

Contents

Introduction	9
PART ONE – what happened	
(Jan to July 2020)	19
1 Deeper in and deeper	21
2 Blinded by his own Brexit	31
3 End of an era, end of a way of life	39
4 Shut that door, prepare to survive	47
5 Immunity of the herd	55
6 R for pandemic	65
7 Time out for a drive	75
8 Beneath and beyond the R word	83
PART TWO – what happened to us	
(Jan to July 2020)	93
9 You really don't want to die like this	95
10 Reducing the risks	105
11 Being proactive	115
12 Reflections on our new normal	123
13 Lessons learned, check list for 2nd wave	133
14 Country kitchen in the city	141
15 New age Tudor	151
16 More or less -- that's it	159
PART THREE – what went wrong	
(Aug to Nov 2020)	169
17 Just drink the bleach	171
18 Here we go again	181
19 What's behind the mask	191

20	Changing perspectives	201
21	A nasty little virus	209
22	Who's to blame	217
PART FOUR – on our own		
(Dec 2020 to Feb 2021)		231
23	Keeping busy, keeping safe	233
24	Searching for certainties	245
25	Final days, of the year	255
26	Some way out of here	263
PART FIVE – covid in context (into 2021)		275
27	How was it for you?	277
28	A choice of narratives	295
29	Dark days and long nights	309
30	Ghost of the woolly mammoth	319
31	Round and round	333
	Afterword	345
	Bibliography/References/web-links	349
	Acknowledgements	351
	Your own Covid journal	353