

World wide launch of Memory Book website

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A website www.remembermewhenimgone.org has been launched which provides a template to help parents who are dying to create a memory book to leave their children.

Though the concept is valid in all situations where the untimely death of a parent is imminent, the memory book has so far mainly been used in AIDS-related projects where it has more than proven its worth. Sjoera Dijkers, Director of STOP AIDS NOW!, says: *"The early loss of a parent has a lifelong impact on a child. After a parent's death, a child often has little or nothing tangible from the parent to cherish and to keep the memory of the deceased parent alive. A memory book can alleviate some of the emotional devastation caused by the parent's death."*

Compiling a personal memory book about their own life in which they share their hopes, fears and dreams can also help parents come to terms with their coming demise. It can open up communication within a family about the impending death of the parent, thereby aiding each of the family members in coming to terms with the parent's disease and the inevitable consequences of this.

The *Remember me when I'm gone* project opens up access to the memory book concept to all by providing a generic Memory Book template through the website www.remembermewhenimgone.org.

The template can be downloaded free of charge and is currently available in 28 languages. Distribution of the template is allowed providing the document is distributed as is and without charge.

The *Remember me when I'm gone* project is a no-budget non-profit initiative which aims to inspire, motivate and help parents who expect to die before their child(ren) have grown up, to make a memory book about their own life for their child / each of their children.

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