

# New Era



June 2021 Issue 6

I can't quite believe we are now in June; this year has flown by.

I am looking forward to seeing and meeting you all next month when we are back at St George's Hall on July 14<sup>th</sup> at 1.30pm.

I am thinking the first session back there will be plenty of chatting and catching up to do. I have asked Jessie to come along from Landon Solicitors who has kindly been contributing to our newsletter for the last 6 months.

We will have a small raffle, so if you have any prizes please bring them along.

Any questions please just give me a call or drop me an email.



Happy Birthday to anyone

Celebrating this month!



As I am writing this note to you all, it is Tuesday 25 May – and I am told by my colleagues that today is National Wine Day! Now, whilst I think that there may be a day of the year for everything that we could possibly think of, I am happy to celebrate today!

This National Day led me to Google (who of course knows everything!) as I was intrigued to see what 'National Days' we had ahead of us in June! – here were some of my favourites...

- 01 June – National Hazelnut Cake Day
- 04 June – National Cheese Day
- 08 June – National Best Friends Day
- 12 June – National Red Rose Day
- 13 June – National Weed your Garden Day
- 20 June – National Father's Day
- 24 June – National Handshake Day
- 25 June – National Take Your Dog to Work Day
- 27 June – National Sunglasses Day

This time last year, we probably couldn't celebrate 24 June – however this year, it may just be possible – of course we will await our announcement from Boris Johnson. I wish you a bright month ahead of us and I, like you, will look forward to the return of life as we knew it!

With my best wishes as always, Jessie  
Jessie Stewart, Solicitor at Landons Solicitors, Brentwood, 01277 210021,  
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**Walking:**

Regular walking can:

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

**DON'T FORGET—we have the whats app group if you want to join, and also let us know if you'd like to join the telephone befriending service.**



**Be aware of your limitations**

After a death, concentration is often affected. If you work with machinery or in a dangerous environment, be aware that your reactions could be slower and take

adequate precautions. Another potentially dangerous situation is driving the car. Some will go through the motions without being conscious of what they are doing, going through red lights or finding themselves on unknown highways, going places where they didn't set out to go. Obviously this problem presents a danger for you and for others. Recognize the situations that could present particular challenges during this difficult time.

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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.

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.

*It is in that moment  
When we are brave enough to share  
Our thoughts with a fellow griever  
And they nod, smile and understand  
That we know that we  
are not alone*

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