



## **SHETLAND BEREAVEMENT SUPPORT SERVICE**

Market House, 14 Market Street, Lerwick, Shetland, ZE1 0JP  
t: 01595 743933 e: [sbss@shetland.org](mailto:sbss@shetland.org) w: [www.shetlandbereavementsupportservice.com](http://www.shetlandbereavementsupportservice.com)

### **FAMILY MEMORY BOXES – REQUEST FORM**

Contact Name: \_\_\_\_\_

Phone Number : \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_

**To help us put together a unique memory box designed for your family, can you please tell us a little about the person who has died:**

Who has died and what was their relationship to the family e.g. grandmother to children, friend of mother, neighbour, colleague, teacher etc

How/why did they pass away?

Cancer related death

Suicide

Illness

Sudden / unexpected

Old age

Other – please detail



A project funded by the National Lottery Community Fund

**Please provide a little information about your family so we can provide the most appropriate resources:**

Name(s) of parent(s) / guardian(s)

1.....

2.....

Age of children

1.....

2.....

3.....

4.....

5.....

Does anyone have a diagnosis or disability (eg aspergers, autism, blind, deaf etc please detail)?

To help us make up the most suitable box for your family please provide any comments and information you think would be useful;

Please return this form in the FREEPOST envelope to: SBSS, Market House, Lerwick, ZE1 0JP  
Once your memory box is ready, we will contact you. Boxes can be collected from Market House, Lerwick.

Office Use	Date Received .....	Evaluation Rtn .....
	Date Issued .....	Eval Reminder .....



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### FAMILY MEMORY BOXES – INFORMATION

Memory boxes are provided free of charge (funded by the National Lottery Community Fund) and are available to families in Shetland experiencing bereavement.

- ***Maybe you are unsure of what to say to your children about death and dying.***
- ***Maybe you are concerned about how your children have reacted to a death.***
- ***Maybe the family needs something to bring them together to talk about a death in a meaningful way.***

Memory boxes are full of resources for all ages and abilities. It encourages those who are reluctant to openly talk about their feelings and emotions, and helps those who are unsure how to express their feelings, to do so in their own homes, in their own time, at their own pace with their family. Once complete, the box is kept as a family keepsake.

An evaluation form will be sent out with your memory box. Please take some time to let us know your thoughts about your memory box and provide some feedback so we can improve our service.

Please return this form to us at the address above, using the enclosed FREEPOST envelope. Or email to [sbss@shetland.org](mailto:sbss@shetland.org)

Once your memory box is ready, we will contact you. Boxes can be collected from Market House, Lerwick.

**If you feel any family member would benefit from accessing our one to one support service, please get in touch. The service is free, confidential and delivered by fully trained and experienced support workers. It is available to adults and children residing in Shetland. An outreach/telephone service is available for anyone who genuinely has difficulty travelling into Lerwick for appointments.**

**Please note:** Funding for this scheme is limited and boxes will be issued on a first come, first served basis. Please take time to complete our evaluation form when you have received our box, as this helps us when applying for future funding.



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As a charity, Shetland Bereavement Support Service, is reliant upon donations. If you found our service helpful, please consider making a donation.

You can easily donate by:

- ✓ Cheque – please make payable to ‘Shetland Bereavement Support Service’
- ✓ Visit our **Justgiving** page for easy, secure online donations  
[www.justgiving.com/sbss](http://www.justgiving.com/sbss)

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## Nominate SBSS as your chosen charity!

If you are planning a fundraising event, then please choose SBSS as your preferred charity.

Through our Justgiving page, you can set up a dedicated page for your event and tell people what you are doing and why. There is a section for people to make donations securely online and also to leave messages of support for your event. It also keeps track of all donations and the running total. Gift Aid can also be claimed.



It really is simple to set up and use, just log on to our Justgiving page [www.justgiving.com/sbss](http://www.justgiving.com/sbss) and get started. Please contact SBSS if you require any further information, we'd love to hear from you,  
e: [sbss@shetland.org](mailto:sbss@shetland.org) p: 01595 743903.

## Do you need charity boxes and leaflets?



No problem!

Tell us about your event and SBSS can supply collection boxes and leaflets to make your fundraising that bit easier, whether it be Sunday teas or a fun run!

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