

# From Us to You

Welcome to Newsletter No. 2  
October ~ November ~ December 2021



## Reflections . . .

What are the positive things that we learnt during the Covid Pandemic and Lockdowns and what we will never take for granted again . . .  
Let's reflect . . .

We have seen communities come together and the hard work and dedication of our key workers being recognised, proving that every cloud has a silver lining.

Coronavirus dominated the world and has impacted all of our lives in many

ways. From losing our loved ones to living in fear of our jobs, the coronavirus lockdowns were both difficult and challenging times.

But through this time of crisis, it has given us the chance to sit back, change our outlook on our lives and recognise what is actually important to us.

We have put together some of the positive things that we have learnt during Lockdown.



## Congratulations

I wish to congratulate Tina who ran the London Marathon raising funds for Macmillan Cancer Support. Congratulations also to David, Olly, Tom, Bradley and Paul who raised funds for Mountbatten Hampshire by Skydiving 38 000ft – very brave!

If you wish to contribute to their fundraising, you can still send a cheque to our Peartree Office.



## Christmas Service 2021

As previously stated in our last newsletter, we are unable to hold our Services of Remembrance at St Patrick's Church this year. In their place we are holding one outside Service of Remembrance at our Peartree Avenue office on Friday 10th December at 7.00pm. The service will see the lighting of our remembrance tree, also an opportunity to place a red ribbon of remembrance on the tree. The ribbons will be available on the night and we will serve tea, coffee and mince pies after the service. Booking is not necessary. Sadly, we will not be able to read out the names of your loved ones at this service.

We hope that in 2022 we shall once again be able to return to St Patrick's Church.

I am pleased we are now holding our coffee mornings and that you are once again able to meet with friends.

The White Lily Centre is also helping many people and please do spread the



### *In Remembrance*

Sadly, we say farewell to Joan Hamilton. Joan was a dear friend of all of us at Jonathan Terry's, many of you will know Joan from our coffee mornings and afternoon teas helping my mum serve the teas and coffees. Our thoughts are with Joan's daughters, Kim and Michelle. Rest in peace Joan and thank you for all your help.

word. If you know of anyone who may need help in coping with a loss, please contact Margaret at the centre.

With best wishes

*Jonathan*

## **1 How Precious Time is with Family**

The virus forced families to stay apart for over four months. With many families missing the first special days of newly born family members lives and not be able to see and cuddle our parents and grandparents, lockdown made us realise how treasured these moments are. With schools forced to close, parents were able to spend quality time with their children that they otherwise would not have been able to do so.

## **2 You'll Never Take Anything for Granted Again**

As we have all adapted to 'the new normal' and our freedom changed, we had time to appreciate what we once had. From simply getting our hair cut to seeing supermarket shelves stocked full of pasta, toilet rolls and rice, these were just a few that we never knew were important to us. With thousands of lives sadly lost to coronavirus it has made us all realise how precious life is and to live our lives to the full as no one knows what is around the corner.



## **3 The Great Outdoors**

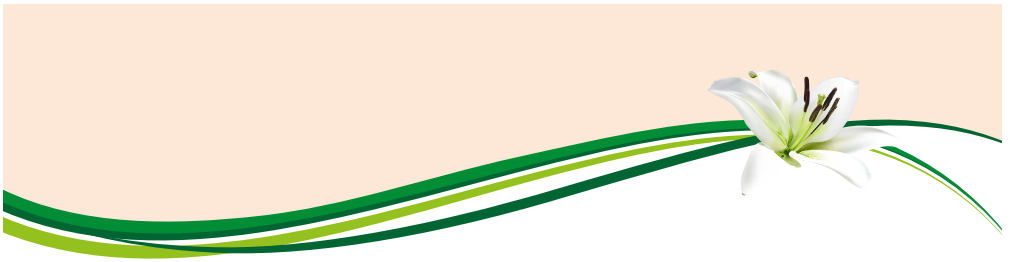
As holidays were cancelled many of us explored the local beauty spots that our local areas had to offer. During the Government's restriction of daily exercise allowed only once a day, we enjoyed walks, bike rides and picnics - something many of us wouldn't normally think of doing. And this year it has been more than likely that it has been a year of "staycation".

## **4 The Environment Began to Heal**

As people were urged to avoid all non-essential trips, traffic levels decreased which resulted in dangerous levels of air pollution drop by 50%. Alongside our air quality becoming cleaner, the quiet roads resulted in wildlife paying a visit to our gardens and balconies. Not only has this impacted us locally but across the world with dolphins appearing in Venice and blue skies over Delhi. As we all stayed in our environment had time to heal.

## **5 The Importance of our Key Workers**

Before lockdown NHS staff, emergency staff, police, post office workers, shop workers, delivery drivers and carers were often forgotten about and never recognised for the work that they do. But, every Thursday at 8 p.m. we took



the time to say a special thank you and applaud our key workers who continued on the frontline.

With the increased demand and evermore challenging time many keyworkers had to isolate themselves from their families and continued to battle against coronavirus, putting their own lives at risk.

## **6 How to Slow Down**

When working it's easy to lose yourself in the same busy and frantic paces of life. With the daily commute to work stopped and to working from home, working life became flexible with a more relaxed attitude. Lockdown gave us a chance to sit back and realise what actually matters and to slow down our daily routines.

## **7 The True Meaning of Community Spirit**

Lockdown brought communities together. From acts of kindness to those who were most vulnerable to knowing our neighbours, the time of crisis brought back the community spirit that shone during World War Two, from Captain Tom, walking to raise millions for the NHS to school children using their spare time to help those in need. People are now open to support others and hopefully this will continue.

## **8 We Can Save Money**

With many pubs, restaurants and shops closed, many have managed to save their pennies. Lockdown made us realise that materialistic things don't matter and that you don't need an expensive night out on the town, as a social distancing gathering in the garden was just as fun and less expensive.

## **9 The Power of Technology**


How would we have coped without technology during Lockdown? From weekly zoom chats with friends and work colleagues to video calls with our family members that we were unable to visit, technology has helped us all to keep going.

## **10 We Do Have a Creative Side**

With lots of extra time to take on new hobbies we have been able to discover new hobbies and interests. Parents also had to learn how to become home school teachers and come up with different ideas to keep the children happy.

Many of us were able to show our support during the dark days by painting a rainbow and sticking it on the window . . .

Did you? . . .



## Welcome to ... Poetry Corner

We have decided to set this page up to showcase some of the wonderful poetry that has been sent to us by some of our families.

If you would like us to include one of the poems that has inspired and helped you please e.mail: [anne@thewhitelilycentre.co.uk](mailto:anne@thewhitelilycentre.co.uk) or telephone 07508 052353.

### **GRANDAD**

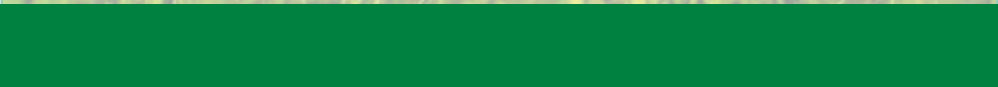
Written by Paige

We had a wonderful Grandad, one who never really grew old;  
His smile was made of sunshine, and his heart was solid gold;  
When I think about my Grandad, he definitely was one of a kind  
When I think about my Grandad, I know he was a wonderful guy.

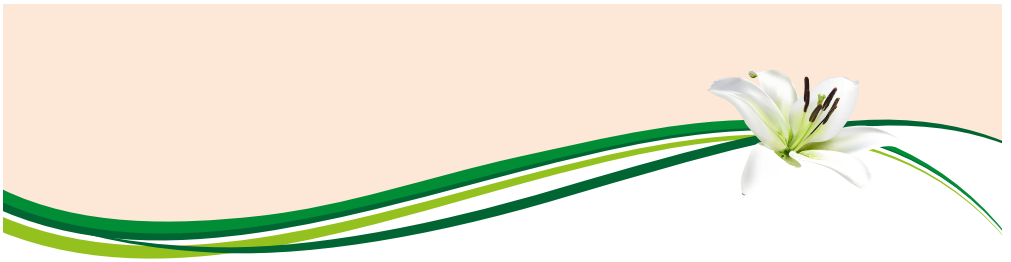
With tears in our eyes we watched you pass away  
and although we love you dearly we could not let you stay.  
A golden heart stopped beating, hard working hands at rest.  
God broke our hearts to prove to us he only takes the best.

So as time passes, our tears will dry and our hearts will mend.  
but our love for you Grandad will never end.

Love you  
Paige X







*A Thank You To All My Coffee Morning Friends.....*

## YOU BRIGHTEN MY DAY

Whether it's days of cloud or sunshine  
the moments that we share  
the timely word, the thoughtful line  
the note that says "we care".

Mean more to me than words can say,  
so it's time, I think, that you knew,  
how much it brightens my day,  
to have friends like you.

What brightens all my memories  
are the times that we have shared,  
you're all those special people,  
'cause you take the time to care.

When I feel a little blue and sad,  
the easiest thing for me to do,  
is remember that things can't be that bad  
when I have wonderful friends like you.



*submitted by Anonymous*



*Let's get sharing . . .*

James would like to share his "Lockdown Experience"  
of gardening with us . . .

## From potatoes to tomatoes . . .

Never having been much of a gardener my daughter said to me, after I had made a groove in the carpet wondering what to do next, "Dad, grow your own tomatoes, it's amazing what you can grow from your store cupboard and supermarket supplies; potatoes, tomatoes, herbs etc"! ... so despite garden centres being shut down during lockdown and mail order companies struggling to fulfil orders, there were lots of ways, or so it appeared, to try and grow things to eat during those strange times.

Not having many containers to hand I collected old boxes, tins, tubs and even plastic sacks. Even found a couple of old tyres behind the shed!

First of all I went for the easy option of potatoes.....potatoes, I already had, to sprout in a bright place before planting

them in the stacked up old tyres, found behind the shed!

Thought I wouldn't try too many things at once and so took my daughter Karen's advice and looked at tomatoes and sat and looked at them! I cut tomatoes in half and took the seeds out, dried them out on a piece of kitchen roll on the window sill. I put them in little plastic pots (which once contained custard!) covered them with about 1 cm of potting compost, which I found buried in the shed, sprayed





them with water, back on the window sill, and 4 weeks later had these lovely little plants appearing..... pat on back for me!

I was really pleased with my tomatoes until I saw . . .



Well.....I can keep trying! and I am sure I will be able to keep Karen in tomatoes next year . . .

*. . . think about it for next year*  
*“Gardener” James*

## Let's Grow

*(not really until next year but I did like this poem written by Tiffany)*

It's springtime in the city,  
Things are sprouting down below.  
But our building isn't blooming  
so let's get to work, Let's Grow!

First on the bill: each windowsill  
that's sunny, not too hot.

A tulip here a crocus there --  
pass me another pot!

Now then, let's see; this balcony  
that used to seem so small

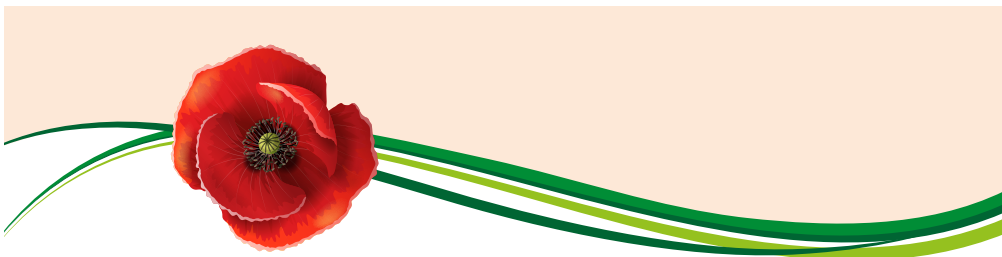
Flowers, herbs, tomatoes --  
Yes, there's room to grow them all.

One last stop: the large rooftop  
has lots of empty space.

We build big wooden boxes  
and plant veggies every place.

Before you even know it,  
we'll have lettuce for our lunch  
and, with a little TLC  
fresh carrots by the bunch.

We're tired and, we're dirty  
and we're happy 'cause we know  
that we got the building blooming  
and it's going to grow, grow and  
**GROW!**



## POPPY FESTIVAL OF REMEMBRANCE

*held in honour of those who have given their lives in the service of their country*

Thursday 12th - Sunday 14th November

The Church will be open from 11.00 am - 4.00 pm daily during the 4 day Festival

### LEST WE FORGET

St. Mary's Church will be decorated with thousands of Poppies and Memorabilia, from both World Wars and other conflicts, loaned from the very generous local community.

There will be displays which will include the names of all those commemorated on the War Memorial in the Churchyard, the Land Army, the Little Ships of Dunkirk, the horses and other animals, letters from the front, a Poppy Memorial Tree, and many more.

Refreshments will be available, entry is free and donations are welcome.

Do you have any Memorabilia that could be shared with the community at the Festival of Poppies or would like to be involved in making poppies and other artefacts?

If so please call Anne on 07508 052353

## 1940'S WARTIME CONCERT

*will be held in The Abbey Hall, Netley Abbey  
on Saturday 13th November at 7.30 p.m.  
Enjoy singing along and a bit of dancing too!*

"The Spitfire Sisters" for a nostalgic evening  
Dress of the 1940's optional but would be welcomed!

For further details or to reserve your ticket  
(Cost £10 to include light refreshments)  
please call Anne on 07508 052353



in association with Jonathan Terry Independent Funeral Directors and The White Lily Centre



# *Feeling Safe in Our Homes . . .*

## **The Blue Lamp Trust - The Bobby Scheme**

The Blue Lamp Trust is a non-profit organization dedicated to promoting and enhancing community safety throughout Hampshire and the Isle of Wight.

### **What is the Bobby Scheme?**

- supported by Hampshire Fire and Rescue and Hampshire Police

The Bobby Scheme brings peace of mind and helps reduce the fear of crime to the vulnerable and especially to people living on their own. The aim of the scheme is to ensure confidence and enable people to carry on living independently and to maintain a

sense of security within their own home.



**THE BLUE  
LAMP TRUST**

Fitters visit clients across Hampshire and the Isle of Wight providing FREE home security, long-life smoke alarms, advise and peace of mind for the vulnerable and as already said, those living alone.

After contact and at the earliest opportunity a visit from one of their trained Fitters, is arranged, all uniformed police vetted and carrying ID cards, they carry out a full crime-prevention survey fitting, as appropriate, for items such as

- Locks • Spy holes
- Door chains • Smoke alarms

*Need a taxi . . . you can also book a SAFE TAXI through them . . .*

**Tel: 0300 777 0157**

**General enquiries email: [info@bluelamptrust.org.uk](mailto:info@bluelamptrust.org.uk)  
Bobby Scheme: [bobby@bluelamptrust.org.uk](mailto:bobby@bluelamptrust.org.uk)**



Thank you everyone for taking part in the Go Yellow Coffee Morning.

A fantastic  
**£206.01p**  
was raised!

Every donation to Mountbatten Hampshire makes a real impact in helping to support patients with life-limiting illnesses, their families, friends and carers throughout their lives and bereavement.

One again, thank you all for your generosity, it really is very much appreciated.

## *Book Corner*

*"Grieving: A Beginner's Guide"*  
by Jerusa Hill McCormack

When Jerusa's husband died she was only 34 years of age. She was the only widow she knew. She had "lost" her husband, but here was the map to get,,,,,un-lost?.

She couldn't find it so she wrote this guide for anyone whose mourning. Jerusa takes us through the fog of the first year, she dismisses ridiculous cliches like, "be strong" and "stay busy", and greatly makes a strong case for expressed grief as the most potentially transformation and dare I say it, liberating, experience of our lives.



## *The White Lily Centre*

103 Peartree Avenue, Bitterne,  
Southampton SO19 7JJ

**023 8044 0961**

email: [info@thewhitelilycentre.co.uk](mailto:info@thewhitelilycentre.co.uk) [www.thewhitelilycentre.co.uk](http://www.thewhitelilycentre.co.uk)

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