufficient supporting documentation to show that I needed one. I did have a battered body from one procedure after another but that has eased off enabling me to walk a little (45 minutes this time).

I am learning how to use it and in this case I parked in a beach side car park using an allocated bay and was delighted to learn that parking was for me free up to 3 hours.

There are two cards with one a clock indicating time of arrival and the other similar to an id card. You leave them on the dashboard.

We have been eating out at Le Patio a fair bit over the last few weeks for good reasons but the key attraction to such extravagant behaviour was that this lovely restaurant had a 50% off deal.



As you can see Alex and Melanie joined us and then on March 17 we were there again with them both plus Mackenzie. That

made 4 visits and they now recognise me and know I have a Campari and soda to drink.



This is the cake (after slices taken) brought down by Melanie and Alex from Kendal.

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Surely we did something else other than eat out?

Well yes we did. Russell Watson is well known opera singer who describes himself as a crossover performer offering ballads and classic opera. He is very well known and has sung in front of many audiences including royalty. His



preferred location, however, seems to be in churches. He came to Lytham and St. Cuthbert's for one such performance and had as a guest artist Nancy May who is also a classical opera singer.

The picture above captures them both but from our balcony position, without zoom, it just shows the atmosphere.

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As you know I had to give up organising the u3a chess group but I am well enough now to attend the sessions that take place in the Ansdell library

every 2 weeks. The Monday meet coincides with a mothers/child gathering where all the old songs (the wheels on the bus go round and round), and some new ones ring out. It is not off-putting, more delightful.

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One of our chess players turned 90. He is a remarkable person and was a professor of mathematics and written a few books on the subject.

He had a very big bash at the Clifton Arms Hotel with this pic of our table offering views of my bald head with Bev by my side.



There were speeches and also a special performance by classically trained granddaughters who sang a Puccini aria and a ballad.



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Global news includes the war in Iran and the Middle East in general. Iran continues to be able to block the Straits of Hormuz and hence movement of oil tankers from the region.

Trump started it and Starmer has kept the UK out of offensive actions that is seen as a weak response by the USA and others. An outbreak of meningitis in Kent seems to be under control although 2 people have died.

What the war has shown is the hollowed out nature of our defence services and a lack of anticipation and ability to speedily respond to areas of conflict.

With a disenchanted public the Greens took a bi election result from the Labour Party.

We have knife crime and discrimination in parts of the country although quiet St Anne`s seems to be largely immune. The UK is not the power it once was but with the right political leadership there is no reason why we should not punch above our weight on the international stage. But let us perhaps seek out all the issues within the UK first.

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Well that is all for now with April fast approaching with visits scheduled to Urology (stent replacement), oncology, dermatology and orthopaedics. Apart from the stent op and Bowens disease treatment the rest should be check- ups to see how I am doing.

Bev`s back is a lot better but bothers her every now and then.

We thank all those who have sent us very detailed emails and birthday wishes as it is always good for us to hear how you are all getting on.

That`s it. Enough. No more.

Until the next time.

Love

Alan and Bev

PS Arsenal failed to win the Carabao Cup. Three more competitions to go.