



Royal London presents Lost for Words

I think, as humans, we feel awkward around the conversation of death, because we don't want it to happen. We don't know how to act or respond about it. It's unnatural, even though it's very natural to die. Everybody has to die at some point, right? And I think for me, losing my mum young is not very natural, but we all lose our parents. And that's when it kind of clicked in me when I lost my little girl, I was like, this is very unnatural.

I knew my mum for 25 years. And my little girl, I spent four weeks with her in Great Ormond Street. And I think I was more surprised in the fact that I grieved for my mum whilst I should have been grieving for her. And I think I longed for my mum to be there to comfort me.

After her funeral, it was like, OK, it's done now. But I wanted to speak about her. I didn't want her to be forgotten. And I think I spoke about her quite a lot to my friends. And it's a touchy subject for people that haven't gone through grief. They think that by not speaking about it, it's going to help that person, but it's the opposite, cos I want to speak. That's why I've used my platform to speak openly about grief and loss. Cos, as I said, it's therapy, but it's also reaching someone that needs to hear it. And when I was younger, at school, no-one spoke about death. No-one wanted to talk about it. No-one educated you on death.

Grief can manifest into something a lot worse. It can become PTSD, which I had a bit of. It can become mental health, it can become addiction, alcohol, I was just drinking all the time. It can become so much more. So, it's better to get support when you can, instead of waiting and waiting until it's too late, and it's worse than you think it is. You can go down two routes with death, you can become a victim and you can stay accustomed to that, you go down the partying, the drinking, the numbing your pain out, or you can use it and take it and you can grow with it.



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I look at life completely differently. I wake up with gratitude in my heart, I leap out of bed and things that once bothered me no longer bother me at all. It's like I've got an HD lens in front of me. I see things with clarity. It's taken my mum to die for me to grow.