

Bereavement support for children and families

Remembering those who have died [Target audience: parents, carers]

After someone has died it is usual for family and friends to gather together in order to remember their loved one. This is often done at a funeral or a formal gathering to remember and celebrate the life of the person who has died. Although these gatherings are very sad, they can also be times in which to fondly remember some of the things that made that person special and unique. There are many ways in which to celebrate and remember that special person. Here are some suggestions for you to use or adapt:

1. Keep a memory box to keep photographs, bits of information
2. Write your memories of the person in a special book. You could include:
 - a. Things they liked to do
 - b. Things they liked to say
 - c. Their expressions or mannerisms
 - d. Their interests
 - e. Times friends and families spent with them – earliest memories
 - f. Something they enjoyed doing – an interest / a place they loved to visit
 - g. Special events in the person's life
3. Select a few special photographs to display in your home
4. Talk aloud as though they are listening, tell them what you would have liked to say to them
5. Write a letter to the person
6. Keep a diary or journal
7. Create and dedicate a piece of art to their memory
8. Create and dedicate a piece of music to their memory
9. Create and dedicate a poem to their memory
10. Create and dedicate a piece of writing – a story or recollection of a special time you spent with them
11. Make a special birthday/Christmas/Easter/Father's Day – Mother's day card for them

CRUSE Bereavement Care has helpful information to support those who are grieving alone. You will find it by following the link www.cruse.org.uk/coronavirus/grieving-and-isolation

For further help and advice please contact Helen Brown (Diocesan RE and Catholic Life Adviser)
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