

# Memory Boxes & Lifestory Books

Memory boxes and books enable people to feel close and connected to important people in their lives. They do not create memories, but help keep memories alive.

Memory boxes and books can also be used to let a loved one know things about a person who has a life-limiting or life-threatening illness, or has died. They can also be a record for children who are too young to understand what is happening, but will cherish the information when they are older.

Memory boxes and books are as individual as the person who creates them, and are put together to meet the needs of the family members to whom they will be given.

However, creating a memory book or box can be demanding, confusing and at times, distressing.

Therefore help creating a memory box or book is available from members of our Family Support Team, who have been trained in how to put a box or book together.

**If you would like to speak to someone who can assist you with completing a memory box please call our team on 01527 889799.**

**For more information:  
T: 01527 871051  
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