

# If you've lost a loved one, share your experiences

Dying Well Matters

Marw Gydag Urddas

*“Writing down the experiences I went through as my mother’s carer gave me a clarity and objectivity I hadn’t felt for months. Her deterioration happened so rapidly I didn’t have a chance to take stock of how I was feeling, how I felt about the care she received.*

*I am glad to now have the chance to highlight the excellent care and support that was offered to me and my family but also to point out things that could have been done better.”*

*Alex Jones, daughter and carer*

## Sharing your experiences

Dying Well Matters hopes to capture the stories and experiences around death and dying from the perspective of the relative or loved one. It is our aim to capture both good and bad experiences in order to share these with NHS professionals across Wales.

The death of a loved one is one of the most difficult experiences we will face and no two experiences will be the same.

## Putting pen to paper

Writing about the death can be extremely challenging but it can also be seen as a therapeutic process. There is no right or wrong time to begin to write down your experiences, simply when you feel the time is right for you.

Beginning to write your story is often the hardest part, especially when the memories are distressing. It can help to begin with feelings, remembering how you felt over a period of time and then start identifying the events that happened when you felt this way.

## Contact us

All stories submitted to Dying Well Matters will be reviewed. Themes, lessons and experiences will be shared with palliative care services across Wales. Individual stories will be kept anonymous when sharing with other organisations.

We can receive stories by email or by post and we would like to respond and thank you for sharing your experiences. Please add your name and address to your story.

Email us at [dwm@iwantgreatcare.org](mailto:dwm@iwantgreatcare.org)

Or write to us at:  
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