

## Richard “Jebba” Frost, 1971-2019

Jebba was born in Ipswich and moved to Grundisburgh aged one. He went to the old Grundisburgh primary, Kingston middle and Farlingaye high schools. On leaving school, he worked at Everybody’s Hobbies in Ipswich, before working with his brother in Felixstowe. He then gained a degree whilst working part time, and spent the last 12 years working for Muntons in Stowmarket.

Jebba moved to Great Blakenham in 2011 but, like us all, always regarded Grundisburgh as ‘home’. Indeed, there had been some talk of him relocating ‘home’.

A keen sportsman, he played football and cricket for Grundisburgh, before playing football for a number of other clubs. Jebba liked nothing more than a game of cards or a quiz at the pub with his mates.

Sadly, mental and physical health issues resulted in him being unable to pursue his love of sports, and this, amongst other things, led him on a road to anxiety and depression. The loss of his mother in 2014 led to a sharp deterioration in his mental health, which, despite medication and counselling led to him taking his own life.

Jebba’s funeral and wake at The Dog demonstrated the affection that still existed from years of old friendships, and the family would like to thank everyone for their kind words, cards and letters. We’d also like to send our heartfelt thanks to those who helped in the search for him. Jebba was one of a kind, one of us and will be loved and missed forever.

Andy Frost, brother

Emma Billsberry (who grew up in Grundisburgh, with family still in the village) is a Buddhist nun, studying in India. Her visit home this summer coincided with the funeral of Richard (Jebba) Frost who had taken his own life. She wrote this piece in response to the loss of Jebba, providing advice on mental wellness for all who might be looking for help.



My recent visit home was poignantly marked with coming together - joyfully with family for Father's Day and sorrowfully with our community for our dear Jebba's funeral. In the church at Jebba's service I was overcome with a strong feeling of love for you all. The sense of belonging and support I feel from this community keeps me strong in difficult times when I'm far away, so I feel compelled to share these few words to repay your kindness.

As his brother Andy spoke with such courage of the condition of depression and anxiety affecting many of us and that we must not ignore it but speak about it he acknowledged we find it difficult to speak up. We don't want to burden others or give them worries, also we feel bad in ourselves for feeling down. Yet we all know when someone does open up to us with trust and honesty, we feel deeply grateful and honoured that they do open up to us. This is one of the many ways our thoughts trick us, in reality it's not how it first appears. We give a lot of power to our thoughts just by believing them without questioning, but our thoughts are not us and we are not our thoughts, they seem so solid, yet they have no essence.



Mind can be likened to the sky and our thoughts and emotions to clouds that pass through the sky - clouds appear, stay a while then disappear, yet never enter into the nature of the sky. Similarly thoughts appear, stay a while then disappear, yet never enter into the nature of mind; the mind remains pure, clear and vast.

If we can find ways to see our minds nature we can get some clarity and it can help us not get overwhelmed by our negative thoughts and emotions. We get glimpses when we are at one with nature like looking at the vast night sky/(or listening to birdsong) and we can train in mindfulness through simple breathing techniques to observe and calm the mind. This has been scientifically proven to treat stress, anxiety and depression as it naturally realigns the chemical imbalance caused by the mental disorders and through mindfulness you strengthen your ability to control your mind and direct it to positive directions.

Most importantly having purpose in our lives through serving others in our community using our natural abilities we all have something to contribute, when done with sincere motivation this gives us sense of worth and contentment.

We are all familiar with the need and ways to maintain physical hygiene. We also need to know how to take care of our emotional hygiene through tackling our destructive emotions by cultivating mindfulness and wholesome states of mind such as warm-heartedness and understanding. This is inner work, like inner gardening.

As villagers we know about tending to our gardens, preparing soil, planting seeds, pulling out weeds, bringing together the conditions for flowers to bloom. We can apply the same process to inner gardening of preparing a level mind, planting and nurturing positive seeds such as love, empathy and tackling the weeds of destructive emotions such as looking down on oneself, anger, jealousy, ego etc through seeing them for what they are, mistaken awarenesses that are not in line with reality, all stemming from confusion. When we can see this they lose their power.

We are all human beings all wanting to be happy and to have no problems or pain, through taking care of our minds we can reduce the suffering we experience and increase our well-being

If some of you have found some benefit from these words please investigate further how to implement what is useful and I hope it will open up further discussions and for those who found no relevance nor benefit please just leave it to one side.

I recommend these two apps Headspace and Calm - which offer guided techniques - and look up MBSR & MBCT for mindfulness info/courses.

Emma Billsberry

[emmadrolma@icloud.com](mailto:emmadrolma@icloud.com)