



Royal London presents **Lost for Words**

I think experiencing grief is a very painful thing to go through, but experiencing losing a child is very different, because it's not the right order of things, you don't expect to say goodbye to your child and bury your child.

Although our son had a disability - he had cerebral palsy and he had underlying conditions - he was actually quite a healthy disabled child. We didn't expect him to be taken away so quickly and brutally by COVID. It was quite a shock to us and it's a huge loss because he was the centre of our family. He brought us so much joy and so much hope.

There were a couple of people that had an expectation of me to get over this quite quickly. I'm quite a strong person and I think they kind of felt that I should be able to come to terms with it, within a few weeks. Very early on, I realised that I had to be very selective in the people I spoke to. So, I tried to avoid people who would be insensitive and uncaring and I kind of formed a grief bubble, as it were.

When you're going through grief, you don't want unhelpful comments to make you feel even worse. "I didn't know what to say." Or, "I can't imagine what you're going through," you know, those kinds of comments are quite hurtful, but I can understand now where they're coming from.

I think there's a lot of fear about death. I think people don't want to think about the end. But, for me as a Christian, death is actually the next stage of my journey, so, I'm actually quite excited about death.



Royal London presents **Lost for Words**

I also talked to Daniel about the end of his life. Daniel loved Jesus as well and it just gave him a sense of peace. I think it's important to talk openly about death, and also prepare people, like Daniel, or people that are elderly.

Since Daniel passed away, we've been thinking about our wills, because we hadn't actually organised our wills, talking about what we're going to do with our belongings and our properties. Also, I've been thinking about my own funeral, because I would want my funeral to be a day of celebration. What kind of hymns I would have, who I would invite - I am actually going to have that all written up in the will and whether I want to be buried or cremated.

So, this has kind of sparked off these thoughts and it's easier to talk about death now that we've experienced death in a very real way. It's going to happen to us at some stage, and we're going to have to deal with this at some stage, so I think it's important to talk about it in a practical way.