

From Us to You

Welcome to Newsletter No. 1
July ~ August ~ September 2021



Looking to the future

It is now 17 months since our last coffee morning. Who would have believed 17 months ago what we would have to experience since then. There have been so many uncertainties and has been a difficult time for so many. It has been a sad time for the families we have been called to serve and it has been equally a difficult time for you all with the loss of meeting in friendship.

We are pleased to restart our coffee mornings and we will make every effort to keep them running for you. To keep

everyone safe we are now holding two per month and limiting the number of attendees to 30 until it is safe for us to increase the numbers.

I must take this opportunity to thank the whole team at Jonathan Terry's for their team work and dedication during this pandemic period. Their continued support to the families at this time has been without question exceptional in the most difficult circumstances and within the government restrictions placed upon us.



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Sadly, in the recent months we have said farewell to my dear Mother Sylvia and Anne's husband Alan, we have paid a separate tribute to them in the newsletter.

Myself and Anne would like to thank everyone for the condolence cards and messages of support received during this time. We also remember Archie and Joe who attended our coffee mornings.

I am pleased to announce the opening of the White Lily Centre, a gathering place for bereavement support, comfort and education. The centre will be led by Margaret Francis and she has written a separate article for the newsletter.

With the ongoing uncertainty surrounding the pandemic, sadly we have taken the decision not to hold our Christmas Services at St. Patrick's Church this year, the services do take a lot of planning and it would be so disappointing if they were cancelled at the last moment. However, we shall have our Christmas tree at Peartree Avenue and the lights will be lit on

Advent Sunday 28th November.
Further details will follow.

On 5th September Dave Rodger and a number of the team will be taking part in a skydive for Mountbatten Hampshire. We will publish details on our facebook page on how to support them.

As we move forward into the Summer and Autumn of 2021 much is still uncertain about our future but I hope the reconnection of friends and support via the White Lily Centre will help us all look forward with hope. I read this inspirational quote and share with you:

*A bird
sitting on a
tree is never
afraid of
the branch
breaking,
because its trust is not on the branch but
on its wings. Always believe in yourself.*



Thank you

Jonathan

Hope



The Butterfly is Nature's
way of reminding us
that there is HOPE in grief.

When the caterpillar is no more
the Butterfly exists in ultimate
Freedom and Beauty.

Butterfly Blessing

May the wings of the butterfly
kiss the sun and find your shoulder
to light on, to bring you luck,
happiness and riches today,
tomorrow and beyond.

*"A Butterfly to remind me even though we are apart.
Your spirit is always with me forever in my heart . . ."*





Sylvia Terry

1952 - 2021

Sylvia was born to Lily and Albert Kirk at Winchester in 1952, she lived and attended school in Hedge End. She married Tom in 1969 and they had 4 Children Jonathan, Tracy, Tommy and Tina. She was Nan to 6 grandchildren and Great Nan to 4 great grandchildren.

When Jonathan opened the business in 1998 together with her Sister Kathy they were the first receptionists at Peartree Avenue and in later years, Sylvia organised with Anne the coffee mornings and with Margaret our afternoon teas. Sylvia would also help Jonathan in the preparation of the Christmas services and continue to support the business.

In April 2020, just as we entered the first lockdown Sylvia was diagnosed

with Ovarian cancer. She undertook treatment, her consultant and nursing staff fought with her the long battle against this awful disease, but sadly she passed away on 8th January 2021 with her family by her side.

We shall never forget her lovely smile, her kind ways, her ability to listen to people and put them at ease with her kind words. We miss her so much but we know she would say carry on and enjoy your life.

Jonathan and the family would like to thank everyone for their messages and condolence cards at the time of their loss, the words and thoughts were truly a comfort to us at that sad time.

Thank you.



We Remember



Alan Jackson

1937 - 2020

A great deal could be said about Alan, from his early childhood of being born within the “Sound of Bow Bells” making him a true Cockney, to growing up in Ruislip, attending school at Harrow, becoming a professional cricketer for a short time, playing for both Lancashire and Buckinghamshire, and then going on to join the RAF.

On leaving the RAF he qualified as a Chartered Accountant and continued with this career for the rest of his life whilst at the same time still enjoying his cricket, not forgetting his interest in rugby and his great passion for sailing.

A lot of adjectives could describe Alan, a man with a sense of duty, simplicity, decency and respect. He was admired because he was a kind, gentle man

and will be remembered for enriching the lives of so many with small but meaningful gestures, taking time to talk but also listen attentively.

He was a man who always put his family first, not only supporting them with encouraging words but also with tremendous supportive action. He brought joy to his family and friend's lives because he saw, very quietly, the joy in life.

*I'd like the memory of me to be a happy one.
I'd like to leave an afterglow of smiles when life is done.
I'd like to leave an echo whispering softly down the ways,
of happy times and laughing times and bright and sunny days.
I'd like the tears of those who grieve, to dry before the sun;
I'd like the memory of me to be a happy one.
of happy memories that I leave when day is done.*

We Remember



Hello and Welcome ...

... to the first Jonathan Terry Newsletter of 2021 ('From Us to You'). I am sure you will all agree that 2020 was a very difficult year, one in which everyone had to adapt, make sacrifices and face tough decisions.

A lot has happened since our last Newsletter so we welcome the opportunity to touch base with you all.

None of us could have imagined the situation that we had to face due to the Coronavirus. We had to adjust to all our services in order to protect our families, our staff and our wider community.

The Covid-19 Pandemic has deeply disrupted every aspect of our lives including the freedom to conduct every day activities. As we continue to move, hopefully, through the roadmap, we are eager to move forwards, in a controlled

way, to protect everyone involved with

Jonathan Terry.

For this reason we have implemented a number of measures which will help us to stay safe through the coming months and year.

We shall be, once again, hosting a series of coffee mornings, although limited in numbers. Booking will be essential by calling me on **07508 052353** or email: anne@thewhitelilycentre.co.uk

When people first hear about our coffee mornings they often assume that they will be depressing but reactions from previous ones have been the opposite, with participants saying how much they enjoyed the group, meeting, making new friends and helping to make the most of their lives, now, in a comfortable environment where they can have respectful conversation with each other.

All we offer is a warm welcome and a listening ear in a safe environment, all alongside a cup of tea or coffee and a nice slice of cake!

Because we care about the well being of every family we have the privilege to





serve, we would like to offer continuing care and support for those who have been recently bereaved, through our 'Stepping Stones' coffee mornings, helping you to get through this difficult time by relaxing with people in similar circumstances. Each person will be valued and treated with dignity and respect. 'Stepping Stones' will be held in The White Lily Centre commencing on Thursday 19th August, 10.30 a.m. - 12.30 p.m.

These very small gatherings will be informal and somewhere you will be able to chat and catch up over tea and coffee. We know how difficult it can be to go along to something new and we want you to feel as comfortable as possible. There will be no agenda, objectives or themes.

It is important to remember that 'Stepping Stones' coffee mornings will not be for counselling or group therapy

but if you feel you would like the company of others who understand or have been where you are, whether you want talk or just listen, whether it's a good day or a bad one, you're welcome to join us either way. Please bring a friend or family member with you for support if you wish, but, of course, you are welcome to attend by yourself.

We shall also be operating an 'open door' policy in The White Lily Centre, every Friday morning from 10.30 a.m. until 12.30 p.m. when any bereaved can just 'drop in' and hear about our range of supportive services to help process the grief journey.

It will also be good to see our regulars, who have been helped to deal with their own grief and who have also supported newcomers by sharing their own grief experience, helping them to feel comfortable in a safe environment.



Anne



The White Lily Centre

We are pleased to announce the opening of The White Lily Centre. Some of you will be aware that it has been a long road through planning permission, building works, lockdowns, Covid - 19 regulations and other unforeseen events to finally reach our destination and Jonathan, myself and the team would like to thank you for your support throughout our journey.

The White Lily Centre has been a long-held dream of Jonathan Terry's, a place where bereaved people can get together for mutual support, as well as professional help when needed. Our services are freely available to anyone in Southampton or surrounding areas. We

are blessed with a beautiful building (adjoining our Peartree Avenue chapel of rest) with a purpose built conservatory area suitable for small groups to meet, a large lounge, kitchen and two dedicated counselling rooms.

The centre is staffed by myself and Anne Jackson and we hope it will grow into a real hive of activity as we gradually feel able put our plans into action. Of course, as always, we will be working within the guidelines recommended for keeping everyone safe in these difficult times.

One to one counselling is provided by myself and, where appropriate, a final year trainee counsellor. Please see the back page for some of our other events, including our coffee mornings.

I am excited to finally be where we are and looking forward to seeing both old and new faces as we move forward together through whatever life throws at us next!

Margaret



Stepping Stones

At the White Lily Centre we understand that when newly bereaved we can sometimes feel rather fragile and the prospect of attending our larger coffee mornings can be quite daunting. For those who would prefer to start small we offer our Stepping Stones groups on two Thursdays every month. The hope is that people will meet others with whom they share the common bond of bereavement and find the confidence to progress on to our busier social events.

Upcoming dates for our Stepping Stones groups are:

Thursday 19th August 2021

Thursday 2nd September 2021

Thursday 23rd September 2021

Thursday 7th October 2021

Thursday 21st October 2021

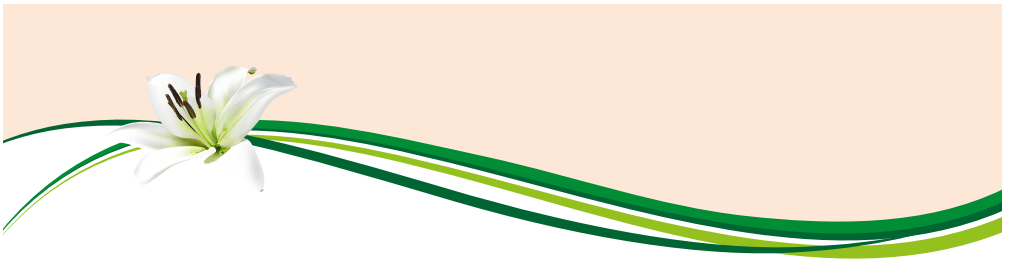
Groups are held from 10.30 a.m. to 12.30 p.m. in the conservatory and we kindly ask you to call

Anne on **07508 052353**
to book your place.



Friday Drop In

Starting from 13th August 2021, every Friday morning from 10.30 a.m. to 12.30 p.m. we will be holding a drop in session where all are welcome to pop in for a drink and a chat with Anne or Margaret if you have any questions or something is bothering you and you think we can help. It is a very informal session and does not include any counselling but it would be a perfect opportunity to sit down with us and see how we can support you and which of our events or services would be the best fit for your needs. No need to book.



Grief Journey groups

Our Grief Journey groups have been running for a number of years, in conjunction with Dr. Bill Webster from The Centre for The Grief Journey in Canada. This is an eight week programme consisting of a blend of education, discussion and friendship to support bereaved people in making sense of their experiences and guide them through the process of learning to live without the person they have lost. The groups are small and have a more formal structure than our social events. We hope to recommence our Grief Journey groups towards the end of 2021.

Meetup Group

“Meetup” is a website where anyone can join and set up a group with a view to organising a social event. Jonathan Terry sponsors our own group on this website called “Bereaved in Southampton” where you will find all sorts of social events put on by members of the group.

Why not take a look and see if you fancy joining us? You would be very welcome.

The website address is: www.meetup.com and we are happy to help if you have any problems signing up.





The White Lily Centre

A Gathering Place for Bereavement Support,
Comfort and Education

Join us at our

Coffee Morning

The White Lily Centre invite you to join us for our Coffee Mornings at
Woolston Bowling Club, Temple Road, Woolston, Southampton SO19 9FE
where you will be able to meet and share stories in a relaxed and friendly atmosphere.

To keep everyone safe we are limiting
each coffee morning to **30 attendees.**

To attend please register with
Mrs. Anne Jackson at
The White Lily Centre on

07508 052353

or email :

anne@thewhitelilycentre.co.uk

DATES FOR 2021

Tuesday 27th July
Tuesday 10th August
Tuesday 24th August
Tuesday 14th September
Tuesday 28th September
Tuesday 12th October
Tuesday 26th October
Tuesday 9th November
Tuesday 23rd November
Tuesday 14th December



Join us from 10.30 a.m. - 12.30 p.m.

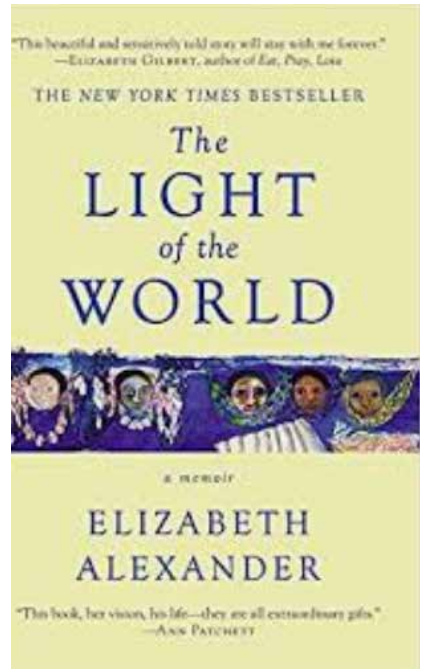
Book Corner

The Light of the World

by Elizabeth Alexander

In *The Light of the World*, Elizabeth Alexander finds herself at an existential crossroads, after the sudden death of her husband. Channelling her poetic sensibilities into a rich, lucid prose, Elizabeth tells a love story, that is, itself, a story of loss.

As she reflects on the beauty of her married life, the trauma resulting from her husband's death, and in the solace of caring for her two teenage sons, Elizabeth universalizes a very personal quest for meaning and acceptance in the wake of a loss.



The White Lily Centre

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The White Lily Centre is sponsored by Jonathan Terry Independent Funeral Directors Limited