

## How to *SURVIVE* social distancing in the PILGRIM ROOTS region...

The Mayflower Pilgrims lived in a time of mysterious ailments and strict regulation... how might remembering them keep us going today?

Download our trail map and take a trip to one of the Pilgrim Churches (you could write a blog inspired by the visit!)

<http://www.pilgrimroots.co.uk/wp-content/uploads/2020/01/Amended-trail-leaflet-digital.pdf>

Write your own Compact with anyone you are quarantined with, deciding how you will govern yourselves at this potentially stressful time!

Grow or *plant* something – our Three Sisters Planting Competition could give you inspiration:

<http://www.pilgrimroots.co.uk/news/ancient-planting-could-reap-reward-in-2020/>

Follow us on social media, @pilgrimroots, where we will be sharing content to keep you up-to-date and entertained.

Think about what you'll do when things are back to normal! If you'd like to volunteer, we'd love to hear from you. Please email [info@pilgrimroots.org](mailto:info@pilgrimroots.org)

Listen to our Pilgrim Trails podcasts about our local pilgrim places <http://www.pilgrimroots.co.uk/pilgrim-trail/>

Take part in our game of fates, coming soon to Pilgrim Roots' Facebook page!

Make a May Flower (here's how: <http://www.pilgrimroots.co.uk/news/make-a-may-flower/> )

Take your camera out and *capture* some local heritage or signs of spring: share with us so more people can enjoy it! #pilgrimroots on twitter and Facebook.

Read our Spring Pilgrim Trails newsletter and share it with your friends! William Brewster got in trouble time and again for producing & distributing pamphlets. <http://www.pilgrimroots.co.uk/newsletter/pilgrim-trails-newsletter-spring-2020/>

Create some art! We are anticipating our two art exhibitions in the Percy Laws Gallery will go ahead. Details here: <http://www.pilgrimroots.co.uk/wp-content/uploads/2020/02/Open-Art-Exhibitions4.pdf>



Remember, they spent 66 days stuck on a tiny boat... and there was no such thing as loo roll!

Be grateful for what is still good in the world today, and *plan* a 'Thanksgiving' celebration with friends for when this has all blown over.

