



Royal London presents Lost for Words

Something someone said to me was that grief is love with nowhere to go. And that's always stuck by me massively, because all the love that you would have normally given to that person suddenly sort of backtracks itself on you as grief. Turn that love that you would have given to somebody else into that love that you give yourself, to look after yourself. It's fine to wake up and go, "Do you know what? Today, I can't cope with the world. Today, I can't deal with whoever else's issues it is, and I don't have to be strong for anybody else but myself."

The thought of young people grieving and being sad and the thought of them, you know, at a funeral for Billy was... I just found it so traumatic. A funeral's for people that are doing their duty.

Anybody that has lost somebody or knows they're gonna lose somebody, celebrate their life how they want. If they don't want to have a funeral, don't have one. You don't have to.

You know, he had a Buddhist funeral. And then, 18 months later, we had a festival in our garden for 1,000 people with a Viking ship that was 20' long that we hand-wove and we set it alight and 13 bands and Professor Green and we whooped it up. We weren't having anything regular, but circumstances, if you like, allowed that because we didn't have a regular funeral, because he died in Thailand and we weren't there.

Being able to celebrate somebody's life in a celebration, the one thing I remember is just how much love there was, and not for Billy, there was love for everyone. There was a really amazing feeling, an energy, that people had come together to celebrate his life and they wanted to be there and they expressed love more than anything else. I've never found that at a funeral. I've had so many people say to me, "What have you done with his ashes?" And I say, "Oh, all sorts," and they go, "Like what? Cos, you know, I've got my nan or my husband or my wife or my uncle and I've got this pot of ashes and I don't really



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know what to do with them." And they often look horrified when I sort of say, "We've taken some here, we've thrown them off of there, we've done this, we've done that."

We've been putting his ashes all over the place. There's some in Amsterdam, there's some in Greece, there's some in Dubai, they've been in Iceland.

We knew Billy better than anyone else and all the things we've done, I know, would put a smile on his face.