

May 1<sup>st</sup>, 2018

## St Benedict's Hospice drop-in to encourage conversations about death and dying



It's the subject that nobody wants to talk about – but St Benedict's Hospice in Sunderland wants to encourage all-important conversations about death.

In keeping with the theme of national Dying Matters Awareness Week 2018, '*What can you do.....in your community?*', it will be reaching out to patients, carers, staff and volunteers, as well as groups across the local area, by holding a drop-in on Monday, May 14<sup>th</sup>.

Palliative care modernisation facilitator Louise Watson said: “Many people feel uncomfortable talking about end of life issues but, in fact, talking about dying, death and bereavement is in everyone’s interests. Talking through your plans with loved ones, sharing your thoughts and feelings and giving them the opportunity for input can help to ensure that you get the care and support you want at end of life and that your wishes regarding issues such as making a will, organ donation and your funeral are met. It can also help to minimise guilt and regret for the bereaved.

“Talking about death won’t bring it closer but communication around it can help everyone to cope with dying, death and bereavement.”

St Benedict’s Hospice and Centre for Specialist Palliative Care’s has provided care to the people of Sunderland and surrounding districts since 1984. In June 2013, it moved from Monkwearmouth Hospital to new, purpose-built premises at St Benedict’s Way, Ryhope. Its multi-professional team provides a wide range of services, including in-patient beds and day services.

Dying Matters Awareness Week 2018 will run from May 14<sup>th</sup>-20<sup>th</sup>. St Benedict’s drop-in will be held on Monday, May 14<sup>th</sup>, 10am to 4pm, and there will be advice, information and interactive activities and a café where people can chat in a safe and comfortable environment. For more information about the event, call 0191 5128427 to speak to Louise Watson.

Dying Matters is a coalition of 32,000 members across England and Wales which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life. For more information regarding Dying Matters go to the website: <https://www.dyingmatters.org/>

### **Simple steps for the best end of life experience for you and your loved ones**

1. Make a will
2. Record your funeral wishes
3. Plan your future care and support

4. Register as an organ donor
5. Tell your loved ones your wishes

**Ends**

*Photo caption: Members of St Benedict's Hospice's day services team who are supporting Dying Matters Awareness Week*

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