**Programme notes 23rd May**

At the beginning of June the Women’s Super League takes a month’s break. At the same time the men’s teams are also just starting their 6 week summer holiday. We all need time to rest and recharge our batteries. Sundays used to be a day to do that and in some countries that is still the case. Shops are shut, people go to places of worship, visit friends and families, and rest.

In our society today we expect constant service and entertainment. We can watch football on sky almost anytime. Ours is a 24/7 society – but at what expense? Do we still find time to maintain the important relationships in our lives? Do we have any times of quiet where we can stand back and look at where we are going or are we on a treadmill which is never turned off? Are we so busy dealing with the ‘urgent’ that we don’t give attention to the ‘important’?

We wish our players and staff a good break and look forward to seeing you on 11th July, refreshed and ready to make that charge for the title.