

Dying Matters

Dying Matters campaign www.dyingmatters.org was set up in 2009 to encourage conversations about death, dying and grief. As a nation we are reticent to talk about death. A major barrier to better end of life care is the lack of conversation about the topic: people don't express their care wishes because they don't like talking about death and dying.

Everyone approaches death differently, and we all talk about it differently. For some it's an easy thing to discuss, for others it can be harder. Nevertheless, it's an important conversation for all of us, and we owe it to each other to be willing to discuss it.

With COVID-19 pandemic we are seeing many people dying before their time and without their loved ones present. This is particularly distressing. To help you through the issues the Dying Matters website www.dyingmatters.org is a hub of information on all matters related to death, dying and grief. COVID-19 is disrupting many of the usual processes that happen around death, but there are still things we need to be able to do before and after someone dies.

Practical Information

- **Things To Do Before You Die**
https://www.dyingmatters.org/sites/default/files/files/No_1%20-%20Things%20to%20do%20before%20you%20die_single%20pages.pdf gives an overview of the practical steps we all need to take: wills, funeral plans, organ donation and our future care.
- **Let's Talk About Dying**
https://www.dyingmatters.org/sites/default/files/files/No_3%20-%20Let's%20talk%20about%20dying_single%20pages.pdf helps get those conversations underway, and explains why it's so important not to leave them until it's too late.
- **Supporting Bereavement**
https://www.dyingmatters.org/sites/default/files/files/No_2%20-%20Supporting%20bereavement_single%20pages.pdf is a very practical guide to helping someone we know who is grieving. The most important thing is not be awkward about it – we need to acknowledge the loss, rather than hoping that if we say nothing it will all go away.
- **Sudden death**
<https://www.dyingmatters.org/page/dealing-sudden-or-violent-death> can be particularly difficult to deal with. Many people are dying before they were expected to with COVID-19. This information will take you through how to help and support in these circumstances.

- **Talking about dying with children**

https://www.dyingmatters.org/sites/default/files/files/No_5%20-%20Talking%20about%20dying%20with%20children_single%20pages.pdf gives advice on how to speak about to them about death, dying and grief

Dying Matters also has a single resource page with links to other organisations covering the full range of topics relating to death and grief. <https://www.dyingmatters.org/overview/need-support>. It is updated regularly.

Podcasts about death, dying and grief

Death and grief can be very isolating, adding pressure at this time of lockdown. The Dying Matters podcast has two seasons of fascinating conversations, and if you're struggling now it can be good to hear others discussing the same feelings and concerns, and to know that you are not alone in how you feel. <https://www.dyingmatters.org/page/dying-matters-podcast>
Guests sharing their experiences include: Dr Kathryn Mannix, Greg Wise, Dr Rachel Clarke and Kevin Toolis.

#Before their Time

With the Covid-19 outbreak, many people are dying before they were expected to and families are not being able to say goodbye in the way they wanted. Dying Matters recognises this and launched the [Before Their Time campaign](#) in March. The aim is to provide people with information and a space where they can share worries, experiences and suggestions during this unprecedented time. Check out #BeforeTheirTime and get involved.

Dying Matters Awareness Week 11-15 May 2020

Each year communities across the UK mark Dying Matters Awareness Week by holding events such as death cafes, talks and activities to encourage people to think about the same five things we all need to do:

- Plan your funeral
- Write your will
- Decide on organ donation
- Plan your future care
- Write this all down, and tell others where to find it

This year marking Dying Matters Awareness Week is particularly pertinent as we all struggle to come to terms with the impact of COVID-19. We will be going ahead with Dying Matters Awareness Week nationally, and locally people are finding inventive ways to support each other to talk about death, dying and grief.

With so many additional deaths due to COVID-19 it is more important than ever that everyone makes their plans. We will all need to help each other with preparation, with coping, with grieving, with remembering. We know there will be more people than ever with questions and concerns, who need to talk and who are dying to be heard. Dying Matters will

be sharing via social media to help people who may have loved ones die suddenly or before their expected time because of the virus. Each day we have a different theme where we will cover sudden death, carer support, homelessness, stillbirth/miscarriage and mental health. You can get involved by following us on Twitter @DyingMatters or [facebook.com/DyingMatters](https://www.facebook.com/DyingMatters)

'I Remember...' returns Monday 26th October 2020

Many cultures mark the death of their loved ones. In October Dying Matters encourages people to get involved with remembering our loved ones. We think about which of our friends and relatives we want to bring to mind, so that they are not forgotten.

We don't have to pretend the dead were saints or that they were perfect. We can remember the foibles or frustrations as well as the times they made us laugh, or feel safe, happy, or loved. It's important to remember them, and to share these.

We ask people to join in on social media to share who they want to say "I Remember..." and use the hashtag **#IRemember**. In 2019 over 400 people shared over 900 memories.

Details on how we are going to mark this year's I Remember (26th October – 1st November 2020) will be available on the Dying Matters website so please keep an eye out or you can subscribe to our free newsletter at:

<https://www.dyingmatters.org/page/subscribe-dying-matters-coalition>

Ends. 17/4/20