



# From Us to You

Welcome to Newsletter No. 8  
October ~ November ~ December 2016

Welcome to the Autumn Edition of “From Us to You”

## Lunch in the Garden

I saw it all in my mind's eye - the pretty cloth, the jugs of flowers.  
We'd eat our lunch from floral plates and while away the lazy hours  
With mellow chat and sips of wine; Romantic, charming, full of grace,  
Good friends, relaxed, a balmy day, contented smiles on every face!  
I checked the forecast, picked a day when, dry and sunny once again,  
Was what they led us to expect - What did we get? You guessed it - rain!

EILEEN

## Thinking Ahead . . .

### My Way - My Choice

Today, more than ever, you are making important decisions. Living your life your way also means making choices about the end of your life although many of us do not want to think about it. You all know someone, a family member, support person or a friend, who has died. Talking about death and dying is hard, but being prepared for that time makes sure your choices are

respected. Making your own decisions shows you are in control, now and in the future.

If you would like more information about a personal funeral plan or “Wish list” that reflects you as an individual with your “wishes” clearly described and will also be a huge help and relief to your family, call us at Jonathan Terry's for a confidential chat.



# Thinking Ahead . . .

## Are we going to have to prepare for severe wintry conditions?

For most people when the clocks go back it signals the start of winter.

For some, especially if you are older or have older relatives, it can be a more difficult time when you need a bit of extra help or support.

There are lots of things you can do to keep healthy and well in winter, and we've developed top tips of things to consider and ways to prepare for winter.

We do hope you find this useful.

- Keep an eye on weather forecasts, particularly severe weather warnings from the Met Office.
- Stock up on basics in case you can't get out of your home for a couple of days.
- Nominate a friend or neighbour who can collect essentials on your behalf
- Keep a list of emergency contacts by your phone.
- Know where your stop cock is located.
- Make sure your pipes are adequately lagged and your roof properly insulated.

**Stay well, stay safe,  
stay warm  
and most of all . . .**

**Stay in touch  
– we are here to help.**



## Christmas Remembrance Service

Christmas can be a wonderful time of the year but also one of sadness if you have lost a loved one. Celebrating Christmas after the death in the family can be the most difficult time of the year. The season of Christmas is a time of peace and hope and a time to be joyous with family and friends. However, for many who have lost loved ones it will bring painful memories.

With these thoughts in mind, since 2006 we have held each year a Service of Remembrance at Christmas time, usually the week before Christmas at St. Patrick's Church, Woolston. We invite all the families we have helped during that year. However, families from previous years are welcome to attend for as long as they like.

### Remembering your loved ones

The service is not over religious and includes an opportunity to place a remembrance star on our special Christmas Tree.

We hope that our Christmas service will remind the families who have suffered a loss of the warmth of shared Christmases past, of the brightest Christmases to come and the importance of fellowship and support.

We send invitations out in mid-November for the current year. If you wish to attend from a previous year request forms will be available.

## Planning Ahead

*"Always plan ahead. It wasn't raining when Noah built the Ark."*

RICHARD CUSHING

*"The afternoon knows what the morning never suspected."*

ROBERT FROST

*"A good plan is like a road map;  
it shows the final destination and usually the best way to get there."*

STANLEY JUDD

# Let's Get Sharing - Your Stories

## Whose counting?

It has been 5 years, twelve days, and ten hours since my beloved wife passed away, but who's counting, I am still hanging in there but at this moment I am having one of those times when I am at the bottom of one of those down times that have ways of creeping up on you.

I don't know why but I suppose it could be the recent death of one of her sisters, along with the deaths of several close friends or too many deaths in a short period of time along with the reminder that I am getting older. All I know is that I find myself crying at the singing of a hymn in church, the reading of a sad story or seeing something on the TV.

In the beginning, grief hit me with numbness that lasted for several months. I walked around in a daze through the funeral, burial and for sometime afterwards. From then on I went through despair, guilt, anger and an overwhelming sense of loss. At times I thought I would never live through it or even if I wanted to live through it. Your family and friends have no idea what you are going

through and though some of them really want to help they have no idea what to do to help.

I have in no way gotten over my grief. I still feel the aloneness and the crying is still coming at the many triggers that are out there waiting to bite you. It, however, does not happen every day; it might even be a week or more. The intensity has decreased and it doesn't disable me as it once did. The depression that I spoke of in the beginning is not as deep and goes away in time. Yes - the ups and downs are getting smaller and less often.

I will always cherish the loving memories of my beloved wife and will still cry at some of the remembrances as I travel through those 60 years of life that I shared with her. I will laugh, cry and share them with friends and family.

Believe me, and I hope it helps, over time it does get easier to bear and there is hope for the future.

*Thank you Richard  
for sharing your story.*

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We welcome your stories of coping, understanding and growing through grief, to help others who are hurting.

If you would like your story or poem published please send to:

Jonathan Terry Independent Funeral Directors,  
101 Peartree Avenue, Bitterne, Southampton SO19 7JJ.  
Telephone: 023 8043 4444

## Snippets From the Doctor's Surgery

### Alcohol and Diet

Did you know a glass of wine contains as many calories as a slice of cake and a pint of lager has the same calorie content as a small sausage roll?

The average wine drinker in England takes in around 2,000 calories (Kcal) from alcohol every month.

Drinking 5 pints of lager a week adds up to 44,200 calories over a year, equivalent to eating 221 doughnuts!



### New Will To Live

An elderly gentleman had had considerable hearing problems for a number of years. Naturally he came to the Surgery and a doctor was able to have him fitted for a set of hearing aids that enabled him to hear perfectly.

He returned to the Surgery a month later for a check-up and was told "You're hearing is perfect ..... your family must be really pleased that you can hear again."

The patient grinned, "Oh, I haven't told my family yet, I just sit around and listen to the conversations. I've changed my will three times already."

### Tomorrow is a "Keep On" day!

"Say little; love much; give all; judge no-one;  
aspire to all that is pure and good; and keep on keeping on."

WHITE EAGLE

# Charity News



In 1994 the Eye Unit moved from Bedford Place to a newly built facility at Southampton General Hospital. A group of Consultant Ophthalmologists, headed by Professor Andrew Elkington, launched a charity to raise £1m in order to equip a research area in the Hospital.

The charity was named 'Gift of Sight' and fundraising was a huge success due, in no small part, to the generosity of the Consultants who started the project with huge personal donations.

Gift of Sight, as we now know it, was re-launched in 2004 with a new logo and run under the banner of 'Hope' - now Wessex Medical Trust.

The Appeal was then moved under the auspices of the University of

Southampton who provide the space for the research team and office space and support for the fundraisers. The logo was changed to the current green 'eye' and the Appeal is funding research into eye disease and providing medical benefits to patients in the Southampton area due to its participation in clinical trials.

Professor Andrew Lotery, Professor of Ophthalmology, actively pursues fundraising by participating in various events and is very grateful to all donors and supporters, both past and present, for the generous gifts of time, enthusiasm and financial support. It really is very much appreciated.

With your support the charity aims to ensure vision in the future for those who are suffering today.

# THE STORY OF THE POPPY

The inspiration behind the poppy as a symbol of Remembrance.

In the spring of 1915, shortly after losing a friend in Ypres, a Canadian doctor, Lieutenant Colonel John McCrae was inspired by the sight of poppies growing in battle-scarred fields to write a now famous poem called 'In Flanders Fields'. After the First World War, the poppy was adopted as a symbol of Remembrance.

## WHAT THE POPPY MEANS

The poppy is:

*A symbol of Remembrance and hope*

*Worn by millions of people*

*Red because of the natural colour of field poppies*



The poppy is NOT:

*A symbol of death or a sign of support for war*

*A reflection of politics or religion*

*Red to reflect the colour of blood*



Wearing a poppy is a personal choice and reflects individual and personal memories. It is not compulsory but is greatly appreciated by those it helps – beneficiaries of the Royal British Legion: those currently serving in our Armed Forces, veterans, their families and dependants.

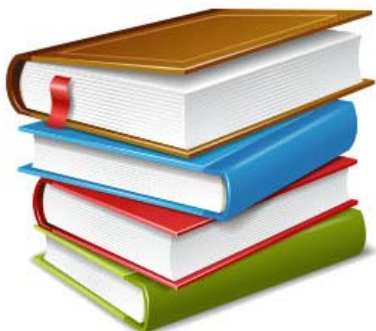


# Want to read . . . . .

## Gullible's Travels

We all return from holidays with stories that we hope will entertain our friends. But few travellers can claim quite such an interesting collection of memories as broadcaster and journalist John Carter.

For 30 years, starting in 1969, John was the friendly face of television travel - the first 20 years as writer and presenter of with BBC Television's "Holiday" programme followed by 10 years at ITV's "Wish You Were Here....?" His first narrative travel book "Gullible's Travels" (Confessions of an International Towel Thief!)



is a privileged insight into the world of travel and travellers. It is an amusing read as one amusing chapter follows another.

In 2007 John, now aged a sprightly 81, lost his dear wife, Sheila, after forty-eight great years, but two years later he met a wonderful widow called Carole.

They live on opposite sides of London but enjoy a very special friendship and it was Carole who gently but firmly pushed him into writing "Gullible's Travels".

## Jonathan Terry Est. 1998

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