

Death and Dying: Support and Further Reading

Resources to support Pastoral Care and Bereavement



‘JOURNEYING HOME’ RESOURCE

To encourage people to talk about end of life issues and preparing the practical things surrounding death, this resource creatively and sensitively tackles the subject of life and death –

www.salvationist.org.uk/resources/discipleship/journeying-home

‘CHANGING SEASONS’ COURSE

An interactive course designed to equip people for ministry with older people – www.salvationist.org.uk/learning/changing-seasons

Module 4 – Transitions in Later Life focuses on and identifies different transitional stages in older age and gives an understanding of a theological perspective of end of life and eternity.

LOSS AND HOPE: THE BEREAVEMENT JOURNEY

A small group resource made up of six sessions for anyone who has been bereaved –

www.lossandhope.org Learn how to run sessions in your own community or become a participant of a local group in your area. Visit the Loss and Hope website or contact the Older People's Ministries Team for further information.

Further Bereavement Support

- **Cruse** – An organisation supporting those who have lost loved ones with daily tips, online support with professional grief counsellors and a helpline manned with volunteers trained in all types of bereavement – www.cruse.org.uk
- **Marie Curie** – Bereavement support and information for those bereaved through a terminal illness – www.mariecurie.org.uk/help/support/bereavement
- **NHS Grief after Bereavement and Loss** – Supporting people with signs and symptoms of bereavement and a national helpline for support – www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/
- **Dr Kathryn Mannix** – online TED talk on ‘What happens when we die’ – In an attempt to take away the fear from the final moments of death, Dr Kathryn Mannix explains medically what happens to our body as we prepare to die. She simply details the changes in brain activity and breathing which can be helpful for families to understand before their loved one dies. Often people are fearful of pain in these final moments and this TED talk could help reduce worries about suffering death for oneself or a loved one – www.youtube.com/watch?v=CZDDByTOVr0



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Recommended Books

- ***Finishing Well*** by Ian Knox
- ***With the End in Mind*** by Kathryn Mannix
- ***Waterbugs and Dragonflies: explaining death to young children*** by Doris Stickney
- ***Dying Well*** by John Wyatt
- ***Matters of Life and Death*** by John Wyatt

Dying Matters – Hospice UK

Every year in May, our Older People's Ministries team joins the national campaign to break the taboo and create an open culture in which people become more comfortable with talking about death, dying and grief – www.hospiceuk.org/our-campaigns/dying-matters