


New Era

April 2021 Issue 4



I hope that everyone is well. I can't believe we are now in April, the days are longer and our nights are shorter and slowly we are seeing restrictions lifted. We will be able to spend time with our loved ones in our gardens, enjoy a cup of coffee with a friends in a café, or just a browse round the shops. With this in mind I think it is  hopeful that we can start to look at group restarting in May if everything goes to plan. I will be in touch to confirm this. I look forward to meeting you all properly in the not so distant future.

Just for Fun!!



Government Counter Fraud Function | NHS Counter Fraud Authority

BE ALERT TO VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.

PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS

The NHS will:

- NEVER ask for payment - the vaccine is free
- NEVER ask for your bank details
- NEVER arrive unannounced at your home to administer the vaccine
- NEVER ask you to prove your identity by sending copies of personal documents such as your passport

FAKE (on smartphone screenshot)

Cooking for one can be a drag, some people find it expensive, some people find it easier to buy a ready meal. I thought it would be a nice way for us to engage with each other and share our recipes and ideas on making cooking for one exciting. Please email them to me

lisa@bennettsfunerals.co.uk and I will share next month.

Happy Birthday to anyone who is celebrating 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



Brentwood's "Chefs at Home" community lockdown cookbook competition

Submit your recipes by April 30, 2021

Brentwood Borough Council is launching a competition to create a community Lockdown cookbook and raise funds for charity. The Brentwood "Chefs at Home" cookbook will feature 50 recipes created by residents from the borough. The aim is to bring the community together in a fun, healthy and creative way by sharing family favourites.

Residents are encouraged to submit their recipes from which 50 will be chosen by the Deputy Mayor of Brentwood to go into the book which will be published and sold to raise

Funds for the Mayor's chosen charities. With many families using time in lockdown to take up and develop culinary skills this is the chance to put a spin on a traditional recipe or submit a new creative bake.

Your submitted recipe must include

Title of your dish

Ingredients

Step by Step process

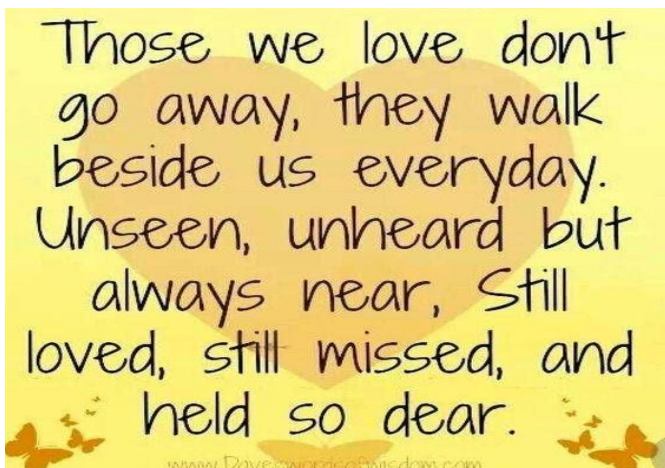
Photo of your recipe - with your family if you like!

Family name and location e.g. The Smith Family, Blackmore

To take part enter your family recipe email it on a one page A4 word document to events@brentwood.gov.uk, by April 30, 2021. It is free to enter.

The 'Brentwood's Chefs at Home' cookbook will be a paperback able to purchase in the summer by way of a £5 minimum donation

If you have any queries please email events@brentwood.gov.uk



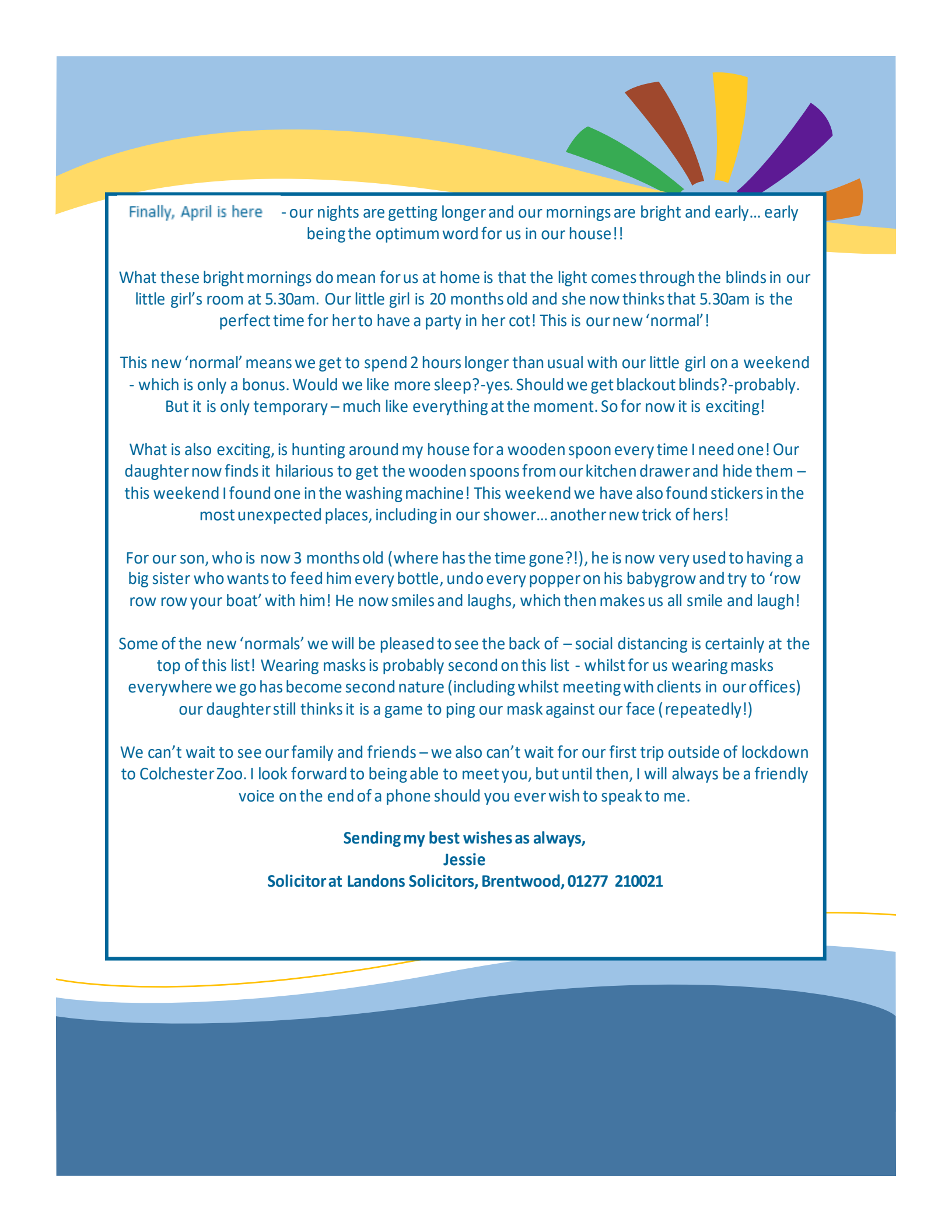
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contact with 24 hour grief support.

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





Finally, April is here - our nights are getting longer and our mornings are bright and early... early being the optimum word for us in our house!!

What these bright mornings do mean for us at home is that the light comes through the blinds in our little girl's room at 5.30am. Our little girl is 20 months old and she now thinks that 5.30am is the perfect time for her to have a party in her cot! This is our new 'normal'!

This new 'normal' means we get to spend 2 hours longer than usual with our little girl on a weekend - which is only a bonus. Would we like more sleep?-yes. Should we get blackout blinds?-probably. But it is only temporary - much like everything at the moment. So for now it is exciting!

What is also exciting, is hunting around my house for a wooden spoon every time I need one! Our daughter now finds it hilarious to get the wooden spoons from our kitchen drawer and hide them - this weekend I found one in the washing machine! This weekend we have also found stickers in the most unexpected places, including in our shower... another new trick of hers!

For our son, who is now 3 months old (where has the time gone?!), he is now very used to having a big sister who wants to feed him every bottle, undo every popper on his babygrow and try to 'row row row your boat' with him! He now smiles and laughs, which then makes us all smile and laugh!

Some of the new 'normals' we will be pleased to see the back of - social distancing is certainly at the top of this list! Wearing masks is probably second on this list - whilst for us wearing masks everywhere we go has become second nature (including whilst meeting with clients in our offices) our daughter still thinks it is a game to ping our mask against our face (repeatedly!)

We can't wait to see our family and friends - we also can't wait for our first trip outside of lockdown to Colchester Zoo. I look forward to being able to meet you, but until then, I will always be a friendly voice on the end of a phone should you ever wish to speak to me.

Sending my best wishes as always,

Jessie

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