

Put a 'Spring' in your step

It's so easy to connect the feeling of a spring day to the positive attribute of hope; the burst of bright colour as beautiful bulbs start to bloom, the chirping of birdsong filling the air, and the chink of sunlight peeking through the curtains to greet us in the morning. Spring has sprung, lockdown is due to ease, so why not embrace the positive, hopeful nature of this cheery season; here's some ideas how:

Give your home a thorough spring cleaning: get rid of things that no longer bring you joy, bag up items for charities shops when they reopen and shred unnecessary papers. It will leave you feeling clear, clean and ready for whatever is next in your life.

Open the windows; visualise the fresh air swirling through your home, through your lungs – flush out winter and draw in spring.

Get moving – we're all very good at walking after lots of lockdown practise! Take a walk in the woods, breathe deeply and luxuriate in the invigorating feeling the spring air brings.

Go 'searching for spring' by looking out for the stunning spring bulbs; tulips and daffodils emerging, or leaf buds plumping up on the trees above. These all signal the return of warmth and of hope of seeing family and friends again soon.

As the poet Alexander Pope famously said, "Hope springs eternal." With each passing day, let us allow spring's positivity to wash over us, elevating our outlook, mood and activity level.



NUTRITION TIPS FROM ELAINE

Pepper is small in quantity and great in virtue

Did you know that adding black pepper to meals is a great way to improve your health? Here's how it works: add to beta-carotene foods (rich in colour such as peppers, carrots and tomatoes), the black pepper helps absorption of vitamins. It helps with inflammation, improves brain function, helps lower high cholesterol, helps reduce blood sugar levels and improves general gut health.

Grow your own herbs

Fresh herbs are great for adding flavour to your meals and also to add into a cup of hot water for a refreshing tea. Here are some health benefits of herbs that you can grow in your garden – perfect for window sills or window boxes and a good time to start sowing:

Basil – antiseptic, anti-inflammatory, helps combat nausea; great with tomato-based sauces
Chamomile - antifungal, relieves indigestion and alleviates anxiety. Add to hot water for a fresh Chamomile tea
Lemon balm – anti-viral, alleviates stress and anxiety. As above, add to hot water for a nice drink
Parsley – boosts energy, improves circulation and eliminates bad breath.

Add to creamy sauces or to fish.

Sage – antibacterial, helps with gum infections and relieves coughs. Add to roast chicken or use with hot water

Natural painkillers

I read about foods which are great for easing pain, here are some of them below:

Grapes – good for back pain

Garlic – helps earache and stomach bugs

Oats – great for endometrial pain

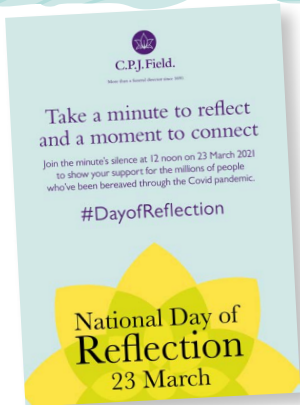
Turmeric – helps with chronic inflammation/pain

Cloves – good for toothache

Ginger – great for muscle pain and sickness

Lettuce – cleans the digestive tract and is high in fibre





23rd March is National Day of Reflection. Take a moment to reflect and a moment to connect. Join the minute's silence at noon to remember the millions bereaved by Covid-19.

Some of you may be aware of this simple safety phone hack; I was not and am glad I now am. If you press your lock button 5 times in a row, your iPhone emits a loud siren, counts down to 3 then calls the emergency services AND sends a text to your emergency contacts alerting them on your situation and location. Search 'Emergency SOS' in your iPhone to set it up.



Mother's Day by Andy Holter

With Mother's Day last weekend and many of us unable to visit our loved ones, we are reminded of the incredibly special relationship between a mother and her children. Whilst we may not have been able to see one another face to face some socially distanced contact was possible. This week we're going to look at this special relationship and what it means.

Mother's Day is celebrated in various parts of the world to express respect, honour and love towards mothers; honouring the contribution they make and acknowledging the efforts of maternal bonds and the role of mothers in our society.

The bond between a mother, step mum, foster mum, or relatives who have stepped up to be a mum and her children is eternal and cannot be undone; it's so incredibly special and lasts longer than time itself. Mums love unconditionally, protect, care, nurture and would do anything for their children including supporting them through life's challenges, standing by them through the tough times as well as the good. The bond between mother and child has no limits, building a connection that can never be broken.

This year's Mother's Day was different, but we can have confidence in the knowledge that this special relationship will not diminish because we could not meet or embrace; in fact grows stronger as this love endures forever – absence makes the heart grow fonder.

It is with this in mind that we should remember those mothers that are no longer with us. As Funeral Professionals we look after many mums in our care. Remembering that unconditional love which was so strong between the client and their mum, treasured, respected and honoured will help remind us of the importance of treating them as if they were one of our own for every mum is incredibly special; unique.

Here are some ideas of what you can do between now and the end of lockdown for our mums who live independently:

1. Send flowers regularly
2. Send a meal from Marks & Spencer
3. Make a weekly zoom call
4. Have a virtual get together
5. Go for a walk in a park together
6. Send a present
7. Have a picnic in a park or forest
8. Create and post a little scrapbook or montage of your favourite pictures for a walk down memory lane.
9. Create and deliver a hamper of your mum's favourite things.
10. Plan a post-lockdown trip together or plan a surprise trip.

For mums that live with you:

1. Bring your mum breakfast in bed.
2. Leave post it notes of all the things you love about your mum in all the places she will go in the house.
3. Tell your mum all the reasons that you love her.
4. Get crafty with some DIY decorations.
5. Do some baking together.
6. Do your mum's favourite hobbies together.
7. Enjoy a craft afternoon.
8. Do the chores for her.
9. Plan a home spa evening
10. Have a girly sleepover or movie night



Springtime us upon us... 'Spring brings new growth, weed out the bad and make room for something beautiful.'