

New Era



January 2021 Issue 1

Wishing you all a peaceful new year

2021 is now finally upon us and hopefully we will start to see some normality resume soon. Although it is not safe for us to return back to our regular meetings yet we want to see if anyone had any ideas where we could meet in smaller groups outside in a socially distant way. Maybe a walk in the park, or coffee and cake at Merry Meade tearooms (outside)? Please do let us know your thoughts or if you have any alternative ideas.

We would love to hear what you have all been up to during lockdown. Have you taken up a new

hobby? Have you been baking?

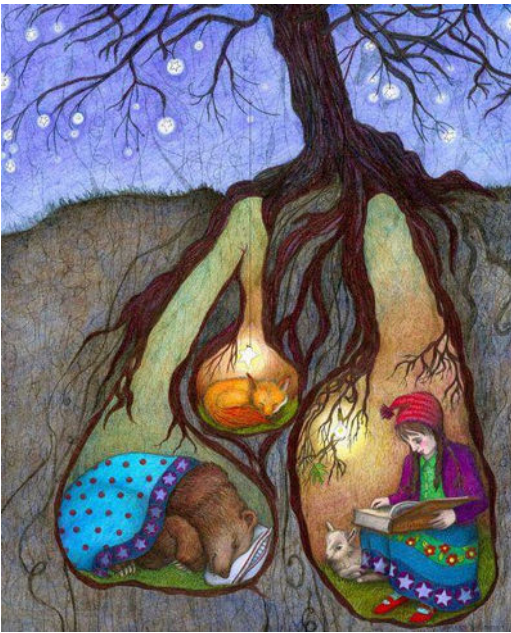
Please share your recipes with us so we can share in the next newsletter.

Hutton View Care home are hosting their own panto this year please on Dec 22nd At 2pm (Oh yes they are!)

Use this link to register (you may even get to see Lu)

<https://littleredridinghoodthepanto.eventbrite.co.uk/?aff=EBD>





The winter solstice time is no longer celebrated as it once was, with the understanding that this is a period of descent and rest, of going within our homes, within ourselves and taking in all that we have been through, all that has passed in this full year which is coming to a close... like nature and the animal kingdom around us, this time of hibernation is so necessary for our tired limbs, our burdened minds.

Our modern culture teaches avoidance at a max at this time; alcohol, lights, shopping, overworking, over spending, comfort food and consumerism. And yet the natural tug to go inwards as nearly all creatures are doing is strong and the weather so bitter that people are left feeling that winter is hard, because for those of us without burning fires and big festive families, it can be lonely and isolating. Whereas in actual fact winter is kind, she points us in her quiet soft way towards our inner self, towards this annual time of peace and reflection, embracing the darkness and forgiving, accepting and loving embracing goodbye the past year.

"Winter takes away the distractions, the buzz, and presents us with the perfect time to rest and withdraw into a womb like love, bringing fire & light to our hearth".



.. and then, just around the corner the new year will begin again, and like a seed planted deep in the earth, we will all rise with renewed energy once again to dance in the sunlight

Life is a gift ❤️ . a Happy winter to you all...

Growing salad leaves on your windowsill

Whether you like your leaves green and crispy, red and frilly or peppery and spicy, growing from seed gives you a much wider choice than you'll find in shop-bought 'pillow packs'. Growing cut-and-come-again salads is fast, too – from sowing to picking takes just six weeks. And by making frequent salad sowings, you'll have regular pickings over many months.

Taking little and often will keep the plants cropping for longer.

They grow well in window boxes, trays and even egg boxes. Fill your container with multipurpose compost, to 2cm below the rim, and firm down. Scatter the seeds over the surface, cover lightly with compost and water well.

Caring for salad leaf crop

Don't let the soil dry out, especially during hot weather. When the plants reach about 5cm tall, mulch around them with compost to seal moisture in the soil

How to harvest salad leaves

When large enough to handle (about 4cm tall), tease out crowded seedlings with your fingers and either eat straight away or transplant to another site to grow on. Leave 15cm between the remaining seedlings.

With cut-and-come-again varieties, you just pick a few leaves from each plant. Taking little and often will keep the plants cropping for longer. Once plants start to flower the leaves become bitter, so pull them up and throw away.

Storing salad leaves

Ideally, pick and eat fresh, although a bowlful of washed leaves will keep for several days in the fridge.

Whilst I had hoped I would be able to say hello and wish you a Happy and Healthy New Year in person... a little message of introduction will have to do for the meantime!

My name is Jessie and I am a friendly voice on the end of a phone if you need help, guidance or answers to any legal questions... I will always be happy to assist wherever I can, please never hesitate to just ask.

Sending my very best wishes to you all

Jessie

Solicitor at Landons Solicitors, Brentwood
01277 210021 – j.stewart@landons.co.uk

A big Happy Birthday to anyone celebrating a birthday this month.



Grief bites

A reinvestment of yourself

In a good grief journey, there comes a time when you, the bereaved, will decide that you are going to go on even without this person who has been such an important part of your life. You invested in the relationship with your loved one while they were alive, you have also invested much time and energy in grieving their absence. Now you must consider reinvesting that energy in life as it is now. Nothing will ever take the place of your loved one, of course, but, you can invest in new friendships or activities, and fresh involvements in your society/community.

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



COVID-19 Virtual Bereavement Counselling Service



This service runs to April 2021

Free, confidential and professional support via telephone or video

The virtual bereavement counselling service is available for people over the age of 18 years, whose loved one has died of COVID-19.

Call **01708 753319** or email bereavementcounselling@sfh.org.uk and ask for a member of the family support team who will take your details in order for the bereavement team to contact you.



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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.