

# Making Memories

Making and preserving memories is extremely precious and can be done very easily. At Birmingham Hospice, we believe everyone should have the gift of treasured memories of their loved ones.



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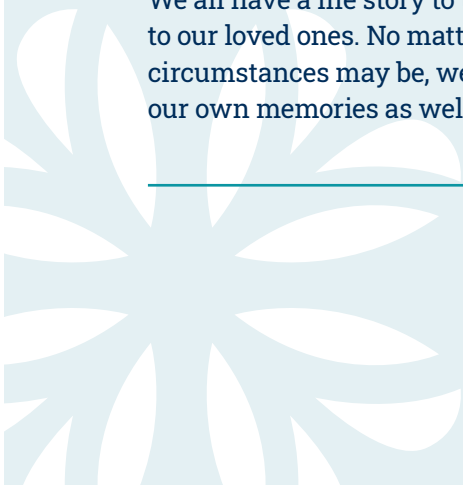
## Why is memory making important?

Our memories help form and maintain our identity. They are also a foundation for building and preserving relationships. Each day there will be opportunities for new memories to be made. Attached to our memories will be different emotions that will be felt each time we recall that moment, such as a special celebration.

Memory making at end of life can bring comfort during an often highly distressing time. It's an opportunity to share and record things that would not normally be discussed, and creates a therapeutic experience for those involved. Being creative with how we present these memories will leave loved ones with a gift to treasure after death.

We all have a life story to tell, share and pass on to our loved ones. No matter what our personal circumstances may be, we can share and record our own memories as well as create new ones.

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## How can I do it?

There are many ways in which you can record your memories and thoughts for your loved ones. Here are some ideas:

- **Start creating a folder** and add photos, letters, achievements, or anything that is significant to you and that you feel is important to pass on to future generations.

- Alternatively, **memory boxes** are also a lovely thing to work on. These can be as simple as a cardboard box, or you may wish to have a personalised one made. You could include items of jewellery, clothing, a favourite perfume/aftershave, favourite CD/music, or gifts that have been received.



- Another lovely idea is to **record your voice**. You could talk about your childhood, read part of your favourite book, or leave a personalised message for your loved ones. This can be done through purchasing a recordable device or making a voice note or video on a mobile phone.
- **Writing out cards** for future special events such as birthdays.
- **Spending quality time**. Simply being with your loved ones will bring you all comfort and a chance to create memories through talking, playing games, spending time outdoors or doing craft activities.



- **Have a plaster cast** of your hand or one of you holding a loved one's hand. These are a beautiful keepsake and can easily be made at home.
- **Write a journal** about your life. Share your life journey and maybe even secrets for your loved ones to read through in the future. You can start a simple notebook or purchase a life journal that has questions and thought provoking prompts already inside for you to answer.

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**Remember – there is no right or wrong way of doing this, just your way!**

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