

Resource Guide 2024

Demystifying Death Week

Useful Websites

Emotional and Wellbeing Support

- NHSGGC Occupational Health (including self-referral & COVID-19 Staff Support Line)
- Support About Death (SAD)
- Good Life, Good Death, Good Grief
- National Wellbeing Hub
- Support In Mind Scotland
- Breathing Space
- COPE Scotland

Bereavement Support

- The Scottish Pet Bereavement Counselling Service
- Compassion in Dying
- Richmond's Hope
- CRUSE Scotland
- Butterfly Project
- Dying Matters
- Bereavement Charter
- Supporting Bereaved Colleagues Resources (GLGDGG)
- Child Bereavement UK
- ARC
- Sands
- Beatson Cancer Charity
- Samaritans
- Survivors of Bereavement by Suicide
- Papyrus UK - Prevention of Young Suicide

Click on
the names
for more
information

Other NHSGGC Services

- NHSGGC Palliative Care
- NHSGGC Support & Information Service
- Planning for Care (NHSGGC)
- NHSGGC Spiritual Care Services

National Organisations

- Macmillan
- Maggie's
- Marie Curie (Bereavement Support)

Future Planning Organisations

- Pushing Up the Daisies
- My Power of Attorney
- Caledonia Funeral Aid

Public Events

- Death Cafes
- Events During:
 - To Absent Friends Week
 - Demystifying Death Week
 - Dying Matters Week
 - Carers Week

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.

Podcasts

- The Patch - St Mary Cray (BBC)
- Dying Matters Podcast
- Do Not Resuscitate (BBC Radio Programme)
- The Glasgow Series
- St Mungo's Podcast
- The People's Pyramid (BBC)
- Fortunately (BBC Series) - Dr Kathryn Mannix Episode
- Conversations About Advanced Care Planning
- The Listening Project (BBC Series)
- Griefcast
- The Grief Gang
- Beyond Belief - Without Child (BBC)
- Should assisted dying be legalised?
- Conversations about Advance Care Planning with Clare Fuller
- Where There's a Will, There's a Wake
- Death Discs

Wise Wordsmiths

We love seeing what these people share on social media!

- @drkathrynmannix
- @ProfMarkTaubert
- @GoodGriefFest
- @GaryScribbler

- @thegriefgang
- @LifeDeathGrief
- @goodgrieftrust
- @thegriefcast

- @Palliative_Scot
- @ClareFuller17
- @DyingMatters
- @RebPatter

TV Shows and Films

- After Life
- A Beginners Guide To Living With Loss
- Truelove
- Married, Sikh and Wanting a Baby
- The Funeral Director
- Good Grief with Rev Richard Coles

Reading Resources

- A Heart That Works by Rob Delaney
- Making Informed Choices when Planning a Funeral - A Guide for Queer People by Ash Hayhurst
- How To Recover From Pet Loss: Supporting You On Your Journey To Acceptance by Wendy Andrew
- Seven Signs of Life by Aoife Abbey
- Slow Down When Someone Dies by Kate Clark and Lin Carruthers
- Finding Joy by Gary Andrews
- Grief Works by Julia Samuel
- Being Mortal: Medicine and What Matters in the End by Atul Gawande
- Books by Dr Kathryn Mannix
 - Listen
 - With the End in Mind

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 Carers

HSCP Commissioned Services

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.inverclydecarerscentre.org.uk

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

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)

Training for Everyone

- End of Life Aid Skills for Everyone (EASE)
- Caring Counts (Open Learn)
- Preparing For Hospital - What you need to know (NHSGGGC)
- Pushing Up The Daisies
- Planning for the Future (NHSGGGC)
- Making a Power of Attorney and Wills (NHSGGGC)

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

- NHSGGGC eModule
- NHSGGGC Future Care Planning - The Big Picture (have the conversation)
- Focused Fundamentals - various topics
- Future Care Planning Introduction to or Refresher Sessions
- Future Care Planning and TEP (Treatment Escalation Planning)

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)

Conversation Games and Tools

- The Death Deck
- Conversations For Life

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

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.