



MIND AT REST WILLS



## Mind at Rest Wills – Support the Dying Matters Awareness Week 2013

### Mind at Rest Wills CALLS ON COMMUNITY TO TALK ABOUT DYING

**Mind at Rest Wills** is offering free no obligation Will Consultations in order to **help people understand what's involved when thinking about making a will**. The event is part of the Dying Matters Awareness Week (13-19 May 2013), which has been organised by the Dying Matters Coalition to encourage people to talk openly about dying, death and bereavement. Throughout Dying Matters Awareness Week, events and activities are being held up and down the country to raise awareness about end of life issues.

The theme of Dying Matters Awareness Week 2013 is 'Be ready for it', an action-focused call to action aimed at encouraging members of the public to take five simple steps to make their end of life experience better, both for them and for their loved ones.

The five steps are: 1. Make a will • 2. Record your funeral wishes • 3. Plan your future care and support • 4. Register as an organ donor • 5. Tell your loved ones your wishes

To support the week, **Mind at Rest Wills** is offering **free face to face local consultations in the Ipswich postcode area and national telephone / email consultations** in order to help people better understand how to care for their loved ones in the event of death.

**Jason Cherrington, Mind at Rest Wills** said: **“People cannot be expected to make a Will without first having the opportunity to understand how it all works. Often people do not like to talk about such things, whatever their reasons for this are, we want to help answer their questions and concerns.”**

**Mind at Rest Wills** is one of 30,000 members of the national Dying Matters Coalition, all of whom have an interest in supporting the changing knowledge, attitudes and behaviours towards dying, death and bereavement. Members include organisations from the health and care sectors, community groups, social care and housing, faith groups, the legal profession and the funeral sector.

Set up by the National Council for Palliative Care in 2009, (NCPC) the Dying Matters Coalition aims to encourage people to talk about their own end of life issues with friends,

family and loved ones in order to make 'a good death' possible for the 500,000 people who die in England each year.

Research for Dying Matters has found that many people have specific wishes about their end of life care or what they would like to happen to them after their death, but a reluctance to discuss these issues makes it much less likely that these will be met. There is a major mismatch between people's preferences for where they would like to die and their actual place of death: 70% of people would prefer to die at home but more than half currently die in hospital.

Eve Richardson, Chief Executive of the Dying Matters Coalition and the National Council for Palliative Care said:

"Every minute someone in England dies, but many people still feel uncomfortable talking about end of life issues. Talking about dying, death and bereavement is in everyone's interests as it can help ensure that all of us can get the care and support we want, where we want it, at the end of our lives.

"Through being more confident in talking about dying and taking the five steps we are promoting during Dying Matters Awareness Week to plan for the future, we can make a big difference."

- ENDS -

#### Notes to editors

1. For further information regarding **Mind at Rest Wills**, please call **Jason** on **01473 760761** or e-mail at: **info@mindatrest.co.uk**
2. For further information on the Dying Matters Coalition or events during Dying Matters Awareness Week, please call freephone 0800 214466 or email [info@dyingmatters.org](mailto:info@dyingmatters.org), or visit the website at [www.dyingmatters.org](http://www.dyingmatters.org)
3. The comments in this release represent the views of **Mind at Rest Wills** and do not necessarily represent the views of the Dying Matters Coalition or other member organisations.