



HospiceCare
NORTH NORTHUMBERLAND
Caring for Life

2019

HospiceCare HAPPENINGS

HospiceCare North Northumberland - Here for you

**Read about our
Information &
Advice Hub at
Berwick**

**Special Feature
What is Hospice
at Home?
We talk to two
of our nursing
assistants**

**Meet our
Admiral Nurse**

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our new
Wellbeing Centre
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**You're invited
to our Death Café**



Win a Car – details inside

Welcome & Hello

There's never a dull moment at [HospiceCare](#)! This year we have seen a 'changing of the guard' following Sue Gilbertson's retirement at the end of 2018, with Nina Burnett now in place as Clinical Lead and Paul Jones-King taking over the role of Chief Executive from April 2019. The Hospice team continues to work together with the Trustees shaping our services for the future, in order to deliver the best possible palliative and end of life care for the people of North Northumberland. Since the start of 2019 we are delivering our new monthly HUB information and advice service in Berwick, and in May, we moved from our premises on Narrowgate to our new administrative base and Wellbeing Centre at Greensfield on the outskirts of Alnwick.

What seems inevitable is that demand for the Hospice's services will continue to grow. As we all know, our health and social care systems are creaking, and the situation is only going to become more challenging as a result of people generally living longer but with multiple complex conditions, including dementia. Research shows that a majority, given the choice, would prefer to spend their final days at home rather than in hospital, and our Hospice at Home service is designed to enable people to fulfil that wish wherever possible. It is also very much a personalised service and, as you can read in the interview on page 4 with two of our Nursing Assistants, this makes it highly valued by patients and their families. Clearly sometimes little things can make all the difference!

Finding the funds needed to deliver these services is an ongoing challenge. We are of course extremely grateful to those individuals, companies and trusts who support us financially. We receive just over 5% of our income from the NHS so almost 95%



Paul Jones-King, our new Chief Executive

of our funding comes from voluntary donations, events, and our shops in Berwick, Wooler and Amble. This means our Fundraising and Retail teams are as busy as ever. Since the last edition of Happenings we have opened our third shop, in Amble, and recruited another part-time fundraiser who is based in Berwick to increase our engagement with the local community. Read more about these developments on pages 6, 7 and 11. The Communications, Finance and Administration staff do not escape either, as this higher level of activity generates an increasing amount of support work to keep things running smoothly.

So I would like to say a massive thank you to all the Hospice staff, who have stepped up to the challenge because they are passionate about the cause, and also to our 180-plus committed volunteers, because we simply could not do what we do without them. I hope you find the magazine interesting, and are possibly inspired to support us in some way, whether it be volunteering, organising a community fundraising event, or becoming a regular donor. Get in touch and have a chat, we are your community Hospice and we can only thrive with your support!

John Swanson - Chairman, Board of Trustees

HospiceCare Hospice at Home

"Sometimes just being there is comforting to the families"

HospiceCare is all about dignity, comfort and quality of life, whilst respecting your wishes and if your wish is to be cared for at home, then we aim to look after you and your family in a way which is meaningful and most important to you. Meet Cath Miller and Cath McEwan who have both worked as part of our Hospice at Home nursing team for over 10 years, having previously worked within the NHS Palliative Care/Acute Medicine team. Talking to them both it's obvious the love and absolute passion they have for their work as Hospice at Home nursing assistants.



Q: What happens on your first visit to a person's home?

Ahead of meeting any families and patients for the first time, we have a patient hand-over meeting from one of the trained nurses at the Hospice. When we first meet the family they are often apprehensive and anxious about our visit. We're aware that it's such a difficult time for the families and probably feels strange to let nurses into their home to care for their loved ones. However, people soon seem to relax with us when they realise the knowledge and reassurance we provide.

Q: Do you meet the person and their families together?

It depends. Sometimes when we arrive for the first time we speak with the family and then meet the person and sometimes, we meet the person and their families together.

Q: Who decides what happens when you are caring for someone in their home?

The care and support we offer is very much tailored to suit the needs of the person and their family. These needs can change as the person's condition deteriorates, so it's very much about having ongoing conversations to ensure the needs of the person and their families are being met. We know that we are able to make a real difference by helping a family fulfil their wishes to have their loved one home to die surrounded by the people who are important to them and, in many cases, this also includes the family pet.

Q: What sort of questions do you get asked by a person and their families when you first meet them?

We often get asked "how will I know when the end is near?" "I feel scared of what I might see when my loved one dies?" "Will my loved one be in pain when they die?" Part of our care and support is to talk through any worries or fears that either the person or their families may have about death and dying and help to prepare them for what's to come. Often the most difficult conversations take place when we are delivering overnight care.

Q: Do you know when someone is going to die?

When someone is dying there are physical signs and symptoms that we do recognise. We can pick up on the smallest change in a patient's condition and we always try to let the families know that the end is very close so that they can be there to say goodbye – if that is their wish. Our care is intuitive to the needs of the family and the patient. It's knowing when to support and when to take a step back. Sometimes just being there can make all the difference. Just being present but discreet in the families' home knowing that you are there if needed offers tremendous reassurance.

Q: How else do you support a person and their family?

We have those conversations to encourage people to discuss their needs and wishes they may have at the end and encourage families to make an advanced care plan to ensure that we are able to fulfil any wishes they may have at the end. We also offer pre-bereavement support to help prepare families for the death of their loved one. Sometimes though, families don't know what they want or need until the actual time. For example: We cared for a gentleman who was very close to dying. His wife had been sleeping in the spare room but at this time was restless and unable to sleep. She asked me if she could get into bed with her husband to comfort him – thinking this would not be allowed. However, I was able to reassure her that this would be perfectly fine. He died four hours later.

We supported a gentleman whose last wish was to go into his garden to smell and feel the flowers and feel the sun on his face one last time. So that's what we did for him. The emphasis is always on the wishes of the patients' needs and to care and support their families.

Q: What do you do after someone has died?

After death, a qualified Nurse/GP needs to verify that person's death which is a very simple and straight forward procedure. There is no rush to do anything, we offer privacy for the family if they wish.

Q: Does your work make you feel sad?

We always feel connected to the families we are supporting and it might seem an odd word to use but we are happy that the person can die in a place of their choice. But it can be very sad and we still remember them and have fulfilled the wishes of the families we have supported. We both feel that delivering care to people in their own home is a privilege, as we know that many people want to die at home, rather than in hospital. Caring for someone in their own home is a special time and with our nursing experience we can put the family at ease knowing their loved one is being looked after as if they were a member of our own family. We have the time to talk to the family, so they get to know us and we get to know them. We are very lucky to have this service in North Northumberland.



5%
of our income
from
NHS

Our Community News

Last year the lovely people in our community raised 9% of the total income needed to meet the increasing demand for our clinical services. Community events ranged from organising coffee mornings, jumping off the Tyne Bridge on a Zip line and a crafting group, Castleside Crafters, meeting every week to create beautiful bespoke items to sell. This year already looks like it's going to be just as busy!



HospiceCare Volunteers

Community fundraising is a vital source of income for HospiceCare. Not only does it generate funds, it also promotes our clinical services to a wider audience across North Northumberland. So we would like to take this opportunity to say a big thank you to our community fundraisers, past and present as well as those who are joining us for the first time this year.

19%
of our income
from
Trusts and
Foundations

If you are running an event to raise funds for us or are thinking you would like to do something but need a little help, please get in touch with our fundraising team. We can help you with your event, provide posters and flyers, help with your marketing and also attend your event if you wish.

Fundraising team: fundraising@hospicecare-nn.org.uk or telephone: 01665 606 515

Read our Newspaper Column

The Berwick Advertiser and Northumberland Gazette have kindly and very generously donated a half page editorial to HospiceCare, to write about the care we are delivering within the North Northumberland communities. HospiceCare's Life Matters column launched in February 2019, is published every fortnight and gives us an opportunity to write about life at the Hospice in real time and further raise the profile of our clinical support and care.



Anna Smith from JPress Newspapers explains "We at the Northumberland Gazette and Berwick Advertiser were delighted to help when HospiceCare North Northumberland asked if we would publish a column highlighting its valuable work. The charity is such an important part of our community and is highly regarded by so many of our readers and advertisers. It is a pleasure to offer our support."

If there is anything in particular you would like to read about in our column, please get in touch with Julie Frost: jfrost@hospicecare-nn.org.uk

Volunteer Spotlight – Jill Clark

Put simply, we couldn't exist without the incredible support we receive from our team of [HospiceCare](#) volunteers, whether it's helping at fundraising events, supporting our administration teams or working in our shops, they are the workplace glue that holds us all together. At the moment we have around 180 volunteers, which includes our Board of Trustees. This issue we put the spotlight on Jill Clark, our Fundraising & Trust Application Volunteer.



Jill has volunteered for the hospice for the last 9 years dedicating her time to writing applications to charitable trusts and foundations asking for their financial support. Jill who was born and brought up in Alnwick is a local Rotarian and Vice-Captain of Alnwick Castle Golf Club. Jill said "[HospiceCare](#) is a wonderful organisation which has supported hundreds of people in this area, who would otherwise have to travel long distances for care. It has been a great privilege to work with the dedicated staff here at the hospice. Over the years it has become increasingly more difficult to gain funding this way because we are always competing with other worthy charities. As we deliver our hospice in the home, one of my greatest challenges when making an application, is finding organisations who will support core funding rather than capital funding. Fortunately, we are still privileged to have the support of many local and national organisations (see page 12) who continue to provide regular funding. I thoroughly enjoy my time at the hospice and hope to be here for many years to come."

Fundraising News

The past 12 months have again been incredibly busy for our small, but dedicated, fundraising team. Jackie Kaines Lang joined us last year as our Berwick Community Fundraiser, based at our Berwick hospice, Hazel Marsden House, working three days a week. Shortly after joining the team Jackie said "I've



already met so many supportive and dynamic people since I started working for [HospiceCare](#), including fabulously talented people working for other local charities."

The annual events are all now planned into our fundraising calendar which includes our very successful Open Gardens across North Northumberland, with new venues added this season and Shakespearean performances by the Handlebards. We also have 35 people running for us at the Great North Run in September and Emma is busy booking stall holders for our Joy of Christmas Fair in November.

As next year will be the 25th anniversary of [HospiceCare](#), we are now busy planning some very exciting events to celebrate this major milestone. It's all a bit top secret at the moment, but we hope to share our plans with you later in the year. In the meantime, you can keep up to date with all our events by visiting our website: www.hospicecare-nn.org.uk. See you soon, [Rebecca](#), [Emma](#) & [Jackie](#)

Information & Advice Hub at Berwick



HospiceCare's exciting new Information & Advice Hub Service which started in January 2019 at Hazel Marsden House, Berwick, has been very successful. The service is a collaboration between HospiceCare North Northumberland, Macmillan Cancer Support, and Citizen's Advice. This monthly Drop In service on the 1st Thursday of each month, provides free practical, emotional, financial and social support to people and their families living with a life-limiting health illness such as, Cancer, Heart Diseases, Parkinson's Disease, Motor Neurone Disease, Lung Disease or Advanced Dementia.

The Hub offers an opportunity to speak directly with a Nurse, a Macmillan Advisor, or Citizen's Advice representative. There are consulting rooms for private one-to-one conversations for those wishing to discuss a confidential matter. There is a host of information leaflets available to pick up which includes the services of HospiceCare, PALS (patient advice and liaison service), Macmillan Cancer Support, Benefits Advice, Citizen's Advice and Berwick Cancer Cars, together with information and advice about NHS services. All the services are delivered free of charge and you don't need to make an appointment - simply drop-in on the day.

HospiceCare's Board of Trustees Vice Chairman, Lucy Carroll, who has been instrumental in launching the Information & Advice Hub said "our vision is to provide an accessible place where people can visit to get vital, comprehensive and professional help, advice, and guidance during a difficult time in their life. The collaboration work with Macmillan Cancer Care, and Citizen's Advice means that by working together we can provide a co-ordinated approach which in turn makes life easier for all. We plan to mirror this service in Alnwick, and together we will develop further over time through discussions with our beneficiaries to meet their needs."

The Information and Advice Hub is open the first Thursday of every month from 10am-1pm at HospiceCare, Hazel Marsden House Violet Terrace, Berwick, TD15 1LU. There is ample free parking in the B&M car park. Full details on our website: www.hospicecare-nn.org.uk.

New Wellbeing Centre at Alnwick

HospiceCare in Alnwick have moved from their Castleside House building to a purpose designed new Wellbeing Centre on the Greensfield Industrial Estate to the south of the town. The new Centre supplements the clinical services already provided in both the Berwick Centre and supporting people in their own homes, with the Hospice at Home service. It also enables further development of dementia services and specialist bereavement support. All patients will be assessed by one of the clinical services team who will prepare a personalised, holistic care plan to be delivered from the Wellbeing Centre, in the community or within their own homes, to meet individual needs.

The Hospice wants the Wellbeing Centres to be a happy place to spend time, with its aim to help improve quality of life for all who visit. Users of our services may attend a 'drop-in' session, a specialist talk, a training course or an arts and crafts activity group – or simply pop in for a coffee.

'Our Mam'

"Mam was delighted to be home, surrounded by her family and home comforts"

"Mam was being cared for in our local community hospital when we received the devastating news that her condition was palliative, that she would not benefit from any further treatment. We were all absolutely heartbroken to hear this and just wanted the best for Mam. She asked if possible could she come home to be looked after.

As a family we were more than happy for this to happen. The discharge process was started almost immediately and the nursing staff at the hospital completed a fast track assessment form to enable us to receive funding and any care that Mam would require. At the same time we were asked if we would be happy to accept any assistance from our local hospice, [HospiceCare North Northumberland](#). As we had only ever heard good reports about this local service, were willing to speak to them to see what help they could provide.

Nina - [HospiceCare](#) Clinical Lead, was our first contact who then visited Mam in hospital. Nina was able to talk through the care and support [HospiceCare](#) could provide, which was carried out in a very professional and compassionate way. We decided as a family, we could manage Mam's care at home throughout the day with support from the community nurses, but would appreciate help overnight. Nina assured us that this could work and within a matter of hours all relevant paperwork was complete and Mam was given a discharge date from hospital. Between then and Mam coming home we were kept up to date by [HospiceCare](#) with all the care plans, which we very much appreciated.

Mam was delighted to be home, surrounded by her family and home comforts and in her words, she was 'back where she belonged.' We were provided with a [HospiceCare](#) Hospice at Home nursing assistant every night, so we were able to sleep well knowing that Mam was being so very well cared for by the fabulous Hospice at Home nursing team; Cath Miller, Cath McEwan, Linda and Rena. These nursing assistants were not only amazing with Mam, but they spent time talk to myself and my Dad, which to us meant a lot to know that there was somebody always to talk to, we never felt alone.

Whilst Mam was at home we received daily phone calls from Nina - the offer of increased help was always there. Mam was also given a hand massage from Sarah-Jane, the [HospiceCare](#) Therapist, which she thoroughly enjoyed.

Mam was able to be at home for 3 weeks before she sadly passed away and up until the very end, she received the best possible care. For that, we as a family will always be truly thankful. Following Mam's death our family were also offered support from the [HospiceCare](#) nursing team.

We cannot praise this service enough, keep up the fantastic work girls, you are absolutely amazing and we will never forget what you did for Mam." *Ruth*



**It costs
£25 per hour
to deliver our
Hospice at Home**

Local Business Support

Since adopting [HospiceCare](#) in 2014 as their Charity of the Year, the Red Lion have raised nearly £27,000 towards our Hospice at Home services. This will be our 5th business partnership year.



“We will continue to support the hospice again this year as we feel it’s such a worthy cause. It’s also good to see other local business offering their support because together we can make a difference. It’s reassuring to know that every disease or illness is supported by the hospice, as we have had close friends who have used their Hospice at Home support and been full of praise for what the hospice has done for them; in particular allowing their families to have a break from caring, knowing that their loved ones have the expert care of their nursing team.

Throughout our Beer Festival fundraising we have received brilliant support from Julie (Marketing & Communications Officer) and the [HospiceCare](#) volunteers, not to mention our own dedicated bar staff who also work tirelessly not just over the weekend, but pre and post event - we would not have been able to raise as much money without this big team effort. David Jobling-Purser, local business man, has also contributed greatly to the success of our event by sponsoring the marquee and glasses. We also get support from the breweries and many other local businesses, as well as from family and friends. It’s an amazing team effort from everyone involved that ensures the success of our Beer Festival and it’s heart-warming to know that our local business is helping a local independent, very worthy, charity.”

Jane & Mac McHugh - Red Lion Inn



John’s Story

John Middleton

It’s been four and a half years and still words cannot express how grateful we are as a family to [HospiceCare](#) North Northumberland. Our dear husband, father, brother and grandad got his wish to spend his last moments at home thanks to the wonderful nursing team at [HospiceCare](#).

Cath Miller, one of the Hospice at Home team, was and still is, our angel for what she did for us. She sat with us through our darkest times and saw us as a family at our most vulnerable, yet never once did she make us feel that. Cath’s care, compassion and support were something we very much needed. Having no experience with death we lived fearful everyday of what to do when the time came. Cath took all that away, her experience and love to our family will never be forgotten.

Thank you once again Cath and all the team at [HospiceCare](#). The world is a better place with people like you in it. *Middleton Family*

**Last year 2%
of our income
came from
legacies**

WIN A CAR!

Blackshaw's, Alnwick

14%
of our income
comes from
Fundraising and
Sponsored
Events

At Blackshaws we're celebrating our Centenary! This is a momentous occasion for our family business and we are incredibly grateful for the long-standing support we have had and continue to receive from the local community. To say thank you we'd like to give something back. For many years we have undertaken fund-raising activity in aid of [HospiceCare North Northumberland](#) and this year we hope to help raise more than we've ever done before. In conjunction with Suzuki we've donated a Suzuki Swift SZ3 to [HospiceCare](#) which is to be used as a raffle prize. Tickets are £2 each and they are on

sale throughout the year at various Hospice events and from Hospice Charity shops. We're also selling tickets in our Blackshaws Alnwick showroom so please call in or phone [01665 517 545](tel:01665517545) if you would like to buy one. Fund-raising for the raffle will culminate in a Grand Draw at a Charity Event and Party on November 22nd 2019 at our Alnwick dealership and 100% of ticket money will go to [HospiceCare](#). Please help us to support this amazing local charity so they can continue to support and care for people in our area in times of most need. [Sue Blackshaw](#)



Make it your business to care for life



£250 is the cost of one night of our essential nurse-led Hospice at Home service. The **250+ Club** is a way for your business to partner with us and directly cover the cost of one or more nights of this essential clinical service.

However your organisation chooses to support us – through sponsorship, financial donations, in-kind donations, payroll giving, as charity of the year, through a commercial partnership, or via community fundraising such as staff volunteering, entering challenges or running cake-bake sales – you're one of our valued business partners. As a business partner, you'll join a community of like-minded businesses and enjoy a range of benefits.

For more information, check out our website or contact Jackie or Emma at: fundraising@hospicecare-nn.org.uk

Wills Week 2019

Adam Douglas Legal LLP, who have offices in Alnwick and Berwick, have kindly agreed to run another Wills Week for us this year. Appointments will be limited with 100% of the fees coming to HospiceCare. Our Wills Week will run 14th – 18th October 2019 with limited availability, so booking essential. Full details on our website: www.hospicecare-nn.org.uk

adamdouglas legal llp

Income from Trusts and Foundations 2018/2019

- Sir James Knott Trust • The Community Foundation • The Davis Foundation • the Community Foundation - Leech Challenge Fund • The Sylvia and Colin Shepherd Charitable Trust • The Joseph Strong Frazier Trust • North East Promenaders Against Cancer (NEPAC) • The Community Foundation • J G W Patterson Foundation • Carr-Ellison Trust • P F Charitable Trust • Seahouses and District Cancer Research and Relief Fund • Percy Hedley 1990 Charitable Trust • The W. A. Handley Charity Trust • Persula Foundation • Hugonin Family Trust • Hospice Aid UK • Souter Charitable Trust • Paget Trust
- The Henfrey Charitable Trust • Masonic Charitable Foundation • Generalate of the Institute of Our Lady of Mercy • The Kobler Trust • The Hedley Denton Charitable Trust • Lions Club of Alnwick • The James and Patricia Hamilton Charitable Trust • The William Leech Charity • The Alchemy Foundation
- The Albert Hunt Trust • The Joicey Trust • Hadrian Trust • The Hospital Saturday Fund • The Mirianog Trust • The Davis Foundation • Stella Symons Charitable Trust • The J H Burn Charitable Trust
- The Thomas J Horne Memorial Trust

Admiral Nurse News

Betty Lucas was appointed as our Admiral Nurse last year and in that time has quickly seen demand for specialist end of life Dementia care support in North Northumberland grow.



Betty Lucy

Why are they called Admiral Nurses?

Many years ago a family recognised that there was plenty of support for their loved one who was living with dementia but none for the family so they set up a charity to help with this. Admiral Nurses were named by the family of Joseph Levy CBE BEM, who founded the charity. Joseph had vascular dementia and was affectionately known as 'Admiral Joe' because of his love of sailing.

How can an Admiral Nurse help me?

An Admiral Nurse can help with many aspects of caring for your loved one including:

- Using Communications techniques to help you to stay connected
- Helping to identify reasons for distress or agitation in your loved one
- Supporting you with any questions you don't seem to be able to get answered anywhere else
- Supporting you emotionally through the changes in your loved one as well as supporting your loved one through those changes.

The Admiral Nurse works very closely with the Nurses at HospiceCare, Hospice at Home and the Bereavement Teams giving easy access to years of expertise around end of life care."

Why did you want to be an Admiral Nurse?

Many years ago in the early 90's I saw an article in a Journal (none of these fancy computers then!) about Admiral Nurses. I had always loved spending time with the families of my patients and thought it would be the ideal job for me so I collected as many articles as I could and went to the Manager of St Mary's Hospital in Stannington, presented him with what I had collected and asked him to 'make' the job for me. Unfortunately, it was not possible as it was a new charity just starting out in the south of the country – so I waited, and waited and waited then eventually here I am.

What experience do you have? What is your nursing background?

I started my training in the 1980s and very quickly realised that my heart lay with those living with dementia. I worked on the wards at St Mary's then at the Queen Elizabeth Hospital in Gateshead. I was a deputy manager on a ward which assessed those living with dementia for about 9 years. I then went to manage a ward in the general hospital which was for people with both medical illness and mental health illness (a very challenging job). I left there in 2004 and worked with the psychiatric liaison team based at St Georges. This job entailed assessing older people who were unwell in a general hospital. I did a short stint with the Challenging behaviour team then eventually my ideal job came up, which I applied for and was fortunate to get. Oops forgot to say I'm a Registered Mental Health Nurse. *Betty Lucas* - Admiral Nurse



A word from our Clinical Lead

Palliative care has always been my passion, from qualifying as a registered nurse back in 2002. In my previous employment I worked on an extremely busy Critical Care Unit which really developed and shaped my acute clinical skills but I never felt I was able to offer truly holistic, person centred care. And then I joined the nursing team at [HospiceCare](#) and all that changed...



Nina Burnett
Clinical Lead

I have worked as a registered nurse for [HospiceCare](#) for over 6 years. Over that time the Hospice at Home service has continued to grow and adapt to the changing needs of our local communities within North Northumberland. We care for a person at what can be a very intense time and we never forget what a privilege it is to be able to share that with them and their families. The hospice can receive a referral for a person with a palliative illness at any time from their diagnosis and we can support them at varying points throughout that disease progress. We work closely alongside other healthcare professionals such as District nurses, GP's or statutory care providers to try to make their care as seamless as possible. I feel incredibly fortunate that we are able to offer a person, and their families, the time to talk through their worries or concerns, hopes and wishes. Sometimes from those conversations, a person may choose to complete some more formal discussions to ensure their future care planning and health needs are documented in the form of an Advance Care Plan, or other documents such as a decision to complete a Do Not Attempt Resuscitation order. We can facilitate this, if that is their wish. For some people, this can relieve a huge burden for them, as they feel more secure knowing that their wishes have been heard, it can allow them the freedom to go on living their lives in a way that is fulfilling for them.

Another question that may arise from having these open and honest conversations is, talking about where a person may choose to be cared for at the end of their life. For some, their wish would be to die at home. For others they want to be looked after at home until the time comes to be cared for elsewhere such as a bedded hospice or one of the local infirmaries and for some there may be a need that means they need extra help on a short term basis until their condition stabilises again. This is where Hospice at Home comes in. We can care for a person day or night within their homes, and our whole mission is 'Caring for Life'. I am very proud to work alongside such wonderful, caring nurses and nursing assistants - their compassion and warmth is evident for every person we look after. Alongside Cath and Cath, whom you will have read about earlier on in this issue, we have a dedicated team of bank nursing assistants who we can call, often at very short notice, to go out and deliver care in a person's home. They are able to treat that person with the dignity and respect, that we all deserve.

TEA.CAKE.DEATH

JOIN THE CONVERSATION



Death Cafe

As part of our ongoing awareness programme, The BIG Conversation, we want to further encourage open conversations about death and dying. In support of this we are hosting our first Death Café get-together during National Hospice Care Week in October this year - and we invite you to join us.

What's a Death Café?

The objective of a Death Café is to increase awareness of death with a view to helping people make the most of their (finite) lives. Death Cafés are a growing movement to help people of all ages and backgrounds to better understand death, with no intention of leading people to any conclusion, product or course of action. They are a group-directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. A Death Café is a scheduled get-together for the purpose of talking about death over food and drink, usually tea and cake. It provides an opportunity for people to become more familiar with the end of life, which is often still seen as a taboo subject. It also gives an opportunity for individuals to discuss their understanding, thoughts, dreams, fears and all other areas of death and dying, in a respectful and confidential space. Death Cafés never involve agendas, advertising or set conclusions but interesting conversations are guaranteed!"

Where did this idea originate?

The idea originates with the Swiss sociologist and anthropologist Bernard Crettaz [fr], who organised the first Café Mortel in 2004. They have since been held in several countries, beginning with France and the United Kingdom.



What will happen at a Death Café get-together?

The Death Café will be facilitated by a member of our nursing team or other specialist facilitator in an informal setting at the Hospice. Guests will be welcomed with a cup of tea or coffee and slice of nourishing homemade cake. Once everyone is settled the facilitator will welcome people to the Death Cafe and introduce the session, which will have no agenda. The Death Café should last around 2 hours, but on occasion could be more or less depending on the flow of the discussions.

Do I have to book?

Booking is advisable, but not essential. Our first Death Café will be held on Saturday 12th October 2019, 11am -1pm at Greensfield House, Alnwick, NE66 2DG. To reserve your place at our table, please contact our nursing team on email: nursingteam@hospicecare-nn.org.uk. Please check for updates on our website: www.hospicecare-nn.org.uk



HospiceCare

NORTH NORTHUMBERLAND

Caring for Life

Have you visited our Wear & Care shops?

We have new stock arriving daily and accept good quality donations – collection can be arranged for larger items



Volunteers
needed to join
our existing
teams

BERWICK

Hazel Marsden House, Violet
Terrace, Berwick, TD15 1LU
Tel: 01289 332290

WOOLER

31 High Street,
Wooler, NE71 6BU
Tel: 01668 281114

AMBLE

84 Queens Street,
Amble, NE65 ODD
Tel: 01665 798092

All our shops are open: Monday - Saturday, 9am - 4pm

www.hospicecare-nn.org.uk