



**Dying
Matters**

*Let's talk
about it*

What Matters Conversations Dying Matters event 11 May 2021

Supporting guide to useful links, resources and information

Please note this document does not cover all health and care services in Barnet. It has been designed as a supporting fact sheet for those attending the above event and only the topics and services covered in the session are included.

Further information about health and social care services in Barnet can be searched here:

<https://www.healthwatchbarnet.co.uk/find-services>

The film *What Matters to Me* was developed by the End of Life Care Partners Think Tank

The **End of Life Care Partners Think Tank** is a group of independent charities, research organisations and health and social care bodies that include among them: Together for Short Lives, Marie Curie, Macmillan Cancer Support, Age UK, Resuscitation Council UK, Adass (Association of Directors of Adult Social Services), Compassionate Communities UK, Hospice UK, Cruse Bereavement Care, Royal College of Nursing and the Royal College of General Practitioners.

Two of the think tank's members, Drs Julian Abel and Kathryn Mannix, joined us on the panel. They are helping to drive a movement to encourage lifelong 'What matters' conversations. Their aim is to get people talking about what is important to each of us.

The principle of What Matters Conversations is not to change the outcomes of what we do when advance care planning; but to change how we the approach the first conversations with a more individualised, longer-term approach.

Having regular 'What matters' conversations enables personal wishes to be heard. That way, when we become ill or are dying, planning is easier. Those around us will know what we want and can respect our wishes. This will help us to live well to the very end of our lives. More info and resources: www.whatmattersconversations.org/about-us

***The event was organised by the End of Life Barnet Patient Engagement Group.
Members include:***

Macmillan GP for End of Life Care in Barnet in association with NCL CCG

Healthwatch Barnet are here to help local people get the best out of their health and social care services. Our vision is that Barnet residents can contribute to the development of quality health and social care services in Barnet.

T: 020 3475 1308 / E: info@healthwatchbarnet.co.uk

North London Hospice serve a community of over one million people and care for 3000 patients and the people important to them a year. We help with advance care planning, carer and bereavement support. We aim for every patient to have a Co-ordinate My Care plan.

T: First Contact for all new referrals and patient related calls 020 8343 8841

T: General Enquiries: 020 8343 6806 / E: nlh@northlondonhospice.co.uk

Jewish Care is the largest health and social care organisation serving the Jewish community in London and the South East. We run over 70 centres and services, touching the lives of 10,000 people every week.

T: Confidential helpline: 020 8922 2222 / E: helpline@jcare.org

General information and requests: E: info@jcare.org

www.jewishcare.org/how-we-can-help-you/information-advice-and-support

Barnet Multifaith Forum are volunteers representing the diverse faith communities and organisations across Barnet. Celebrating the value of individual faiths, discussing issues affecting them and learning from each other.

www.barnetmultifaithforum.org/

Barnet Patient Participation Network (BPPN) is the pan Barnet patient network, linking services and patient groups with information and feedback.

<https://barnetfederatedgps.org.uk/barnet-federation-and-our-patients/>

AgeUK Barnet. The Age UK Barnet Later Life Planning team can help people plan for end of life care and be prepared in case of future illness or disability. You can talk to a member of

the team about everything from making a will and power of attorney to bereavement support.

T: 020 8203 5040 / E: info@ageukbarnet.org.uk

<https://www.ageuk.org.uk/barnet/our-services/information-and-advice/>

Barnet Memory Service provides assessment, diagnosis and treatment for people who are experiencing difficulties with their memory. Their team consists of specialist doctors, nurses, occupational therapists and psychologists. This service is linked to the Dementia Advisor Service provided by Alzheimer's Society.

www.northcentrallondonccg.nhs.uk/service/barnet-memory-service

Other London-wide life planning and wishes support services

Coordinate My Care (CMC) is an innovative NHS service that records your wishes, and then shares them, electronically, with all the medical professionals who will be involved, so they can put your wishes at the centre of your care. You can start to create a plan yourself or discuss with your GP who will help to guide you through.

www.coordinatemycare.co.uk/for-patients/mycmc/

Compassion in Dying can support you to plan ahead for your future treatment and care. They provide free support to help people record their wishes, including Lasting Powers of Attorney and Living Wills. There is also a new **Peer Support Service** to help you make sense of a new diagnosis and plan next steps for example with work.

T: 0800 999 2434

E: info@compassionindying.org.uk / peersupport@compassionindyingorg.uk

Planning your future care. Guides explaining Advance Care Planning and the different options available:

My Wishes is a free online platform that helps you get started thinking about your end of life. It leads you through funeral plans, care plans, bucket lists and more.

Mywishes.co.uk

Dying Matters: www.dyingmatters.org/page/resources-planning-ahead

NHS: www.nhs.uk/conditions/end-of-life-care/

Local and national bereavement support services

Mind in Barnet COVID-19 bereavement support service: Mind in Barnet and Community Barnet have put together a COVID-19 response service for individuals who are looking for bereavement support and/or training.

This bereavement service has been specifically set up with the Barnet community in mind and provision includes; immediate emotional support, bereavement counselling up to 12 sessions, practical support - arranging death certificate and accessing funeral services, legal advice, financial support or housing where appropriate, loss and bereavement awareness training, group supervision/de-briefing to front line workers and volunteers.

T: 0208 446 3676 / E: bereavement@mindinbarnet.org.uk /

www.communitybarnet.org.uk/bereavement-support-and-counselling

Jewish Bereavement Counselling Service (JBCE) offers confidential counselling to individuals, couples, children and families in the Jewish Community or anyone that identifies as Jewish who are experiencing loss. They can provide this online across the UK.

This service provides 1:1 confidential counselling for all ages and stages following a bereavement. Counsellors are volunteers there to listen, care and help you to understand your feelings in a sensitive, non-judgmental way. A range of support groups also available. During social distancing, everything is on the telephone or online, until it is safe to offer the service in the client's home.

T: 020 8951 3881 / E: enquiries@jbcs.org.uk / www.jbcs.org.uk

Grief Encounter: Supporting bereaved children and young people. Wide ranging support including bespoke support for schools, universities and colleges, arts therapy and online grief guides covering a range of situations.

Freephone Grieffalk helpline: 0808 802 0111 / E: grieffalk@griefencounter.org.uk

Ataloss: Help for people who have been bereaved. Includes a search tool for local support grief chat service. Grabliflife activity support weekends, bereavement support for men and support for young people.

Ataloss.org

BAMEStream Bereavement Support Service. Support for adults from Black, Asian and other minority ethnic communities who've been bereaved due to covid-19. Provided by the Nafsiyat Intercultural Therapy Centre, which offers therapeutic support in 20 different languages.

0207 263 6947 / bamestream.org.uk/bereavementsupport

Child bereavement UK provides information and support (including a helpline) when a baby or child of any age dies or is dying, and when a child is facing bereavement.

Childbereavementuk.org

Cruse Bereavement Care is a national charity, which provides support, advice and information to children, young people and adults when someone dies.

Cruse.org.uk

The Good Grief Trust help all those affected by grief in the UK. They aim to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support.

Thegoodgrieftrust.org

Marie Curie. The Marie Curie Support Line provides practical and emotional support for anyone who's been bereaved, whether it happened recently or some time ago. You can also get ongoing support from a bereavement volunteer.

Support Line: **0800 090 2309**

Online information and support: **mariecurie.org.uk/support**

Booklets and resources, including easy read versions: **mariecurie.org.uk/publications**

SANDS is the leading stillbirth and neonatal death charity in the UK. Sands exists to reduce the number of babies dying and to ensure that anyone affected by the death of a baby receives the best possible care and support for as long as they need it.

Sands.org.uk

Sue Ryder supports people who are living with a terminal illness, a neurological condition or who have lost someone. They provide online bereavement support.

www.sueryder.org/how-we-can-help/online-bereavement-support

WAY (Widowed and Young) Foundation. WAY is the only national charity in the UK for men and women aged 50 or under when their partner died. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age. It runs activities and support groups for people coping with grief.

Widowedandyoung.org.uk

Winston's Wish. A child bereavement charity which offers specialist practical support and guidance to bereaved children, their families and professionals.

winstonswish.org.uk

Other reads and resources:

Marie Curie Talkabout: <https://www.mariecurie.org.uk/talkabout/talking-about-death>

Dr Kathryn Mannix: **With the End in Mind. How to Live and Die Well.**

Dr Julian Abel: **The Compassion Project: A case for hope & humankindness from the town that beat loneliness**

Dr Atul Gawande: **Being Mortal, Medicine and What Matters**

How the idea for the 'What Matters' movement came about:

<https://www.whatmattersconversations.org/blogs>