

MAKING MEMORIES

LEGACY WORKSHOPS AT THE MYTON HOSPICES

Would you like the opportunity to capture your life story and create meaningful keepsakes for your loved ones?

Our “**Making Memories**” workshops offer people living with a life-limiting illness the chance to reflect on their life, share their stories, and create personal items to pass on to those they care about.



What is Legacy Work?

Legacy work is about life and living.

‘**Legacy work**’ is the process of transforming thoughts into action. It’s the act of sitting down and taking time to purposefully create something for the people you love and care about. Legacy work isn’t about death and dying, it’s about life and living. It’s about making connections and sharing precious moments with the special people in your life.

The wonderful thing about leaving your legacy is that it’s yours to leave, it takes whatever form you give it and it carries whatever meaning you instil in it. No matter what form your legacy takes, you can be assured that it will become a timeless extension of yourself that your loved ones will **cherish** forever. It’s a reminder of who you were, what you loved, what was important to you.

Why Join a Workshop?

Each session offers:

- A **supportive**, welcoming space
- Time to reflect on your life journey
- The chance to create meaningful keepsakes
- Connection with others doing the same
- Support from hospice staff throughout

Workshop Details

- 2-hour sessions
- Held **monthly**
- Rotating across Coventry, Rugby and Warwick Myton sites
- Completely free of charge as part of Myton Hub services

Create something lasting. Share your story. Make memories.

Interested in Joining Us?

Visit: www.mytonhospice.org

Email: rugby.hub.enquiries@mytonhospice.org

Call: Rugby Myton Support Hub – 01788 550085



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Monthly Workshop's 1.00pm to 3.00pm

Workshop 1: Letter Writing and Memory Boxes



Letter Writing- In a world of instant messaging and emails, a folded paper envelope containing a letter can have a distinctly personal and private feel to it.

Letters to your loved ones ultimately do two things - they give you peace of mind and they provide comfort to those whom you care about. Letters also keep your memory alive and are a way of interacting with your loved ones long after you die.

Memory Boxes- A memory box is a beautiful way to capture the essence of a person's life—filled with moments, stories, and treasured keepsakes.

It can be a source of comfort and joy for family and friends, ensuring that a piece of your spirit and personality remains with them.

- **Thursday 25th June 2026** at Warwick Myton Hospice
- **Wednesday 22nd July 2026** at Rugby Myton Support Hub
- **Friday 21st August 2026** at Coventry Myton Hospice

Workshop 2: Letter Writing and Memory Jars



Letter Writing (see above)

Memory Jars- A Jar of Memories is a heartfelt and lasting way to leave a piece of yourself behind for your loved ones.

Each layer of coloured sand represents a cherished memory, message, or emotion, allowing you to share love, wisdom, and comfort even after you are gone.

- **Thursday 24th September 2026** at Warwick Myton Hospice
- **Wednesday 28th October 2026** Rugby Myton Support Hub
- **Friday 27th November 2026** at Coventry Myton Hospice

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