



Memories and Goodbyes

Some ideas on different ways to say goodbye

Balloons - write a message on a luggage label and attached to a helium balloon - or a bunch of them and release into the sky.

Fireworks - Release fireworks into the sky, have a bonfire and invite family and friends.

Write a letter or make a card or picture - seal it in the envelope and take to the grave or where the ashes are scattered or put in your memory box. Don't worry if you aren't good with words or writing - you can always draw or paint a picture instead. Use pencils, felt tips, paint, gel pens, wax crayons - whatever you like.

Hold your own ceremony - light candles, read from your holy book, read poems or prayers, sit together holding hands and sharing memories.

Music

You may want to include music that was special to your loved one – Bob the Builder or the theme to Match of the Day, a piece of classical music or a rock anthem.

There are lots of times when we want to remember someone we loved - birthdays, anniversaries, Mother's Day, Father's Day, Christmas and festivals. Here are some ideas of how to remember and how to say goodbye.

Walks – going for a long walk and talking to yourself about all the happy memories you have of your loved one

Bake a cake and decorate it with your loved one's name - share it with family and friends.

Make a Christmas decoration to go onto the tree - add your loved one's name, the date and a Christmas message.

Ask other people for their memories - write them down and put them in your memory box. You could make a book of all your memories.

Light a candle - many people use this as a way to remember a special person on a special date.

Visit - go the park, the zoo, the beach or a football match - anywhere you enjoyed being together and remember the fun you had. Start to make new memories.

Plan a trip or event - to do something your loved one liked to do or had dreamed of doing

Plant seeds, bulbs or a tree - watch it grow. Make a special area in your garden with a seat where you can go and sit and remember. Write a special message and bury it beneath the seeds, bulbs or tree when you plant them.

Cook a favourite meal or take favourite food on a picnic - invite family and friends, it could be a special place to visit.

Add your loved one's name to a Christmas wreath and take it to the grave or a special place.

Memory Box Find a big strong box with a lid and put in it all the things that remind you of the person who has died. Don't worry if they are silly things - they are things that help you remember. Include things like photos, letters, pictures even a tin of beans - anything at all !

Memory Table – put pictures and mementos on a table where you can see them every day. You could add fresh flowers or a light a candle every day.

Photos – put photos together in a special album – ask friends and family for copies of their favourite photos too.

Letters - You may have things you wish you had been able to say to a loved one or new things that have happened that you would like to be able to tell them. Write a letter and put it in an envelope in your memory box. Try writing a poem or words for a song. Don't worry if you aren't good with words or writing - you can always draw or paint a picture instead. Use pencils, felt tips, paint, gel pens, wax crayons - whatever you like.

Balloons - Add a message to a piece of card and tie it to a helium balloon then take the balloon outside and let it go. Watch it soar into the sky taking your thoughts with it. Don't forget to hand tie the balloon and use a short piece of string for the message.

Mobile - Start to make a mobile to hang in your room. Add a star or a butterfly (anything you want) every time you want to tell your loved one something or that you miss them or are sad. Use different materials like shiny card, bright coloured paints, feathers - anything to make your mobile eye catching and good to watch as it moves.

Bubbles - If you are sad or thinking about someone you miss then go outside and blow some bubbles - imagine that all your love and special thoughts are the bubbles. By adding some food colouring to the bubble mix you can chase and catch the bubbles on a piece of plain paper and make a bubble thoughts picture for your memory box.

Smile List- Make a list of things that make you smile - it can be anything at all - jokes, funny faces, stories, memories, a silly song. Just reading it can help on a sad day.

Talk – regularly with a friend about your loved one

Wear – an object or carry one in your pocket that links you to your loved one

Memorials to a loved one – You might like to do something as a lasting memorial or as a 'one off' event to memorialise your loved one. Here are some suggestions:

- Donating a trophy in your loved one's name to a club, team, school, college etc. that meant something to your loved one.
- Beginning a collection of angels, butterflies, elephants or something your loved one liked
- Donating money or time to a charity
- Writing a poem, story or song
- Organising a tournament e.g. fishing, golf etc. to raise money for a special cause
- Promote organ and tissue donation
- Start a Trust Fund to allocate monies to worthwhile causes
- Write to the recipients of your loved one's donations

Possessions

Donate their possessions meaningfully.

Whether you give your loved one's personal possessions to someone you know or to a stranger, find ways to pass these things along so that others might benefit from them. Some wish to do this quickly following the death, while others wish to wait awhile. Sometimes a trigger for dealing with possessions is needed such as moving house, clearing a room to re-decorate, planning to take things to a charity shop or to do a car boot to raise money. Here are some tips:

- Ask friends if they would like to have something that belonged to your loved one and give them a choice of 2/3 items
- You might like to use some clothing to make a 'patch' for a quilt in their memory
- Good clothing you don't want to see on people living near to you can be donated to a charity shop in a neighbouring town or the Salvation Army will take to another area.
- Some small possessions you may wish to keep near to you such as carrying a brooch, tie pin or 'lucky' coin your loved one carried
- Selling possessions at a car boot and giving the money to charity
- Ask a friend to help you sort through things and accept offers of help to dispose of clothes etc.
- Early childhood items you might like to put into a memory box or use to make a collage