

Just a Reminder

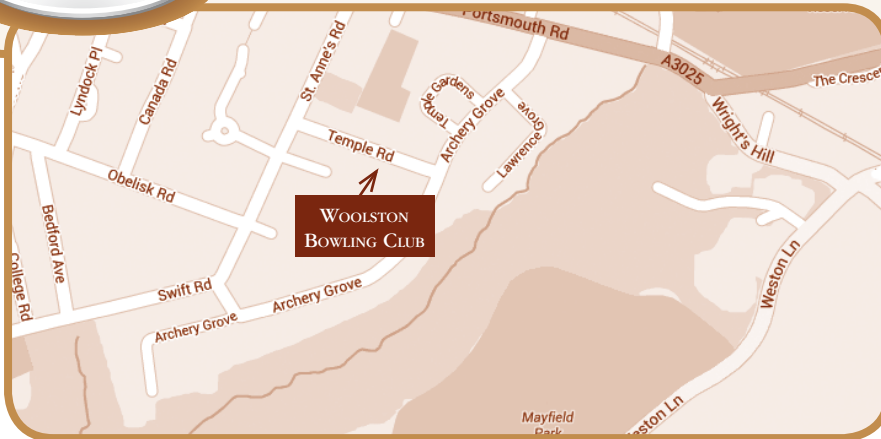


Our Coffee Mornings

are held on the last
Wednesday of every month
10.30 a.m. - 12.30 p.m.

**Woolston Bowling Club, Temple Road,
Woolston, Southampton SO19 9FE**

We look forward to seeing you there!
You're sure of a warm welcome.



Jonathan Terry Est. 1998

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From Us to You

Welcome to Newsletter No. 6
April ~ May ~ June 2016



Is Summer on it's way?

Spring showed up early this year. The flowering trees are beginning to bloom and the mild temperatures and green grass remind us that there are seasons in our lives.

Spring is the one that brings us hope. Going through the grief process is a similar experience We cycle through a season of winter and despair when we lose someone we love. Everything feels shut down and cold. We do not

feel we will ever laugh again or feel happy. But, gradually in tiny ways we witness that life goes on, our lives go on. Life returns to the earth. Out of the snowy and hard ground pops up a fearless crocus!

There is a message in our seasons - possibly a blueprint of our own lives. Let your heart open this year with the tiny buds that are unfurling everywhere.

Why Good Friends are so important.

A lot of research has been done looking into the benefits of friendship, and the research has found exactly what you might expect. It turns out that the better quality relationships you have, the more likely you are to be happy. Therefore, it's good for your happiness to be a good friend to someone and have a group of friends supporting you. But it can be hard to pinpoint exactly what makes a good friend.

Some common signs of a good friend include

- someone who will support you, no matter what.
- someone you can trust and won't judge you
- someone who won't put you down or deliberately hurt your feelings
- someone who is kind and has respect for you
- someone who will love you because they choose to, not because they feel they should
- someone whose company you enjoy
- someone who shows loyalty
- someone who is trustworthy and willing to tell you the truth even when it's hard
- someone who can laugh when you do
- someone who is willing to stick around when things get tough
- someone who makes you smile
- someone who is there to listen
- someone who will cry when you cry

Are you or someone you know struggling with making new friendships following bereavement. Help is at hand No matter who you are, what you're going through or what challenges you may be facing.

We're here to help

Our Support Group Meetings

Southampton Grief Journey - Bereavement Support Groups

Jonathan Terry Independent Funeral Directors pride ourselves on providing a personal and professional service to the highest standard. As well as our monthly Coffee Mornings we now offer a six-week 'Grief Journey' course for anyone wishing for guidance coping with bereavement. These courses will offer a safe environment for the bereaved to express themselves in the company of others who have found themselves in similar circumstances.

At these meetings, which will run for approximately 2 hours, one afternoon a week, for a period of 6 weeks, possibly 2 or 3 times a year, you will find a small group of people who will listen and share with you - and understand what and how you are feeling. They will be just like you - going through the natural grieving process. It can be a great comfort to be in the company of other people who have been through a similar experience, gain understanding, support and help you find your way through this difficult time.

You will feel a great relief as you talk about your loved one - the way he or she died, his or her place in the life of the family, feelings you may find difficult to express elsewhere. You will also hear about how others are learning to cope and survive. We all learn from each other through our shared experiences.

We are not bereavement counsellors, we just want to help you to become stronger knowing that you do not have to suffer the long road ahead alone.



*"Grief is the price
you pay for love"*

For details of the dates, times and an information leaflet please call

Jonathan Terry Independent Funeral Directors -
Telephone 023 8043 4444.

Grief is a normal, essential response to the death of a loved one. At times your emotions may be like being on a roller coaster! Talking about these emotions rather than bottling them up may help.

Charity News

About WRVS

WRVS is Britain's largest charity working with older people. It's 40,000 volunteers help people get more out of life, by helping them live independently at home and get involved in their communities, If you have an older relative, friend or neighbour who is lonely or isolated, contact the WRVS on 0845 601 5964 or visit www.wrvs.org.uk and see how they may be able to help.

About the WRVS Nationwide campaign

People of all ages are finding things tough at the moment. But older people have seen it all before and know a thing or two about getting through hard times. To share their experience across the generations, the charity has launched WRVS Nationwide, a web-based campaign created by older people to offer tips and advise to help all us cope with life's ups and downs.

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Hats, Scarves and Mittens for the Homeless - Knitting and Giving.

Looking ahead to the winter of 2016.....

Winter is very hard on the homeless that roam the streets and desperately try to keep warm at night. So put your needles together to help the homeless keep warm next winter. You really can help someone less fortunate.



If you need a basic pattern, either knitting or crochet, please ask. We do have a limited amount of wool as well!

Once your gifts are finished bring them along to the Coffee Morning. We will have them all on show later in the year!

Why not organize a "knit and natter" morning or afternoon with your friends?

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Want To Read?

Okay so you're not much of a reader but many grief books contain great wisdom and can speak to you on a personal level in the quiet solitude of your darkest days.

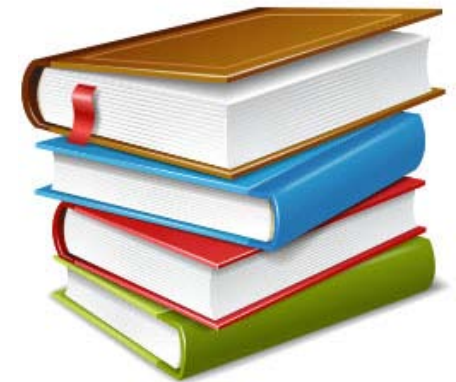
Many people have reported that their favourite book on grief became their lifeline and they carried it around until it became 'dog-eared' and worn from use.

Pick out two or three of these excellent written resources and maybe even 'shop around' at the library or bookshop until you find the one that speaks to your wounded heart.

"Back to Life"

by Jennie Wright

is a highly acclaimed guide to grief loss recovery, Simply written and easy to understand, this book provides grief education, coping strategies, soothing comfort and hope.



"Tear Soup"

by Pat Schweibert

is one of the best and most popular grief resources out there. Although it looks and reads like a fairytale or child's fable, it is actually most informative about grief for adults

as well as children. Great for a grieving family to read together. If you are going to buy only one book on grief, this is the one to get!

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Let's Get Sharing - Your Stories

If I could catch a Rainbow

If I could catch a rainbow
I would do it just for you
And share with you its beauty
On the days you're feeling low.

If I could build a mountain
You could call your very own,
A place to find serenity,
A place to be alone.

If I could take your troubles,
I would toss them in the sea,
But all these things I'm finding
Are impossible for me.

I cannot build a mountain
Or catch a rainbow fair,
But let me be what I know best,
A friend who's always there.

*Submitted by Susan who received this from a Friend
Thank you Susan*

Sally received this poem from a friend, after the death of her husband,
and wanted to share it with us.....

I cannot ease your aching heart,
Nor take the pain away,
But let me stay and take your hand
And walk with you today.
I'll listen when you need to talk,
I'll wipe your tears away,
I'll share your worries when they come,
I'll help you face your fears,
I'm here and I will stand by you
Each hill you have to climb.
So take my hand let's face the world,
Live one day at a time
You're not alone for I'm still here,
I'll go that extra mile.
And when your grief is easier
I'll help you learn to smile.

*Sally says.... Isn't that Friendship..
These words mean so much to me.*

Let's Get Sharing ...

***What's your top tip
or piece of advise for
coping in tough times?***

If you would like to submit an article/story or poem to appear
in the next Newsletter please send it to us.
We would love to hear from you.

Thank you