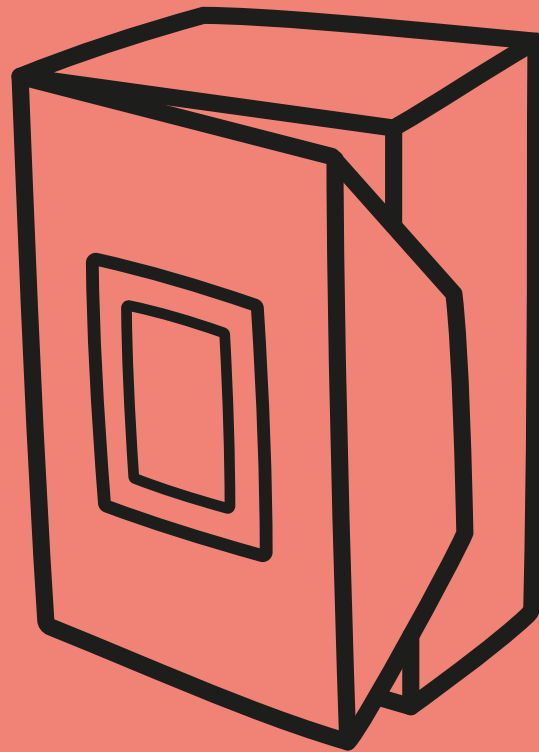


MEMORY BOX

In a memory box you can keep and treasure all kinds of things that remind you of the person who has died. You can customise it to make it more personal, and fill it with photos, letters and objects that remind you of your experiences together.



"Mum used to always wear the same perfume - it was her smell. Now I keep a bottle of it in my memory box. When I miss her I spray it into the air and the smell brings back memories of her."

**WINSTON'S
WISH WW**

Giving hope to grieving children

MEMORY BOX

After someone important in your life dies, there will be lots of things that you want to remember about them. As time passes though, you may find it harder to recall some of these different memories.

STEP 1 Fill your memory box with items that remind you of them, and times you spent together. It could be their watch, or tie, maybe a scarf or their purse. You could include photographs and letters, or what about the lipstick they wore, a postcard from a holiday you went on together or a favourite CD they always listened to. How about their passport or a pair of glasses they wore? Then, when you want to remember...you can simply look through the wonderful collection of memories in the box!

STEP 2 Try not to simply fill your memory box with random bits and bobs... instead, make sure that each object has a story or memory attached to it.

STEP 3 It can really help to write a note for each object to explain the memory it gives you.

STEP 4 Some people like to keep their memory boxes private, others like to show them to friends and family, it's totally up to you.

TOOLKIT

- A box (you could buy one from Winston's Wish, or you could make your own out of something like a shoe box)
- Some things that remind you of the person who died, for example: a piece of jewellery, an item of clothing, a CD, favourite book or a card they sent you
- Tape
- Glue
- Pens and things to personalise your box

"Me and my dad once went to watch England play football. The ticket and programme from the game, as well as a photo of us by the pitch, remind me of what a great day that was."

Helpline: 08088 020 021
winstonswish.org