

Carers Week Resource List

10-16 June 2024



Useful Contacts and Websites for Carers

East Dunbartonshire:

email: enquiry@carerslink.org.uk

website: www.carerslink.org.uk

East Renfrewshire:

email: enquiries@eastrenfrewshirecarers.co.uk

website: www.eastrenfrewshirecarers.co.uk

Glasgow City:

website: www.yoursupportglasgow.org/carers

Inverclyde:

email: inverclyde@unity-enterprise.com

website: www.carersgateway.org.uk/inverclyde

Renfrewshire:

email: enquiries@renfrewshirecarers.org.uk

website: www.renfrewshirecarers.org.uk

West Dunbartonshire:

email: clydebankcc@carerswd.org

website: www.carerswd.org

More information can be found on the NHSGGC Carers website.

Click on
the names
for more
information



There are other local organisations which support carers too.

Courses for Carers

- End of Life Aid Skills for Everyone (EASE)
- Caring Counts (Open Learn)

Your local carer services can also provide a range of training opportunities to meet your needs.

National Carers Organisations

- Carers Information Scotland
- Coalition of Carers
- Carers Scotland
- Carers Trust
- Shared Care Scotland
- Jointly App
- MECOPP

Health and Social Support

- Planning for Care (NHSGGC)
- NHSGGC Support & Information Services
- NHSGGC Palliative Care
- National Wellbeing Hub
- Patient Advice and Support Service (PASS)
- Macmillan
- Maggie's Centre

Emotional and Wellbeing Support

- Support About Death (SAD)
- Good Life, Good Death, Good Grief
- NHSGGC Spiritual Care Services
- Bereavement Charter
- Support in Mind Scotland
- Breathing Space
- COPE Scotland

Legal and Financial Support

- My Power of Attorney
- Office of Public Guardian
- Citizen's Advice Scotland
- Caledonia Funeral Aid
- Pushing Up the Daisies

There are lots of resources out there, these are just some of our favourites! We would encourage you to look out for things that work for you too. We have not been asked to promote any of this content by publishers or companies and receive no commission.

Reading Resources

- A Heart That Works by Rob Delaney
- Slow Down When Someone Dies by Kate Clark and Lin Carruthers
- Finding Joy by Gary Andrews
- Grief Works by Julia Samuel
- Books by Dr Kathryn Mannix
 - Listen
 - With the End in Mind

Podcasts

- The hidden value of unpaid carers (Kings Fund)
- Carers Voices
- Dying Matters Podcast
- Do Not Resuscitate (BBC Radio Programme)
- Life Changing with Jane Garvey (BBC Series)
- Fortunately (BBC Series) - Dr Kathryn Mannix Episode
- Conversations About Advanced Care Planning with Clare Fuller
- The Listening Project (BBC Series)
- Should assisted dying be legalised?
- Where There's a Will, There's a Wake
- Griefcast
- The Grief Gang

TV Shows and Films

- Best Interests (BBC)
- Good Grief with Rev Richard Coles
- The Father
- Kate Garraway: Derek's Story

Short Videos

- Love Is Not Enough - Future Care Planning Advert
- Health Talks - variety of personal interviews
- In my humble opinion - Kathryn Mannix

Conversation Games and Tools

- The Death Deck
- Conversations For Life

Public Events

- Death Cafes
- Events During "To Absent Friends" Week, "demystifying Death Week", "Carers Week" and "Carers Rights Day"

If you need immediate support with your mental health please contact a trusted member of your community such as your GP, or NHS 24 on '111' or if you are in imminent danger please dial '999'.

Useful Contacts and Websites for Future Planning



Future Care Planning

Conversations about Health and Well-being and What Matters To You. An opportunity to be involved in your future care planning.



www.nhsggc.scot/planningcare



Organ Donation

All adults aged 16 years will be considered to be willing to donate organs and tissue when they die, unless they choose to opt out. You can register your preference.



www.organdonation.scot



Power of Attorney

A Power of Attorney is a legal document that allows someone to make decisions on your behalf if you are no longer able to.

Watch the
Recording



www.mypowerofattorney.org.uk

www.publicguardian-scotland.gov.uk



Funeral Planning

Planning for your funeral can take the pressure off family & friends after you die, not knowing your wishes may cause stress, anxiety & arguments for those left behind.



www.gov.scot

www.citizensadvice.org.uk



Emergency Planning

Provision for occasions when you are unable to fulfil your caring role - it sets out the arrangements that need to be made.



www.nhsggc.scot/carers/



Digital Legacy

A digital legacy is the digital information that is available about someone following their death and what happens to this after you die.



www.digitalelegacyassociation.org



Making a Will

A Will is a legal document which gives instructions on what should happen to your estate after you have died.

Watch the
Recording



www.citizensadvice.org.uk



The Bucket List!

A list of things you still want to do in your life. Create your own list, speak to family and friends. Set realistic tasks and dates. Enjoy! As you tick them off.

Training and Tools For Better Conversations

Staff Training

Having Conversations

- Effective Communication for Health Care (EC4H)
- Sage & Thyme Communication Training
- Realistic Conversations – Shared Decision Making (NES)
- Having Conversations That Matter (NHSGGGC)

Bereavement Support

- Changing children's attitudes to death (Macmillan)
- Working with children pre-bereavement (Macmillan)
- Person Centred Bereavement Care (NHSGGGC)

Pre-Recorded Sessions (Available on our events pages)

- Plan More, Stress Less (NHSGGGC)
- Planning for the Future (NHSGGGC)
- Making a Power of Attorney and Wills (NHSGGGC)
- Anticipatory Grief (NHSGGGC)
- Funeral Costs (Caledonia Funeral Aid)
- Future Care Planning and TEP (Treatment Escalation Planning)

Palliative Care

- Learnpro - GGC 053: Palliative End of Life Care
- Palliative and End of Life Care including Bereavement (NES)
- Informed about palliative and end of life care (NES)

Future Care Planning

- NHSGGC eModule
- NHSGGC Future Care Planning - The Big Picture (have the conversation)
- Focused Fundamentals - various topics
- Future Care Planning Introduction to or Refresher Sessions

Supporting Carers

- Learnpro GGC 231: Carer Awareness
- Involving and Supporting Carers (NHSGGGC)
- Supporting Carers: A Professional's Toolkit (Macmillan)
- Supporting Carers: A Volunteer's Toolkit (Macmillan)
- Equal Partners in Care (TURAS)

Training for Everyone

- End of Life Aid Skills for Everyone (EASE)
- Caring Counts (Open Learn)
- Pushing Up The Daisies

If you know of any other websites, organisations or training you think we should be aware of please email ggc.HomeFirst@ggc.scot.nhs.uk