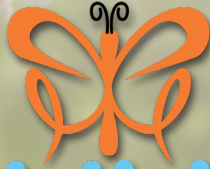


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SUMMER of MEMORIES GROWING WITH GRIEF

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FINDING COMFORT IN MEMORIES: How ellenor helped Sharon through grief

When Sharon's mum died, ellenor was there.

To help her through grief, she received 24 counselling sessions with us. All free of charge, thanks to you and other supporters.

"I WOULDN'T HAVE BEEN ABLE TO MOVE ON WITHOUT ELLENOR'S COUNSELLING TEAM. CARLA HELPED ME REBUILD MY CONFIDENCE AND REALISE MY SELF-WORTH."

Sharon now finds comfort in the little things—her mum's trifle dish, a glass clock on the fireplace, or the robin that sings in her garden.

"I'VE ALWAYS BELIEVED THAT ROBINS ARE A SIGN FROM LOVED ONES. ON MUM'S ANNIVERSARY, I SAW ONE SINGING IN MY GARDEN. NOW, EVERY TIME I HEAR A ROBIN, I THINK OF HER."

Like Sharon, you may find comfort in remembering your loved one in special ways. At our Summer of Memories event, you can honour their life by creating something beautiful in one of our craft activities, taking a moment for quiet reflection in our hospice garden or watch their name along with others in our exclusive tribute film.

"PLEASE, IF YOU'RE STRUGGLING WITH GRIEF, TALK TO SOMEONE. IT'S NOT GOOD TO KEEP IT ALL BOTTLED IN, TALKING IS FREEING."

Just as Sharon found solace in ellenor's care, you can find support too. Join us to celebrate, remember, and honour your loved ones on the 12th of July.

Sharon:

"IT WAS SUCH A PRIVILEGE TO HAVE HAD COUNSELLING SUPPORT FROM ELLENOR. I NOW FEEL READY TO GIVE SOMETHING BACK BY BECOMING A VOLUNTEERCELEBRANT FOR ELLENOR."



Sharon and her mum

