

# Improving confidence within our communities when talking about death, dying and bereavement: training for all

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## Last Days Matter



## Compassionate Conversations



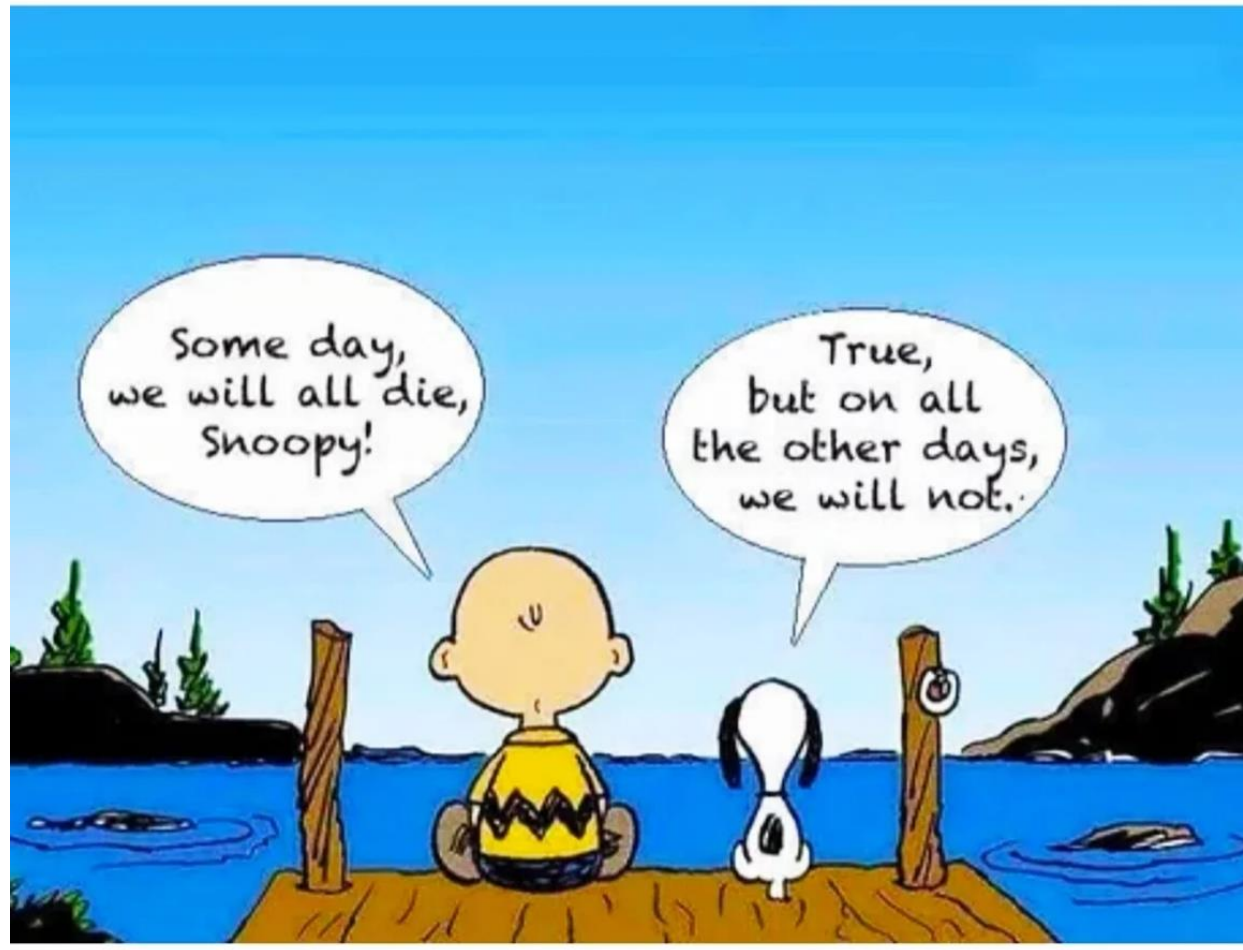
# Demographics

Year	Male	Female
1841	44	47
1850	48	50
1900	52	57
1950	71	75
2000	78	83
2022	85	87

Population type	2041
Total population	>1%
Working age population (19 to 64)	<10%
Children and young people	<3%
65 plus	>21%

Government forecast population change 2021 to 2041

Based on actual and estimated historical mortality rates and projected mortality rates from the 2014-based principal population projections ONS



## Talking About Death is...

- ~~Weird~~
- ~~Taboo~~
- ~~Bad Luck~~
- ~~Morbid~~

*a part of life.*

**Death; we can deny it  
and medicine can delay  
it, but it is life's only  
certainty.**

**Despite this, it remains  
the ultimate taboo in  
British society today.**



Rankin  
ALIVE: In the face of death

# Community Engagement



# Last Days Matter

- Planning for the future
- To care and accompany
- How to say goodbye
- To understand and recognise that someone is dying
- The 'new normal'





## To care and accompany

[https://saintjohnshospice-my.sharepoint.com/personal/sophy\\_horner\\_sjhospice\\_org\\_uk/\\_layouts/15/stream.aspx?id=%2Fpersonal%2Fsophy%5Fhorner%5Fsjhospice%5Forg%5Fuk%2FDocuments%2FAttachments%2F2%20To%20care%20and%20accompany%202%2Emp4&ga=1](https://saintjohnshospice-my.sharepoint.com/personal/sophy_horner_sjhospice_org_uk/_layouts/15/stream.aspx?id=%2Fpersonal%2Fsophy%5Fhorner%5Fsjhospice%5Forg%5Fuk%2FDocuments%2FAttachments%2F2%20To%20care%20and%20accompany%202%2Emp4&ga=1)

Most thought provoking -- videos, they really made me sit up and appreciate all sides of people's emotional reactions. This has definitely helped me in my work.

The mystery of death, dying AND living is something I've pondered for many, many years! As you discussed in the course, they are not topics for your average daily discussions, hence the necessity of making opportunities in our lives for forums where one CAN discuss/talk about them.

I liked being in a group of people that came not just from the hospice but from the community as well, widening the circle of human kinship and listening to the everyday experiences of those we may have never met otherwise.

Not the easiest section but I thought the section on the last hours of life and the reality of death including detail of the physical changes was helpful.....and very healthy to have had an accompanying discussion around this.

## Compassionate Conversations





## Compassionate Conversations

- Breaking down taboos and myths about death and dying.
- Thinking about how we can have compassionate conversations.
- How taking the time to lend a helping hand or a friendly ear can make a difference.
- Identifying support services available for those experiencing end of life, loss and bereavement.



# Delivery model



- 63 attendees so far
- Nine community organisations engaged
- Of those who completed the evaluation form 93% felt more confident about talking about death and dying as a result of attending
- Of those who completed the evaluation form 90% felt more confident about supporting a bereaved person as a result of attending
- Seven more sessions planned in the next two months



Thank you!  
Questions?