



## The Loop

Special **DYING MATTERS WEEK** Edition: 50 MAY 2021

NHS England and NHS Improvement

### Welcome!

We hope that you find **The Loop** useful. If you wish to opt out of receiving future newsletters, please email: [lucy.lavelle2@nhs.net](mailto:lucy.lavelle2@nhs.net) and ask to be removed from the distribution list.

Web Access: <http://eolp.co.uk/the-loop/>

### **DYING MATTERS WEEK Special!**

#### **National Dying Matters Week 10th-16th May 2021**

The Palliative & End of Life Care programme is supporting the National Dying Matters week 10-16<sup>th</sup> May by running a campaign to get people talking about what matters to them for their future care, especially at the end of their life.

End of Life Programme Managers from across the North West have joined forces to encourage us to 'tell 3people' about what matters to us – [#tell3people2021](https://twitter.com/tell3people2021)

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It doesn't have to be just about the big things like the treatment you would or wouldn't want or where you would wish to die, it can be the smaller things that are significant to you; what would you want the people caring for you to know. Would you like music playing? Is it important to you that they know how many sugars you have in your tea? Do you want someone to do your hair and make up for you if you can't? Where would you like to be when the end of your life comes?

Talking about death doesn't bring death closer. It's about planning for life, helping us make the most of the time that we have. However, starting the conversation, particularly with those close to you, is never easy. Families commonly report that it comes as a relief once the subject is brought out into the open. You are able to express your thoughts about the way you wish to be cared for, where you'd like to die, or what you'd like to happen after you die. This helps you and your loved ones to cope better both emotionally and practically with what your death could mean.

**A series of videos have been filmed where people across the North West have shared what is important to them and how their thoughts have changed as a result of Covid-19**

**[Introduction to the video series](#)**

**[What's Important to you for the future?](#)**

**[What helps you make decisions about your life?](#)**

**[How have your views changed as a results of Covid-19?](#)**

**[What would you not wish to happen in the future?](#)**

**[If you were coming to the end of your life what would you want people to know about you?](#)**

**[Who have you told about your wishes?](#)**

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If you would like to know more about starting the conversation, recording your wishes or planning your funeral the following resources might be helpful:

[Starting the Conversation](#)

[Planning Ahead for your Treatment and Care](#)

[Age UK Planning your funeral leaflet](#)

[Talking about dying with people affected by dementia](#)

[Talking about dying with children](#)

[All About Me booklet](#)

[Alzheimer's Society This is Me Booklet](#)

[Preferred Priorities for Care booklet](#)

<http://www.whatmattersconversations.org>

