



**St Oswald's
Hospice**

Remembering a loved one at home during the Coronavirus Pandemic

The numbers of people who are permitted to attend a funeral have been severely limited during lockdown. These are important measures taken to protect us and our loved ones, but if we can't go to the funeral of someone we cared deeply for, it can be very distressing. Funerals can be an important part of our grieving process and feeling like we can't say goodbye or pay our respects properly can have a large impact on our emotional wellbeing.

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Some of us may experience feelings of great sadness, anger frustration or guilt. We might think that we are not as important as those who are attending and even experience some negativity towards them. If we are unable to attend because we're self-isolating or shielded, we might feel increasingly lonely and isolated. These complex emotions are in addition to those of loss and grief that we are already experiencing because someone we love has died.

All of our reactions are completely understandable and normal but there are some things we can do at home to remember and say goodbye which may be helpful. Not everything we have suggested will suit everyone but hopefully they might provide you with some inspiration:

- Speak to the family member or friend who is organising the funeral and find out if you can contribute in any way. Perhaps with a favourite memory or story that could be included in the eulogy.
- Ask if the funeral is going to be streamed or recorded and how you might be able to join in remotely.
- Once you know the date and time of the service, set that time apart to say goodbye in your own way. You might want to get dressed as if you were going to the funeral and, if possible, play the music that will be played there.
- If you have any pictures of the person who had died, you might like to light a candle next to them.
- Write your own eulogy. Spend time thinking about the person you love and write down your memories and the difference they made to your life. This could be in the form of a letter.
- If you can, connect with others who knew and loved the person who has died. Share stories and offer support to one another.
- If you know there is going to be a collection for charity at the funeral, make a donation online or by phone.
- Think about setting up an online tribute page for your loved one. We recommend **www.muchloved.com** where you can remember and celebrate the life of someone special, with those who knew and loved them. On this website, you can set up free tribute pages, send funeral notices for those who cannot attend in person and add photos and memories to include everyone who would have wanted to be there but can't. It gives you a place to unite as one, when being together in person isn't an option. Through the MuchLoved website, you can create a legacy in your loved one's name by choosing a charity close to their heart, so that guests can make in memory donations. This will display on their online tribute page for visitors to see.

much  loved

These are just a few ideas and you may have your own way of remembering your loved one. Please remember it is so important to reach out for support at this difficult time. Talk to your friends and family about how you are feeling if you can or contact your GP if you think they may be able to help.

If there is anything we at St Oswald's can do that may be of help, please let us know any emailing us at **enquiries@stoswaldsuk.org**

