

A Thread of Connection

The Remembrance Bracelet Project

by Stephanie Galpin

Bereavement Café
POOLE

The Bereavement Café is often a place where stories are shared, ideas are exchanged and small acts of remembrance take shape. The Remembrance Bracelet Project grew from one such story, shared within the café community.

Stephanie's experience shows how a simple symbol of love, first offered during her mother's final days, can continue to bring comfort and meaning long after loss.

💞 In 2016, my mother-in-law, Jackie, was cared for by the district nurses, the palliative care team, and also spent time at Forest Holme Hospice. When she passed away at our home from lung cancer, we were supported by a Marie Curie night nurse during her final hours. The care and compassion we received during that time left a lasting impression on me and my family.

Fast forward to 2023, and my mother, Kate, who lived in Massachusetts, became unwell. I flew to the US in early May to help care for her. For three long months, we searched for answers, but sadly, no diagnosis came. Eventually, in late July, Mom was sent home for hospice care.

Although her body was failing her, her mind was still sharp, and she knew she was home. That was our family's goal, to bring her back to the place she had loved and lived in for over fifty years. As the emergency medical technicians



(EMTs) carried her in, ever the gracious hostess, Mom offered them a drink. That was simply who she was; warm, thoughtful, and endlessly kind.

We were blessed to have her home for eight days. During that time, her house was filled with laughter, love, and tears. Family, friends, neighbours, and colleagues came to visit. Even though she was unwell, Mom loved being surrounded by people. There was always someone by her side, and the hospice nurses came daily to support us.

One of those nurses, Jane, shared something simple yet profound, an act of remembrance using pieces of



coloured embroidery thread. That small gesture brought comfort and connection in those tender final days.

Mom passed away peacefully at home on August 7, 2023, surrounded by her family and friends.

Returning to the UK later that month was incredibly hard. My world had shifted in just a few months. My mom was gone, her house was being sold, and life as I knew it had changed completely. Yet, when I looked down at my wrist and saw the small pink thread tied there, I felt her with me. That thread became a symbol of our bond, a quiet reminder of love that does not end. It stayed with me for nearly four months before it finally fell off. I was lucky enough to be at home when it did, and I have kept it ever since.

Nurse Jane encouraged me to share the idea if it had helped me, and so the Remembrance Bracelet Project was born, in memory of my mom, Kate. It is a way to help others find a small but meaningful connection with their loved ones during such deeply personal moments of loss.

I have also created a Facebook page where people can share their own stories if they wish:

www.facebook.com/RemembranceBracelet

Finally, I want to share something else that has meant a great deal to me. During my mom's last days, I recorded short video clips of us together, simple, unpolished moments of conversation, laughter, and tears. Those videos have become incredibly precious to me. They capture our bond in a way that photos never could.



For anyone going through something similar, I gently recommend taking a video or a selfie clip with your loved one. It may feel emotional at the time, but one day, you will be grateful to have those moving, living memories to hold onto. ”

The Remembrance Bracelet Project

In memory of my mom Kate

Instructions

Pick a colour strand of embroidery thread

Cut two 18 inch pieces of the thread

(If you have a small pre-packaged bag with a single strand of thread in it, cut it in half)

Tie one piece of thread on your loved one's wrist.

When you do this, you can say a prayer, recite a poem, or think of a special memory of them.

Tie the other one on your wrist.

You are now connected with your loved one

Your bracelet will eventually wear and fall off