



*May 13th, 2015*

## **Time to think about preparing for a good death**

Palliative care staff at South Tyneside NHS Foundation Trust are encouraging people to make their end-of-life experience the best it can be, both for them and for their loved ones.

They are supporting Dying Matters Awareness Week, May 18th - 24th, by asking members of the public in South Tyneside, Gateshead and Sunderland to talk about dying, death and bereavement and to make plans for their end-of-life.

The theme of the week is 'Talk, Plan, Live', which focuses on starting sensitive conversations with relevant people; the important, practical steps to take to ensure your end-of-life wishes are met and sorting out the necessary details, such as funeral plans, to enable you to live life to the full, with peace of mind.

Louise Watson, palliative care modernisation facilitator for the Trust, said: "Dying is a natural part of our life cycle but our reluctance to talk openly about it affects our ability to die where or how we would wish. By talking through your thoughts, feelings and wishes with someone close to you, you can plan for a 'good death'."

Everyone is urged to take five simple steps to make their end-of-life experience better, both for them and for their loved ones. These are:

- Write your will
- Record your funeral wishes
- Plan your future care and support
- Consider registering as an organ donor
- Tell your loved ones your wishes

Special events have been arranged by NHS Sunderland Clinical Commissioning Group, in partnership with South Tyneside NHS Foundation Trust and City Hospitals Sunderland NHS Foundation Trust, for Dying Matters Awareness Week. They are as follows:

- Monday, May 18th, Houghton Primary Care Centre, 11am - 3pm

- Thursday, May 21st, Galleries shopping centre, Washington, 8.30am - 5.30 pm
- Saturday, May 23rd, Bridges shopping centre, Sunderland, 8:30 am - 5:30pm

The Dying Matters coalition, whose mission is to get people to talk openly about dying, death and bereavement and, generally, raise awareness about end-of-life issues, will be using the hashtag #YODO, which stands for You Only Die Once, during the week.

**ends**

*Pictured above: Members of South Tyneside NHS Foundation Trust's Sunderland palliative care team, left to right, practice development support nurse Sarah Dodds, palliative care modernisation facilitator Louise Watson, lecturer/practitioner Julie Lamb and staff nurse Elaine Hume*

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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