



Remembering A loved one

We have linked up with **Brentwood Catholic Children's Society** this year, a charity supporting children's emotional health and well-being. You can light virtual stars and leave messages by visiting www.bccs.org.uk/christmas/tree-angels

Our Christmas Window

This year Bennetts are supporting SNAP, special needs and parents, and our Christmas window will tie in with a competition that we are running with SNAP, which is The Twelve Days of Christmas. Please take a peep if you are local, also look out for our fun quizzes on our social media pages. I have added some trivia later on in the newsletter.



Just for Fun!!



5 Tips on How To Cope at Christmas When You Are Grieving

Tip 1: Throw any expectations out the window.

Although you may be really dreading the day, you actually don't know how it is going to be. Open your mind to the possibility that it could be okay

In the UK every year, approximately 550,000 people die. Each one affects at least 4 other people. That's over 2 million people grieving and facing a very different Christmas from before. What can you do to make it bearable?

Tip 2: Do things differently. Forget about 'ought' and 'should'. Instead, create a new way of Christmas for yourself

Tip 5: Avoid the shops. Buy presents online instead. Forget about Xmas cards altogether if it is too painful.

Finally, accept all help when offered, and remember, next year it will be different.

Tip 3: Talk about your loved one. Have them be there with you consciously. Create space for them, let others speak of them too

Tip 4: Be kind to yourself. Take time out, call a friend, buy yourself a lovely present from your loved one. Celebrate when you give it to yourself

We will expect to see some of these at the January meet!



Chocolate rum truffles

SERVES 1 - 30
TRUFFLES



Ingredients

225 grams plain chocolate
25 grams unsalted butter
1 tbsp rum
1tsp single cream

FOR DIPPING AND COATING

150 grams plain chocolate
75 grams white chocolate

Method

1. break the plain chocolate into small pieces and melt in a bowl over boiling water. remove from heat and stir in the butter, rum and cream.

2. leave the mixture until cool enough to handle stirring from time to time. shape into balls and chill for 1 hour

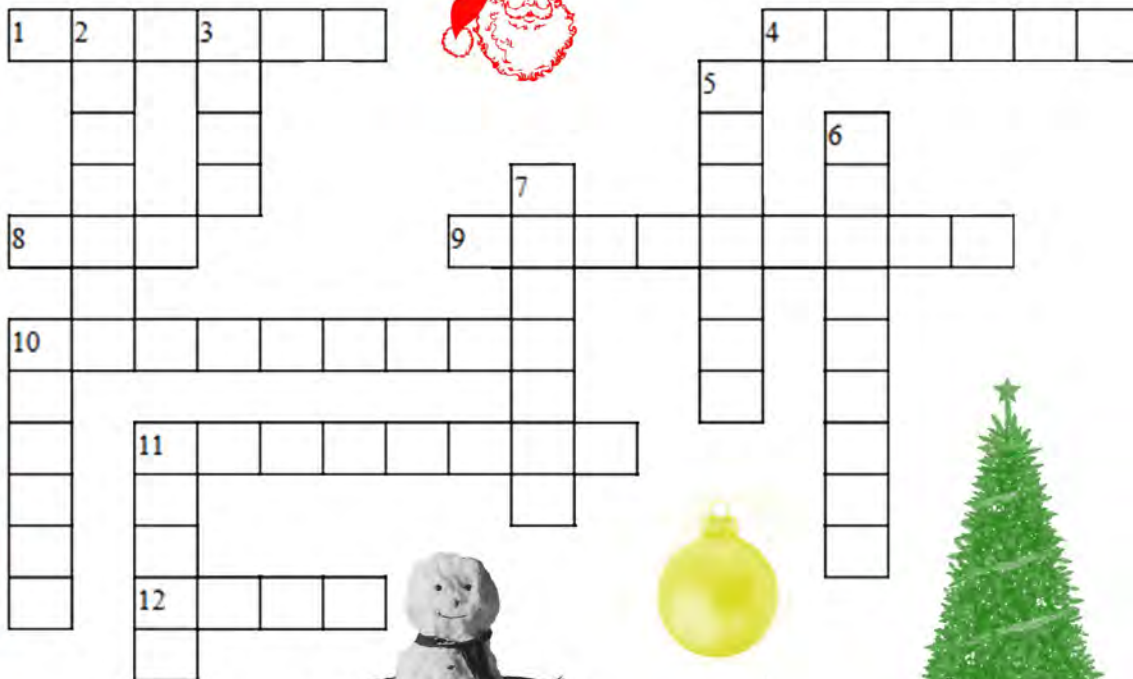
3. to dip the truffles melt the plain chocolate as in step one. lower the truffles in one at a time using a dipping fork shake off surplus chocolate then place a little apart on greaseproof paper.

4. leave until set then melt the white chocolate and pour into a piping bag and drizzle over the truffles one at a time.



MERRY CHRISTMAS

Santa's Crossword



ACROSS

1. Famous snowman
4. What Santa travels in
8. Makes toys for Santa
9. Used to decorate a Christmas tree
10. December 25
11. Hung by the chimney with care
12. What presents are left under

DOWN

2. Reindeer with a shiny red nose
3. Covers the ground on a white Christmas
5. Santa comes down this
6. Red and White hooked shaped candy
7. Left under the tree Christmas morning
10. Left out for Santa
11. Jolly toy maker

Wishing you all a
Wonderful
Christmas and
New Year
Love

Jane, Bridget, Martyn, Tina
Lisa and Anna xxx

Grief is never something you get over. You don't wake up one morning and say, "I've conquered that; now I'm moving on." It's something that walks beside you every day.

TERRI ERWIN

www.GriefDiaries.com



Jane is looking at running The Grief Journey courses in the new year. If anyone could share a few lines on how the course helped them it would be much appreciated. Please email to lisa@bennettsfunerals.co.uk

"I'll always feel you close to me and though you're far from sight, I'll search for you among the stars that shine on **Christmas night.**"



Our Newsletter is also uploaded onto our website every month under bereavement support



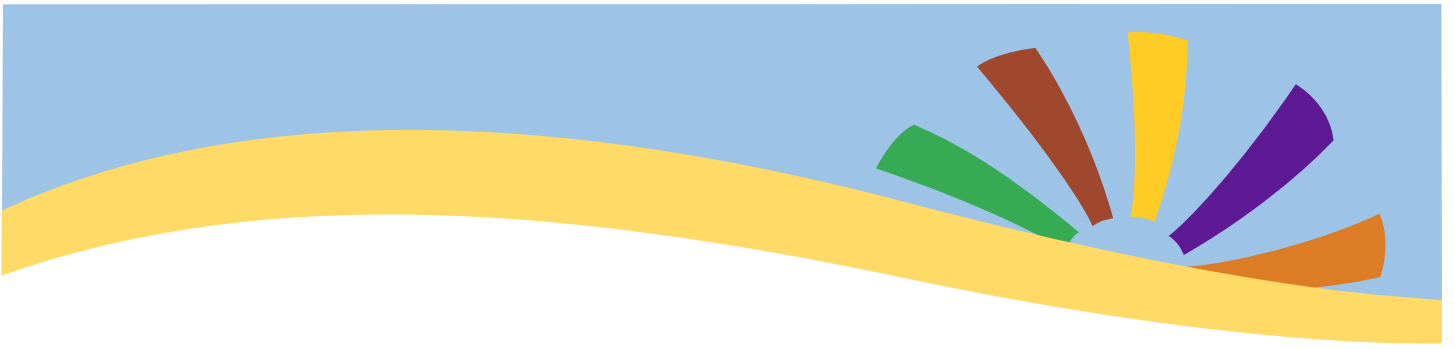
A big Happy Birthday to ever one celebrating their birthday this month

It has been a tough year, and we are keen to get back to group. Please let us know your thoughts about meeting up in January if restrictions allow us too.

Live on our website. go to 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.

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



12 Days Of Christmas Trivia

Which two English Counties are you most likely to see a Turtle Dove?

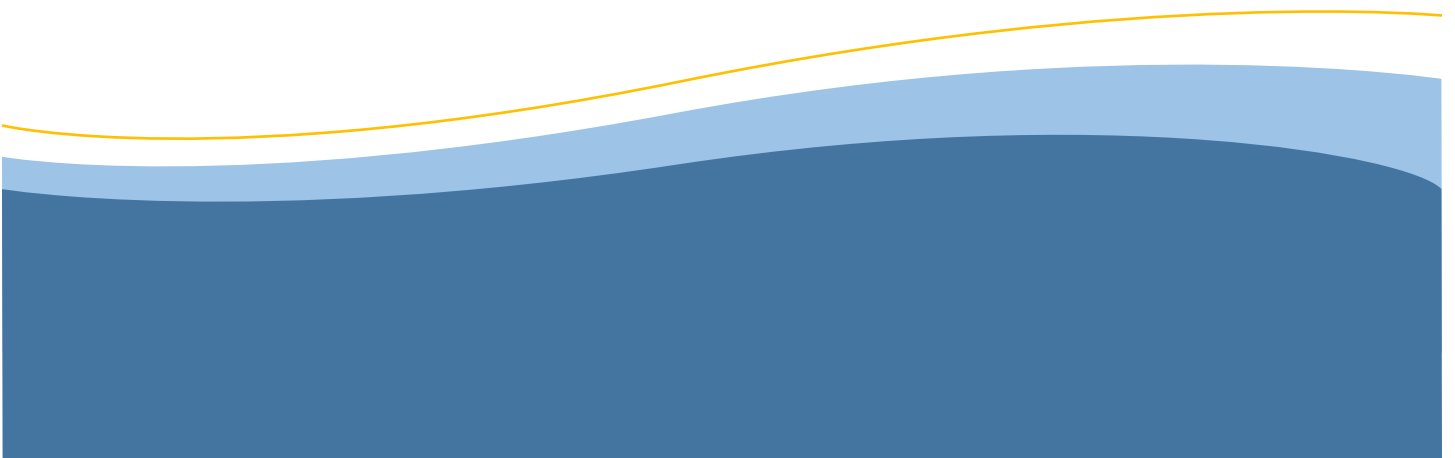
How many chickens do you have to have in order to have a real flock?

The four calling birds are meant to refer to the four gospels who are they?

Who is the TV host of the quiz Five Gold Rings?

What is the word to describe a fear of swans?

Did you know – It is presumed in the 12 days of Christmas song that the Lords are leaping are referring to Morris Dancers which were popular at medieval banquets



12 days of Christmas competition for children

Children aged 5-years-old and up are invited to enter a competition on the theme of the 12 days of Christmas. The creative entry can be one of the following:

Write a short story about your twelve days of Christmas

Make a 1-12 list of your Christmas favourites such as food, activity, film and say why you love them

12 days of Christmas song as represented by different items you find and stuck onto a page

Please put your entry into a sealed envelope marked 12 DAYS OF CHRISTMAS COMPETITION with:

- ✓ The age of the child
 - ✓ Any entry must have a parent/carer name and a contact email address in order to receive an email certificate of participation and for notification of potential prize winning. Email addresses provided will only be used for competition purposes and will be deleted after the competition certificates have been sent.
 - ✓ POST ENTRIES INTO THE SPECIAL NUTCRACKER TRAIL POST BOXES - SEE BELOW. Competition closes on 05.01.2021.
- For more information: www.snapcharity.org/events/12daysofchristmas

Two prize categories are:
5-7-year-olds
8-year-olds and over
Overall winner and three runners-up prizes. Judged by Natasha, from Chicken and Frog bookstore in Brentwood. Prizes selected by Natasha.

Where to submit your entry from the 3rd December. Competition closes on 5th January 2021.

Nutcracker Trail
Post Box - Baytree
Centre, Brentwood,
CM14 4BX
MON-SUN
6.00am-7.00pm

Nutcracker Trail
Post Box - Shenfield
Wine Co, 86 Hutton
Road, Shenfield,
CM15 8NB
MON-SUN
10.00am-8.00pm

Bennetts Funerals
Special post box
by reception, 120
High St, Brentwood,
CM14 4AS
MON-FRI 8.30am-5.30pm
SAT: 9.00am-12noon

Nutcracker Trail
Post Box- Patrick
Green Hardware
Store, 49 High St,
Ingatstone, CM4 0AU
MON-SAT
9.00am-5.00pm

The SNAP Centre
outside post box
only - SNAP,
Pastoral Way,
Warley, Brentwood
CM14 5WF
Available anytime

Bennetts are supporting SNAP Charity this Christmas. For every entry received they have pledged to donate £5.00 to SNAP Charity in Brentwood up to the total value of £1,000.00



SNAP (Special Needs And Parents) is an Essex charity that helps families who have a child or young person with any special need or disability - www.snapcharity.org
Registered Charity No. 1077787