

LIVINGGRIEF

Let's talk about grief...

Remembering someone special who has died



Ipswich & East Suffolk





Remembering someone special who has died



When someone important to us dies, we might worry that we will forget them.



But there are many simple things you can do to keep their memory alive.



You can do them any day or do them on special days (like birthdays, Christmas or anniversaries).



1. Are there things you can continue to do that you did together?



If you both liked watching movies, cooking, or taking walks, you can keep doing these things.



2. You can light a candle in their memory.



You can light a special candle at home or or you can go to a place of worship and light a candle there.



3. You can organise a party, meal or event to remember the person.



You could cook their favourite food and eat it with your family or friends.



4. You can visit their grave or the place where their ashes have been scattered or buried.



You can bring flowers, talk to them, or just spend some quiet time thinking about them.



5. You can make a memory box

A memory box is a special place where you can keep things that remind you of the person.



You can put photos, small objects, or even a piece of their clothing in the box.



You can also decorate the box in a way that feels right to you.



6. You can plant something in their memory



Think about where to plant it, like in your garden or a park.

You may not always live in the place you do now.



7. You can write a letter to them



You can write about:

- your memories
- things you miss
- what you wish you could say to them.



You could:

- attach it to a balloon
- put it in a bottle
- burn it on a fire.



8. You can create a scrapbook or photo album filled with pictures and memories of the person who died.



Ask family and friends to share their photos and stories too.



9. You can 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.



10. You can 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.



11. You can make a teddy bear or cushion from their clothing, this is something to hug that will smell like them.



12. You can keep a bottle of their favourite perfume or aftershave and spray it when you want to remember them.



13. You can make a bracelet out of different coloured wool or thread.



14. You can make a memory jar using salt and chalk



You can choose different colours for different memories.



Remember

It's ok to feel sad, and it's ok to remember them in your own way.



Tell us what you think



Hearing about your experience of St Elizabeth Hospice can help us to improve our services.



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



You can make a comment or **complaint** or **compliment** us on something we've done well.



A **complaint** is to say something is unfair, unacceptable or otherwise not up to normal standards.



A **compliment** is to say something good about someone or something.



You can do this by writing a letter and sending it to:

**St Elizabeth Hospice, 565 Foxhall Road,
Ipswich, Suffolk IP3 8LX**



or you can visit:

stelizabethhospice.org.uk

You can contact us in a number of different ways.

Phone number: 0300 303 5196

Email: emotionalwellbeing@stelizabethhospice.org.uk

Address: St Elizabeth Hospice, 565 Foxhall Road, Ipswich, Suffolk IP3 8LX

Website: stelizabethhospice.org.uk

Facebook: St Elizabeth Hospice

Instagram: @stelizabethhospice

LinkedIn: st-elizabeth-hospice

This document was adapted into easy read by Ace Anglia.

Website: www.aceanglia.com

Facebook: Ace Anglia

Instagram: @ace_anglia

LinkedIn: ace-anglia

YouTube: @AceAnglia

Email: info@aceanglia.com

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