

SUMMER  
2020



## Dear Member

On behalf of all of the Trustees I wish you the best of health during these difficult times. The grip of covid 19 has affected us all with the many restrictions, including the importance of social distancing from family and friends. Some of you are probably feeling lost and powerless and the longing for loved ones can be more intense than ever. Feelings of anxiety and insecurity are normal as the future is uncertain. Please feel free to contact us by e mail or phone if we can offer you any support.

You may be wondering what has been happening in the world of transplantation during the last few months. Blood donation has continued, with an increased number of new registrations, together with convalescent plasma donations.

Inevitably there was a drop in the number of organ donors but some of the transplant centres are now open and focusing on recovery. The change in the law began as arranged on 20th May with further media coverage.

Unfortunately, the DFN Trustees and I have decided that it is advisable to cancel our annual family event at the National Memorial Arboretum, on 13th September as we believe concerns around social distancing and travel restrictions will continue for some time. We intend to resume next year so hope to see you then.



Instead, we would like to invite you to join us in lighting a candle in memory of your loved one or donor on Sunday 13th September at 3 pm, as we would have been doing at the Arboretum. If you would like to share a photo of your loved one with a candle we would love to receive your photos.

Stay safe and well.

Chairman



DONOR FAMILY NETWORK

# CONNEXIONS

Registered charity  
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## THOSE WE HAVE HELD IN OUR ARMS FOR EVEN A LITTLE WHILE

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Usually, as part of our annual event, we read out the names of donors whose families have joined the network in the previous 12 months.

### LIST OF NEW DONORS FROM SEPTEMBER 2019

Jonathan Laight	57 years
Holly Moriaty	33 years
Alice Burge	25 years
Caitlin Marie Sharp	18 years
Paul Swinburn	45 years
Patricia Stobart	66 years
Michael Frost	67 years
Alec Stephen Hone	66 years
Allan Brunton	53 years
Rachel Alison Few	61 years
Samuel Edward Beech	22 years
Evey Rose Staley	10 years
George Twiddy	23 years
Joel William Sycamore	20 years
Peter James Shave	64 years
Jack Thomas Pearce	20 years
Gemma Smith	24 years
Adam Leigh Hull	49 years
Eleanor Stewart	23 years
Anthony John King	64 years
Andrew John Marshall	39 years

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### News:

The British Transplant Games 2020, due to be held in Coventry were cancelled due to covid19. The Games in 2021 will be held in Leeds.

### We have added a new telephone number:

We are aware that some mobile companies block calls to 0845 numbers. We therefore have added 0333 012 9025 which will connect you to the DFN. Calls using this number should also be slightly cheaper.



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## WE WILL HOLD IN OUR HEARTS FOREVER

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We thank everyone who has kindly raised funds or made a donation to the Donor Family Network recently:

Otley Townswomen's Guild—following a talk given by DFN Trustee Karen Piotr Gonda Metzger

Paul Jasper

Mr & Mrs Goodman

Louise Clark

Rebecca Watts

Gavin Shorrocks (in memory of Iain Fallow)

R & V Livingstone (in memory of Peter Livingstone)

Martyn Smith- in memory of Jennifer Smith

RSM matched giving- in memory of Lynn Sellers

Donors of the prize fund from Ye Olde Vaults virtual pub quiz

Dursley Tangent club

Alban Massingham

Regular donors:

Keith Astbury

Darren Cox

Patrick Gallagher

A Heron

SJ Hall

J Fletcher



**Thank you also to:**

Left: Recipient **John Mayall** who continues to raise funds for us

Right: Family and Friends of donor **Julie Reynolds**



Family and friends of recipient **Peter Ford**, well known to many DFN and Friends members. The family have chosen the DFN to be one of the recipients of funds raised in his memory.

Peter was a true Ambassador of Organ Donation, having received a kidney over 40 years ago, in 1976.

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## MY HEART IS FULL OF MEMORIES

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### Dear Friends

"As we are now approaching the 25th anniversary of our son Alan's death, we would like to commemorate it by donating 25 copies of the second edition of "In Living Memory of a Wonderful Son" to the Donor Family Network. These are a token of gratitude for the appreciation of your friendship and support since its very beginning.



Shortly after his 16th birthday in 1995, Alan, our only child, suffered a brain haemorrhage in school. Lack of swift action resulted in what was termed "sudden death". In a few heart-breaking days at the hospital our lives had changed forever! It all happened so quickly. Our first conversation with the Consultant who took over from the one who admitted him, consisted of telling us nothing more could be done for our son. In fact, nothing had been done! He was now transferred to the ICU and given just 24 hours to live. Up to now, Alan was in the general ward, and having had no communication, we thought he was making a recovery.



Immediately after telling us that Alan was no longer with us the next morning, we were asked if we would like to donate his organs. We had never ever discussed this as we did not expect him to die. We were in shock!



Despite this, we were given just ten to fifteen minutes to come to a decision. This was 25 years ago and things were very different.

Thankfully, Errol had the courage and strength to say "yes". I could not get my head around it. Now, having met two of the recipients and their families, we know that we made the right decision.



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## WITH PRIDE I SPEAK YOUR NAME

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We are privileged to have been in contact with two of the five recipients for almost twenty five years. The first contact was six months after the transplant with letters from both Carol and Steve received in the same envelope. All correspondence had come via the Transplant Co-Ordinator and many of the letters were delayed and hence posted together.

We continued corresponding and five years later we met Carol and her husband in their home in Nottingham and Steve, his wife and two year old son in our home in Harrow. We are delighted to have been included in their lives and they, in turn, have become part of our family. We have watched Steve's three sons grow from infants to fine young men, two of whom are older than Alan was when he was taken from us.

Since retiring to Clacton on Sea we have been back to Harrow every other month to tend Alan's grave and we were really heart-broken at not being able to attend on 7th April this year as a result of isolation.

We take comfort from something we have learned over many difficult years and which we would like to pass on, with God's comfort and blessing, to each and every member of the Donor Family Network.



Although our hearts are broken into a thousand pieces, our souls remain intact and are bonded together with love, in Christ. We will be reunited one day!

In his life he gave love, in his death he gave life".

Written by: **Norma Blanche**

Our grateful thanks go to Norma for sharing her story with us.

Her book can be purchased from the DFN for £5 per copy.

In memory of Alan and to recognise the 25th anniversary of his donation, Norma, Errol and Steve have donated a candle holder to the DFN, for use at our annual events. This will hold our big DFN candle which is lit each year. Sadly, we will not be able to display it now until next year but we are very grateful for the donation.



If any member would like to share the story of their loved one's donation or any of our Friends would be prepared to share their transplant journey in a future newsletter, please contact us.

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## *WE MAY NOT HAVE YOUR PHYSICAL PRESENCE*

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**Donor Family Network - 7<sup>th</sup> April 1995 - 2020**

Norma and Errol have asked me to write a few words to all of the other donor families, on this, the 25th anniversary of their son Alan's passing. I had my transplant 25 years ago, and this new beginning for me was also the toughest of times for Alan's family, as it would have been for you all; everything written here relates to Alan, Norma and Errol.

I am sure that day you all agreed to donate your loved ones organs is as indelibly etched into your memories as it is for an organ recipient; the two are intrinsically and eternally linked.

Receiving these new organs literally saved my life, but also gave so much more. Most of my days before were spent breathless and fatigued, and when I received my new organs these symptoms vanished overnight. Beyond the transplant itself and its life-saving properties, I was allowed to finally live a healthy life, and engage with the world as never before. The transplant, quite simply, gave me a new life. A life where I played sport, got married and had children of my own. A life where I didn't get up every day wondering how well or ill I would be. A life where suddenly those mundane things would peeve me because I no longer had my health to worry me; I would sigh at having to get up early and go to work, just like all the other well people!

This great gift I have been given has endured, and I have now lived more healthy years than sick ones.

I chose to contact Norma and Errol initially to simply say a heartfelt 'thank you'. I felt that writing some gratitude was the very least I could do, and I did also hope it would at least give them some comfort. We are now 25 years on, and we have met and shared many times together over the past quarter of a century.

I know this kind of story is not typical, and many of you may never have heard what happened after the organs of your loved ones were donated by you and your families, let alone met those recipients. But I can promise you from personal experience that your precious gift made a difference. You will in most cases have saved the life of another, despite your own loss, and your selfless act will have transformed whole lives and whole families.

Many recipients won't want to contact their donor families, and as I am on the opposite side of the coin so to speak, I can probably understand that better than you all.

It's a big thing to stand in front of someone knowing that you are alive and well because you have the organs of their dead relative inside you. There is a certain guilt, and not everybody can deal with that. So if you have never made contact with your organ recipients, just remember that it's not personal, and not all recipients are up to facing it. But please remember, you all made a huge difference regardless.

With heartfelt thanks,

**Steve X**



Norma, Errol and Steve

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## *BUT YOU ARE WITH US IN EVERYTHING WE DO*

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During last year, a **Service of Remembrance** was held for donors in Ely Cathedral. The Transplant Doctor who spoke at the event has kindly said that we can share sections of his speech here:

"I am a kidney Doctor at Addenbrooke's Hospital and most of my time is spent with patients who have had a kidney transplant. For us an organ transplant is almost routine and its easy to forget that for the patient it is a once in a lifetime experience. Sometimes we may also lose sight of the donor and their family but at the heart of every transplant is the donor.

I still find it difficult to deliver unexpected, even terrible news. What so often catches me is not the shock or sadness of patients and families but the way they say, "thank you Doctor", when I have done little to deserve their thanks. I am constantly in awe of the dignity and bravery of patients and families, at the resilience of the human spirit at truly life changing moments.

How then can we say thank you to those who have given so much?

I recently attended a British Transplant Society meeting, where the family of an organ donor and the family of one of the recipients told their stories. Up to the lectern trotted Max, aged 10, who had received a heart transplant. With remarkable composure and humour, Max told his story, of how he become sick and spent months in hospital with an artificial pump to support his failing heart. He showed us pictures of days out with all the paraphernalia of the ventricular assist device and infusion pumps, pictures of doctors and nurses, always with a smiling Max. But what those pictures really showed was a little boy who was dying.

Then came the father of Keira, aged 9. He told us about his beautiful, kind-hearted daughter, a little girl full of life. Keira's life suddenly ended in a tragic accident. He told us of the time spent in a strange hospital, the isolation and fear of what was to come. He told us how they were approached by the Specialist Nurse for Organ Donation and how, without having really given any thought about organ donation before, they knew at once that Keira would want to donate her organs. He told us too of the pride and comfort in knowing that in some way Keira's life lives on in the recipients of her heart, liver and kidneys.

And then Max stood up, looked at Keira's family and said, "thank you for allowing Keira to donate her organs. Thank you for saving my life. Thank you Keira for my new heart".

I speak to everyone here who has been part of organ donation. Thank you for your bravery and dignity at such a desperate time. Thank you for your resilience and for the wonderful generosity of the human spirit that has allowed countless lives to be saved. Thank you most of all to the donors.

Maybe you have come here today to grieve, cry or rage at the unfairness of life. Maybe you have sat quietly to remember happy times, even chuckled a little. Today is a celebration of a life well lived and of the unlimited generosity of the human spirit. A celebration of life reinvigorated by an organ transplant.

So I end where I started, with the organ donor. I hope that for all of you who have come today to remember a life ended so suddenly, and to give thanks for a life shared for so long, that you can find a moment to stop quietly and say to yourselves, "We really have done something amazing".

**(Max and Keira's Law** came into effect on 20th May 2020, whereby everyone will be considered an organ donor unless they have specifically expressed otherwise).



## WE MISS YOU EVERY DAY

**Liz Hosford** is a kidney recipient from a living donor, her mum. In February 1988, when Liz was 17 years old, she began to experience problems with her kidneys. By May of 1989 the word "transplant" was being rumoured. In September 1989 she suffered from kidney failure and was placed on dialysis, three times a week, whilst also being on the urgent transplant list. She tells us, "this was a very difficult time for the rest of my family. There was no support in those days, no counselling". Liz was determined to continue with her dream of being a musician and tried to be involved with life as much as she could, despite continued illness.

Liz's parents were tested as suitable donors and her mum was a good match. So, on 29<sup>th</sup> May 1990 her mum donated a



kidney to her. Liz recovered quickly but says, "mum was out of it for at least a week". Liz was discharged sixteen days after her transplant, bursting into tears of relief that it was all over and she would be able to enjoy her life again. Liz had to be careful regarding skin care, drink plenty and be aware of cell changes in her body. She recalls checking in with the nurses to ask if it was okay to eat a Yorkie Bar.

By September 1990 Liz felt well enough to go out again and says that getting her energy back was great. Liz went on to fulfil her dream of taking a degree at the Guildhall School of Music and Drama.

She attended her clinic one day and the staff were encouraging patients to enter a badminton tournament. Always up for something sporty she joined in and found out about the British Transplant Games. She first attended the Games in Glasgow in 1991, as part of the St Georges, South London Team, where she took part in swimming and badminton. She also entered the race walk, which she found suited her because not only did she win that year but has continued to win every year since! Liz tells us that she loves attending the Games and meeting up with old friends but she also "enjoys the parties".



"Then", Liz says, "I heard about the World Transplant Games". Being chosen to represent the country in the World Games for the first time in 1993, Liz has attended them all ever since. When the next World Games are held Liz will be attending her 15th consecutive World Games and will be the first Briton to be in the Hall of Fame. In 2019 Liz was chosen to carry the flag for Team GB at the World Transplant Games in Newcastle and says, "I was chuffed to bits". Amazingly, Liz has won over 180 medals at the Transplant Games.





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## YOU ARE ONLY EVER A HEARTBEAT AWAY

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The world of transplantation has been very important to Liz but equally so is her family and career. She has two daughters aged 17 and 15, who support her at the Transplant Games and are of course well aware of the medical implications of living with a transplant. Liz is always willing to offer support and advice to those awaiting transplant or those who have received an organ and need reassurance that everything they feel is normal. Friendly with everyone, bubbly Liz can offer encouragement to them, that, within the realms of sensibility, they can do anything they want and fulfil their dreams just as she has. Liz has been a Professor of the Guildhall School of Music and Drama since 2001 and is a professional musician, playing double bass, flute and piano. Liz has played in Orchestras such as CBSO and BBC Concert and teaches children from ages 6 to 18 years.



During her attendance at the British Transplant Games in Belfast in 2011 Liz became increasingly friendly with a member of the Wythenshawe Transplant Team. She had known Russell Walton for some time but after the Belfast Games they became a couple, only seeing each other occasionally as they lived 270 miles apart.



In 2000, a virus had affected Russell's heart, causing at first a chest infection and then double pneumonia. He was put into an induced coma and placed at the top of the European Transplant List for a heart. He was given only a week to live at the most. He was aged 27 years. With only two hours to live, a donor was found. Sadly, a young man named Simon, who was also aged 27 years, suffered a motorbike accident and his family agreed to organ donation. Russell was to receive Simon's heart. This enabled Russell to return to his career as a civil engineer and continue his love of rugby. Like Liz, Russell was encouraged to take part in the British Transplant Games and entered volleyball and shot putt.

Russell and Liz's love blossomed and in 2015 they started their life by moving in together. Liz's daughters were 9 and 7 at the time that they initially met and she says they "loved Russell like a dad and he loved them as his own". She continues, "I had truly found my soulmate". They were determined to live the best life, as normal as possible and certainly made the most of life for the next few years.

However, in 2018 Russell spent increased periods of time in hospital and was told that his donated heart was coming to the end of its life. Sadly, on 12<sup>th</sup> January 2019 Russell passed away. Liz immediately asked if he could donate anything and says, "I would never have forgiven myself if I hadn't asked the question".



Liz has some amazing memories of her time spent with Russell and says, "it was our borrowed organs which led us to one another. Russell was a fabulous man who, without that gift, would never have made me and the girls so happy. I am so grateful for the precious years we had together". In Russell's memory Liz has done a fantastic amount of fund raising (over £20,000) for an ultrafiltration machine for Western Sussex Hospital.

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## BUTTERFLIES HOVER AND FEATHERS APPEAR

DFN member, **Helen Burge**, is very keen on arts and craft and is kindly sharing with us some of her ideas which members may like to try.

In this edition of Connexions one of Helen's suggestions is Scrappy Hearts. Maybe you would like to try her ideas and incorporate material which reminds you of your loved ones. We would love to see pictures of your creations to encourage other members.



Helen says, "You will need: Small pieces and trimmings of scrap fabric, this could include ribbon, lace etc. Different colours of thread . Beads , buttons etc for decoration. Pieces of backing fabric to attach the cut out hearts on to, again these could be recycled items. Card or paper to make heart templates A felt tip pen.

1. On a background piece of fabric lay the scraps out then stitch over them using different machine stitches and colours of thread. Alternatively you could hand sew your scraps to a piece of background fabric. At this stage you are not edging each little scrap.



2. Draw a heart shape onto the card. (Tip - Fold the card in half first to draw half of a heart then when you cut it , it will open up into a symmetrical heart )

3. Turn your work over so that, using your felt pen, you can draw around your template on the back of the fabric. This also means that you are 'cutting blind' which can be quite exciting !

4. Turn over your hearts and discover that each one is different !

5 . Choose a further piece of fabric onto which to sew each heart. Attach your heart to the background. You can now decide whether to keep the little scrap pieces as they are, or, set your machine to a smaller edging stitch to go around them or edge them by hand.

6 . Now you can start to add more personal touches such as words, beads, buttons etc. You could use these hearts as repair patches, add a back and stuff them to make 3D hearts, pin cushions etc.



Have fun and use up your stash of bits !

Helen x



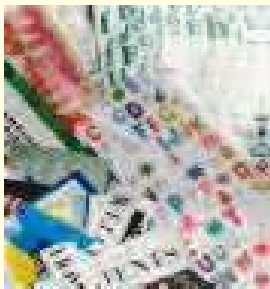
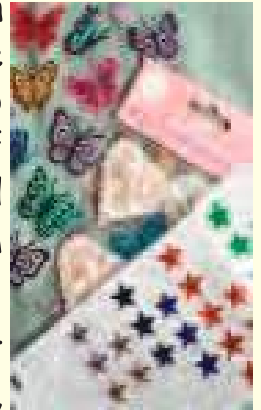
## WHENEVER LOST LOVED ONES AND ANGELS ARE NEAR



Helen has also suggested making collage postcards, with a message of hope, to send to someone or keep for yourself.

Helen says, "Immersing yourself in

art and craft activities can be a very therapeutic process. The joy of these postcards is that you do not need to be able to draw. The main resources are old magazines and pieces of coloured paper. You can also use stickers, gems, sequins and photographs. Blank postcards can be purchased or made from dividing a piece of A4 card".



1. Browse through magazines and tear out pieces of coloured paper or images you like, maybe a building or a landscape. Think about colours that soothe you or remind you of your loved one. Think of colours which suit your mood and ones which you wouldn't usually put together.

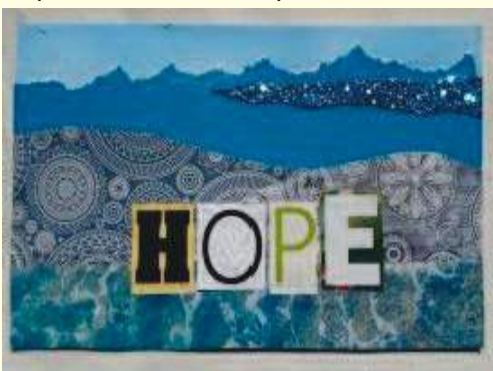
2. Find pieces of text. Try to collect a range of lettering styles, sizes and colours.

3. Choose the pieces of paper you want to use to make your collage.

4. Think about how you might cut your paper, eg cutting, ripping, using zig zag scissors.

5. Create your design. Use the blank side of the postcard and don't worry about the paper going over the edges of the card as these can be trimmed off later.

6. Now it's time to think about the word or message you want to add. Line your letters up at their bottom edge.



7. The front of your postcard is now complete. All that is left for you to do now is to write your personal message on the back.

"I hope that you have enjoyed this little project and it has helped you to have some "meditative time".

Helen x

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## *YOUR MEMORY IS A KEEPSAKE*

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In loving memory of **Carol Shuttleworth**, husband Keith has kindly agreed to share her story:

"Carol passed away on 21<sup>st</sup> November 2017, aged 59. Carol and myself had been together for 42 years, having met at school and had dated since we were 17 years old. We would have celebrated our Ruby Wedding Anniversary in 2019.

Carol was a loving wife, mother and grandmother. She was full of life and loved the great outdoors, walking, cycling and swimming. She also loved our holidays in the sun.

Carol was taken ill on 20<sup>th</sup> November 2017 at 4.15am. She was getting ready for work when she had a stroke. Thankfully, the ambulance was at the house in 15 minutes. The team managed to stabilise her and on the way to hospital she was able to put up her thumb to say she was okay. On arrival at A&E Carol had another seizure and I was ushered away to the family room where I called our two sons Craig and Ben. Carol was sent for a head scan and after what seemed like an eternity, the doctors came and told us there was nothing they could do to save her life as she had suffered a massive bleed on her brain. We all knew what Carol wanted - to donate her organs to save others. The specialist nurse was lovely and made us feel at ease as preparations were made over the next two days for the retrieval to take place, by teams from Papworth and Addenbrooks Hospitals.

Carol went to theatre at 11 am on 21<sup>st</sup> November. I received a call to say that the organs had been retrieved successfully. One of our wishes was that Carol was put in her jim-jams after surgery and the team confirmed this. We all thank then for their brilliant work.

Carol's organs were received by four people:

Kidney - 30 year old male

Kidney - 60 year old male -I am in communication with them both.

Liver - lady in her mid-twenties who is doing well

Heart & Lungs- lady in her mid-fifties (it was very sad to hear that this lady passed away in 2018 after developing complications. It was like losing Carol again but at least she was given a second chance).



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## *FROM WHICH I'LL NEVER PART*

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Carol was loved by so many people and that was evident at her funeral when over 400 attended. In the past Carol had been a scout beaver leader for many years and a lot of Carol's beavers, who are now young men, came and paid their respects. Carol was also involved with Beccles Fire Service. When I was a firefighter in the 80's Carol would bring tea and sandwiches to us all if we were out on a big job. Carol was also a level 2 kayak coach with



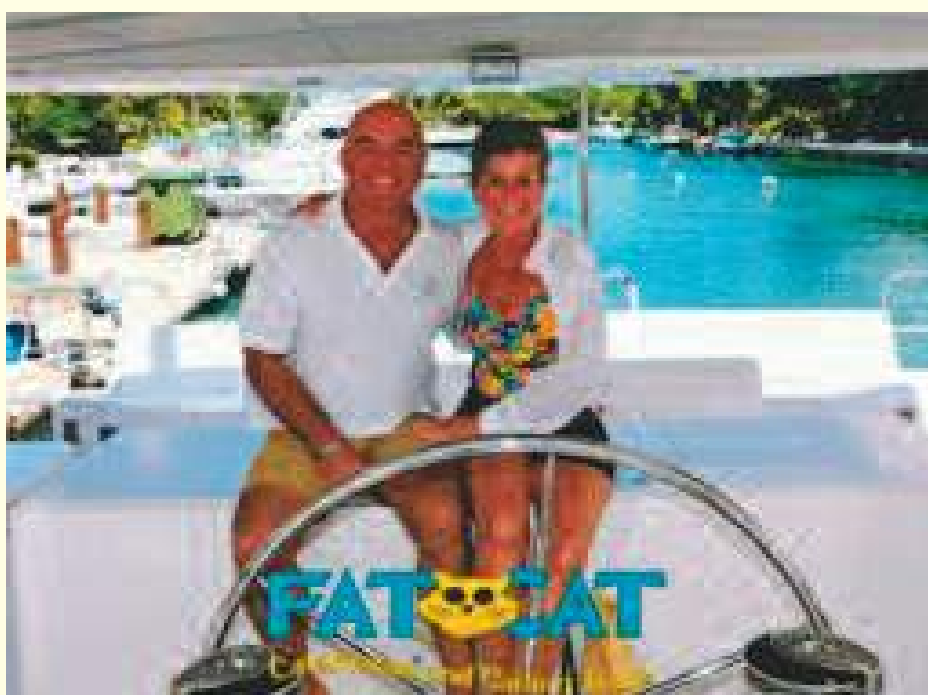
Lowestoft Canoe Club and helped out with the Beccles Sea Cadets and was a highly qualified instructor with the RLSS. Whatever Carol did, she did with 110% commitment! She just loved helping people.

We had an open house policy and our boy's mates would just turn up. Carol loved having them all. Some of them were pallbearers at her funeral. We gave her a wonderful send off - one of her wishes was that people should get involved, so as she had wanted, during the funeral most of the congregation got onto the church floor and performed the Gap Bands Oops Inside Your Head, which led to laughter, cheers and a lot of tears. Carol loved a party!

Carol has left a massive hole in our hearts. She oozed love, warmth and compassion. She was such a special person and we miss her so very much. We were so pleased to become grandparents on 3<sup>rd</sup> November 2017. Carol got to see and cuddle Fawn Freda for such a short time.

Carol's character was so strong and that has helped us to be strong now".

Keith has since taken on the role of Organ Donation Ambassador with NHSBT and has given talks at James Pagett Hospital in Norfolk and been involved in a training day for future SNOD's



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## THANKYOU FOR THE LOVELY MEMORIES

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Here are a few more of the many memorials to organ donors from around the country:



This memorial is situated in the **Royal Botanic Garden in Edinburgh**. Sandra Warden, whose 11 year old daughter Rachel's organs saved three lives said, "having a national memorial to recognise and remember all those who, in death, were able to give the greatest gift of all- that of life- is very important".

This organ donation memorial tree was unveiled at the **Pilgrim Hospital, Boston**, placed as a mark of respect for those who have donated their organs to help others. The tree, commissioned and installed by United Lincolnshire Hospitals NHS Trust, is made of bronze and will have plaques placed on its branches featuring the names of past donors.



This memorial is situated in a public area outside the Urgent and Emergency Care Centre at **New Cross Hospital, Wolverhampton**.



'The Gift of Life' features two hands that poignantly depict the gesture of giving and receiving 'the gift', and an infinity loop represents the continuity of life. The designers said: "The 'gift of life' is the greatest gift that anyone can give. We feel very proud of the contribution we have made in honour of this". The project lead says, "this very

special tribute is a humbling reminder of people's generosity and an inspiration for others to donate."

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## WHICH NO AMOUNT OF MONEY CAN EVER BUY

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Situated in the restaurant of the **Northumbria Hospital** this Gift of Life sculpture honouring organ donors was created by blacksmith Stephen Lunn.

Five words put forward by the families of donors - hope, chance, love, faith and cheer - have been incorporated in the piece.



Located at **Shrewsbury & Telford Hospital** this window provides the focal point of a quiet and peaceful area of the hospital which allows families to celebrate and remember those who have given something amazing. The window features a forget me not design to show donors will never be forgotten.

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**Today was a Difficult Day," said Pooh.**

There was a pause.

"Do you want to talk about it?" asked Piglet.

"No," said Pooh after a bit. "No, I don't think I do."

"That's okay," said Piglet, and he came and sat beside his friend.

"What are you doing?" asked Pooh.

"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either".

"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."

And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right.





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## Use the Love

When you have lost someone you love...

Do not live in sadness, or live small to honour their absence.

You owe it to them to live even more vividly than before.

If they could reach you, they would surely say..

"Take the love you had for me and turn it into gladness,  
use the love you had for me to drive away the sadness."

Love is an energy, so powerful, so all-consuming that when the person you felt all that love for is not here, you are a vessel filled with a boundless source of power that has nowhere to go.

Harness it.

Use it to burn even more brightly and live even more loudly than before.

Share the love you felt for that person with all the other special people in your life, for it is limitless. There is no end to it and there never, ever should be.

If they could reach you they would surely say...

"Make my time on earth count loudly, so I've not lived in vain.

Use the love we shared to make more love and not more pain."

If you are struggling to move on, to find the way to carry on, without them,

This is it.

**Use the love.**

Carry them with you in all that you do, using their love as the source.

It is what they would want.

Tell their stories, mention their name, feel their love - and share it.

Do not let the pain of their loss overshadow the love that they created whilst alive.

Make them count.

Remember, grief is the price you pay for a love divine. The stronger the love, the deeper the grief but love, love will always win in the end.

