



## Royal London presents **Lost for Words**

I just want something really simple and I've said this since I was a kid, that I want to be cremated and have my ashes scattered from a galloping horse. That's it. I made that up when I was a kid and I've just stuck with that all the way through.

But, with my sister, we did something completely off the cuff as well. We replaced hymns with songs she really liked, Candy Staton, "*You've Got the Love*", and we did it in a wedding venue, because she liked weddings and, and it was a venue that she really liked. And we just kind of really mixed things up. There were no black cars, it was white and pink. And I guess, luckily, we knew her. And I think it was just to make it as wedding-y as possible, even though it's a funeral. I think that was kind of like our general consensus.

If I were to have regrets, and I don't, the only thing I wish I'd done differently is that we'd spoken about death, because we didn't. My role was always to make her smile, make her happy. So, things like I'd break her out of the hospital in a wheelchair and run down Tottenham Court Road and take her to get cake, like, we'd do things that we weren't supposed to do. And, actually, after she passed away, my grandparents told me that she'd been to see them and that she cried cos she was scared, like, she was petrified to die. And when I heard that, I felt like I'd let her down a little bit. I feel like I should have been there to have that conversation with her.

If I was ever in that situation again, if I was ever with somebody who was dying again, I would have that conversation with them. Because, as much as it's a difficult conversation to have, I would want them to feel comfortable. And if they're feeling scared and frightened and feeling like they've got to put on a brave face for me, then that's...that's really not fair.



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No matter how ill she got - and she was really ill - the word death, dying, it was never mentioned. In hindsight, I think that's what I would do differently is I would have that conversation with her.