



# Memory Bricks



At Nelson's Journey, we help children and young people remember the person that has died whilst also helping them express and understand their emotions following the death of a special person in their life.

Sharing memories can help others appreciate that they are not alone in their grief, which for children and young people can be an extremely isolating experience.

We have created these memory bricks so that you can share memories of special people with others. Whether you are using these memory bricks as a family, in school, with work colleagues or at a fundraising event, we hope they encourage you and others to remember their special person.

## Here are some suggestions as to how you can use your memory bricks:

- ★ Have them available at a special event or perhaps an anniversary to encourage people to write something about their special person.
- ★ Put the bricks together and you can create your own wall – anywhere that suits you.
- ★ If you are looking to raise funds for Nelson's Journey you could ask people to pay a £1 or £2 for a brick and the memory wall could be shown at your fundraising event

We hope that you enjoy reading about all the special memories others share.



In memory of .....

I remember...

Nelson's  
Journey  
bringing back smiles to bereaved children



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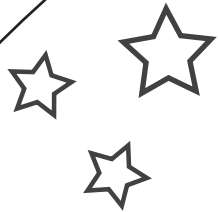
Nelson's  
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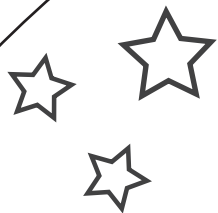
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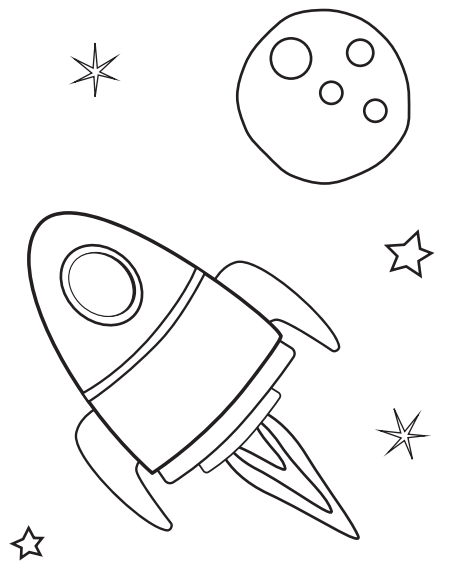
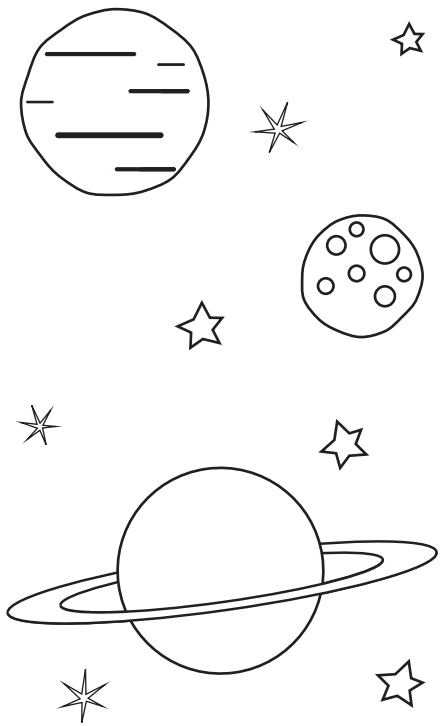
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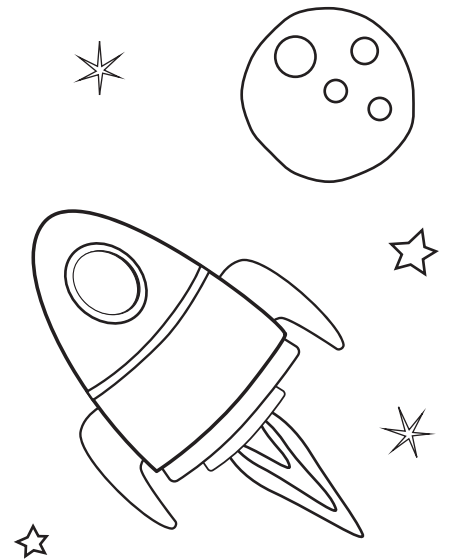
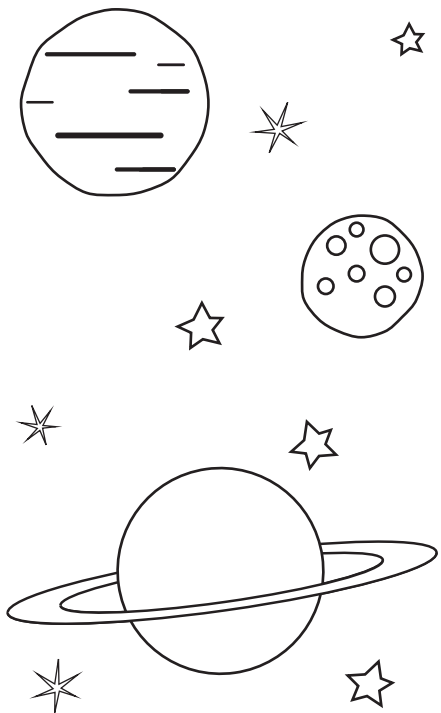
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