



Ideas for remembering a loved one at Christmas

Make or do something to remember them in the home. Some ideas are:

- Make a Christmas decoration or picture, light a candle, play a favourite song.
- Write them a card, make a donation, make a present.
- Do something the children enjoyed doing with the person who has died.
- Share memories

Most importantly be kind to yourself.

Here's a little excerpt from the book "The Boy, the Mole, the Fox and the Horse" by Charlie Mackesy that we'd like you to hold onto:

"Sometimes", said the horse.

"Sometimes what?" asked the boy.

"Sometimes just getting up and carrying on is brave and magnificent."

Helplines:

CRUSE National Helpline on 0808 808 1677 If you're struggling to deal with the grieving process over Christmas, see here for opening hours

<https://www.cruse.org.uk/telephone-support/christmas>. Alternatively you can message a trained grief counsellor using our CruseChat service 9am - 9pm Monday - Friday.

Papyrus Hopeline - If you are concerned that a young person is feeling suicidal, advisers can support you to start a conversation about suicide and explore options of how best to support them. Call: 0800 068 4141, Text: 07860039967, Email: pate@papyrus-uk.org. Opening hours: 9am - midnight every day of the year (Weekends and Bank Holidays included)

Samaritans - Whatever you're going through, you can call any time, from any phone for FREE. Call: 116 123

