



Ways to remember someone special who has died

When someone important in our lives dies, we may worry that we will forget them.

The information in this leaflet has been put together to suggest some of the things you can do at home to help remember them.

565 Service provides emotional support for children, young people and families living with a family member with progressive illness.



Ways to **remember someone special** who has died

When someone important in our lives dies, we may worry that we will forget them.

There are lots of ways to remember loved ones, you can do them any day or keep do them on special days (like birthdays, Christmas or anniversaries).

- Think about the person who died, did you have shared interests? Are there things you can continue to do that you did together?
- Light a candle in their memory. You can have a special candle that you light at home or you can go to a place of worship and light a candle there.
- Organise a party, meal or event to remember the person. Cook their favourite meal and eat it with your family.
- Visit their grave or the place where their ashes have been scattered or buried. Some people prefer to leave flowers at the grave or spend time talking to the person.
- Add to a memory box or create a new one: collect together objects, pictures, smells and music that remind you of the person in a shoe box. Decorate the box however you want, pictures, paint or words, it's your choice.
- Plant a flower, shrub or tree. Think carefully where you want to plant it, at home or in a community space, you may not always live in the place you do now.
- Write a message or a letter to them, you could attach it to a balloon, put it in a bottle or burn it on a fire.
- Start a scrapbook or photo album of all your favourite memories of the person who died. You can ask other people who knew the person so they can add their memories too.
- Make a playlist of their favourite songs or those that remind you of memories with them. You can listen to these when you are feeling sad.
- Create a memorial website or social media page. You can use words, pictures or videos and make it public or private, it's your choice.
- Make a teddy bear or cushion from their clothing, this is something to hug that will smell like them.
- Keep a bottle of their favourite perfume or aftershave and spray it when you want to remember them.
- Make a bracelet out of different coloured wool or thread, or make a memory jar using salt and chalk; choose different colours for different memories.

How much **does it cost?**

All emotional and spiritual wellbeing services at St Elizabeth Hospice are free. St Elizabeth Hospice is a registered charity and relies on gifts and donations to carry out its work. Because of people's generosity we are able to offer bereavement support free of charge to the relatives and friends of hospice patients.

Tell us what you think

Hearing about your experience of St Elizabeth Hospice can help us to improve our services and provide better care and support for those who need it.

To make a comment or complaint, or to compliment us on something we've done well, please write to us or visit stelizabethhospice.org.uk

Contact **us**

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