



to absent friends ...

A Festival of story-telling to remember those who have died

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

- Survivors of Bereavement by Suicide
- Papyrus UK - Prevention of Young Suicide
- 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

You can find more information on the NHSGGC Anticipatory Care Planning Pages.

**You can also contact
ACPSupport@ggc.scot.nhs.uk**

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'.

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Useful Contacts and Websites for Carers

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:

email: info@glasgowcarersinformation.org.uk

website: www.yoursupportglasgow.org/carers

Inverclyde:

email: enquiries@inverclydecarerscentre.org

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

Click on the names for more information



More information can be found on the NHSGGC Carers website

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 Support

- My Power of Attorney
- Office of Public Guardian
- Citizen's Advice Scotland