



# THE BIFD NEWS



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2021-2023  
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AUGUST 2022 | VOLUME 4

A Bi-Monthly Newsletter from  
*The British Institute of Funeral Directors*

## *In This Issue*

- ***'The Lasting Effects of Covid-19'***  
Roger Clark discusses his experience of Long Covid
- ***'Billericay Soapbox Derby'***  
A Jubilee Success for Bennetts Funerals
- ***Lifestyle Therapist, Susan Leigh Asks:  
'When You Lose, What Do You Gain?'***





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*Hello August*



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*The BIFD News is an official publication of the British Institute of Funeral Directors and is published quarterly.*

*Whilst the Newsletter aims to encourage the fullest freedom of opinion and expression, it should be understood that unless stated, views and opinions, including those of the Editor, should not be construed as being policy of the Institute.*

*The British Institute of Funeral Directors accepts no responsibility for the accuracy of any claim made by any advertiser within this Newsletter, or for the quality, suitability or standard of the goods so advertised.*

# British Institute of Funeral Directors 40th Anniversary

Members  
Noticeboard

The Institute was founded on 6th February 1982 by a number of experienced funeral directors, each with an interest in education and sharing their knowledge with persons coming in to the funeral profession.

Over the past 40 years the BIFD has grown into one of the leading providers of education within the funeral service and its Diploma in Funeral Service is the highest qualification available to those within the profession. Indeed our mantra is 'Educating the Profession'.

Our qualified Tutors offer two courses: the Certificate in Funeral Service and the Diploma in Funeral Service. Both these courses are accredited by the University of Greenwich.

The BIFD strongly believes in the Continuing Professional Development of its members and those who choose to attain the required level of 12 hours annually become eligible for the Licence to Practice offered by the Institute.

With over 300 members nationwide, you can be assured there is a BIFD member close to you. "Look for the Licence".

To commemorate our 40th year, we have a stunning tie designed by Past President, David Capper available to buy for £20.00, which includes p&p. Proceeds from the sale of the ties will be donated to National President, Paul Stibbards' chosen charity: The RNLI.

Contact Jem & Karen Mead at National Office to buy one of these exclusive 40th Anniversary designs [admin@bifd.org.uk](mailto:admin@bifd.org.uk)



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## The British Institute of Funeral Directors

### Conference: 28<sup>th</sup> – 30<sup>th</sup> October 2022

*Holiday Inn Airport Hotel Southend*

77 Eastwoodbury Crescent, Southend-on-Sea, SS2 6XG

## BIFD 40<sup>th</sup> Anniversary Conference & Gala Celebration Dinner

The BIFD was established in 1982 by a group of funeral directors who believed in education and training for their profession; so that members of the public seeking to use the services of a funeral director should be able to choose wisely and get the best possible professional services on offer. It was the last Institute to have 'British' in its name. The BIFD places the educational and professional development needs of Funeral Directors at the heart of its work and promotes best practice through continual professional development. The BIFD is run by professionals for professionals; the BIFD prides itself on responding to what individuals, companies and the funeral profession needs to best serve the bereaved, now and in the future.

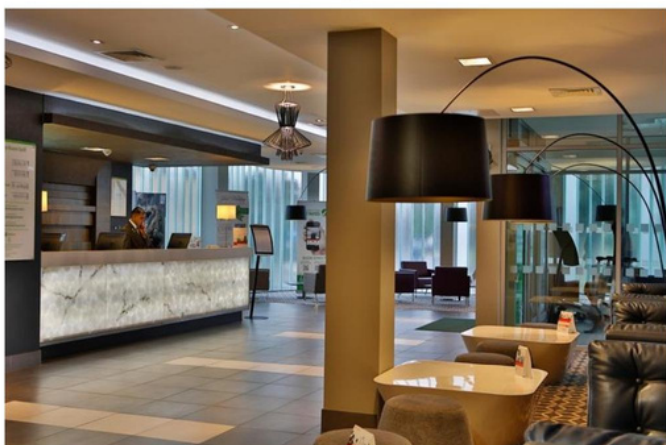
Under the current National President, Mr. Paul Stibbards, Board of Directors and Education Committee, the Institute has a progressive team dedicated to the profession and education. Now 40 years old, the Institute wants to celebrate the changes that have taken place in the profession and funeral education.

Please join us on the 28<sup>th</sup> – 30<sup>th</sup> October 2022 to celebrate the Institute's birthday but also to be there influencing the next chapter.....



## Venue For 40<sup>th</sup> Anniversary Conference & AGM

### The Holiday Inn Airport Hotel Southend:



The Holiday Inn Southend is situated just a short walk from London Southend Airport and a short drive from Southend Pier, making it perfect for business or leisure. The fresh, bright and **sound-proofed bedrooms** are the perfect place to relax after a long day. The award-winning rooms are designed to offer a range of facilities to enhance your stay; with comfortable beds, free Wi-Fi, flat screen TV and well-equipped bathrooms. You can also enjoy complimentary tea and coffee in your room with ample on-site car parking.

As the BIFD celebrates its 40<sup>th</sup> Birthday, The Holiday Inn Southend will be celebrating its 10th Birthday.

The 4 Star Holiday Inn Hotel Southend is gearing up to celebrate its 10th birthday throughout October 2022. Exactly ten years ago in October 2012, the Holiday Inn Southend opened and to celebrate the hotel's anniversary, Holiday Inn Southend is planning five weeks full of surprises and special promotions. For the month of October, the Rooftop Bar at the Holiday Inn Southend will be offering a host of signature cocktails for ONLY £5.00 and all you have to do is mention their 10th Birthday to enjoy a host of unique signature cocktails, any day of the week. Throughout the five-week celebration, the 1935 Rooftop Restaurant will also be offering a 2 for £29 lunch menu. Guests can enjoy a 2-course lunch; choose from a list of starters, main courses or home-made desserts and include a drink for only £29 for two people. Lunch is available Monday to Saturday from 12pm to 2.30pm. Pre booking is required.



Throughout the five-week celebration, the 1935 Rooftop Restaurant will also be offering a 2 for £29 lunch menu. Guests can enjoy a 2-course lunch; choose from a list of starters, main courses or home-made desserts and include a drink for only £29 for two people. Lunch is available Monday to Saturday from 12pm to 2.30pm. Pre booking is required.

The Holiday Inn Southend will be marking their official ten-year anniversary with a free glass of Prosecco for all guests visiting the hotel on Thursday 27th October 2022. You are invited to come along and celebrate with their dedicated staff, who will be on hand to share many of the funny stories they have encountered in the hotel over the past ten

years.

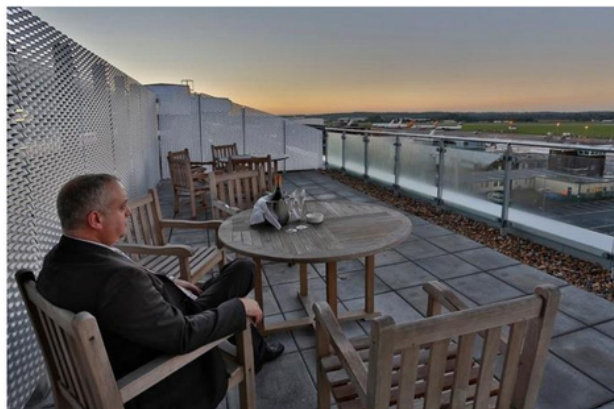
The Holiday Inn Southend has had the honour of hosting 481,4927 guests in its ten years. Over one million pillows have been plumped, over 69,000 kilograms of potatoes have been peeled, while staff at the hotel's 1935 Rooftop Bar have popped over 8,000 bottles of Prosecco. To achieve this, 70 employees from 13 different nations work both front of house and behind the scenes to ensure the perfect and personal IHG service is delivered on time, every time.

With 129 rooms and suites, a ballroom and four conference rooms, as well as Essex only rooftop bar and restaurant, it is a gem on the outskirts of Southend which delivers a personal service with a focus on community responsibility. In May 2017, the hotel won the prestigious Green Tourism Award, the world's largest sustainable certification programme.





## The 1935 Rooftop Bar



The 1935 Rooftop Bar is this the only rooftop bar in Essex, offering amazing views over the runway of London Southend Airport. Whilst enjoying dinner on Friday Evening, you will be able to enjoy breath-taking views of the surrounding Essex countryside and perhaps watch a plane or two take off from London Southend Airport.

The name 1935 Rooftop Bar originates from the year London Southend Airport officially opened as Southend Municipal Airport, on 18th September 1935. The start of the Second World War saw the site requisitioned by the

RAF with several squadrons from all over the world based at Southend. During this time the runways played home to the Supermarine Spitfires, Hawker Hurricanes and Bristol Blenheims.

London Southend Airport is still home to the **Avro Vulcan XL426**. Due to its British aviation heritage and as a tribute to the men and women who flew the Vulcan during the Cold War, a local volunteer group known as the **Vulcan Restoration Trust** purchased and now maintains the Vulcan B2 XL426 in live ground running condition at the airport. It opens to the public at the Visit the Vulcan Days held throughout the year just a few minutes' walk from the hotel.



# The British Institute of Funeral Directors Conference 2022:

28<sup>th</sup> – 30<sup>th</sup> October 2022

*Holiday Inn Airport Hotel Southend*

77 Eastwoodbury Crescent

Southend-on-Sea

SS2 6XG

## The 40<sup>th</sup> BIFD Conference 2022 Tarif Rates

### 1. Friday Evening To Sunday Morning – THE COMPLETE PACKAGE

<i>Friday Dinner</i>	<i>.....Double Room (2 People) £470</i>
<i>Saturday &amp; Sunday Bed &amp; Breakfast</i>	<i>.....Single Room (1 Person) £315</i>
<i>Saturday AGM: On Arrival Tea, Coffee &amp; Biscuits</i>	
<b><i>Saturday Lunch Included</i></b>	
<i>Saturday Evening Drinks Reception</i>	
<i>Saturday Gala Dinner – Includes 4 Course Meal Followed By Tea &amp; Coffee</i>	

### 2. Friday Evening To Saturday Morning - ONLY

<i>Friday Dinner</i>	<i>.....Double Room (2 People) £180</i>
<i>Saturday &amp; Sunday Bed &amp; Breakfast</i>	<i>.....Single Room (1 Person) £130</i>
<i>Saturday AGM: On Arrival Tea, Coffee &amp; Biscuits</i>	

***Saturday Lunch Is Available On The Day At £25 PP***

### 3. Saturday To Sunday Morning - ONLY

<i>Saturday AGM: On Arrival Tea, Coffee &amp; Biscuits</i>	<i>.....Double Room (2 People) £275</i>
<i>Saturday Evening Drinks Reception</i>	<i>.....Single Room (1 Person) £180</i>
<i>Saturday Gala Dinner – Includes 4 Course Meal Followed By Tea &amp; Coffee</i>	

***Saturday Lunch Is Available On The Day At £25 PP***

### 4. The Gala Banquet Dinner Only

*.....£60 Per Person*

<i>Saturday Evening Drinks Reception</i>	
<i>Saturday Gala Dinner – Includes 4 Course Meal Followed By Tea &amp; Coffee</i>	

### 5. AGM ATTENDANCE ONLY

*.....Free To All Members & Students*

<i>Saturday AGM: On Arrival Tea, Coffee &amp; Biscuits</i>	
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***Saturday Lunch Is Available On The Day At £25 PP***

### **ROOM UPGRADES AVAILABLE (Subject To Availability)**

<i>King Executive Room</i>	<i>.....£25 extra per room per night</i>
<i>Superior Suite</i>	<i>.....£35 extra per room per night</i>

### **TO STAY BEFORE OR AFTER THE CONFERENCE DBB**

<i>.....Double Room (2 People) £145</i>
<i>.....Single Room (1 Person) £120</i>

# The 40<sup>th</sup> BIFD CONFERENCE 2022

## BOOKING FORM

Members Name: ..... Membership Number: .....

Address: .....

Post Code: ..... Contact Telephone Number: .....

Email Address: ..... Number of Rooms Required: .....

Special Dietary Requirements: Yes/No Details of Diet .....

Arrival Date: ...../...../..... Departure Date: ...../...../.....

Attending **Partners** Name: .....

Attending **Guests** Names: .....

Attending **Children's** Names & Ages: .....

### See Rates Page To Complete Payment

#### Tariff (1) – Full Package

Double Rate: £.....

Single Rate: £.....

**Please return your completed booking form and cheque, made payable to 'BIFD' for the appropriate amount to the Conference Co-ordinator:**

#### Tariff (2) – Fri to Sat

Double Rate: £.....

Single Rate: £.....

**Mr. David Gresty**

The British Institute of Funeral Directors

National Office

10 St John Road

Wroughton

Wiltshire

SN4 9ED

07803 955 230

#### Tariff (3) – Sat to Sun

Double Rate: £.....

Single Rate: £.....

david-gresty@hotmail.com

#### Tariff (4) – Gala Dinner Only

Total Attendees £.....

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#### Tariff (5) – AGM Only

£ No Charge

**Total Amount Due £.....**

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Article

## THE LASTING EFFECTS OF COVID-19

**Roger Clark, Dip. FD, FMBIFD**  
*Past President & Deputy Chair of Examiners*

Although it can never be confirmed because, at the time in question, very little was known about the Covid 19 virus, there is very little doubt now that after a visit to the Andre Rieu Concert in Antwerp in late January 2020, Carole and I succumbed to the virus a few days afterwards with no apparent severe problems and indeed actual knowledge of what it was.

At the time, we thought it was just a 'winter virus' but rather strange because of the coughing episodes and other symptoms. For example, Carole had mouth ulcers she had never suffered before that we thought were just coincidental (and, as it happens, appeared later during the vaccinations) and had nothing to do with the virus. We were not well for a week or so, but although a struggle just got on with life as you do.

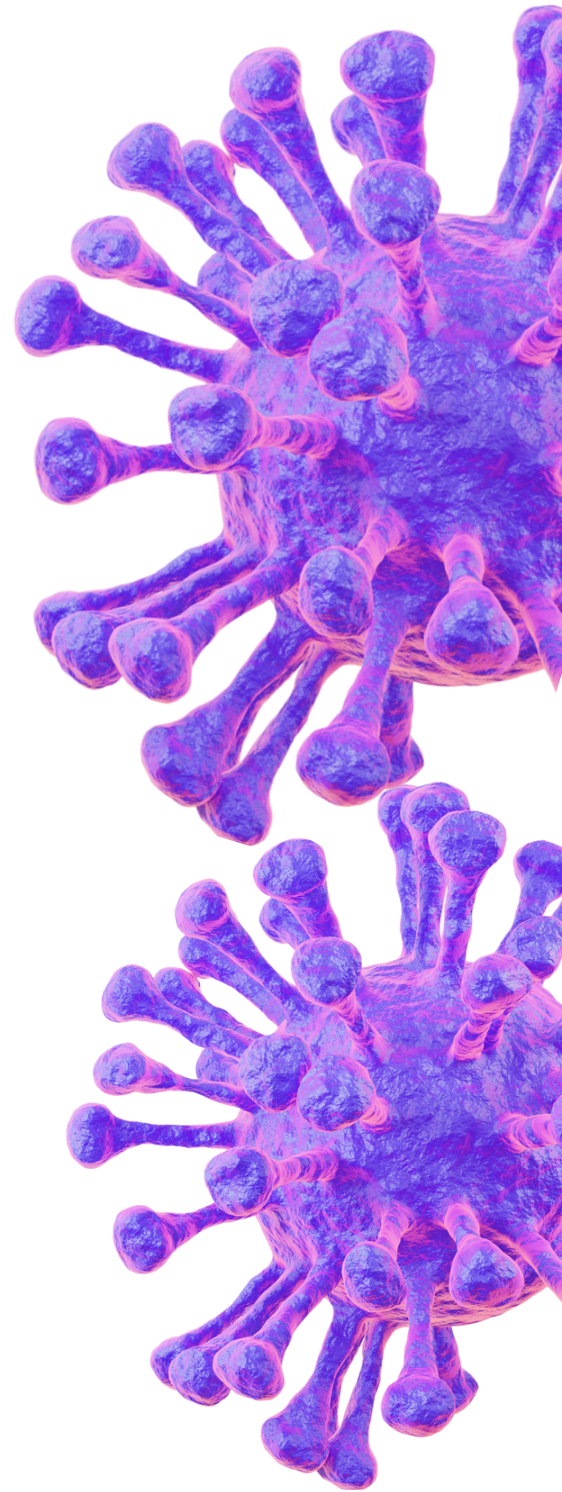
However, later that year, in October, after a week or so of not feeling well, I was taken to hospital late one Saturday evening. Carole was told my heart muscles had been severely damaged, fearing the worst. Suffice to say that a pacemaker was eventually implanted after much intravenous medication to help other failing organs (to keep me quiet!) I avoided going to 'Rose Cottage' to be collected by the 'boys' (or girls!!!!) A good friend and ex-colleague told me that I had also saved him money by buying a sympathy card for Carole.

The Consulting team asked my wife and me many questions because I had been a reasonably fit man-preparing for the Great South Run, still refereeing football earlier before Lockdown, umpiring some cricket and tending my allotment when restrictions eased. Carole was also reasonably fit, yet we had been experiencing various ailments during that year that left us, in our words, 'shattered' or 'worn out' on occasion and could not understand why.

Although little was known then, both consultants were convinced that we both had been affected by Covid and subsequently Long Covid, which they saw occurring more frequently. Consequently, when I saw them both at my first appointment after leaving the hospital, they asked me to go on Research programmes to help understand what was happening. Being an educationist, of course, I agreed to this.

Eventually, contact was made by Imperial College, where I was asked to include everything that I particularly (but also Carole) had been experiencing. Much I tried to suggest was due to my age or other reasons to be told, 'No sir, we are being told this by others much younger than yourself. 'I was asked to complete a questionnaire and was dumbfounded when some of the things I had not mentioned as I thought irrelevant were being asked as to had I experienced them.

I will not itemise all of them but mention a few, nausea, sudden fatigue (and I mean just that, not tiredness), limb and headaches, joint pains, loss of taste, sensing food or other smells not possible in that situation, lethargy, low mental state of mind, brain fogs to name some. I am sure that there will be individual conditions that I have just mentioned that, for some, are relatively common occurrences in your life. However, I suspect that you do not experience all of them and also in a short space of time.

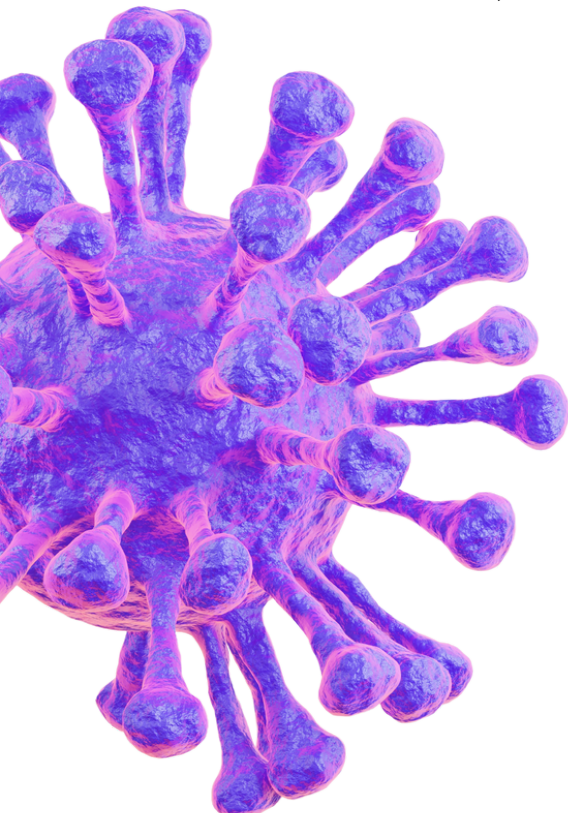


One perplexing example I will mention is that I broke fingers in my right hand (thankfully never my left hand) whilst batting or fielding in cricket over many years, and one is still misaligned. However, when I experience joint pains, it is only my left hand where they suddenly appear for a while, or my fingers lock for a minute or so. Likewise, Carole also experiences joint pains in her hands, whereas in other parts of her body where arthritis is prevalent.

There does not seem to be any logic in this.

When we started to experience these frequently occurring conditions, we were told by family, friends or acquaintances (who were trying to help) that it was because; We were getting old (me particularly), stressed, and dealing with Carole's elderly frail parents (both now departed) run down, worrying about things unnecessarily, told everyone gets tired, overdoing it, too much exercise, too little exercise, eating the wrong foods, the cold (or hot!) weather, my heart condition and so on, In the end, we stopped mentioning these conditions because of the comments as we were both suffering them repeatedly and we knew our bodies. Furthermore, as it happens, they were made worse not long after we had the vaccinations and lasted longer.

I had adverse reactions again to a vaccination, this time my fourth one and was told to contact a G.P whom eventually I spoke to me briefly, a surprise I know. More surprisingly, though, the G.P told me she was aware of such reactions and that one of her colleagues suffered from Long Covid like me. She understood my comments as he similarly complained of them and was often unable to work at times, mainly because of the nausea and fatigue he suffered.



I have spoken with many who did suffer Covid at some stage, and they now admit to experiencing various conditions that they shrugged off as we did initially. Some were pleased because they did not understand why they were experiencing such symptoms and, in some cases, thought they were fussing or even imagining such conditions.

A colleague of mine whose partner (much younger than me too!) suffered Covid 19 early in 2020 still has days when he is tired, unwell and deficient. I fully empathise with that, along with his frustrations of being unable to carry out an everyday life that existed beforehand and never knowing how the day would pan out. Carole and I have had our patience really tested but always remain positive.

No, I am not asking for sympathy, recognition or even writing another chapter of my autobiography, but just that readers are made more aware of what the virus and its variants have caused. As one researcher told me, 'Wait and see what is published in a couple of years; the public will be astonished.' Carole and I are very fortunate people as far worse could have happened, and I appreciate my existence. However, it is essential that we all try to understand what has happened and will happen because this virus will not suddenly disappear. At the moment, it is not headline news as that is in the 'safe hands' of politicians, but you can believe me, and we cannot shut our eyes or close our ears to the long-term effects of Covid.

There may be colleagues, family members or friends who sometimes comment about feeling 'lousy' or do not feel right. They may not be malingering, skiving or making excuses not to go to an event as may be initially thought but are suffering unwittingly from Long Covid a considerable time after they had the virus infection if indeed they knew they had been infected by it in the first place.

We are all compassionate, caring and considerate or should be, so please do so if you have not considered all of this before. Who knows what our future holds. Many thanks



*Roger*

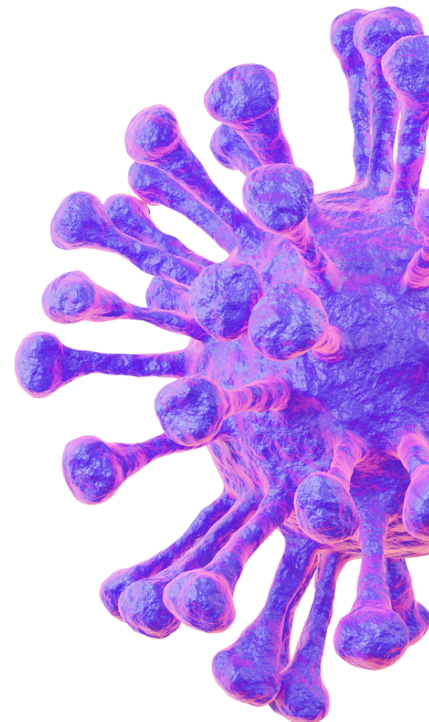
## ***MORE ABOUT LONG COVID***

**How long it takes to recover from COVID-19 is different for everybody.**

**Many people feel better in a few days or weeks and most will make a full recovery within 12 weeks. But for some people, symptoms can last longer.**

**The chances of having long-term symptoms does not seem to be linked to how ill you are when you first get COVID-19.**

**People who had mild symptoms at first can still have long-term problems.**



***FIND OUT MORE ONLINE:***

[www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/](http://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/)



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## **BILLERICAY SOAPBOX DERBY – A SUCCESS!**

The 2022 Jubilee Weekend was an enormous success, both for Billericay Mayflower Rotary and Bennetts Funerals when they entered the prestigious Soapbox Derby for the very first time securing a second-place win in their category.

The format consisted of three runs down the Rayleigh Road from Sun Corner to Western Road with hay bales on either side to protect the crowds and the racers.

Modelling our cart on our beautiful Rolls Royce Phantom VI limousine affectionately known as Cyn, the cart drew a large crowd perhaps because she was pictured next to her big sister, the limousine Cyn. Even Her Majesty joined us to give the seal of approval on a fun family day out.







Raising much needed funds for local Dementia charities, we organised a 'Guess the number of balloons' inside Cyn competition and a 'Name the elephant competition' which drew the crowds to our stand on an extremely hot and fun filled day. In true Essex style there were a few celebrities faces in the crowd who also wanted their picture taken sitting inside our cart.

Each soapbox race was choreographed to the story of the Runaway Bride and set to dulcet tones of Billy Idol's White Wedding; as the groom's head was turned by the flirtatious bridesmaids, the bride drove away at speed in disgust.

The crowd really got behind the story every time especially when the bride slapped the groom's face at the start of every race.

Playing the first run safe the second and third races took to the ramps running at 39 seconds to complete the course.



The last race saw Bennetts Director, Jane Bennett, take to the wheel with the team racing down the road behind her greeting spectators on the way past.

There was a wonderfully friendly element of competition about the entire day, and we were delighted to take to the stage to accept our second-place glass trophy.

We raised in the region of £500 for local dementia charities and in case you were wondering the Elephant's name was Peanut.





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# **HUMAN CREMATION VS PET CREMATION**

*Lucie Kibbey, Cert. FS, MBIFD ~ Deputy Editor*



Having a good friend who works within the pet cremation industry, I thought I'd pick his brains on the differences in our working lives:

## **DO YOU COMPLETE ANY PAPERWORK?**

There is an individual cremation form that follows the animal throughout its final journey, with all the owner's information on it. There are no forms for the owner to complete, no formal application is needed as such.

## **WHAT ARE THE COSTS?**

As an example, a pet dogs cremated remains, returned in a simple scatter tube is between £210-£369.

Burial for a dog is approximately £600.

Use of Chapel of Rest to say goodbye is approximately £75.

Out of Hours collection is available from most crematoriums, at a cost per mile charge.

## **WHAT TIME FRAME COULD YOU EXPECT?**

Animals are either taken to the Pet Crematorium or Cemetery by the owner or collected from the Vets - there is no legal time frame for this but transfer usually occurs within 7 days.

Cremation usually takes place within a few days, but you can pay for a same day service. The ashes are returned to the vets for the family to collect or to the owner in person at the Crematorium.

Unlike human cremation, for animals that do not have owners, or the owners do not wish to have the cremated remains returned, they can perform mass cremation and the ashes are placed into a mass grave.

## WHAT CHOICES DO YOU OFFER?

Much like the human world, pet owners can choose Burial or Cremation. A burial can be attended but there is no option to witness the charge for Cremation.

Most Pet Crematoriums offer a variety of extra's such as paw prints, locks of fur and luxury scatter tubes and urns.



## WHAT IS THE STRANGEST ANIMAL YOU'VE CREMATED?

A Fish, a Turtle, or a Raccoon





## **Team from Funeral Home Conquer the Yorkshire Three Peaks to Support Cancer Charity**

**A team of enthusiastic walkers from Hammerton's Funeral Directors in South Yorkshire took to the hills recently to complete the Yorkshire Three Peaks Challenge to raise nearly £1,500 for a cancer charity.**

**Despite the summer heatwave, the team, which was made up of Funeral Director Craig Shepherd, Funeral Service Operatives Alex Seaman and Chris Dexter, together with Alex's wife Shelley, completed the 23 miles of climbing the mountains of Wharfedale, Ingleborough and Pen-y-ghent - the three highest peaks in Yorkshire in 12 hours 50 minutes.**



*From L – R, Craig Shepherd, Alex Seaman, Chris Dexter*

**Craig said: “We all enjoy walking so we thought we would take on the Three Peaks as it provided a big challenge, but I don't think we realised quite how hard it would be.**

**“We hoped to complete it in under 12 hours but, as the weather got hotter, we started to struggle. We still managed to complete it in under 13 hours which we were pleased with.”**

**Hammerton's Funeral Directors has funeral homes in Barnsley and Goldthorpe and is part of the Funeral Partners family. The team were raising money for the South Yorkshire-based Weston Park Cancer Charity.**

**Craig continued: “We decided to support the charity as one of the team had a close relative who was treated at Weston Park Hospital. It is a great cause and I am really pleased that we managed to raise nearly £1,500.”**

**He said the team might attempt the challenge again but added: “We would do more training as it was much tougher than we expected.”**

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“ My decision to sell my business to Funeral Partners is the best business decision that I have made; and to anyone potentially thinking of doing the same, I would heartily recommend that they speak to Funeral Partners first. ”

**Philip Tomlins**  
**Merstow Green Funeral Home**

Find out more by watching Philip Tomlins talk openly about the Merstow Green Funeral Home story  
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Hear from Funeral Partners Chief Executive Sam Kershaw and members of the Senior team about who we are and what the acquisition journey is like, including helpful tax advice from Freeths Solicitors.



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**Your reputation is our reputation**

# Green Claims Code

Get your green claims right



**More people than ever are concerned about the environmental impact of the products and services that they buy. We know businesses want to be honest with their customers about their green credentials, but it may not always be clear how to do this.**

**That's why the Competition and Markets Authority (CMA) has developed the Green Claims Code – which sets out 6 key points to check your environmental claims are genuinely green.**



## What are Green claims?

**Green claims (sometimes called 'environmental claims' or 'eco-friendly claims') are claims that show how a product, service, brand or business provides a benefit or is less harmful to the environment.**

**Many businesses use green claims to help market their products or services. They do this through a range of methods such as: statements, symbols, emblems, logos, graphics, colours and product brand names.**



# FSA

**Funeral Suppliers' Association**  
est. 1939

## **GREEN CLAIMS MUST:**

**1. Be truthful and accurate: Businesses must live up to the claims they make about their products, services, brands and activities**

**2. Be clear and unambiguous: The meaning that a consumer is likely to take from a product's messaging Green Claims Code - get your green claims right and the credentials of that product should match**

**3. Not omit or hide important information: Claims must not prevent someone from making an informed choice because of the information they leave out**

**4. Only make fair and meaningful comparisons: Any products compared should meet the same needs or be intended for the same purpose**

**5. Consider the full life cycle of the product: When making claims, businesses must consider the total impact of a product or service. Claims can be misleading where they don't reflect the overall impact or where they focus on one aspect of it but not another**

**6. Be substantiated: Businesses should be able to back up their claims with robust, credible and up to date evidence**





Southend Lifeboat Station  
Southend Pier Essex SS1 1EE



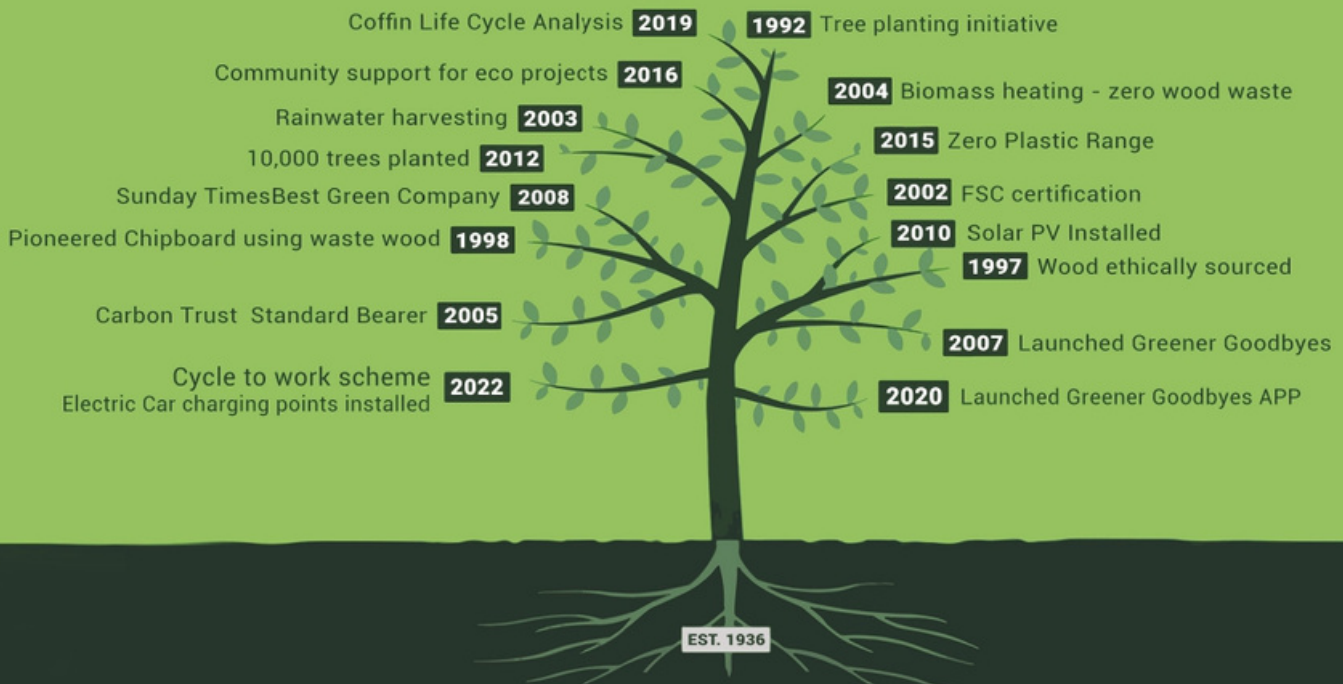
**Lifeboats**



Southend Lifeboat station is just one of 238 around the coasts of England, Scotland, Wales and Ireland. The RNLNLI operates a 24 hour a day, 7 days a week, 365 days a year all-weather rescue service around the coast and some major rivers. Additionally the RNLNLI has lifeguards on major tourist beaches during the summer months and maintains a Flood Rescue service for inland areas.

*The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ. Clayton Engineering Limited (Registered No. 01274923). R.N.L.I. (Sales) Limited (registration number 2202240) also trading as RNLNLI Shop. RNLNLI College Limited (registration number 7705470). All companies are registered in England and Wales with registered offices at West Quay Road, Poole, Dorset BH15 1HZ.*

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# Lifestyle Therapy

*Susan Leigh*

## WHEN YOU LOSE WHAT DO YOU GAIN?



We've all experienced loss at one time or another. Possibly as a child it may have been of especial significance, as in the death of a much-loved grandparent or family pet, or the breakdown of our parent's relationship, with the ensuing consequences and impact on our life. Or perhaps something seemingly less major, but hurtful nonetheless, like losing a friend, failing an exam or the ending of our first major love interest.

Even the loss of something that may be regarded by others as minor may, for us, be hugely momentous. Think about the loss of a special mug; maybe a child made it for you, it was a souvenir from a once in a lifetime trip or was given to you by someone who really mattered to you. It may have been 'only a mug' but the way it was lost may have been relevant too; was it broken, by you or by someone else, did it happen accidentally or through carelessness. Has it 'disappeared', been stolen? All these factors will influence how we reconcile to the loss, how we recover and move on.



Some losses may need more time to come to terms with. Losing someone or something is a very personal, subjective experience and how we cope depends on how we're doing at the time, how resilient we're feeling, how prepared we are, how much support we're likely to receive in our personal lives. Plus, our experiences prior to the loss will go some way to explain our responses and the relevance that different people, places and possessions all have for us.

Life brings with it a gamut of emotions, from the joy of living in the moment, followed by the cycle of pain and grief that accompanies any loss. But, after a loss there are often important gains to be experienced.

**Patience is an important life lesson. Some events may be outside our control and as such, we're unable to do anything about them. We have to go with the flow and wait for the situation to start to resolve itself. A little patience and humility may be called for, especially if we have to respect the role of others and wait for them to take their turn and deliver their input.**

**Time for reflection about what really matters can be a gain. It may provide an opportunity to re-evaluate our role, our priorities and our areas of responsibility. What's important, have we simply been operating on auto-pilot, habitually doing what we've always done? A loss can offer time to reflect on how well our situation is serving us now and whether it will continue to do so into the future. It's a useful time to heal and plan our next steps.**

**An appreciation of other points of view includes an acceptance of how various situations impact on each of us differently. Something that devastates one person may merely warrant a shrug or a raised eyebrow in someone else. Other people may not be as bothered by events that we find daunting.**

**The role of supportive friends, family and colleagues can be a major source of help in our recovery from loss. The tough times are often when we discover who are friends really are. And sometimes a major gain can be when we let others in and accept that we can't and don't have to do it all ourselves. Others may have more appropriate knowledge and skills, may have the experience to deal with what's happening, may be more detached and dispassionate, able to do what's needed in a calm and rational way. Those times may deliver an opportunity to take our relationships to another level of friendship and commitment.**



Sometimes things go awry that can't be planned or budgeted for. Life gets in the way. An unexpected problem, detour, request can throw the best made plans into disarray, requiring time to explore alternative options, regroup and maybe even stop for a while. The need for time to heal and recover can push some people into denial mode and instead of self-care choose to fill their days with busyness and activity. They may insist they're fine and deny themselves the opportunity to process their feelings.

But sometimes, stopping for a break, maybe taking a retreat, time away can be a useful way to reflect on what really matters and come to terms with how you've been affected. It may be useful to appreciate how this experience has changed you and, as such reconsider your wishes, hopes and expectations for the next part of your journey through life.



Living life on an even keel can, for a time, be a comfortable and secure way to enjoy our days, but in doing so we miss out on the intermittent challenges and setbacks that enable us to dig deep and grow as a person. Losses are not always easy, but they provide opportunities to evolve and review our lives.

Do you recall hearing people as they reflect on their divorce, on being made redundant or on an unexpected loss or event that was devastating at the time? Often, afterwards they'll say that it brought massive opportunities into their lives. It opened doors for them to do something different, prompted decisions that changed their lives and delivered choices they would never have considered.

**Gains and an enhanced quality of life can come from loss!**

**Susan Leigh, South Manchester counsellor, hypnotherapist, relationship counsellor, writer & media contributor offers help with relationship issues, stress management, assertiveness and confidence. She works with individual clients, couples and provides corporate workshops and support. She's author of 3 books, 'Dealing with Stress, Managing its Impact', '101 Days of Inspiration #tipoftheday' and 'Dealing with Death, Coping with the Pain', all on Amazon & with easy to read sections, tips and ideas to help you feel more positive about your life.**

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**SERVING THE WHOLE OF THE BRITISH ISLES, INCLUDING THE CHANNEL ISLANDS AND THE ISLE OF MAN**



The trustees of the Child Funeral Charity are very sad to report the death of the charity's patron Baroness Sally Greengross OBE, member of the House of Lords since 2000, who died in June 2022 aged 86. Her work as a campaigner was remarkable and we were very proud that she supported our work as a patron of our Charity.



*Baroness Sally Greengross, OBE*

Obituaries to her have included the words 'Inspirational, popular and determined' and recognition has been given to the many roles where she made such a difference with her passionate commitment to ageing and demographic change issues.

As Director General of Age Concern from 1987, a position she held until 2000. She founded the International Longevity Centre in 1997 and was its Chief Executive until shortly before her death.

The Child Funeral Charity is pleased to have published a new 'Guide to Funding for Child and Baby Funerals' which is free on request.

The booklet covers, in-depth, all aspects of the Children's Funeral Fund, what it pays for and how to apply. It also gives links to other charities and details how the Child Funeral Charity can help when bereaved parents are arranging a funeral for their child or baby.

If you would like a copy for your offices so that all staff have access to this then please contact us on 01480 276088 or email [enquiries@childfuneralcharity.org.uk](mailto:enquiries@childfuneralcharity.org.uk)



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[funeralgiving.org](http://funeralgiving.org)



# **Heaven Needs Me**

I can't stay here and hold you,  
No final dance for me,  
No Sunny days on shorelines,  
Watching sunsets on the sea.

I can't watch the seasons change,  
The leaves turn green to gold,  
I can't sing our favourite song,  
Heaven needs me now, I'm told.

I don't want to see your tears,  
Or feel your sorrow float high,  
Celebrate each day of me,  
It was my time to die.

I can't give you poor advice,  
Or judge your choice in friends,  
But I will see the stars tonight,  
From Heaven's gated end.

Carry me through your living days,  
Keep me in your hearts,  
Heaven needs me now,  
It's time for me to depart.

And when you come to join me,  
The date - to be confirmed,  
You'll find that Heaven isn't granted,  
Heaven holds you, when its earned.

**~ Lucie Kibbey, Cert. FS, MBIFD  
Deputy Editor**



# BRITISH INSTITUTE OF FUNERAL DIRECTORS

Administration Office: 10 St John Road, Wroughton, Swindon SN4 9ED

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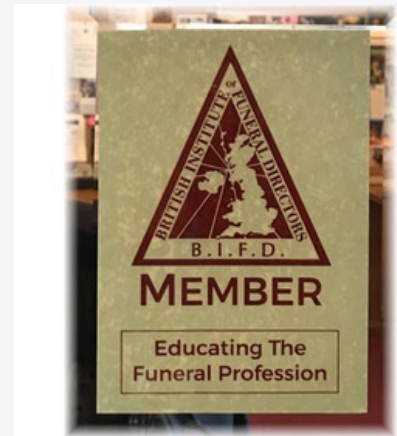


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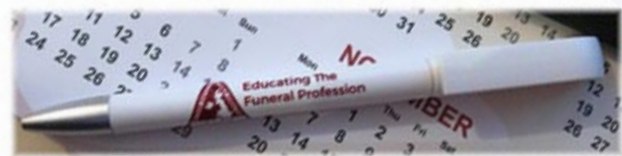
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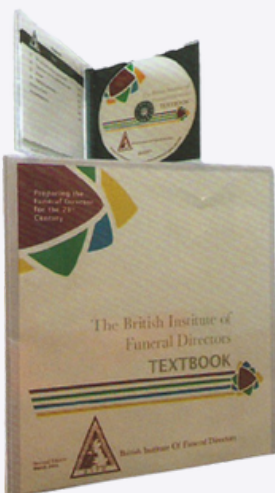
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