

# Using the **My funeral** cards

- These cards will help you have insightful conversations that help people explore their own ideas, choices and preferences about funerals and memorials.
- You can use the cards with anyone, at any time. People do not need to be ill or dying to use them.
- You can find more guidance on how to use the cards on [www.victoriaandstuart.com](http://www.victoriaandstuart.com), including demonstration videos.

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The cards are split into  
**4** colour-coded sections...

1

What happens with my body

2

Plan my funeral

3

The day of my funeral

4

Remember me

## Tips for using the cards:



**Use these cards to help a person plan for what happens after they die** – specifically a person's funeral or memorial and how they want to be remembered.



### **Some ideas for questions:**

- What do you think about ... e.g. having flowers at your funeral?
- Do you want ... e.g. music at your funeral?
- If yes, what sort of ... e.g. music?



**There are blank cards** so that you can add any other topics.



**Each card has space to write or draw thoughts on.**



**You can use all the cards, or the person can choose the ones they want to talk about.**



Turn over





**Let people know that they can choose not to talk about any topic.** You could have a box, bin or envelope they could put a card in, so that they are in control of this.



**If someone gets upset, don't rush them, but listen and give them time to explore these feelings.**



**If someone is unable to tell you what they think, you can ask the people who know them well** (e.g. family, carers): 'What do you think the person would say, if they could tell us?'

## Record and share

With the person's consent, record and share their wishes with relevant people (e.g. family, health and social care staff). This means they can be acted on. You can record their wishes using the space on the cards or the recording sheet.



**We'd love to hear from you!**

### Did you find these cards useful?

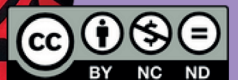
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## The story behind these cards

These cards were co-produced by Kingston University London. Find out more at [www.victoriaandstuart.com](http://www.victoriaandstuart.com). They're available as printed resources with support from Marie Curie. **For free information and support, call the Marie Curie Support Line on 0800 090 2309 or visit [mariecurie.org.uk](http://mariecurie.org.uk)**



**Inspired by Victoria and Stuart**

Edition 1. Published August 2025

**Next review:** August 2031. CODETBC

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