

# Seasons of Change

## Resources Guide

### 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
- NHSGGC Spiritual Care Service
- National Wellbeing Hub
- Support In Mind Scotland
- Breathing Space
- COPE Scotland
- Headsup (NHSGGC)

### Staff Training Links

#### Having Conversations

- Sage & Thyme Communication Training
- Having Conversations That Matter (NHSGGC)

#### Bereavement Support

- Palliative and End of Life Care including Bereavement (NES)
- Changing children's attitudes to death (Macmillan)
- Working with children pre-bereavement (Macmillan)
- Person Centred Bereavement Care (NHSGGC)

#### Bereavement Support

- Compassion in Dying
- Richmond's Hope
- CRUSE
- Butterfly Project
- Dying Matters
- Bereavement Charter
- Supporting Bereaved Colleagues Resources (GLGDGG)

Click on  
the names  
for more  
information

### Other NHSGGC Services

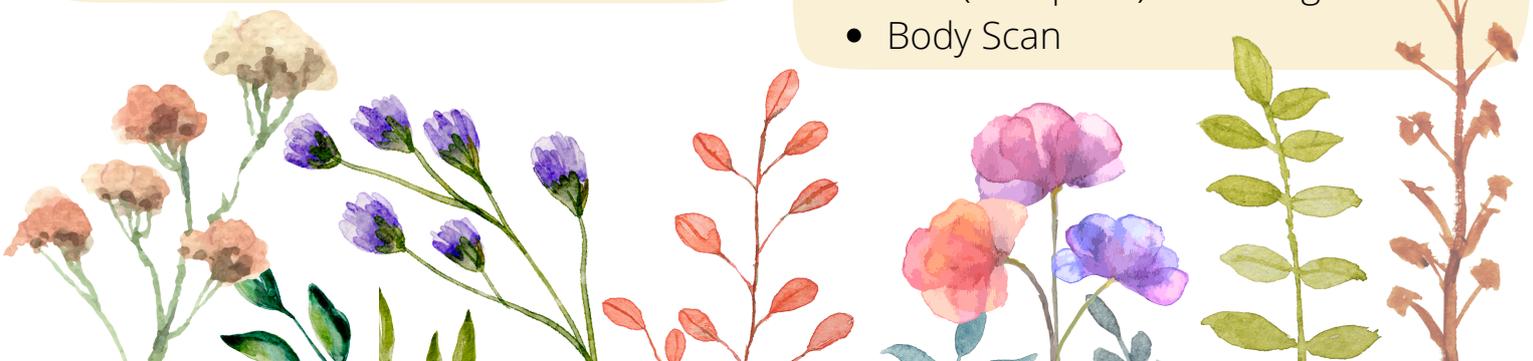
- NHSGGC Palliative Care
- NHSGGC Support & Information Service
- Planning for Care (NHSGGC)

### National Organisations

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

### Mindfulness Exercises

- Finger Hold (Capacitar)
- Box (or Square) Breathing
- Body Scan





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

- Seven Signs of Life by Aoife Abbey
- Grief Works by Julia Samuel
- Books by Dr Kathryn Mannix
  - Listen
  - With the End in Mind

## Podcasts

- Conversations with Annalisa Barbieri - Dr Kathryn Mannix Episode
- Dying Matters Podcast
- Do Not Resuscitate (BBC Radio Programme)
- The Glasgow Series
- St Mungo's Podcast
- Life Changing with Jane Garvey (BBC Series)
- Fortunately (BBC Series) - Dr Kathryn Mannix Episode
- Conversations About Advanced Care Planning
- The Listening Project (BBC Series)
- Griefcast
- The Grief Gang

## TV Shows and Films

- After Life (Netflix)
- A Beginners Guide To...Living With Loss (BBC)
- Miriam's Dead Good Adventure (BBC)
- Coco (Disney)

## Training for Public

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

## Conversation Games and Tools

- The Death Deck
- Conversations For Life

## Public Events

- Death Cafes
- Events During "To Absent Friends" Week and Demystifying Death Week

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'.

**You can find more information on the NHSGGC Anticipatory Care Planning Pages. You can also contact [ACPSupport@ggc.scot.nhs.uk](mailto:ACPSupport@ggc.scot.nhs.uk)**

