



Press Release
10th September 2015

Remembered and loved – lives lost to addiction

**Service of Remembrance for those who have died through drugs or alcohol
Norwich Cathedral - Thursday 17 September 2015 at 7.30pm**

The Matthew Project is supporting this event and Paul Martin, CEO said, “This service provides an opportunity to come together to remember those people who have died due to alcohol and drug use. The time allows people to remember family, friends and those they have worked with, to focus on the positive things in their lives and find peace in remembering them.”

Every year too many people die as a result of drugs and alcohol in Norfolk. When this happens people can find it hard to say goodbye properly, due to shock, stigma and confusion. For some people it is a tragedy that is hard to share and difficult to bear.

This is the eighth year for the Service of Remembrance held at Norwich Cathedral. Each year over 150 people have turned up to remember their loved ones and commemorate their lives. People come from across the region, some even travelling from London and Cambridge.

Jacqueline Lake, who will be participating in the service, said “As Coroner for Norfolk, I frequently hold inquests into those who have lost their lives as a result of alcohol or drugs, or sometimes even both. I hear many sad stories and see the devastation caused to those left behind. This service is important in enabling us to recall special memories and to remember the good things about those who have been so tragically taken.”

Whilst living with or supporting someone with a drug or alcohol problem can be extremely difficult, this service is **an opportunity to also remember the good** in those that have died and that every individual is unique and special. ‘As carers, of loved ones who have sadly taken this path, we grieve everyday for a life lost to drugs or alcohol. Often support groups such as the Matthew Project are the only lifeline to those relatives affected during the ‘living years’ of an addict’

During the service there will be an opportunity for people to choose a pebble and place it in front of the altar in memory of the person they have known and cared for. A Book of Remembrance will also be available in which names of loved ones and messages may be recorded and will be kept in the Ambulatory of the Cathedral (behind the High Alter) for the two weeks following the service.

Different people will take part in the service including parents and friends who have lost loved ones to drugs and alcohol.

Tea and coffee will be available afterwards for those who wish to stay. There will also be people available to talk to if this would be helpful.

Service of Remembrance, Norwich Cathedral, Thursday 17 September at 7.30pm. All Welcome
For more information please call 01603 626123 or visit www.matthewproject.org.