



Havens
Hospices



How to create a memory box

Every memory
Making every
day count

How to create a memory box

What is a memory box?

A memory box contains meaningful items to help remember a particular time in someone's life, or their special person's; someone who is either poorly or who has died. It can be made by:

- A child or adult who wants to hold onto memories of their special person.
- A person who wants to pass on treasured memories to loved ones, such as their children, after they have died.

Who is it suitable for?

Anyone can do this, but young children may need the help of an adult. It is important for the child to know that the memory box belongs only to them - they do not have to show or tell anyone what is in it, unless they want to.



You will need ...

- A cardboard/wooden box or container with a lid, shoe and gift boxes are ideal or you may like to buy something especially.
- Materials to personalise the box such as paint, fabric, sequins, stickers etc.



Let's get started ...

- The person making the box may like to decorate it making it more meaningful to them. The box can be covered with fabric or paint and other craft materials. Some like to stick a photo of their special person on the lid.
- Fill the box with things which are reminders of the special person. It can be difficult to know where to begin, but these ideas may help:
 - Photos
 - CD's of favourite songs
 - Poems, stories or letters to their special person eg. "I love you because"
 - Favourite piece of jewellery or clothing, possibly spritzed with the special person's perfume or aftershave
 - Keepsakes such as greeting cards
- You may like to write a note to go with each item, detailing what memory or significance it has.

A memory box doesn't have to be finished in one go - it can be made over a period of time and more items added as they're thought of.

When an adult or child has been diagnosed with a complex or incurable condition, Havens Hospices can provide the care they need, 'Making every day count'.

For further information or to make a donation, please visit havenshospices.org.uk or call 01702 220 350.

Some helpful advice

- The memory boxes we use at our hospices are kindly provided by The Daniel Estick Trust. They are available to buy for £12 plus £4 P&P. Visit thedanielesticktrust.co.uk
- Creating a memory box can be an emotional experience. If you are helping a young person with this activity, you should let them know that it is ok and very normal to feel sad or angry. They may need your support once it is finished.
- The person doing this activity should not be made to discuss their feelings if they don't want to.
- It is up to the person creating the box to decide where they'd like to keep it. They may or may not want to tell anyone where it is, so please respect their wishes.
- The person making the memory box may like to look through it from time to time, or choose to keep it private.



**Havens
Hospices**

Registered Charity Number 1022119