

WHAT MATTERS ?

@cornwallhospicecare



Cornwall Hospice Care
• Mount Edgcombe Hospice • St Julia's Hospice •
Caring for our community

AN E-NEWSLETTER FOR THOSE IN CORNWALL APPROACHING OR PLANNING FOR END OF LIFE AND THOSE WHO ARE BEREAVED

SPECIAL POINTS OF INTEREST:

Compassion in Dying: Planning can make things easier for family and loved ones 6-7

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Our Useful Links Directory

What is The Useful Links Directory?

It's our comprehensive database of local and national support available to you, with links and contact information for a range of organisations and charities.



Scan Me or visit our website below



Bereavement & grief	End of life planning	Housing & homelessness	Older persons
Cancer & Oncology	Faith & Spirituality	Learning disability	Staying safe
Carers	Financial	LGBTQIA+ community	Transport & mobility
Children & young people	General health	Mental health	Useful podcasts & websites
	General support	Neurological conditions	Veterans

Need urgent help? You can:
Call your GP and ask for an emergency appointment
Call NHS 111
Call the Palliative Care Out of Hours Team 01872 224 050
Call Samaritans free on 116 123

www.cornwallhospicecare.co.uk/our-care/useful-links/



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Neighbourhood Hubs

A FREE service centred around what matters to you.

Are you living with a terminal or palliative illness, a progressive condition that is becoming harder to manage, or a life shortening illness? Are you caring for a loved one in this situation?

Make a contact today and have a chat about how we can support you...



Community Services. Information, one to one and groups

We're here for you

For more information call us on 01726 829874 or see our website below or scan the QR code



www.cornwallhospicecare.co.uk/our-community-services/neighbourhood-hubs/

Getting organised before you die

Dying Matters

It can seem hard to think about death. But making plans for after your death can help your family and friends. Making plans for after your death can help you too. We have listed below some things it can be helpful to do.



Write a Will

In a Will you write what you want to happen to your money when you die. You can write what you want to happen to your things too. And you can write what you want to happen at your funeral.

It can cause problems if you do not write a Will. Your money and things may not be given out to who you want. They will be given out based on legal rules.

Writing a simple Will is easy. You can buy a kit that explains how to do it. Banks, shops and supermarkets sell the kits.

A solicitor should check your Will after you write it.

They will make sure you have not missed anything.

A solicitor is a person who helps people with legal issues.



Plan your funeral

There are lots of options when you plan your funeral. It can help to write down what you want. You can give what you write to your family or friends. Or you can give what you write to a funeral director. Or you can put what you write in your Will.

A funeral director helps to organise and run funerals.

You can also talk to friends and family about what you want at your funeral. People often feel better after they talk.

You can find more information on planning a funeral at hospiceuk.org/arrange-a-funeral

Hospice House, 34-44 Britannia Street, London WC1X 9JG

Getting organised before you die



Plan your care

It can help to plan what you want to happen if you get very ill. You can think about what care you would like. And where you want to be cared for. And if there are treatments you do not want.

Planning can help to think about what is most important to you.

You should write down your plans and give them to someone you trust. A doctor or nurse can give you a form to write your plans down. It is called an advance care planning form.



Think about organ donation

Your organs are things like your kidneys and liver. You can donate your organs to other people when you die. Your organs could be used to help people who are ill and need a transplant.

There are different laws about this in England, Northern Ireland, Scotland and Wales. The NHS has a website to tell you about the laws near you. The website is organdonation.nhs.uk



Think about technology

Many of us have personal information online. This includes on social media and websites. We have information on our phones and tablets too. Often it is protected by passwords.

It is good to decide what you want to happen to your information when you die. And you should choose who you want to take action for you. You can get more help at digitallegacyassociation.org



Telling friends and family

You should let your friends and family know about your plans. Especially if you want them to help with your plans.

You should also keep your plans somewhere safe. And let your friends and family know where they are.

[Web version link click HERE](#) or scan the QR code



Dying Matters is a campaign run by



Hospice House, 34-44 Britannia Street, London WC1X 9JG

Compassion in Dying.

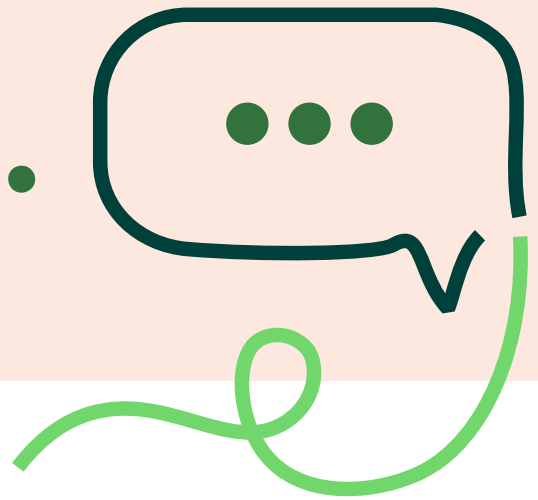
Your end of life. Your way.



Planning can
make things
easier for family
and loved ones.

If you wait until it's too late,
medical professionals may
make important decisions
without knowing what
matters to you.

We're here for you.



Whether you're preparing for the years ahead or need us right now.

We support you to make informed decisions, start honest conversations about death and dying, and record and revisit your wishes whenever you want, for free.

Health power of attorney

A legal document used to give someone you trust the power to make decisions for you.

Living will (advance decision)

Used to refuse any medical treatments that you do not want to be given in the future.

Advance statement

Used to say what care you do want, for example where you want to live and be cared for.

DNR (do not resuscitate) forms

A form you can only get from your doctor which is used to protect you from being given CPR inappropriately.

Want to talk to someone about end-of-life planning?

Contact us for free:



0800 999 2434



info@compassionindying.org.uk



compassionindying.org.uk

Free Solicitor Appointments



• Mount Edgcombe Hospice • St Julia's Hospice •

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When getting in touch, please tell the firm that you would like to book a free Will appointment through Cornwall Hospice Care's Make a Will Scheme



Walters and Barbary **Camborne: 01209 712 454**

- In Office Appointments
- At Home Appointments **
- Hospice Appointments **

** - depending on location

Charles French **Truro: 01872 263813** **Newquay: 01637 818415** **St Austell: 01726 67660**

- In Office Appointments
- Hospice Appointments
- Telephone/Video Appointments

Randle Thomas **Helston: 01326 572 951**

- In Office Appointments
- At Home Appointments
- Hospice Appointments

Ralph & Co **Wadebridge: 01208 812 277**

- In Office Appointments

Cornwall Hospice Care
Fundraising Office, Daniels Lane, St Austell, Cornwall, PL25 3HS

Web: www.cornwallhospicecare.co.uk
Email: giftsinwills@cornwallhospice.co.uk
Call: 01726 668868 (option 2)

 CornwallHospiceCare
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Registered with
**FUNDRAISING
REGULATOR**

Registered Charity No. 1113140

How we can help you plan for the future

Local Cornish Solicitors

We believe that everyone deserves the right and opportunity to create their Will and get their affairs in order, and we understand that not everyone is able to complete a Will online, which is why we have filled this gap with the support of our wonderful local Solicitors.

Appointments vary depending on our Solicitor's availability and how many appointments are allocated per year.

If an in-person appointment is more suitable for you, please call our Fundraising Office and a member of our team will let you know if there are any available appointments.

Alternatively, please see the reverse of this page to see the current Solicitors which are taking part and contact them directly.

When getting in touch, please tell them you would like to book a free Will appointment through Cornwall Hospice Care's Make a Will Scheme.

Make a Will Online

We have partnered with the trusted service and professional platform, Make a Will Online, to give you the opportunity to make your Will online for free, from the comfort of your own home.

It takes as little as 15 minutes to complete your Will and every document is checked by a fully qualified Solicitor shortly after you've finalised, for peace of mind.

You will also benefit from free access to Capacity Vault. The best way to protect the wishes in your Will from challenge.

Visit:
www.cornwallhospice.co.uk/giftsinwills

Need help? If you have any questions about leaving a gift in your Will to Cornwall Hospice Care, please don't hesitate to get in touch.

**Email giftsinwills@cornwallhospice.co.uk
or call 01726 66868 (option 2).**

"We are honoured to support a charity that does so much good for our community and those we love. We have all been touched by or heard positive accounts of how Cornwall Hospice Care has helped those when they are at their most vulnerable and need the peace that the charity provide.

It is so important to ensure that your affairs are in order and that a Will is made, to not only provide yourself with peace of mind, but to also ensure your instructions and wishes are detailed so those you trust and care for are protected. Making a Will is not complicated and when provided with clear, friendly and professional advice, you will be assured that you have done the right thing.

Please feel free to talk to our friendly team at Randle Thomas LLP as we are happy to help you now or when needed in the future. We offer in office appointments as well as home or hospice visits and by doing so you will be helping us and others to support Cornwall Hospice Care."

Lee Naylor

Randle Thomas LLP Helston
(Pictured on the front of this flyer)





Cornwall Hospice Care celebrates Veteran Aware status



Cornwall Hospice Care is celebrating being granted Veteran Aware status. The Cornish healthcare charity has also achieved a silver standard for the Defence Employer Recognition Scheme, the Armed Forces Covenant Scheme that encourages employers to support those who have served and inspire others to do the same. The news has been shared with the charity's staff and volunteers at three events.

Presenting Veteran Aware status at St Julia's Hospice

The first event was held at the charity's St Julia's Hospice in Hayle on Tuesday 8th October where Helen Hurst RGN QN from the Veteran Covenant Healthcare Alliance (VCHA) said; "We want to reach in to the Armed Forces community to explain what hospice charities do and to encourage collaboration. I'm honoured and privileged to present Cornwall Hospice Care with their Veteran Aware status."

Veteran Aware support from Cornwall Council

Also at the event was Councillor Louis Gardener, Cornwall Council's Armed Forces and Veterans Champion and a former Royal Navy Officer of 20 years; "There are 39,000 veterans in Cornwall, the highest concentration in the country. One in five people here have a link to the Armed Forces and initiatives like this are to be welcomed and encouraged."

Spreading the word about Veteran Aware status

Commander Richard Turrell RN from RNAS Culdrose added; "It's my job to spread the word about links with charities such as Cornwall Hospice Care, with regard to health support and possible employment opportunities. These partnerships are vital especially with so many veterans having seen frontline action in more recent conflicts. "



From the Veteran Aware launch at St Julia's Hospice in Hayle (L to R) Councillor Louis Gardener, Gina Starnes, Mark Evans, Helen Hurst RGN QN and Commander Richard Turrell RN.

Are you a veteran?

If you are a Veteran / have links to any of the Services please tell us.

We will then be able to signpost you to services and help if needed for you and your family.



EMPLOYER RECOGNITION SCHEME

SILVER AWARD 2024

Proudly supporting those who serve.

Calling all veterans!

Were you aware that Cornwall Foundation Trust is proud to have signed the Armed Forces Covenant in December 2021 and is committed to supporting the Armed Forces community?

If you can answer YES to either of the following questions, you may be entitled to some additional help and support?

- Are you or have you ever been a member of the Armed Forces?
- Are you or have you ever been related to anyone who has ever been a member of the armed forces?

How do we help and support at the end of life?

SSAFA provides support to all military personnel including resources to support end of life care. This could be for physical, emotional or financial support. This can sometimes mean a shorter stay in hospital, additional funding to support a preferred place of care or financial support to access bereavement services.

Supporting an end of life discharge from hospital

Frank's Story

Frank was a retired landscape gardener and army veteran previously serving with 2 Para. In 2021 Frank became unwell and was thought to be nearing the end of his life. His main wish was to die at home surrounded by his loving wife, family and friends. In order to avoid any unnecessary delays in getting Frank home, one of our Cornwall Foundation Trust 'Armed Forces Champions' successfully sourced some funding through SSAFA from the Army Benevolent Fund and the Royal Parachute Association to pay for carers to come into Frank's home enabling him to be discharged from hospital quickly. Frank was able to spend precious time in his own home surrounded by his family.

What should you do next?

If you are or have been, a member of the armed forces or are a family member of current or ex armed forces personnel please let a member of staff know so that this can be added to your records to ensure you get access to the services you are entitled to.



Palliative and End of Life Care Website for Cornwall and Isles of Scilly

This is the Palliative and End of Life Care website for Cornwall and Isles of Scilly Integrated Care System. This website brings together new and existing resources, information and guidance suitable for people facing a terminal illness, those caring for someone towards the end of their lives, and for health care professionals delivering care.

The NHS Cornwall and Isles of Scilly and partner organisations would like everyone to receive high quality care, delivered compassionately and with dignity by the right person, with the right skills at the right time. We want to enable choice for local people so that they can choose where they want to receive care and to ensure that they receive the best possible support.

You can find the new webpage by searching:

<https://cios.icb.nhs.uk/health/palliative-and-end-of-life-care/> Or scan the QR code:



Figure 1 Sunrise image taken from the Cornwall Advance Care Planning document for End of Life Care



QR code for the Palliative and End of Life Care webpage NHS

End of life care

The NHS has a page on its website dedicated to end of life care. Here you may find the answers you may have to questions you have. This guide is for people who are approaching the end of their life. Some parts of it may also be useful for people who are caring for someone who is dying, or people who want to plan for their own end of life care.

It covers what to expect, thinking about your wishes for your future care, and looking after your emotional and psychological wellbeing.

What you can expect from end of life care

This section contains information about what end of life care involves, when it starts, and things you may want to think about.

These include advice on how to cope financially, and how and where you can be cared for, for example:

Being cared for at home, care in a care home, care in hospital or at a hospice.

Planning ahead for the end of life

This is sometimes called advance care planning, and involves thinking and talking about your wishes for how you're cared for in the final months of your life. This can include treatments you do not want to have.

Planning ahead like this can help you let people know your wishes and feelings while you're still able to. Letting your family know about your wishes could help them if they have to make decisions about your care.

Your wellbeing

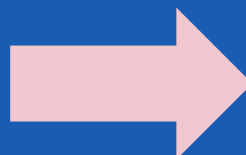
Looking after your health and wellbeing is important when you're living with a terminal (life-limiting) condition.

These pages aim to answer questions you may have about pain and other symptoms, and provide ideas for coping.

For more information visit:

www.nhs.uk/conditions/end-of-life-care/

**Scan me for a direct
weblink**





Raising the profile of Advance Care Planning for People with Learning Disabilities

Advance care planning (ACP) is a process that allows individuals to plan for their future care. It involves discussing and recording wishes and preferences and decisions about their care and treatment. This planning becomes particularly important if the person becomes unable to communicate these decisions later.

New resources for end of life care planning with people with learning disabilities

Cornwall Foundation Trust are looking to raise the profile of a new tool kit which supports people with learning disabilities to plan for the end of their life. This new tool kit was created through Kingston University, together with people with learning disabilities, families, learning disability support staff, and health care professionals. following the end of a project called 'The Victoria and Stuart project'. It includes resources and approaches to support staff/families with end-of-life care planning with people with learning disabilities. 'The people with learning disabilities who were involved in the Victoria and Stuart project said that talking about death helps them to gain more control and choice over how we live our life, our last days, how we die and how we'd like to be remembered'



Why is this Important?

The following extract was taken from guide 1 which can be found within the tool kit and demonstrates how people with learning disabilities feel about end-of-life care planning.

- *'Deciding on and sharing what we want at the end of life is a hugely empowering thing to do.*
- *The process makes us reflect on what is (and isn't) important to us.*
- *This impacts not only what we want at the end of our life but how we live each day now.... Making the most of life while we have it!*
- *End of life planning is important!*

Sadly, in many cultures, societies and organisations people don't talk about death and dying. People with learning disabilities say that they feel excluded from these conversations - sometimes in a bid to protect them. This however means that they don't feel they have fair access to services such as Advance Care Planning or bereavement services.

The people with learning disabilities who were involved in the Victoria and Stuart project said that talking about death helps them to....



Subsequently 'Advance care planning can make the difference between a future where a person makes their own decisions and a future where others do..... For further reading on Advance Care Planning follow the link: [Advance Care Planning](#).

Where should this be done?

Cornwall Foundation Trust are looking to work with our system partners and voluntary sector to ensure that advance care planning is offered at the right time and in the right place. It is agreed that hospitals are not an appropriate space for holding ACP discussions for people with learning disabilities so a QI project is underway to determine how we can best implement this. This is looking to be a very exciting project that will involve our expert service users watch this space for further information.



For further details on the tool kit visit
www.victoriaandstuart.com



Winter 2024/25 Timetable



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Bereavement Support Sessions

Our bereavement services for adults in Cornwall are FREE to access

Bereavement Help Points:

A monthly drop-in space for anyone who has been bereaved. We offer a relaxed and supportive group environment for conversations, peer support, signposting and refreshments. These are held on:

- The first Wednesday of the month at St Julia's Hospice, Hayle, TR27 4HW 1.30pm - 3.30pm
- The second Monday of the month at Ladock Community Hall, Ladock, TR2 4PG 10.00am - 12.00pm
- The third Thursday of the month at Neighbourhood Hub, Chapel Street, Redruth, TR15 2BY (beside Cornwall Hospice Care shop) 1.30pm - 3.30pm
- The third Friday of the month at Mount Edgcombe Hospice, St Austell, PL26 6AB 10.30am - 12.30pm

Walk Talk Kernow:

Our monthly bereavement support walking groups are held in Penzance, Truro, Hayle and St Austell. All walks start at 10.00am until 12.00pm. Please see over for locations and forthcoming dates:

For more information see our website or call us on 01726 829874



Please contact us if you would like to be added to our mailing list to receive future timetables

www.cornwallhospicecare.co.uk/our-community-services/bereavement-support/

Thursday 12th Dec	King George V Memorial Walk, Hayle Meet outside Cafe Riviera
Friday 13th Dec	Boscawen Park, Truro Meet in the main car park by the Scout Hut
Friday 13th Dec	Par Running Track, Par Meet outside Par Track cafe
Friday 20th Dec	Penzance Prom, Penzance Meet outside Jubilee Cafe
Friday 3rd Jan	Pentewan Trail, St Austell Meet outside Trevithick and Trays Cafe
Friday 10th Jan	Cape Cornwall, Penzance Meet outside Cape Cornwall Golf Club
Thursday 16th Jan	Godrevy Lighthouse, Hayle Meet outside Godrevy Cafe
Friday 24th Jan	Trelissick Garden, Truro Meet by the info shed in the car park
Friday 7th Feb	The Lost Gardens of Heligan, St Austell Meet outside Heligan Kitchen Cafe
Friday 14th Feb	Jordan's Cafe to Longrock, Penzance Meet outside Jordan's Cafe
Thursday 20th Feb	Godrevy to Gwithian, Hayle Meet outside Godrevy Cafe
Friday 28th Feb	Boscawen Park, Truro Meet in the main car park by the Scout Hut

Penhaligon's Friends Guide to Services



Trecarrel, Drump Road, Redruth, TR15 1LU
01209 210624/ 215889
enquiries@penhaligonsfriends.org.uk
www.penhaligonsfriends.org.uk

Who are we?

Penhaligon's Friends is a Cornish charity established in 1995. We support bereaved children and young people up to the age of 18, and their families, through a range of support services.

Support can be accessed openly, regardless of when the bereavement occurred, or who has died.

We also provide some support to families when facing terminal illness, we can talk through how to explain illness and ideas for supporting children at this challenging time. We have a range of resources that we can share to help children understand their emotions and manage their feelings.

Our service to families is free of charge.

Look us up; www.instagram.com/penhaligonsfriends/
Facebook; www.facebook.com/penhaligonsfriends

Facts;

1012 children and young people were referred to our charity in 2023/24, and 1124 in 2022/23.

Every year in Cornwall over 200 children and young people are bereaved of a parent.

We rely entirely on grants and donations. We could not exist without the generous support of individuals, groups, businesses, and Trusts.

What do we do?

Telephone information and advice on referral to the service, usually accompanied by leaflets, books, resources etc. This is ongoing and families can call back at any time.

Grief Postal Packs – a resource pack for bereaved children containing therapeutic tools, wellbeing resources, treats and information.

Family visit – A chance to meet face to face. We are able to visit at home, in the office or an alternative venue to discuss our support.

Memory Day – Children, young people and their parents and carers attend a full day to remember the person who has died. The day offers a space to share feelings, meet other children with a shared experience, take part in therapeutic activities and take away memories.

Teens Support Groups - Giving young people aged 11-18 a regular time and place to be able to meet up with others to take part in reflective and fun activities and have someone to talk to. We currently run monthly groups in Blackwater and Bodmin.

Family Support Groups – Giving families a regular time and place to be able to come along with their children and meet up, alongside memory activities for the children. We currently run monthly groups in Blackwater and Liskeard.

Family Fun Days- social days out with other bereaved families. We arrange days throughout the year for families and also for young people attending our groups.

Individual Work – A piece of work to explore more complex grief issues, this is carried out by trained volunteers typically within school environment following appropriate assessment of need.

School Support – Support and advice for staff and students in schools and colleges following a death in their community. We are also able to support school staff to enable them to work with students in their setting.

Training – we offer a complete volunteer training programme and run professional training in childhood loss and grief courses for multi- agency professionals.

Charity Number; 1189323

The Cinnamon Trust

The National Charity for older people, the terminally ill and their pets



Practical help

For most pet owners, their pets are more than companions – they are family and a reason to get up in the morning. The Cinnamon Trust cherishes this special bond and helps older people and the terminally ill care for and remain surrounded by the warmth of their pets.

We understand the heartbreak and anxiety ageing or terminally ill pet owners face, especially about their beloved pets' future and we're here to ease those worries.

With the help of thousands of volunteers nationwide, we offer hands-on assistance whenever pet care becomes a struggle, such as dog walking, brushing cats, picking up pet food, or taking pets to the vet.

Our dedicated volunteers also offer their homes to pets whose owners are facing a short-term spell in hospital, ensuring the pets always have a home-like environment to be comforted, loved, and kept safe until they can be reunited.

Planning life-long care for your pet

The Cinnamon Trust also offers a Pet Profiling service allowing all pet owners to make arrangements for their pet's future. During the Profiling process, owners share important information about their pet's needs, quirks and habits, which will then allow us to make informed decisions in the event of the owner's passing or permanent move into a nursing home. These arrangements give owners immense peace of mind that their furry, feathered, or any beloved animal is in safe hands and will always be looked after.

For all pets entrusted to us, we ensure that they're cared for with the utmost dedication, either by carefully choosing a new forever foster home that suits their needs or, if more appropriate, by welcoming them into one of our two home-from-home sanctuaries (Devon & Cornwall).

We welcome all pets and are always keeping companions from the same owner together.

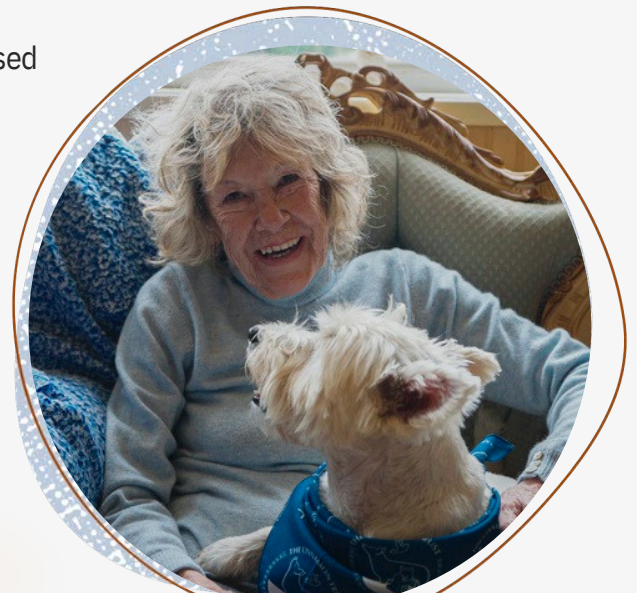
Our guardianship extends to covering all veterinary bills and specialist dietary requirements, ensuring that every pet receives the love and care they deserve in their new forever home.

What makes The Cinnamon Trust special is that ***we never rely on kennels or catteries***, always giving pets the love and care they're used to.

While our services are offered at no charge, they are not without expense. Our continued success over the past 40 years is made possible by our generous circle of giving, primarily relying on legacies and donations. Each contribution helps us honour and celebrate this relationship, extending it beyond physical years and providing an invaluable safety net to the people and the pets who need us.

For more information:

 www.cinnamon.org.uk
 **01736 757 900**



What is an End of Life Doula?



Navigating the final stages of life can be an emotional and challenging time for everyone involved. An end of life doula provides practical, emotional, and spiritual support to individuals who are dying and those important to them.

End of life doulas work alongside existing support networks, helping to bridge any gaps and offering a consistent, flexible presence during what can be an unpredictable time. They can provide support not only to the person nearing the end of their life but also to family members and friends, ensuring everyone feels heard and cared for. End of life doulas offer a tailored approach that respects individual preferences, beliefs, and circumstances.

Here are just some of the ways an end of life doula can provide support:

- *Act as an advocate when your wishes need to be upheld*
- *Open up conversations so death is approached with reduced fear or loneliness*
- *Take time to sit with the dying person, to 'hold the space'*
- *Support important decisions and choices such as where you would want to die, how you would want to be cared for, and by who*
- *Provide practical support such as assisting with admin, helping with housework, or preparing a meal*
- *Advance Planning for end of life - assistance to discuss and record your wishes and preferences*

Who Are We?

End of Life Doula UK (EoLDUK) is the membership organisation for end of life doulas in the UK. We ensure that all practising members are DBS-checked and fully insured, giving you peace of mind when choosing a doula.

We have members based in Cornwall who are available to provide compassionate and reliable support. If you think a doula might be the right fit for you or someone you know, we invite you to reach out for more information.

How to Access Support in Cornwall

In Cornwall, we work closely with people who have a terminal diagnosis, as well as their friends, families, and carers. Referrals also come to us from healthcare professionals such as district nurses, admiral nurses, social prescribers, GPs, and other members of the health and social care community. If you know someone who may benefit from the support of an end of life doula, we encourage you to get in touch.

You can request an initial conversation by filling out the contact form on our website at eol-doula.uk or by scanning the QR code.



Cornwall Hospice Care Stories

Our Cornwall Hospice Care Doctors talk
to Community Engagement Officer
Clare Bray



I recently met up with Dr Sarah Ashley and Dr Sophie Henderson, who were both at Mount Edgumbe Hospice covering the ward for the day. Dr Sarah has been with Cornwall Hospice Care for the last 8 years and is the longest serving doctor employed by the hospice directly. Dr Sophie in contrast has been with Cornwall Hospice Care for just 3 months, she is based at Mount Edgumbe Hospice, and she is also an out of hours GP. Our doctors tend to have a 'base' hospice where they undertake most of their day-to-day work, but when on call overnight and at weekends, the on-call doctor is responsible for all patient care across at both hospices.

I asked them what they felt made hospice care special or a bit different. Dr Sophie said "I would say it is having the privilege of time to spend with people, to listen to them, their family and whoever cares for them. We always discuss patients' needs jointly, we share skills, and this helps us to recognise the holistic nature, both of the problem and the solution; I like to think we give thoughtful care."

Dr Sarah had also come from being a GP and originally thought that she might miss building relationships with patients over long periods of time but she has not; "In the hospice, we build relationships differently - a patient might be with us for only a couple of weeks but we have blocks of time that we spend with them, a deep dive into them and also their families, really getting to know them, it is very personal and a real privilege."

I asked Dr Sarah if she felt the way in which people approach the end of their life has changed over the years. "Not really, I think you will always have people who understand what is going on, embrace it, celebrate what's happened in their past and realise that their time is short, and they want to focus on spending quality time doing important things with important people. Other people do not want to consider the fact that they are dying until the last moment. Our challenge as a multidisciplinary team, is to meet people where they are. For some people talking about dying is a great comfort but for others it is just not the right thing. If we go in and push those conversations and try to tell them what we think they need to know immediately, we are going to lose their trust. The art in this job is to make sure they understand what is going on, without necessarily using words, to support them to do what they need to in this important time of their lives."

We went on to talk about the things that are important to people at end of life, Dr Sophie said "comfort and dignity are big themes, but this looks different for each individual. Some people want to be told exactly what is going on, and be involved in planning what will happen, others do not, some want to be as awake as possible, even if they are uncomfortable, and some people just want to be as comfortable as possible, even if asleep."



Dr Sophie Henderson and
Dr Sarah Ashley

So, what does a typical day as a doctor in the hospices look like? "A typical day starts with the morning handover where we get feedback from what's been going on with patients overnight, after that we can make a plan for the day, try to work out what needs to be done. We will spend time seeing patients on our own, or with other members of staff. As senior doctors on the ward, we are very involved with teaching and supervising and supporting junior staff and medical students. We will go with them to see patients, and help support them in decision making. Even when the patient facing work is done, we have many other responsibilities. This could be speaking to families, various meetings, preparing teaching, organising rotas, and responding to crises as they happen, it is certainly never boring!"



Cornwall Hospice Care has two hospices; St Julia's Hospice in Hayle and Mount Edgumbe Hospice in St Austell.

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www.cornwallhospicecare.co.uk

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