

New Era



September 2020 Issue 9



I can't quite believe we are now in September! It has been so lovely to meet you all at group, and a very big welcome to our new members.

Some of the group met at Merry Mead tearooms on Wednesday 25th August for afternoon tea. Although I did not stay long, the sun was shining for you all and the cakes and scones * looked delicious. I hope you all had a lovely time.

In our next group meeting on September 8th we will be playing bingo (I am hoping Martyn will be our caller) so eyes down!



Bennetts Funeral Directors
Memorial Service
Sunday 12th September
at 3pm

Essex Regimental Chapel
Clive Road, Warley, CM13 3BN



All welcome, light refreshments provided.

Please contact Bennetts Funeral Directors in advance on 01277 210104 to book your place which assists with catering requirements.

Donations on the day will be going to
Kid's Inspire

JUST LIKE THAT
SUMMER
FALLS INTO
September

New Era Christmas Lunch
Mount Avenue Banqueting Suite
1pm on Wednesday 15th December 2021
£31ph


On Arrival

Buck Fizz or Orange Juice

To Start

Leek and Potato Soup served with a bread roll and butter

Or

 Prawn Cocktail served with brown bread

Main Course

Traditional Roast Turkey with all the trimmings

Or

Poached Cod Mornay

Served with potatoes and vegetables

Dessert

Christmas Pudding with Brandy sauce

Or

Sharp Lemon Tart

Tea/Coffee and mince pie



Hello there all, I hope you are well and I hope you enjoyed your bank holiday weekend!

It seems that somehow, summer has been and gone and Autumn is upon us! For so many people, this is the best time of the year.

September brings so many changes for us all. For families, a new school year, new uniforms, new friends, and for others, the reminder to not battle the roads affected by the school traffic between 8.30-9am and 3 – 3.30pm on weekdays!

September in our house also typically brings the clothes swap-over. The shorts and t-shirts go into the loft and the jumpers come out again! As the nights draw in a little, the barbeque is swapped for the slow cooker and the ice-creams are replaced with something a little bit more homely.

In my work at Landons Solicitors, September brings World Alzheimer's day (21st September). We do our best to support our clients and their families who are impacted by this cruel condition throughout the year but particularly this month our work has an overarching focus. I read an article recently about communicating through Alzheimer's – which I thought I could share with you

- Try not to argue, instead agree
- Try not to reason, instead divert
- Try not to shame, instead distract
- Try not to lecture, instead reassure
- Try not to say 'remember', instead reminisce
- Try not to say 'I told you', instead repeat and regroup
- Try not to say 'you can't' instead say what they can
- Try not to command, instead, ask and model
- Try not to condescend, instead encourage
- Try not to force, instead reinforce.

Landons are here to support those within our community – please never hesitate to ask if there is anything that we can do to help you or those around you. It would, as always, be my pleasure

With my best wishes to you, Jessie

Landons Solicitors, Brentwood - 01277 210021 - j.stewart@landons.co.uk



Beware of scammers

What should I do if I get a scam call?

Older people are often a target for scammers, so it's important to be aware of phone scams and how to handle them. Fortunately, there are things you can do to protect yourself:

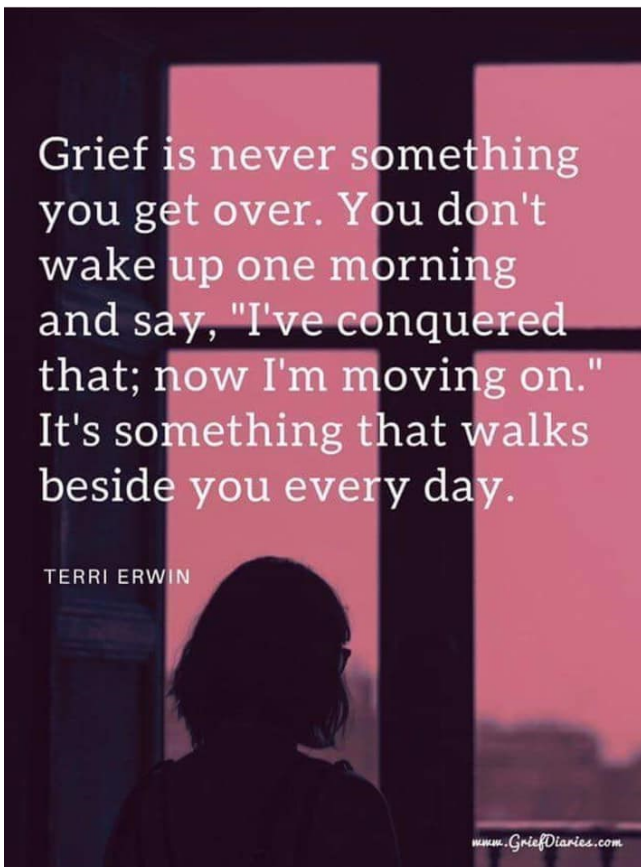
- **Don't reveal personal details.** Never give out personal or financial information (such as your bank account details or your PIN) over the phone, even if the caller claims to be from your bank.
-
- **Hang up.** If you feel harassed or intimidated, or if the caller talks over you without giving you a chance to speak, end the call. It may feel rude to hang up on someone, but you have the right not to be pressurised into anything.
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- **Ring the organisation.** If you're unsure whether the caller is genuine, you can always ring the company or bank they claim to be from. Make sure you find the number yourself and don't use the one provided by the caller.
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- **Don't be rushed.** Scammers will try to rush you into providing your personal details. They may say they have time-limited offer or claim your bank account is at risk if you don't give them the information they need right away.

What should I do next?

Register your landline and your mobile phone with the Telephone Preference Service (TPS). To register your mobile phone, text 'TPS' and your email address to 85095.

- Talk to your phone provider to see what privacy services and call-blocking services are available, although you may need to pay for some of these services.

Grief bites



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.

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

Rainham Marshes is a nature reserve maintained by the Royal Society for the Protection of Birds (RSPB). Its medieval marshes are both an important area for wildlife and a great place for visitors.

Birds can be seen all year round. In spring and summer you can expect to see breeding wading birds and in winter large flocks of wild ducks visit the reserve. You may see water voles and dragonflies too.

Boardwalks throughout the reserve allow access for wheelchairs and pushchairs and the visitor centre has picture windows with views across the marshes.

The marshes were opened in 2000 after being closed to the public for more than 100 years. The site was previously used as a military firing range.

There are many events throughout the year for families.

Visiting the marshes and reserve

Rainham Marshes Nature Reserve is open 9:30am to 4:30pm from 1 November to 31 March and 9:30am to 5pm from 1 April to 31 October. It is closed on Christmas Day and Boxing Day.

Features include:

- a car park, voluntary £1 donation
- free entry to site for RSPB members and residents of Thurrock and Havering
- nature trails
- a pushchair friendly site
- picnic areas
- adventure playground
- toddlers playground

All the reserve's paths and boardwalks are family and wheelchair friendly.

No dogs are allowed in the reserve except registered assistance dogs. Dogs are allowed on the Thames riverside path, however – a public footpath and cycleway running adjacent to the reserve.

Visitor centre

Day out to Rainham Marshes

Please let me know if you would be interested in a day out to Rainham Marshes, I have added some information above about the nature reserve. It has been advised that October/ November can be a good time to go.

For anyone with a Birthday this month...

