



From Us to You

Welcome to Newsletter No. 7
July ~ August ~ September 2016

Summer's Journey

Summer is upon us and we thinking of you as you face this unique time of year without your loved ones.

Summer is typically a special time for outdoor activities, travels, visits with family and friends.

With the loss of your loved ones, perhaps during this last year, you may feel differently about this summer season. You may not have the same energy you typically have, your desire to travel or gather with family and friends may not be the same. It may be difficult to watch people be happy and carefree, you may wonder when or if you will ever feel that way again. Or, if you have had the occasion to enjoy yourself, you may feel guilty.

*"Hope is like the sun,
which as we journey towards it,
casts a shadow behind us."*

SAMUEL SMILES

*Grief
is like weeding a flower bed
in the Summertime;
you have to do it over
and over again
until the seasons change.*



It is important to remember that a balance of grief and normal living is both healthy and helpful. Be gentle with yourself, you are learning to live differently without your loved one.

We hope everyone will find a little time to enjoy the beauty of Summertime.

Caring Heroines

My parents are both 84 Mum had two strokes and hasn't been able to walk for ten years. They have four visits by two carers at a certain time each day. These girls wash, dress, comb her hair and put her perfume on every morning, toilet her at lunch and tea, keeping her clean throughout the day, wash, change and put her to bed at nine every night. They treat her with respect and dignity, chat, laugh and shower her with kindness.

They chat with Dad, who is Mum's main carer, I spend a long weekend (about four days) every other week with them, to give my father a well earned

break and my sister does the other weekend. As Dad now walks with a stick, the carers pick up prescriptions, milk, etc., if needed. After some of the terrible stories we read about care workers, I'd like to give a big thank you to the girls who look after my Mum so well and are a great help to my Dad.

CAROL

I was puzzled by the instructions with my new Dunelm Mill ironing board cover

“DO NOT IRON”

SHEILA

Want To Read?

If I could heal your heart

by Mary I. Farr

Filled with words of comfort and compassion to help ease the pain of grief and loss, this nook opens the heart to healing. It is soft to the touch and offers inspiration to those who need it most.

Review from a reader “reading ... or actually re-reading these words daily is what got me through a difficult time”.

In Lieu of Flowers

by Nancy Cobb

This is a gracefully written book about the deaths of Nancy's parents, friends and people whose stories she's heard. From Alzheimer's Disease to suicide, hospice to hospital, Nancy weaves together emotions felt and lessons learned from death. It's helpful how death and grief are discussed in the context of living our daily lives, the memories and pain that we learn to live with and remember well.

Our Coffee Mornings



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.



Wednesday 27th July
STRAWBERRY BRUNCH



Wednesday 31st August



Wednesday 28th September
MACMILLAN COFFEE MORNING



Wednesday 26th October

Wednesday 30th November

Wednesday 14th December
CHRISTMAS SPECIAL

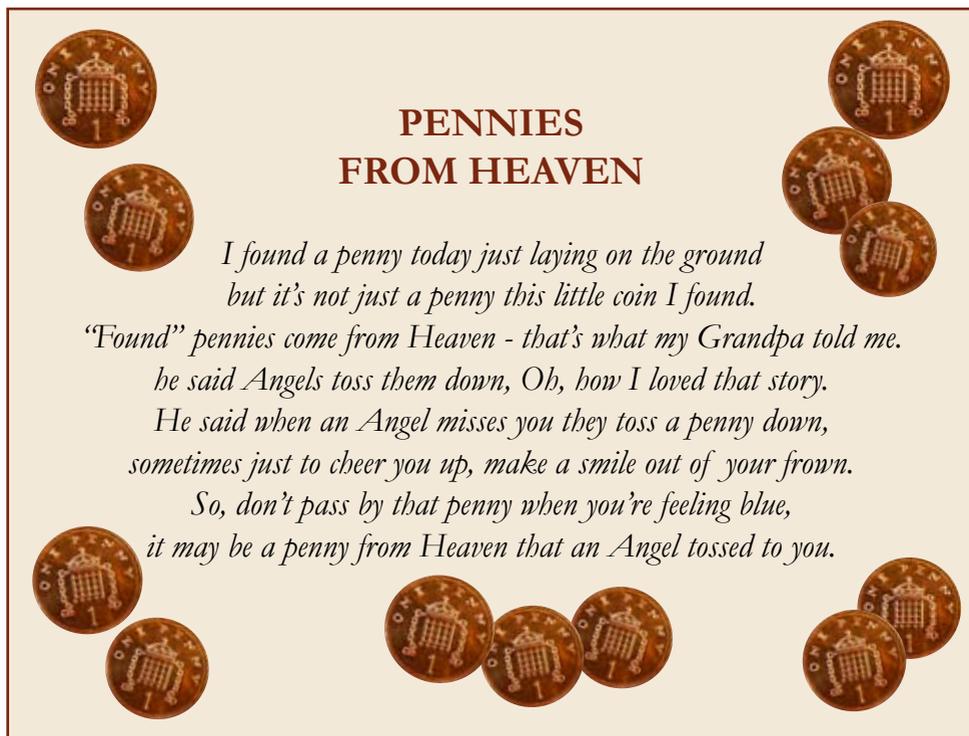
Let's Get Sharing - Your Stories

Pennies from Heaven

Comfort while Grieving

Recently several of my close friends lost loved ones. There is little we can do to alleviate the pain of a loved one's passing. We often send flowers or food with our condolences. But then I found a great craft idea that offers encouragement. Pennies from Heaven is a concept that someone that has passed is thinking about you. So, when you find a penny, you pick it up and keep it in a jar, labelled "Pennies from Heaven," to remind yourself of your loved one that has passed. I have made several and handed them out to my friends. They still comment about how much they and their families appreciate the comfort they get from them.

LISA



The meaning behind a popular Summer Flower

THE ROSE



As one of the most recognizable flowers, roses are beautiful.

White roses

evoke reverence, humility, innocence and youthfulness.

Red roses

convey respect, love and courage.

Pink roses

signify love, grace, appreciation and gentility.

Dark crimson

roses denote grief and sorrow.

Yellow roses

are given to symbolize strong ties.

The traditional language of flowers provides a way to convey our feelings and send meaningful messages.



Charity News

The Jubilee Sailing Trust - *changing lives*

Don't know whether we will have room for one of their ships !!!!!

The Jubilee Sailing Trust has been changing lives since 1978. In that year it became a registered charity through the extraordinary vision of a dedicated group of people working against the odds to make their dream a reality. Back

then, the idea of integrating the physically disabled with able-bodied people on a tall ship was a unique conception, and yet, the JST still remains to this day the only organization of its kind in the world.

In 1984 HRH Prince Andrew, the Duke of York, became the JST Patron, and he still is to this day.

About the JST - Hazel Road, Woolston, Southampton.

The JST is here to build the bridges of awareness and understanding and by using two fantastic, specially designed tall ships, break down barriers for a better, more inclusive world. Later this year we will be welcoming a speaker from JST to our coffee morning who will tell us more about this life changing experience for many.



PLEASE DON'T FORGET

Keep knitting "Hats for the Homeless"
(can include Scarves & Mitts) - they are coming in!
Any wool required? - please ask!



Funeral Costs Around the UK

Funeral costs are going up each year. You might be surprised to hear that while the average cost of a funeral in 2004 was £1,920 today it's £3,693 that's an increase of 92%, which is well above inflation. At this rate, in another 10 years, the average cost of a funeral could be more than £6,700.

Losing a loved one is a devastating and extremely difficult time.

With funeral costs rising every year a Golden Charter Funeral Plan offers an easy way to pay for your funeral director's services at a cost that's fixed at current prices.

Affordability worries prompt people to plan ahead. Pre-paid funeral plans allow individuals to specify and personalise the funeral they want. As a nation we remain more reticent than other countries to discuss our demise, but we don't like the idea of bequeathing a debt to our families.

If you're worried about your family being able to afford your funeral when the time comes, consider a funeral plan.

At its simplest a funeral plan allows you to pay up-front for your funeral



so your relatives don't have to cover the costs themselves although they are allowed to pay for your funeral using money from your estate (and it's not subject to inheritance tax).

With a pre-paid funeral plan you have complete control over your funeral arrangements and the option to choose from a range of plans to find the one that suits you ensuring that friends and family don't have to make difficult decisions at such a difficult time in the grieving process

If you would like further details of our Golden Charter later life planning services please call:
Debbie King
Jonathan Terry
Independent Funeral Directors
023 8043 4444



Ode to Kath

I am alone, now I know it's true
There was a time when we were two
Those were the days when we would chat
Doing little jobs of this and that
We'd go to the shops and select our meals
But now I'm one I know how it feels
To try and cook or have meals on wheels
The rooms are empty there's not a sound
Sometimes I'm lost and wander round
To look for jobs that I can do
To bring back the days when we were two
When darkness falls and curtains drawn
That's when I feel most forlorn
But I must be honest and tell the truth
I'm not quite alone and here's the proof
Because beside me in her chair
She quietly waits our time to share
Kath said to me some time ago
Darling when the time comes for us to go
Let's mix our ashes and be together
So we can snuggle up for ever and ever.



Jonathan Terry Est. 1998

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