

# New Era

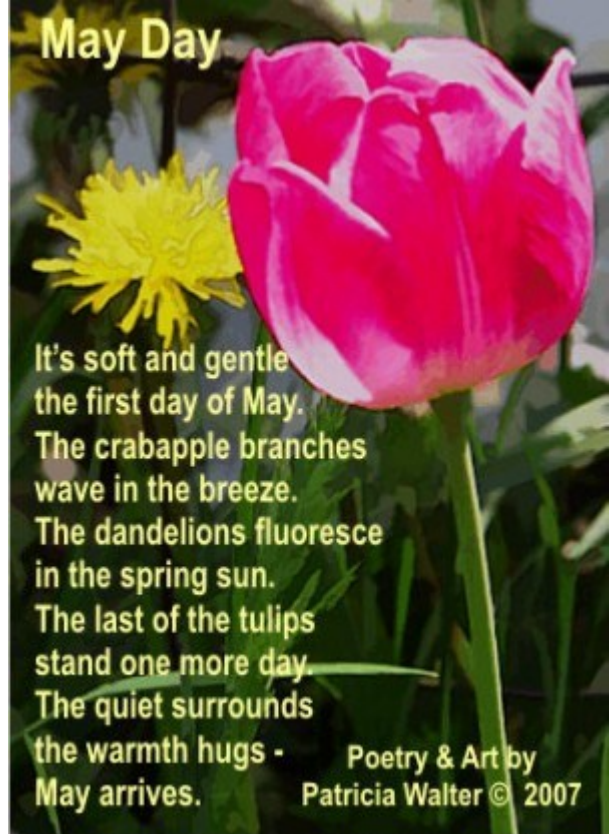


**If you need anything please let us know  
Sheila Farquarson has Plain & Self Raising flour if anyone needs  
Please let us know if you'd like to be on the New Era Friends whats app**

May 2020 Issue 5



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.



## May Day

It's soft and gentle  
the first day of May.  
The crabapple branches  
wave in the breeze.  
The dandelions fluoresce  
in the spring sun.  
The last of the tulips  
stand one more day.  
The quiet surrounds  
the warmth hugs -  
May arrives.

Poetry & Art by  
Patricia Walter © 2007

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**

## Just for Fun!!



**Due to the pandemic, Lu will now be leaving Bennetts on 19th June, so you have to put up with me for a bit longer!**



For anyone with a Birthday this month...

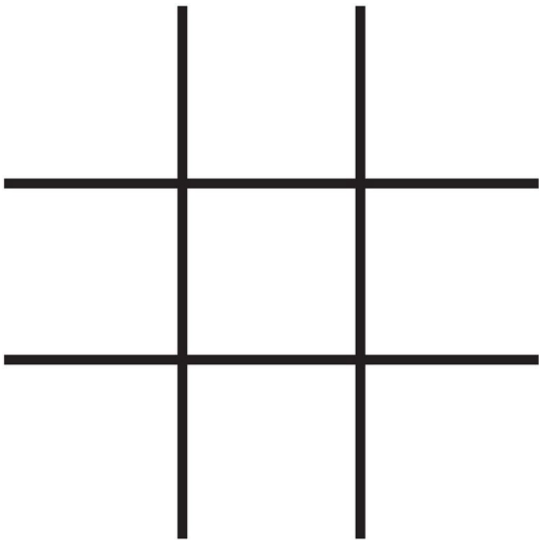




### Walking:

Regular walking can:

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



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.

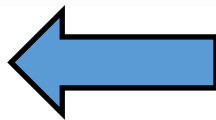
Swims at the sea, the sun until late, sunsets, toasts, laughter.

We will go back to laughing together.

Strength and courage.

See you soon! "#Papafrancesco #restateacasa

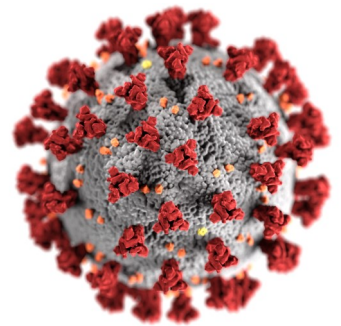
#pope #popefrancis ❤️ 🙏



**Let's play...  
Tic Tack Toe**

### 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







# WELCOME SUMMER

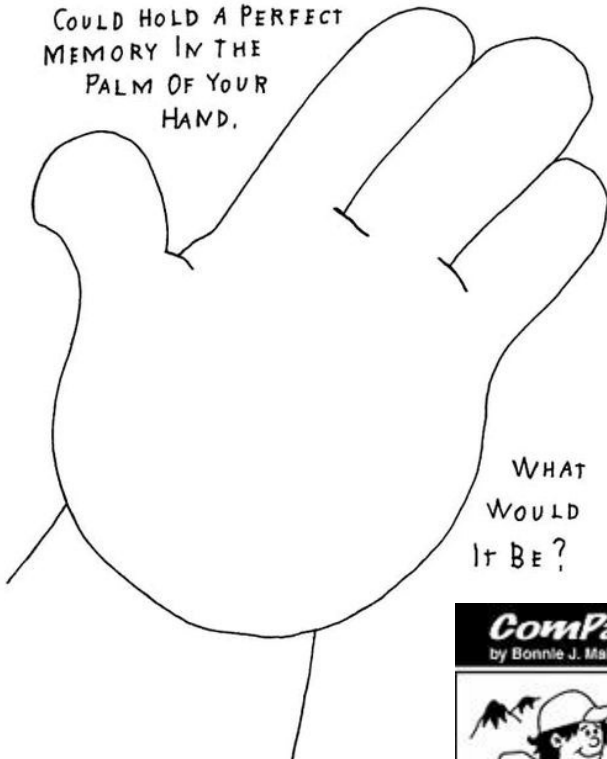
C X A G N B H R C I Y J D L M K R A P E M E H T  
A A T E P A R T I E S V F R U G A D H B T I J N  
M L R H J W K K E Y S E I L F E R I F B L E U K  
P B M N T K E O Y F P O U Q I W X R I H F S M O  
I L D V I C E C R E A M R X S D W Y R G L Y P Z  
N A P B O V C G P D S H E R H F S S E G I V R H  
G R P H U L A H O O P S I J I J J A W K P H O L  
M O D N A O F L O P G Q J R N S K N O T F U P V  
W L F X P Y J Z L A A W E S G B L D R C L P E D  
E L H F J G O H X I Q J W E K R L A K G O M H N  
O E B S P C A U G U S T Q I C R X L S U P Z T M  
V R G U H T D E R T H J K V L O H S B T S D R G  
D C H N R V J T N C H A R O M H R L E E D E A F  
P O P S I C L E S T T Y U M O Y L K K C I N H G  
E A X C C W E T Y K C S G N A E M I E F A H A Q  
S S T R N O N N E G H W O E V X B P A R A D E S  
H T U E A D J U L Y R I B J R K E Y M M G H E V  
A E S E T D F F Q W T M E R E T A Y U I H S O P  
A R S N A D F G H A J M K L L Z C X C V S B N S  
M Q W E L R T U C T I I O P K A H S D A A F G C  
H J K L I Z X A C V B N N M N Q R W L E L N U I  
R T Y E E U V I O P A G S D I F G G H J P A J N  
Z X N C V B N F D H J T R H R J N K L E S G W C  
I U E R K S E N O C W O N S P U P C I H G E W I  
J W H C O O K O U T S W E E S D L K I J F M D P

AUGUST  
BEACH  
BIKES  
CAMPING  
CARNIVAL  
COOKOUTS  
FIREFLIES  
FIREWORKS  
FISHING  
FLIPFLOPS

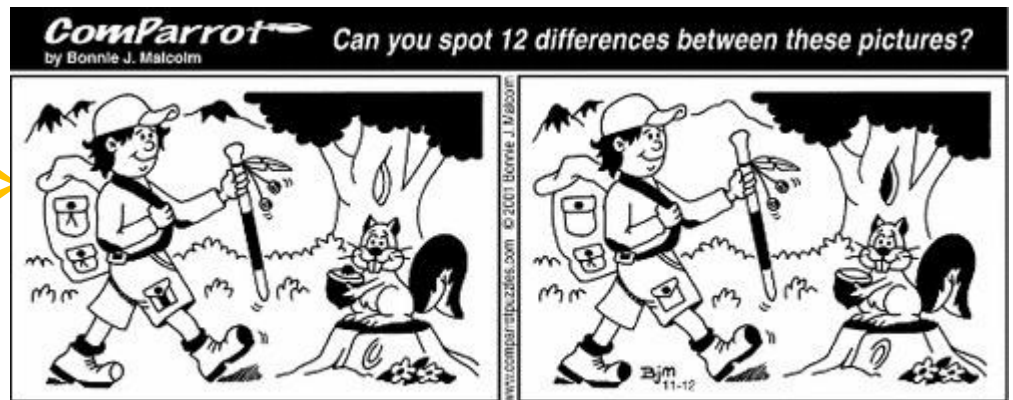
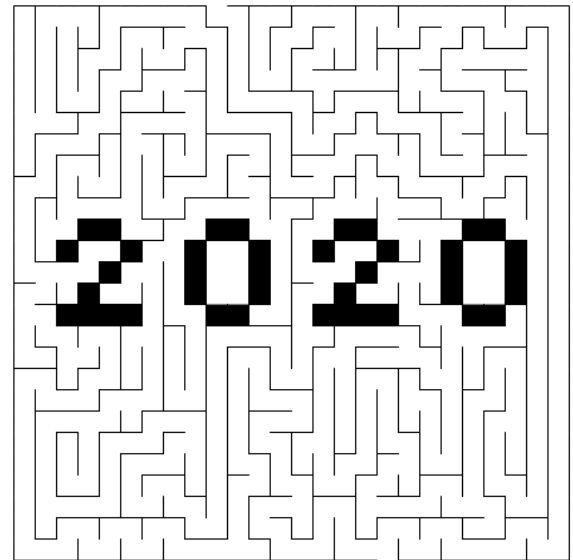
FUN  
HULA HOOPS  
ICE CREAM  
JULY  
JUMPROPE  
JUNE  
MOVIES  
PARADES  
PARTIES  
PICNICS  
POOL

POPSICLES  
ROLLERCOASTER  
SANDALS  
SPLASH  
SPRINKLER  
SNOWCONES  
SUNGLASSES  
SUNSCREEN  
SWIMMING  
THEME PARK  
VACATION

IMAGINE THAT YOU  
COULD HOLD A PERFECT  
MEMORY IN THE  
PALM OF YOUR  
HAND.

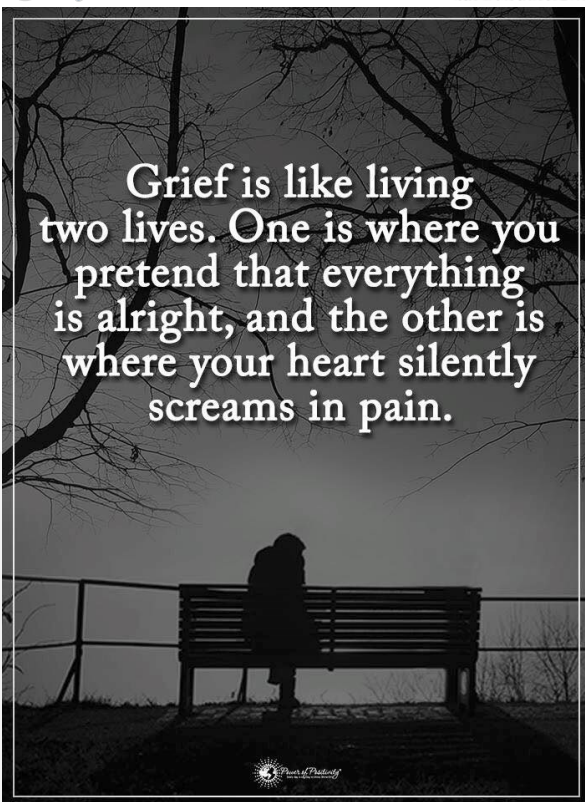


WHAT  
WOULD  
IT BE?



Solution: 1. Hair on right is missing. 2. Snow on mountain is missing. 3. Snow on mountain is missing. 4. Top of nut is missing. 5. Stripe on pocket is missing. 6. Tree knot-hole is colored in. 7. Tree on boot is covered in. 8. Flowers have moved. 9. Bush detail above boot has moved. 10. Stick is longer. 11. Stump knot-hole is flipped. 12. Pack flap is longer.

*Grief bites*



Grief is like living  
two lives. One is where you  
pretend that everything  
is alright, and the other is  
where your heart silently  
screams in pain.



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**