

New Era



August 2021 Issue 8



It was so lovely to finally meet again at St George's Hall on July 14th. Jane provided a lovely cake (picture below) and it was just nice to chat with you all and see how this last 18 months have been for you.

We are back again on Wednesday 11th August, and I hope to see more of you then. We will be doing the usual raffle, so please bring a long a prize, and maybe a game of bingo.

We are also looking at an afternoon tea on August 25th at Merry Mead Tea rooms, please let me know if you are interested and we will be asking for a small deposit to secure the date. I am on annual leave until Monday 9th August so please leave a message with Tina Linger in the office on 01277 210104



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



Did you know?



Hello there all – as we go into August! It really was my pleasure to come to your first group back on Wednesday – to spend the afternoon being part of your conversations was a treat for me, thank you all so much. I was so taken aback by how close you were, as friends, as people who have just met and as those catching up after spending 18 months in lockdown. Those who attended your group for the first time showed such bravery – something that so many people do not have. Those who attended for the 15th year in a row showed so much warmth – again, something that so many people do not have.

My daughter was 2 years old last month which meant that she moved up to her ‘new room’ at her nursery. To me, she was brave moving to her new room... I couldn’t sleep the night before her first day because I was nervous for her! To her, it was just new – it was exciting! She ran through the doors looking around to see what she could play with first – she was there to make new friends and she was totally oblivious to my nerves. If I took my daughter’s approach to life – I would go into any room, workplace or social environment without hesitation – wouldn’t we all?! Coming out of lockdown, maybe I should also go into all new places to make friends and be oblivious to nerves... I will certainly give it a go!

As the summer months come and go, remember I am here as a friendly voice on the end of the phone should you ever need any legal advice. We are in Brentwood and we are here to help you.



Sending my best wishes to you all.

Jessie

Solicitor at Landons Solicitors, Brentwood - 01277 210021 -


Kirby's Coach Tours

29/08/2021 – Whitstable Oyster Festival £28

23/09/2021 – Don't Panic! Dad's Army tribute with afternoon tea £74

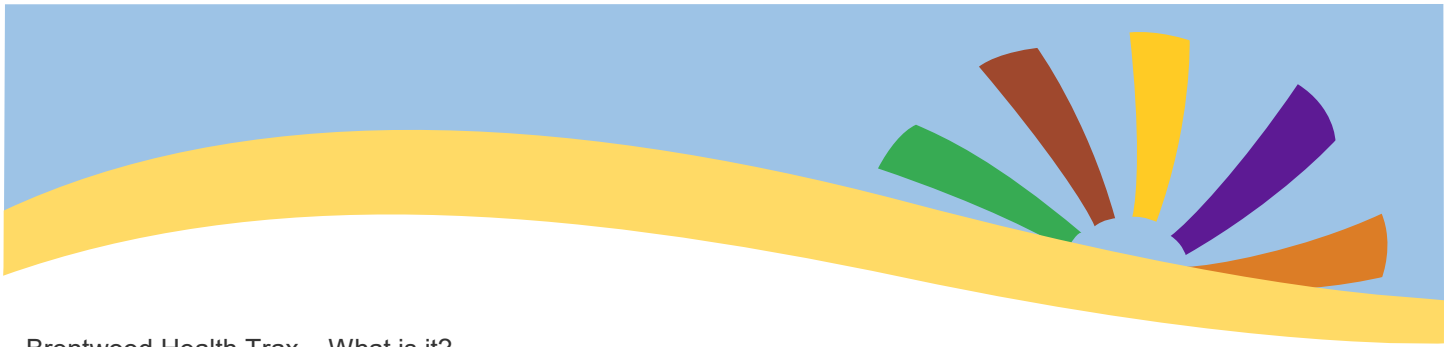
Various pick up points in the Brentwood area

Visit www.kirbyscoaches.co.uk for more info



Grief never ends... But it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith... It is the price of love.





Brentwood Health Trax – What is it?

Brentwood's Healthy walking scheme Health Trax is a FREE health walk programme that has been running for over 20 years. The scheme is run by volunteer walk leaders supported by Brentwood Borough Council and Walking for Health. Health Trax provides safe walking routes around local parks and countryside led by trained volunteers.

Will restart in March 2021- Mondays -Hutton Country Park Health Walk

Walk begins at 11am Wash road, (small free car parking) opposite Tallon road
30-40min slow – medium pace walk, runs beginning March – End November

Tuesday's King Georges Park,

11am start meet near café in park Walks run all year round
1-hour medium – brisk walk through nearby Hartswood and nearby woodlands

Tuesdays chat 1st walks- 10am meet outside the Brentwood Centre - Chat 1st Chatty walks free supported walks for mental wellbeing, please register by emailing chat1stwellbeing@gmail.com

Wednesday in Doddinghurst *

10am, start from Doddinghurst village hall (free parking) Walks run all year round
1-1.5 hrs along countryside footpaths Medium – brisk pace, longer walks which go over stiles and across fields using right of way paths.

Fridays - (Weather permitting) **-The strollers** - meet at 1.30pm outside Brentwood Library for a 30 min gentle walk around the surrounding areas - contact CVS on 01277 222 299



Acknowledge the smallest triumph as a major victory

Commend yourself for the little things. Life is not back to normal, but you made it through a Sunday, or you were able to look at a photograph without tears, or listen to a song without falling apart. Life after loss is one painful step and one day at a time. You are better now than you were a few months ago. Reorganization does not happen all at once: make sure your goals are realistic and reachable. Remind yourself to be satisfied at all the significant milestones along the journey, not just when you get to the destination.



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.

Our New Era Newsletter is available to view on our website. go to www.bennettsfunerals.co.uk and go to bereavement support and you will find the link.