



Programme

for

Public Health Sessions



Innovate Educate Collaborate



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**Contact us on 01270 310260 or via
email at public.health@eolp.org.uk**



Introduction

We help communities to build their networks and resources to meet the needs of local people.

We work across Cheshire covering topics that are based on individual communities needs, to support people and their families, who are dying or living with loss. We compliment local services allowing resources to be used efficiently.

We develop communities knowledge, skills and confidence through a variety of training sessions for a wide ranging audience, such as staff, volunteers, carers and members of the public.

Feedback has shown that those who attend our sessions benefit greatly, in being able to support others through times of crisis such as loss, grief and bereavement, supporting carers through their caring journey and planning for the future.

Contact Us

If you'd like to chat with us about organising a course for your community group, attending one of our courses or anything else, please contact us via:

Email: public.health@eolp.org.uk Tel: 01270 310260



Find Out More

Find out more about our work by visiting:

Facebook: Facebook.com/EOLPCommunity

Twitter: @_EOLP

Website: www.eolp.co.uk

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An Introduction to Supporting Loss, Grief and Bereavement

Grief is a normal, natural response to loss and bereavement that everyone will experience at some point in their life. Many of us however, have a very limited understanding of how grief can affect our feelings, thoughts, behaviours and physical health.



The aim of this information session is to give professionals, volunteers and staff within support organisations, a better understanding of this issue and to offer advice and tips on how to support someone through their grief.

The session gives people:

- An understanding of loss, bereavement, grief and mourning
- Tips on how to help, even if contact is indirect e.g. telephone support
- Contact details of organisations that can offer more in-depth support

Who is it for : anyone who in their work/volunteering, need guidance in how to support others affected by a bereavement.

Duration: 1 hour

Learning method: Online or Face to Face

Cost: This programme is funded for those that live or work within the Cheshire CCG area.



"Valuable hour spent- very helpful with so many losing loved ones during covid and more isolated, will help me in my work. Thank you"

"I have supported people for many years but felt like I needed a refresher and a bit of confidence in supporting people going through grief - this really did help me today. Thank you"

"Really good and informative with practical support too"

"Enjoyed very much, took away a lot in terms of various reasons for loss - very valuable session"

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Grieving before loss – the impact of anticipatory grief on carers and their loved ones

Grief is a normal, natural response to loss and bereavement that everyone will experience at some point in their life. Many of us, however, have a very limited understanding of how grief can affect our feelings, thoughts, behaviours and physical health.

This is particularly true of anticipatory grief, or grief before death, which can arise due to loss of companionship, loss of future plans and dreams or loss of role and identity, even when the cared for person is still present.



The session gives carers:

- A better understanding of “anticipatory grief” for the carer and the person being cared for
- Practical strategies to cope with and adapt to this type of grief
- Opportunities to share their experiences

Who is it for : Carers

Duration: 2 hours

Learning method: Face to Face

Cost: This programme is funded for those that live within the Cheshire CCG area.



“Very informative interesting listening to other people’s stories. I feel not quite alone”

“It was helpful to hear other people’s view and situations and to validate feelings of grief”

“Excellent content and delivery - can see everyone is gaining from it”

“I felt the environment was safe to talk about our feelings and emotions”

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Grieving when caring ends – understanding the impact of loss as a former carer

Grief is a normal, natural response to loss and bereavement that everyone will experience at some point in their life. Many of us, however, have a very limited understanding of how grief can affect our feelings, thoughts, behaviours and physical health.

For former carers, grief can be made more complex by the dual losses of the person and their role as a carer. This is particularly true for people who have been a carer for a long period or if the caring role has become a significant part of their identity.



The session gives former carers:

- A better understanding of the grieving process
- An understanding of normal grief, and when support may be required
- Opportunities to share their experiences

Who is it for: Former carers

Duration: 2 hours

Learning method: Face to Face

Cost: This programme is funded for those that live within the Cheshire CCG area.



"Felt very helpful and supportive, thank you"

"Thought provoking good to hear others thoughts"

"Very safe and supportive environment"

"Really supportive and knowledgeable"

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How to plan for the future – Advance care planning

The aim of this session is to increase knowledge and understanding of the importance of planning care, for both yourself and for the person you care for.

If we talk about and document our future plans and wishes, they are more likely to be followed. This will give you peace of mind and allows family and friends to carry out your wishes in confidence.



This session will cover:

- 'Formal' and 'Informal' Care Planning
- Preferred Priorities of Care
- Types of Lasting Power of Attorney
- Funeral planning

Who is it for: Carers

Duration: 1 ½ hours

Learning method: Face to Face or Online

Cost: This programme is funded for those that live within the Cheshire CCG area.



"Very informative. My son is only 17 so I'm more concerned about what will happen to him when I'm gone"

"Lots of need to know things"

"Useful information about what to think about and consider"

"Very important subject, thankyou"

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All about me - my past, my present, my future

It can be difficult to talk about your end of life wishes or to ask your loved ones what they would want for themselves at the end of life.

Starting this type of conversation can feel awkward at best, painful and sometimes even overwhelming.

To help with this we have developed a free "All About Me" guide to get you started. Use it to store your wishes, personal information, memories, funeral plans, and much more.

This session can be tailored to the audience and can include a practical session, or discussions about how to complete the booklet.

Who is it for : Anyone

Duration: 1 hour

Learning method: Face to Face or Online

Cost: This programme is funded for those that live within the Cheshire CCG area.



"I really enjoyed producing my folder. It also made it easier to talk about what the future holds for all the family"

"When my Dad had to go to a nursing home, the My Wishes Folder helped the staff to appreciate him as a person and ensure that they never serve him seafood!"

"I've included a family tree, photographs when I was young and my favourite joke. I have also included a love letter sent to my future wife in 1958"

"I have a sticker on my fridge explaining where My Wishes Folder is kept"

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Confidence to care at end of life

It can be stressful to watch a loved one's health decline. If you've never been around someone who is dying before, you may be afraid of what will happen.

This session will touch on some of the things that may happen at end of life and give you the confidence to care and to find out about the natural process of death and how to offer them comfort.



Learning about what might happen can help you feel less frightened and confused, allowing you to prepare for the emotional and physical changes ahead. It will ensure you have an understanding of what to look for when someone close is in the dying phase of life.

Who is it for : Carers

Duration: 2 hours

Learning method: Face to Face or Online

Cost: This programme is funded for those that live within the Cheshire CCG area.



'Helped me understand you can stipulate what you want/need'

'Helped me understand different stages of dying'

'Good presentation on dying and knowing what to look for'

'More informed on final stages of death and what happens at end of life'

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Crafting memories bereavement session

Crafting Memories is a concept that uses creative expression to encourage opportunities to think about and share their memories of the person they have lost.

Those who attend will have been through a similar experience and may find comfort that they are not alone in what they are feeling.

Crafting allows endless possibilities to suit everyone's needs and allows freedom of expression. The emphasis is on the therapeutic process rather than the end result. The experience provides an opportunity to explore our own life experience, from those wanting to create special memories to those capturing a legacy.

Sessions can be tailored around the participants and can include making such items as a memory jar, memory box or memory stone.

Who is it for : Anyone affected by a bereavement

Duration: 1-2 hours

Learning method: Face to Face

Cost: This programme is funded for those that live within the Cheshire CCG area.



"I think this type of event could be potentially most helpful to bereaved people because of Covid 19"

"Can't praise you enough, everyone was so friendly"

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Carers Wellbeing - full programme

When you're caring for someone, it can be difficult to get time to take care of yourself and to think and prepare for the future.

Our Carers Wellbeing Programme aims to increase your confidence as a carer, through a series of free practical sessions that will help you to care with confidence at end of life and to help you care for as long as you feel able. The programme also includes a session looking at planning for the future for yourself and the person you care for.



Spread over three weeks the programme covers the following subjects:

- **How to plan for the future**
 - Talking about you and your loved ones preferred priorities for care, funeral planning, and legal and financial planning.
- **Confidence to care at end of life**
 - It can be stressful to watch a loved one's health decline, find out how you can offer them comfort.
- **Grieving before loss**
 - You may experience feelings of grief as a loved one's health declines, you may mourn the loss of companionship, loss of future plans and dreams, or loss of role and identity.

The full programme does include all three sessions, but can also include a separate session around caring for someone with advancing dementia if required.

Who is it for : Carers

Duration: 1 session each week, over 3-4 weeks. Each session is 2 hours long.

Learning method: Face to Face or Online

Cost: This programme is funded for those that live within the Cheshire CCG area.



'It empowered me to look after myself because I wouldn't be able to care for my husband if I was ill'

'I am able to talk to other people about what is happening at home and not feel alone.'

'It reinforced ways of looking after myself as a carer and getting support for myself.'

'It showed me the importance of documenting what you would like after death'

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Our Base

We are based at Spring Farm Business Centre, Moss Lane, Minshull Vernon, Crewe, CW1 4RJ.

If you are struggling for a venue we may be able to accommodate a session here (up to 20 people).



To find out which areas are covered within the Cheshire CCG area please visit:
<https://stephenkeable.github.io/ccg-lookup/>

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