



**Dying
Matters**

*Let's talk
about it*

Dying Matters Enfield Community Event **14th May 2021**

Supporting guide to useful links, resources and information

Please note this document does not cover all health and care services in Enfield. 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 Enfield can be searched here:

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

<https://mylife.enfield.gov.uk/enfield-home-page/content/resource-directory-and-events/resource-directory-and-events-menu-page/>

Organisations involved were:

Healthwatch Enfield are here to help local people get the best out of their health and social care services. Our vision is that Enfield residents can contribute to the development of quality health and social care services in Enfield. We also provide a 'one-stop-shop' public information point for health and social care services in Enfield. If you need help finding the right service, need to make a complaint, or a compliment, but not sure how, then we can help. Just give us a call or send us an email.

T: 020 8373 6283 / E: admin@healthwatchenfield.co.uk

www.HealthwatchEnfield.co.uk

North Middlesex University NHS Hospital aims to provide outstanding care for local people across Enfield, Barnet and Haringey with its full range of acute services. Our Hospital Palliative Team consists of consultants and specialist nurses who provide 7 days service for all hospitalised patients who are in need of palliative and end of life care services. We also

run the Haringey palliative care team, which operates seven days a week and is available 24 hours for patients in the community

T: 0208 887 2475 <https://www.northmid.nhs.uk/palliative-care>

North London Hospice serve a community of over one million people across Enfield, Barnet and Haringey and care for 3000 patients and the people important to them a year. Our holistic support includes 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**

Age UK Enfield. The Age UK Enfield 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.

<https://www.ageuk.org.uk/enfield/our-services/planning-for-later-life/>

T: 020 8375 4120 / E: admin@ageukenfield.org.uk

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@compassionindying.org.uk

What matters to you and planning your future care. Guides explaining Advance Care Planning, the journey towards it 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/

End of Life Care Partners Think Tank are a group of charities, research organisations and health and social care bodies that include among them: Marie Curie, Macmillan Cancer Support and the Royal College of General Practitioners.

They want to encourage lifelong 'What matters' conversations and 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.

www.whatmattersconversations.org/about-us

Local and national bereavement support services

Life After Loss partnership project between Mind in Enfield and Barnet and Citizens

Advice Enfield. This service has been specifically set up with the Enfield community in mind; Mind in Enfield and Barnet are able to support with the following:

Brief emotional support: Our aim is to offer immediate emotional support. If it has been identified that further support is required, we can offer a further 8 sessions of free bereavement counselling with one of our fully trained counsellors. **Specialist support:** We are also able to refer you to more specialist mental health support as necessary.

With Citizens Advice, the service will be able to offer bereaved clients a variety of different offers of support: A dedicated advice caseworker to manage the clients' needs from start to finish. It will include fast track advice to access benefits, Universal Credit, and debt advice support. Assistance with raising money for funeral costs and other sudden/emergency bills. A small grant of up to £500 for those families in dire need of financial relief

T: 0208 906 7504 / E: lifefterloss@Mind-In-Enfield.org.uk Weds & Thurs 9:30-5:30pm

Jewish Bereavement Counselling Service (JBCS) 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 many 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. Grablife 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: 0800 090 2309 / 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

Produced by North London Hospice. Last updated May 2021.

of a baby receives the best possible care and support for as long as they need it.
[Sands.org.uk](https://www.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](https://www.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](https://www.winstonswish.org.uk)

Other reads and resources:

Volunteer blog about getting round to later life planning:

<https://www.healthwatchbarnet.co.uk/blog/2021-05-07/just-let-s-be-practical-blog-dying-matters-awareness-week>

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 & human-kindness from the town that beat loneliness**

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