



# From Us to You

Welcome to Newsletter No. 1

Jan ~ Feb ~ March 2015

**W**e do hope all our families had a gentle Christmas and wish everyone a healthy New Year. Since this is our first Newsletter we would like to hear from you and would welcome your stories, photographs, poems and ideas for future editions. So do give us a call on 023 8043 4444 or email us on [jltf@hotmail.co.uk](mailto:jltf@hotmail.co.uk).

## A Note from the Team

At Jonathan Terry's we believe that we have an important responsibility to return the trust placed in us by the families we care for and to the community of which we are a part. Not just by offering support to the bereaved but in preparing for the unavoidable changes that life inevitably brings and through the difficult days that may follow.

Spring is a time of growth and change. The change of seasons can be a time for the changes of our grief. We hope that as you continue your healing journey you will begin to notice your own grief seasons changing. During the winter we can feel overwhelmed with a deep sadness for the loss of our loved ones. The spring can be a time to reflect on the days that we and our loved ones shared and there is a blossoming hope that new days filled with peace and comfort will come.

Interwoven with this grief journey we want you to be aware of how you need to care for yourself. We want to be there for you. We feel honoured when you share the stories of your loved ones with us and we hope to continue supporting you and your family. We are only a phone call away.

## Borrowed Hope

*Written by Eloise Cole*

Lend me your hope for a while, I seem to have mislaid mine.  
Lost and hopeless feelings accompany me daily.  
Pain and confusion are my companions. I know not where to turn.  
Looking ahead to the future times  
does not bring forth images of renewed hope.

Lend me your hope for a while, I seem to have mislaid mine.  
Hold my hand and hug me, listen to my ramblings.  
Recovery seems so far distant,  
the road to healing a long and lonely one.  
Stand by me, offer me your presence,  
your ears and your love.  
Acknowledge my pain, it is so real and ever present.

Lend me your hope for a while, I seem to have mislaid mine.  
A time will come when I will heal I know and I will lend my renewed  
hope to others.  
But until then lend me your hope for a while,  
I seem to have mislaid mine.

## Jonathan Terry Coffee Mornings

... are a great place to ease back into social life after the death of a loved one. Everyone here is going through, or has been through grief themselves, so they understand if you shed a tear, or if you need to tell your story. Maybe you need to find a friend, need help with those 'odd jobs' or just need a place to "fit in" with the crowd without saying much at all. That is perfectly fine with us. We'll just be glad you came. We do hope you will be as well ..... Bring a friend.

2014 saw a visit to Exbury Gardens at the end of May enjoyed by all. A raffle at the Christmas Lunch in early December raised £100 for the Blue Lamp Trust. Our grateful thanks go to everyone who brought raffle prizes, exceeding our expectations.

Also a great big thank you to those ladies who baked cakes for our Coffee Mornings - delicious.

### Dates for 2015

Wednesday 25th February  
Wednesday 25th March  
Wednesday 29th April  
Wednesday 27th May  
Wednesday 24th June

held at: Woolston Bowling Club,  
Temple Road, Woolston, Southampton SO19 9FE



### SPECIAL DATE FOR YOUR DIARY

**booking essential** - please reserve your place with Anne by 1st March 2015 on **023 8043 4444**

### Wednesday 24th June - A FESTIVAL OF FLOWERS "Cascades" - Winchester Cathedral

Thousands of flowers will be used to create a stunning display of contemporary and traditional floral designs under the lead of Artistic Director, Hans Haverkamp, who hopes his beautiful blooms will surprise, overwhelm and lift people who visit the Festival.

Prepare to be enchanted and enthralled by majestic flower arrangements and installations cascading through the Cathedral, inspiring awe and wonder. To complement the event, a summer market with hand-picked exhibitors will be held in a Marquee in the Cathedral Historic Inner Close.

## Remembering

*submitted by Mel (Sheppard)*

After 2013 being such an horrendous year for our family (losing my lovely Dad in January and then my cousin being killed in a road accident in the October) I came across this idea of a memory jar on the internet. I bought a large glass jar from IKEA and wrote the following note on the front.

Starting 1st January 2014 write good things that happen to you on little pieces of paper:

- surprise gifts
- accomplished goals
- the beauty of nature
- "LOL" moments
- memories worth saving
- daily blessings

On December 31st open the jar and read all the amazing that happened in 2014!!

The jar still sits in the kitchen as things have happened we have put them in the jar. On New Years Eve we will all be excited to read everything we have done this year and I will definitely do it again for 2015.

Take care and I will see you all soon. Mel x

Please note that Mel and her Mum, Pat, are now volunteers for Age UK - for details have a chat with them at the Coffee Morning. They will be only too pleased to tell you of this vital work.

Since a visit to our coffee morning by a representative of Age UK, at the suggestion of Mel and Pat, another two ladies have been accepted as volunteers, Pat (Taulbut) and Caroline (Marland). Many many thanks ladies.

## Let's Get Sharing

*send us your top tip or advice for tough times.*

"I had a good friend nearby who visited me a lot when my husband died which was very helpful. She has recently lost her husband so now I can be there for her. But it never goes away. I still talk to him and there are days when I say to him 'why aren't you here?'. Keeping busy helps and volunteering with the Royal Voluntary Service means I can focus on other people, not just on myself".

The above quote comes from Mary who lost her husband Percy to a heart attack nearly two and a half years ago.

All at The Blue Lamp Trust's "Bobby Scheme" send a big thank you to everyone who helped raise £100 from the Christmas Lunch Raffle.

The Blue Lamp Trust's "Bobby Scheme", in conjunction with Hampshire Constabulary, is a practical service providing home security, chains on doors, locks on windows, long-life smoke alarms and peace of mind for those needing this sort of practical support. Andy came along to one of our Coffee Mornings to tell the group all about this free service which operates throughout Hampshire. Several of us arranged to have a fitter visit our homes. The fitters carry I.D. cards and always ring before visiting. He spends time with each person, giving both general reassurance and specific crime prevention advice to improve the safety of our homes. Please note that they do not carry out electrical work, installation of CCTV, glazing or other repairs.

The Bobby Scheme can be contacted using:

**bobby@bluelamptrust.org.uk**

or by telephoning **0300 777 0157**

We closed 2014 with many emotions. As we acknowledge that there were sad days, and there were happy days; there were great memories and there was sorrow all wrapped together. There was sometimes confusion as we questioned what our purpose was. There was apprehension as to what our future would bring.

As we move forward into 2015, we recognise the fact that we are somewhat a different person. We are more compassionate and sympathetic towards others who have experienced any kind of tragedy; little things are not as important as they once were; our patience sometimes teeters on the edge with those who are living life normally. We may feel our life will never be normal again. However.... The new beginning is always today.

As Paula Schultz wrote. "the start of a new year is a good time to remember that we are in the midst of life. It is not perfect. Nor is it one that we might have chosen. But our struggles do not put life on hold. Rather, they are part of life itself! Our life is ours to make the most of, with many gifts that we can share with others."

Our experiences, our struggles and our joys all teach us things that help us live the remainder of our life. So...we encourage you to look up as we enter 2015 with positive awareness that we will be OK, and our life will be reshaped yet again as we help others.

## Jonathan Terry Est. 1998

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