

From Us to You

Welcome to Newsletter No. 5
July ~ August ~ September 2022



A Summer Reflection

It's Sunny, but ...

Summer is a time of fun and joy. It's full of laughter, holidays, adventures, sunshine and ice cream. For the majority of people it is their favourite season, due to beaches, barbecues and long days in the sun with family and friends. But what happens when your grief hits you hard in the summer?

When you're actually sad during the "happy season?" or when you dread a family holiday this time of year instead of looking forward to it, because it means the first time you'll be going away with one less plane ticket or holiday booking, one less suitcase and one less person in the pictures.



A message from Jonathan

Summer is finally here again and I hope you are able to take advantage of the better weather to spend some time outside in nature.

I would like to say a big thank you to everyone involved in our chapel dedication service and White Lily Centre opening celebrations in May. It was lovely to see so many faces, familiar and new, sharing this special time with us.

Our professional seminar, kindly presented by Dr. Bill Webster was, as always, very well received and I hope has given the attendees some fresh ideas and a deeper understanding of the grief process.



Sadly, I was not able to join you this year on our annual coach outing but I am told it was a good day out and that Milestones Museum of Living History is well worth a visit. The coach was full, with 47 people. My thanks to Anne for organising the trip. Our coffee mornings continue, twice a month, throughout the Summer and you can now find the dates for the rest of the year on the White Lily Centre website: www.thewhitelilycentre.co.uk, or pick up a leaflet from the main office or the bereavement centre.

However you are spending your Summer days, I hope you are remembering to take time to look after yourself.

Kindest wishes

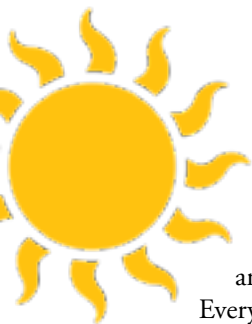
Jonathan



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You see, during winter months it's acceptable to curl up in your bed, or spend the day wrapped up in a blanket watching films, or just to be sad and gloomy. A lot of people are a little blue during the winter, so it's easier to fit in with the crowd.

But during the summer, it's all smiles as people break out the flip flops and tank tops. No one wants to spend the warm sunny days inside on a settee, so instead you stick out like a sore thumb.



It can be harder to be grieving during this time of the year. You look on Facebook etc . . . and everyone is posting pictures of their amazing holidays, ice cream cones and their swimming antics. Everyone seems to be enjoying life . . . except you.

Sunshine usually equals happiness, yet you don't feel happy right now and that just amplifies the feelings of loneliness. Instead of happiness you're reminded that you're missing that one person that you wish you could have a trip out with or go to your favourite ice cream shop with. The void is more present.

If you are going through summer grief know that we understand and you are not alone. We are going through it too. Summer can be hard . . . Please reach out if you need to talk . . . we are here for you at The White Lily Centre on 023 8044 0961

email: info@thewhitelilycentre.co.uk
website: www.thewhitelilycentre.co.uk


***Please Know That You Are
Not Alone . . .***

*"A friend is like a rainbow.
They brighten your life
when you've been through a storm."*

Remember when . . .

"Coach trips were always run by the Sunday School. We were given a book and every week we were given a religious picture to stick in the book. If we didn't have enough pictures then we didn't go on the day trip. I guess you could call it bribery."

Barbara



Let's get sharing . . .

Snippets from the DOCTOR'S SURGERY

Amidst the hard work, tough deadlines and serious matters of working in a GP Practice there are days when it's impossible to stop laughing.

Whether it's a patient that's done something hilarious or a doctor with "you won't believe what's just happened . . . anecdote to tell, we all have those funny 5 minutes.

Always be precise with your instructions:

A doctor met with his patient for a week follow up appointment. The patient told the doctor that he was having trouble with 'the patch' that the nurse had given him.

He said the nurse had told him to put on a new one every six weeks and he was now running out of places to put it.

Concerned, the doctor asked the man to undress only to discover over 50 patches on the patient's body! Needless to say, the instructions have been changed to include removing the old patch before applying the new one!

Eardrops

A patient announced she had some good news . . . and bad. "The medicine for my earache worked," she said. "What's the bad news?" the doctor asked.

"It tasted awful." Since she was feeling better, the doctor didn't have the heart to tell her they're called eardrops for a reason.

Out of the mouths . . .

Perhaps we should take a minute to look at the world through the eyes of a child. Life is full of wonder and discovery. Joy and fun are all around. The view of life for a child is so innocent. Every day is exciting, with new surprises around every corner.

I was trying hard to get the ketchup out of the jar. During my struggle the phone rang so I asked my 4-year-old daughter, Esme, to answer the phone. She answered the phone obediently. "Hello, this is Esme, mummy can't come to the phone right now. She's hitting the bottle." Guess who it was . . . the local vicar!

Jenny

Let's get sharing . . .



Don't ask me how I am

I recently had coffee with a friend, a fellow grief warrior. She brought up a pet peeve, the simple and well intentioned question, "how are you?" Our answer would like to be "how the hell do you think I'm doing?" However, our answer is usually some version of "I'm OK", when in fact we are not. We will never be OK, is this an acceptable answer? It's the answer we think you want to hear. Grief is not accepted in our culture as a lifelong sentence. But it is. And sure there are good days and even moments of joy as we move forward learning to live our grief. But OK left when our loved one left.

I said to my friend, perhaps it is our responsibility to inform others how we want to be asked. We know the question comes from a place of love and concern. It's just this question makes us feel guilty. Do I tell you the truth? Can you handle the truth? Is it appropriate? And some days, I don't know how I'm feeling.....I'm just getting by. I don't have the energy to actually answer this question.

Maybe the question to someone grieving should be "how is your grief today?" This recognizes grief is a part of us and questions how much, at that moment, we are consumed by it. The response could be easier for us to express, "it is killing me" or "it is quiet today".

Acknowledging grief is important because it is a huge part of what we now are and the elevator question, "How are you?" does not fit in this community.

Personally, when I'm asked "how are you?", my go at answering is, "I'm here". . . . and I change the subject.

A Grief Book That Gets Me . . .

Some of the books I have read, I have had a hard time getting through and others I can't put down. **"It's OK That You're Not OK"** is one of those page turners! Written by Megan Devine, a therapist who was thrown into our grief community with her own loss, Megan writes from professional and personal experience.

She gives us permission to do what we need to do and take as long as we need. Her book includes tips and exercises to support ourselves as we feel our pain.


I felt comforted, assured, hopeful and inspired.
I am not OK. And that is OK.

from Claire

Hello Everyone!

Hello! . . . I tell others how amazing you all are and came into my life at the perfect time. I love what you are doing and I am so extremely grateful to all the friends that I have made at the Coffee Mornings. Thank you from the bottom of my heart.

Love C



Let's get sharing . . .

Knowledge is your weapon!

AVOIDING THE SCAMS

Any of us can fall victim to a scam. Scams are increasingly common and many people are caught out. They can be very distressing and the impact is often emotional as well as financial. If you've been the victim of a scam, remember that you're not alone .

The good news is that there are ways to help avoid being taken in by a scam if you know what to look for, Age UK has produced a guide to help you spot the warning signs that someone might be trying to scam you.

It explains:

- **The way scammers might try to approach you.**
- **How to avoid being deceived by scams in the future.**
- **As far as possible, the information given in this guide is applicable across the UK.**

This booklet's aim is to inform you about the tricks scammers use and how you can keep safe. It covers postal, phone, internet

and doorstep crime and contains a helpful directory of agencies, organisations and charities which offer help, support and advice. It was written by Marilyn Baldwin OBE whose mother succumbed to scammers, the stress and turmoil of which is believed to have added to her death years later. In this time she'd sent thousands of pounds to scammers and became brainwashed by the sheer volume and content of the mail she received. At the time of her death, her daughter removed 30,000 scam letters from her home.

If you would like one of these booklet's please ask at the Coffee Morning or drop-in on any Friday Morning's "Drop-in" (10.30 a.m. - 12.30 p.m.) at The White Lily Centre. You could even have a cup of tea / coffee..... and that inevitable piece of cake!

You can protect yourself by knowing what to look out for, and what to do if you suspect a scam. The information aims to keep you and those around you safe.....

REMEMBER . . .
Knowledge Is Your
Weapon!

Charity News . . .



EVERY MAN NEEDS A “THING” . . .

Something that motivates him.
Something that gives him a sense of purpose.

Ever heard of “Men’s Shed”?
– there is one in Bitterne.

A **Men’s Shed** is a larger version of the typical man’s shed in the garden – a place where he feels at home and pursues practical interests with a high degree of autonomy. A place for men to connect, converse and create.

A **Men’s Shed** offers this to a group of men where members share the skills and resources they need to work on projects of their own choosing at their own pace and in a safe, friendly and inclusive venue. They are places of skill – sharing and informal learning of individual pursuits and community projects and purpose, achievement and social interaction. Many men just go for the tea and the banter!

A place of leisure where men come together to work. A Shed’s activities can involve making or mending in wood (e.g. carpentry, joinery, turning, carving, whittling, marquetry, furniture renovation) and may include activities as varied as bike repair, gardening, vehicle repair, tool renovation, upholstery, boat renovation, model engineering, milling, etc.



Reclamation, re-use and restoration features strongly - and some say that it is true of the men too! Whatever activities are pursued the essence of a **Men’s Shed** is not a building which some don’t have, but the network of relationships between the members.

Everyone is welcome!

Bitterne Shed Club


Address: Old Bowling Green Pavilion SO19 7NP

(next to the Old Bowling Green behind the Mazda car showrooms in Bitterne.)

Currently meeting from 10.00 a.m. – 12 noon every Wednesday morning.

Contact:

Keith Marsh Email: bitterneshedclub@gmail.com



Poetry Corner

The following poems were written by Lenore (known as 'Kate') Hetrick. She was born on November 17th 1926 in America, and died in April 1994, aged 67 years. Lenore loved nature's 'music' throughout the year and this is where she gained inspiration to write her poetry.

*"I love nature's music and summertime songs.
In the forest her great singers gather in throngs.
The wind plays the harp, and the birds play the tune.
The bass is sung by the man in the moon!
Each one knows their part to the very last letter!
And even our radio doesn't sound any better!"*

Lenore



JULY

JUST IN BETWEEN

July is the month that's in between – between the bloom of perfect June, and the hazy, smoky hint of autumn in August's tranquil red-gold moon.

Between the rose and crimson blush of June's garden of queenly flowers, and the mellow hint of field and orchard that August gives of harvest hours.

Just in between! Seems that's all. There's very little we can say, the earth is no more fresh and new. Things grow more dried up, day by day.

The velvet green of June is gone, the red of autumn not yet here, the summer flowers break in the wind, but autumn buds have yet to appear.

Poetry Corner

AUGUST

WHAT AUGUST DID

*August looked across the land,
"I must be careful," she said.
"I must touch the leaves a little bit –
but I must not turn them red!"*

*She went to the flowers in the summer garden
"Time for you to sleep!"*

*Go to the land of summer dreams
and there sleep, long and deep."*

*Last of all she went to the orchard,
she touched the fruit that was near.
It blushed and reddened and August cried,
"I announce that harvest is here!"*

*"My greatest task is done," said August
"The harvest has begun
and now I shall go to my winter rest
beyond the setting sun."*



SEPTEMBER

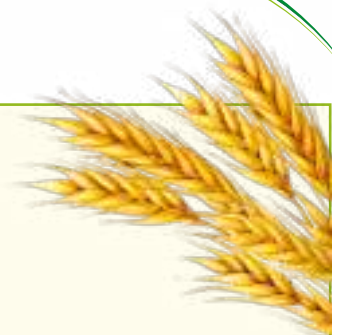
A SONG FOR ME

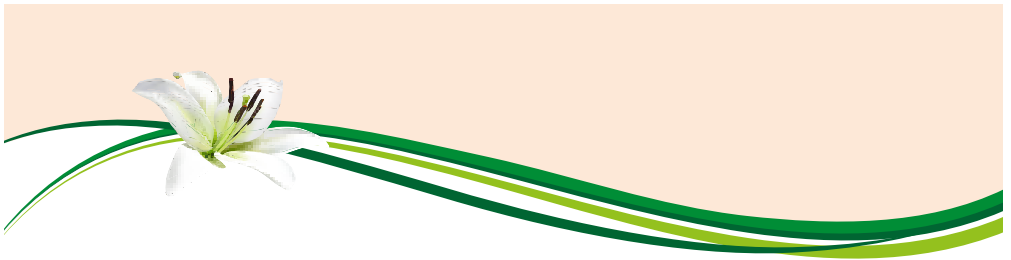
*September doesn't sing to me
a song of golden sheaves,
or bright red sunsets on the hill,
or dancing maple leaves.*

*September sings to me a song
of lessons in a book.
I turn my back on scarlet leaves
with not a backward look.*

*September doesn't sing to me
a summons to the wood,
nor does her song remind me that
the orchard fruit is good.*

*September sings to me a song
of lessons I must learn.
vacation days are over and
to new fields I must turn.*





“GARDENER” JAMES

not forgetting daughter Karen

Karen has now got me growing herbs. I do like Basil (but not the “Brush”). I bought 10 pots of it to give me an entire summer of happiness. After planting them, the next morning I went outside to admire my new plants and it was as if all the plants had vanished overnight. Well, it turns out I planted them in Slug and Snail County and they absolutely love basil. I think the whole neighbourhood of slugs and snails came to the buffet of fresh basil. They didn’t leave me one leaf! - Never gardening mistakes only experiments!

Historically I thought I had winged it when it comes to gardening, but according to Karen, obviously not. I have spent hours putting in soil and garden space, impulse purchase of random plants and veggies, then plopped them in the soil according to the instructions on the tag.

Last time she came, Karen brought me a present “Gardening Basics for Dummies!” – Well, I just said thank you. What else could I say?



What I didn’t realise when growing “greens” is that you were supposed to just snip the leaves to eat and leave the rest of the plant intact so that it could grow new leaves.

When my first lettuce had been yanked out of the ground I was like a dog with two tails! Wow, I thought, this is great, but sort of a waste to spend so much time growing for just one salad. Now I just “snip” as told in my “Dummies” book.

I also read that unless you want mint growing out of your ears and around every crevice, do not plant mint in the ground! I have learnt this the hard way. I was planting some bulbs the other day when little Charlie came round with Karen. “Granddad why are you planting bulbs? Is it so that the worms can see in the dark?”

I am going to save him my Gardening Basics for Dummies for when he gets a BIT OLDER! Bless him!

I think the only thing that I am going to be successful at growing this year, so Karen tells me, is older and more irritable.



PLANTING

Plant three rows of peas! Peace of mind

Peace of heart, Peace of soul

Plant three rows of squash!

Squash indifference,

squash selfishness, squash hate.

Plant three rows of Lettuce!

Lettuce be kind, lettuce love one another,

lettuce grow our own food.

Water freely with patience and cultivate with

love. There is so much fruit in your garden

because you reap what you sow.

Enjoy your garden everyone!

I have told Karen that my garden is like her: a little wild, hard to contain but makes me smile. Everyone makes mistakes but the good news is you can always learn from them. I am sure my plants will forgive me! I spend weeks trying to grow a simple plant and a fully grown weed pops up in one day! I wonder when the local gardening club will be asking for my advice? Karen asked if she could use my lawnmower and I told her of course she could, so long as she didn't take it out of my garden! Little Tommy (Karen's son, aged 5) was helping me to dig up potatoes. "What I want to know", he said "is why you buried them in the first place"?

HAPPY GARDENING

until next time . . . James

Save the Date.....

TUESDAY 4TH OCTOBER

Jane Glennie, an actress and historian is to be our guest speaker at the Coffee Morning on Tuesday 4th October.

With over 30 years' experience of bringing history to life, Jane has been presenting popular and entertaining theatrical talks for several years in Hampshire. She will be presenting her talk "Violet Jessop, Titanic Stewardess", at the Coffee Morning on 4th October.

Violet was an incredibly lucky woman, often referred to as the "Queen of Sinking Ships" or "Miss Unsinkable" since she survived the sinkings of the Titanic and the Britannic as well as a major incident on the Olympic.



Book Corner

A Major Step Forward in Helping Those who are Grieving . . .

Bearing the Unbearable

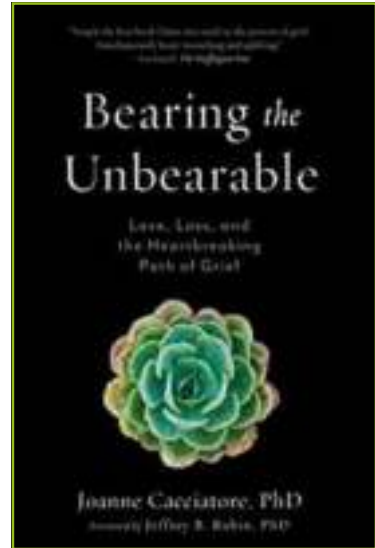
by Joanne Cacciatore

Joanne Cacciatore's book, *Bearing the Unbearable – Love, Loss and the Heartbreaking Path of Grief* is without doubt a most uplifting, and painful at the same time, healing book. Jo is herself a bereaved mother. Her book is a collection of shared grief of many mourners who walk the path of loss. Through these shared stories, we connect and find hope and understanding to support our own grief.

Book Revue.....

“Without question and without hesitation,
the world has my recommendation in reading
‘Bearing the Unbearable’ ----- Sandy

Sandra W



The White Lily Centre

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