



Red Nose provides a range of bereavement support services aimed at supporting families through their grieving and healing process. With your support, we can do more to help families like Aidan's and continue to discover ways to prevent infant and childhood death.

Aidan Philip Mara
2 July 2011 – 29 July 2014

Aidan's father Lucas wants nothing more than for his son's memories to live on and to celebrate the energetic and much-loved little boy he was.

He doesn't want the sadness and the tragic circumstances of his death to be what people think of when remembering Aidan's life.

"I want to make sure the memories of who he was lives on; I don't want that memory to be a bad memory."



Aidan died suddenly in hospital after complications with pneumonia and swine flu. He had just turned three.

A couple of days after being admitted, Aidan had appeared to be getting better. Lucas remembers: "I phoned his mum to tell her that he was starting to feed himself and taking fluids—this was a good sign." But things changed very quickly.

Aidan's parents were left to wonder if his death could have been prevented.

Lucas explains: "For me, I want to find out what went wrong, but it won't make Aidan's loss any better. If something could be learned from the mistakes that were made, it could help to make sure that no one else goes through what we're going through."

Following Aidan's death, Lucas, his older son Samuel and his wife Gillian attended Red Nose's group counselling and children's counselling.

"Red Nose were really brilliant. It's great to talk to other parents and to be with people who you can really empathise with. You can also help others, by sharing your story and giving

support. Helping others talk about it really helped me.”

Lucas was especially thankful for the counselling Samuel received. “Throughout the turmoil, Red Nose really helped Samuel. To hear other kids talk about how much they love and miss their brother or sister who they lost was helpful for him.” Samuel has also helped his parents to stay positive: “He’s a massive factor in us getting up every day and making sure that we move forward.”

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