

THE POPPERWELL POST

Life in Lockdown (Part 2)

Written by Charlie Popperwell, chief reporter.



Four of the five members of the Popperwell family enjoying a holiday in Spain in June 2019, before their life in lockdown.

Food glorious food! This week's article takes a look at how the Popperwells have been keeping busy during their 8th week of isolation.

The Popperwell family (from the Lizard, Cornwall) are now in their 8th week of isolation in order to protect mum/ Pepsi Popperwell due to her asplenia and hydronephrosis. Whilst they are finding it hard to be away from friends and loved ones; as well as finding being restricted to the house and garden quite tough, they have been incredibly successful at keeping themselves busy and spending quality time together as a family. How have they kept themselves busy this week? By cooking up a storm.



Baby Lewis Popperwell, now properly smiling, thoroughly enjoying the quality family time.

The Popperwell family have been focusing on being healthy this week. They have been exercising with Joe Wicks (adult Popperwells included) and spending time together in the garden doing many energetic and fun activities. The boys have also been learning about healthy foods and where they come from. Charlie Popperwell – aided by his super assistant Cameron – has also hosted his very own 'Come Dine with Me' this week which received a grand total rating of 13.5/15 stars.

The starter was Nan's special soup (a coconut, red pepper and sweet potato soup that has been passed down through his family for several generations). Pepsi stated: "The soup starter was extremely delicious and very healthy and good for you, by far the best soup I have ever tasted".

The main course had been set to be chicken and bacon pitta bread pizza (a healthy pizza alternative) but unfortunately due to supermarket shortages Charlie had to make a last-minute substitution and created pizza bagels instead. Josh commented: "Charlie did very well to think on his feet and the pizza still tasted fantastic, he could give Domino's a run for their money." Finally, the 5-star dessert was chocolate brownies." Cameron said: "Yum, chocolate brownies, delicious."

It was truly a successful evening and a great way to bring little bit of fun into their 8th week in lockdown.



The budding chefs Charlie and Cameron doing some brilliant baking.

So, while the Popperwells continue to be restricted to their own home and garden, and whilst they continue to miss their loved ones, they are remaining positive and making the best out of their tricky situation by continuing to enjoy their family time together.