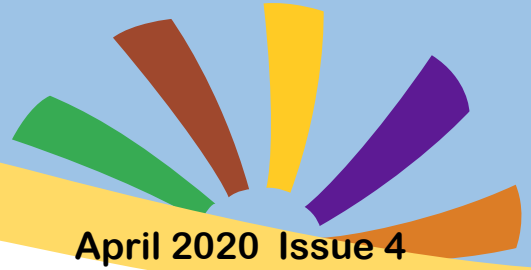


**Note: There will be no group meets until further notice.**

# New Era



**A warm welcome to Lynne, Dave & Alan who joined last month**

## **BENNETTS ANNUAL MEMORIAL SERVICE IS NOW CANCELLED**

This is for your safety and well being. We have been doing this Annual Service since 2008 and have never had to cancel, but due to world circumstance this has to happen.



Why don't we all try and light a candle each week, not only for our loved ones, but as a sign of hope for a cure and an end to this outbreak, so we can all socialise and see each other again.

### **It's not Goodbye but Au Revoir**

After more than 16 years, on April 24th I will be leaving Bennetts for pastures new.

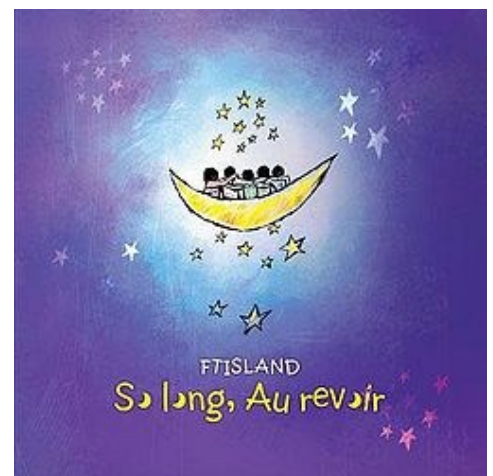
I am so sorry I won't be able to say goodbye in person, but I will still be in contact with Bennetts, and may in the future have some input into the newsletter. I will hopefully also see some of you in the near future.

You have been a fantastic group and all my love goes to you all as you go through your own grief journey.

Much love and best wishes. Lu  
xxx



So beautiful from Pope Francis: "Tonight before falling asleep think about when we will return to the street. When we hug again, when all the shopping together will seem like a party. Let's think about when the coffees will return to the bar, the small talk, the photos close to each other. We think about when it will be all a memory but normalcy will seem an unexpected and beautiful gift. We will love everything that has so far seemed futile to us. Every second will be precious. Swims at the sea, the sun until late, sunsets, toasts, laughter. We will go back to laughing together. Strength and courage. See you soon! "#Papafrancesco #restateacasa #pope #popefrancis 🇮🇹🙏"



# CORONAVIRUS COVID-19

## Social Distancing

### AVOID

- Group gatherings
- Visits to bars/restaurants
- Sleep overs
- Playdates
- Visiting the elderly with children
- Crowded retail stores
- Gyms
- Visitors to the home
- Non essential workers in the home

### USE CAUTION

- Visits to supermarkets
- Visit to pharmacy
- Visit to GP
- Traveling
- Check on friends and family safety
- Public transport

### SAFE TO DO

- Go for a walk
- Jogging
- Working in the home
- DIY in and around the home
- Reading
- Going for a drive
- Video calls
- Phone calls

Just some of those who are vulnerable that these measures could help:

Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying under



## Coronavirus door-to-door scam alert..!

Dear Watch Member,

Please be aware that Criminals are posing as officials by knocking at doors and pretending they are testing for the virus in the area.

Don't open your door, don't let them in.

Tell your friends, relatives, neighbours about this scam...

For police emergencies call **999**

For police non-emergencies call **101**



## Birds Word Search



BRENTWOOD COVID-19 MUTUAL AID

## YOU'RE NOT ALONE

If you're unable to leave your home or you're worried about the ongoing pandemic, we are here to help!

WE ARE A GROUP OF LOCAL BRENTWOOD RESIDENTS WHO HAVE JOINED TOGETHER TO HELP OUR COMMUNITY IN THIS TIME OF CRISIS

We have volunteers all over the Borough who will lend a hand. We don't want anything in return and we won't ask you for any money for helping.



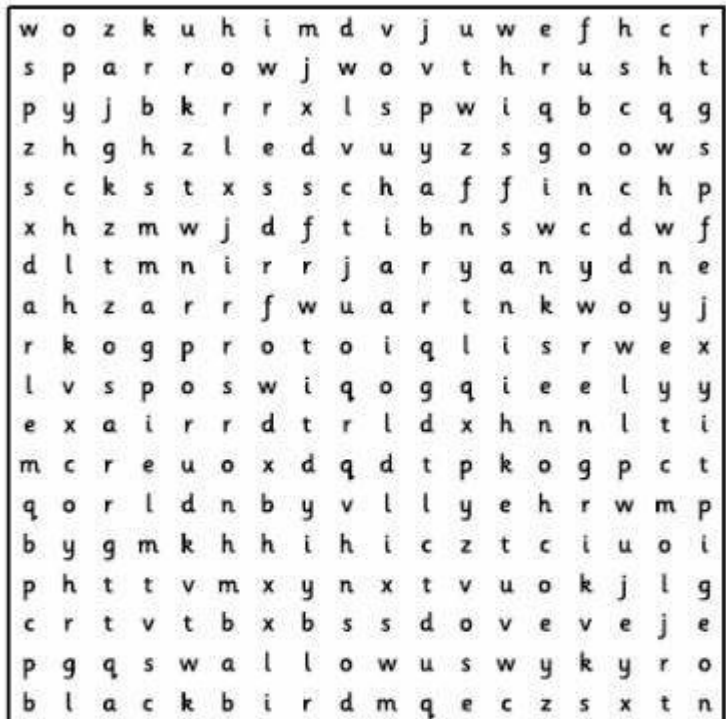
CALL  
**01277 424 953**



### Walking:

Regular walking can:

- Reduce your blood pressure and cholesterol
- Aid weight loss
- De-stress and relax
- Improve Stamina and endurance
- Strengthen bones



robin

thrush

sparrow

magpie

starling

pigeon

woodpecker

blackbird

owl

dove

wren

swift

swallow

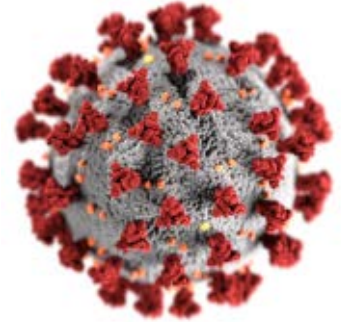
chaffinch

## Covid-19 Pandemic

**Some activities mentioned in the Newsletter may be cancelled due to our current situation. Please call the theatre/coach company mentioned to double check**

### How to avoid catching or spreading coronavirus

- wash your hands with soap and water often – do this for at least 20 seconds
- 
- always wash your hands when you get home or into work
- 
- use hand sanitiser gel if soap and water are not available
- 
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- 
- put used tissues in the bin straight away and wash your hands afterwards
- 
- try to avoid close contact with people who are unwell



### Food for thought

And one day, just like that, the virus had gone.

We went back to what we had known before the chaos.

There were roars in the football stadiums, angry drivers shouting at the city council roadworks, the morning stress of the school run, shops were fully stocked, meeting your mates down the local for a few, and giving your best friend that tight hug that would last forever. Public interaction started again, people didn't need masks, gloves or sanitizer, coughs and sneezes were just part of normal life and toilet paper, pasta, bread and milk, meat and all other items were full on our shelves. It had been so long since we had known this normality.

Times moved on. The world healed. The sun shone down on a brand new day, a brand new beginning. As the first person stepped out again, into the open air, they looked upon the horizon and took a deep breath. They admired the atmosphere of the outside, it was different, newer, fresher, cleaner. They had made it. Earth was ready once more for them, but this time, they had the knowledge and experience of making the world a better place, for all. We worked together, as one. We beat the virus because we stood in unison. We never gave up. We put our differences aside and joined forces. Every country. Every person. Every age. We achieved, for that one moment in time, the impossibility of world peace, and we didn't even realise. The earth on the other hand, did notice. And decided to give us another chance, for it seen the potential in all of us, and how strong we can be together. It had healed while no-one saw, just enough to hand the reigns over to humanity again.

We danced, we laughed, we sang, we exchanged stories, we loved, we cried, we watched as the barriers between countries were broken down, but most of all, we lived.

The sun shone down on another beautiful day, covering us all with its warmth and light. We were one, even if it was for that one special moment in time.

For all who have a birthday this month



8			4	6			7
					4		
	1				6	5	
5	9		3		7	8	
			7				
	4	8	2		1		3
	5	2					9
		1					
3			9	2			5

*Grief bites*

If the mountain seems too big today then climb a hill instead. If the morning brings you sadness it's okay to stay in bed. If the day ahead weighs heavy and your plans feel like a curse, there's no shame in rearranging; don't make yourself feel worse. If a shower stings like needles and a bath feels like you'll drown, if you haven't washed your hair for days don't throw away your crown. A day is not a lifetime, a rest is not defeat. Don't think of it as failure, just a quiet, kind retreat. It's okay to take a moment from an anxious, fractured mind. The world will not stop turning while you get realigned. The mountain will still be there when you want to try again. You can climb it in your own time. Just love yourself til then.

Laura Ding

tinybuddha.com

Just for Fun!!



## Befriending Service

Are you lonely? Or know someone that could benefit from our Befriending Service?

We spend our entire lives building friendships. They are our support network and make us who we are. However, as we get older we may find it difficult to get out and about, we may have lost touch with our friends and relatives and we may find ourselves feeling lonely.

This is where the Age UK Essex Telephone Befriending Service can step in! If you are over 60 and feeling lonely we can offer you friendship through one of our volunteers.

We will carefully match you to one of our Telephone Befriending Volunteers who will call once a week. Just like a true friend, our volunteers will take time to listen to you and have a friendly chat. The aim of the service is to reduce social isolation and to help make life more fulfilling.

Age UK Essex offers this service free of charge.

### Contact Us

For more information, please call:

**01268 525 353**

visit: [ageukessex.org.uk](http://ageukessex.org.uk)



Live on our website. go to [www.bennettsfunerals.co.uk](http://www.bennettsfunerals.co.uk)

Simply click on the logo to put yourself in contact with 24 hour grief support.

Manned by trained counsellors for when you need to talk with someone at any time.

Our New Era Newsletter is available to view on our website. go to [www.bennettsfunerals.co.uk](http://www.bennettsfunerals.co.uk) and go to bereavement support and you will find the link.

**If you have anything you would like mentioned in the newsletter, please let Lu know**