

Child Death Prevention NewsletterDying Matters 2019

This newsletter is designed to raise awareness of the work of the Child Death Overview Panel for Staffordshire and Stoke-on-Trent

Dying Matters was set up with the aim is to raise public awareness about the importance of talking more openly about dying, death and bereavement and of making your wishes known.

**Dying Matters Awareness Week 2019
runs May 13-19**



This year's Dying Matters Awareness Week takes place from 13- 19 May 2019 with the theme of **Are We Ready?**

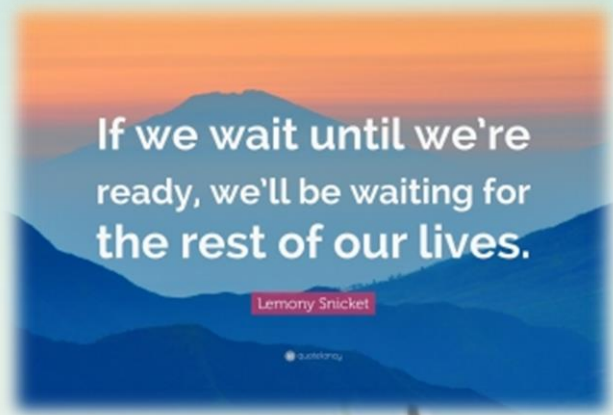
It's a question that challenges each of us on several levels. Are We Ready for our own deaths, or the deaths of those we care about? This is a practical question – wills, funeral planning and more – but of course it's also emotional, even spiritual for some of us. For many of us, the answer will not be 'yes'. We know from the research we've done that most people haven't taken care of the practical aspects, which include deciding on organ donation, and planning our future care. And even for those that have, the emotional aspect of being ready for death is challenging. Who is ever really ready to die?

Such questions are best faced with the help of others, which is why we're asking 'Are We Ready?' To face death and dying is a challenge greater than any one of us can face alone, and it is all of our responsibility. We're in this life together, so our question is asking much more of us than you might think.

- Are We Ready to help others get their affairs in order?**
- Are We Ready to help people we know who are caring for someone who is dying?**
- Are We Ready to support someone who is grieving?**
- Or even something as simple as "Are We Ready to talk about it?"**

We can only know the answer if we start to have the conversation. Are We Ready to volunteer at a local hospice? Are We Ready to support a bereavement charity? Are We Ready to do what we can in our communities to help people be ready?

- This year, the themes each day to discuss are:
- Monday** - Funeral costs
 - Tuesday** - Memorialisation
 - Wednesday** - Grieving for a pet
 - Thursday** - Support for those who are estranged from/have no family
 - Friday** - Diversity and inclusion at end of life



A good way to start conversations around death and dying for children and Young people is by using a tool such as a child and Young persons Advance care plan (CYPACP). CYPACP is a collaborative document for shared decision-making between families and clinicians. It provides key decisions to attending carers, should an emergency situation arise when the individual cannot give informed consent for themselves. This is particularly helpful

if next of kin / parent(s) are not present immediately. It now incorporates ReSPECT (Recommended Summary Plan for Emergency). A national initiative being launched to document an individuals recommendations in a future emergency in which they are unable to express choices.

EVENTS in STAFFORDSHIRE

- 13 -15 May** The Dove service: Dying Matters stand at Asda in Wolstanton
- 14 May** Event in a tent, outside the main atrium at Royal Stoke University Hospital, 10:30-14:30
Film 'Love Never Dies' the voice of grief - Child Health Seminar Room at Royal Stoke University Hospital. To book email: Christine.wright@uhn.nhs.uk / Katrina.foden@uhn.nhs.uk
- 15 May** Guided Mortuary Tour (UHNM staff only) Tours from 11:00-15:00
- 16 May** Dying Matters awareness stall at Burton Hospital - main entrance corridor 09:00-14:30
Death Café 11:00-14:00 in the Prayer Centre at Royal Stoke University Hospital
County Hospital – Information stand – outside the main restaurant
- 17 May** 'Dead Good' Activities Day M&S in Wolstanton Community Room 12:00-18:00 led by Dougie Mac.