

March 3rd, 2017

Planning for death and dying

Plans are underway to involve people in Sunderland and South Tyneside in this year's Dying Matters Awareness Week.

The 2017 theme, 'What Can You Do?', is aimed at encouraging people to be more active in planning for dying and death. In preparation for the week, which is from May 8th to 14th, South Tyneside NHS Foundation Trust's palliative care modernisation facilitator Louise Watson has organised an event at St Benedict's Hospice, Ryhope, Sunderland, on Friday, March 10th. Among those invited are representatives from South Tyneside and Sunderland councils including education and social care departments; community groups; businesses; faith groups and ethnic minorities.

Mrs Watson said: "The purpose of the day is to share ideas for awareness-raising and to inspire the people who attend to go back to their communities, places of work, and even their own family and friends, prepared to spread the word during the week about the things we can do to help people cope with dying, death and bereavement.

"One of the main messages I hope they will take away is the importance of communication. Talking about death doesn't bring it closer. You may have strong views about your care and what happens after you die but if you don't talk about your wishes regarding issues such as making a will, organ donation and your funeral then they are unlikely to be met."

The national Dying Matters coalition's mission is to get people to talk openly about dying, death and bereavement. For more information go to www.dyingmatters.org

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

For press enquiries on this release, contact 0191 404 1128 or email kay.jordan@stft.nhs.uk