

The fact that these things are inevitable doesn't make them any easier to bear. We suffer many emotions: sadness, vulnerability, despair, regret, even guilt. I was there for my father's death and, in many ways, wished that I hadn't been; "he died peacefully in his sleep" covers a less comfortable reality. My brother Simon wasn't there, feels guilty and wished he had been. He has the guilt, I have the dread; disquieting images that I can't get out of my mind and which appear usually while I'm shaving. You, I am sure, are made of sterner stuff and, in case, don't shave!

But, strong or not, time, and some conversation, is what it takes for an element of peace to re-impose itself. You have some good friends, many of whom will be with you in thought and spirit and some of whom will go further if you need it.

We all love you