

#DyingMattersAtWork



Dying  
Matters

# Awareness Week

8-14 May 2023

How you can get involved

[hospiceuk.org/dyingmatters](https://hospiceuk.org/dyingmatters)

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# Introduction

Thank you for supporting Dying Matters Awareness Week 2023.

Every year, people around the country use Dying Matters Awareness Week as a moment to encourage communities to get talking in whatever way, shape or form works for them.

And this year, Dying Matters wants you to start that conversation at work. By talking with those around you, you can help us make sure that workplaces are properly set up to support people who are ill, who are caring for those around them, or who have lost someone close to them. This year's dates have changed due to the coronation. Don't worry if you've already planned an event for the first week of May, you can still go ahead with your original date.

## Why Dying Matters at work

Stigma around grieving, and a lack of understanding about what it means to be ill and what happens when you're dying, mean that too many of us are struggling to cope when faced with life's inevitable challenges.

And the workplace is no exception. **57% of employees** will have experienced a bereavement in the last five years (Hospice UK, 2022) and every day, more than **600 people quit work** to look after older and disabled relatives (Carers UK, 2019). And yet, **fewer than one in five** managers feel as comfortable as they could supporting someone they manage with a bereavement.

We spend so much of our lives at work – and we shouldn't have to hide our experiences of death and dying from our colleagues, our peers, or our bosses.

If Dying Matters – then it matters at work too.

## Did you know?

- **Only 17% of managers** would feel very confident supporting a direct report who was bereaved
- **77% of 18-34 year olds** would consider leaving their job if they didn't get proper support when bereaved
- **Less than a third of employees** are aware their employer has a bereavement policy

## About Dying Matters

Dying Matters is a campaign run by the charity, Hospice UK. We work with organisations, decision makers and the general public to make things better for people who are dying or grieving.

Right now, we don't have the right language to talk about death. And this means that not everyone gets the support that suits them as they approach the end of life.

We want to see a world where people live well until the very end.



# How you can get involved

## Find out your compassionate superpower

During challenging conversations, do you ever find yourself losing focus on what's being said? Avoiding talking about emotional topics? Or saying the wrong thing?

Find out where you stand with our Compassionate Superpower online quiz – and check out tips to improve on each of the six superpower skills. Share the quiz with friends, family and colleagues to spread the word and help us all have more compassionate conversations.



[Coming soon - visit our website for more information →](#)

## Host your own event

It's more important than ever for us to come together and talk about death. You can host your own virtual or in-person event, or search for what is going on in your area.

Planning an event? [Make sure you register your event now →](#)

What to see what's on? [Check out the event listings →](#)



## Struggle to know what to say at work?

We'll be running a webinar on 11 May at 11.30am on 'How to talk about death at work'. Hosted by our Compassionate Employers programme, you'll hear from Simon Blake, CEO of Mental Health First Aid England and Chair of Dying Matters, and Aongola Victor Simuyemba, Bereavements Lead at Monzo. It's free to attend, and will provide you with advice, tips and tricks about how best to support colleagues who are affected by death.



[Register today →](#)

## Spread the word

We can't do any of this alone. Sharing stories can help create spaces for people to talk openly, share experiences and support each other.

Join the conversation online: [Facebook →](#) [Twitter →](#) [Instagram →](#)

Join Dying Matters: [Register today →](#)



# Test your Compassionate Superpowers

Our 'Compassionate Superpowers' can help us to have meaningful and compassionate conversations with other people, at work and outside.

Whether you're stronger in some superpowers than others, or not, they're all skills which can be learned and practised. Why not test yourself, or try it with colleagues or friends?

Simply cut out and fold the card and ask the person (or people) you're talking to to answer the questions. Then turn the card over to see which compassionate superpower it relates to and tips for practising it. [Download here](#) →



# Events toolkit

Whatever the nature of your Awareness Week event the idea is to simply get people talking about why it is important for workplaces to be properly set up to support people who are ill, who are caring or who are grieving, and why it's important to talk about these topics in society in general.

This year we're encouraging people to think about why Dying Matters at work – but if a different topic or theme works better for your event, that's fine too.

A Dying Matters event can be really simple, such as printing off and sharing some of our resources in your workplace, with a local business or perhaps your local library.

## In person events

- Think about a good venue for your event. You may work in a hospice, library, GP or healthcare centre or other community space - but if not, think about whether you could approach someone who would have a space for you to use.
- Be clear on the audience for your event, and how you'll reach them.
- If you're able, providing some refreshments is a good idea - there's nothing like a cup of tea and a biscuit to encourage people to have a chat!

## Online events

- Think about which platforms you want to use to host your event online.
- Make sure you are well prepared to check the technology is working!
- Think about how you encourage people to join in, whether that is through a little game, a series of questions, or breaking people into smaller online groups.
- Think about the best time for your event based on who you are hoping will attend.
- Don't be worried if your event is small. Lots of people register for online events and then can't make it on the day - but sometimes a small group is even better for starting conversations.

[Visit our website for more tips on how to run a Dying Matters event →](#)

[Register your event on our listings page](#) so that you can promote it via email and social media. Make sure you post lots on social media using the hashtags [#DMAW23](#) and [#DyingMattersAtWork](#) →

### Are you in Scotland?

Good Life, Good Death, Good Grief are running a Demystifying Death week from 1-7 May 2023. [Discover more about how you can get involved →](#)

# Materials to support your event

## Printable resources

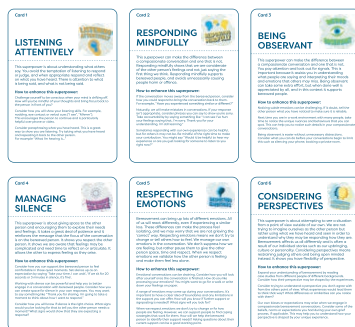
Whatever your event, use our printable resources to help to start the conversation around support and compassion in the workplace, and in society more widely.



### Let people know about your event

Print and fill out this poster to let people know about your Dying Matters Awareness Week event.

[Download here](#) →



### Printable talking points

Need an activity for your Dying Matters event? Print out these Compassionate Superpower talking points to share with a colleague, with friends and family or at your event.

[Download here](#) →



### Make it an occasion

Here's a template for print-at-home (or work!) bunting. Besides a printer and paper, all you will need is a hole punch and some string.

[Download here](#) →



### Dying Matters leaflets

From talking about dying with children, to understanding how to support someone through a bereavement, our leaflets are designed to help you deal with different aspects of dying, death and bereavement.

[Download the leaflets](#) →



# Materials to support your event

These resources will help you talk about Dying Matters Awareness Week online.

[All resources can be downloaded here.](#)

You will also find them on the [Dying Matters website](#) →

## Social media graphics →



## Social media images →



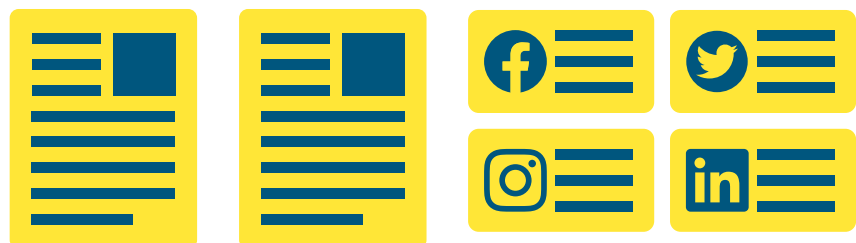
## Social headers →



## Dying Matters logos →



## Template press release → Social posts →



Don't forget to tag [@DyingMatters](#) and use the hashtags [#DyingMattersAtWork](#) or [#DMAW23](#)



# Support & Advice

**Ataloss** offers a national signposting service to help bereaved people find local, specialist and national support.

[ataloss.org](https://ataloss.org)

**Child Bereavement UK** provides information and support (including a helpline) when a baby or child of any age dies or is dying, and when a child is facing bereavement.

[childbereavementuk.org](https://childbereavementuk.org)

**Compassionate Employers** is Hospice UK's workplace support programme, helping organisations and their employees to build an open, compassionate culture to support staff through grief, caring responsibilities, or a life-limiting illness.

[www.hospiceuk.org/compassionate-employers](https://www.hospiceuk.org/compassionate-employers)

**Cruse Bereavement Care** is a national bereavement charity, which provides support, advice and information to children, young people and adults when someone dies.

[cruse.org.uk](https://cruse.org.uk)

**The Good Grief Festival** is a community of people talking about grief in a refreshing and honest way, with virtual talks, workshops and webinars held at online festivals through the year.

[goodgrieffest.com](https://goodgrieffest.com)

**Kathryn Mannix's** planning ahead tool leads you, step by step, to think about your own values and the things that matter most to you in life and in dying. It will explain some of the treatment decisions that may lie ahead and ask you to think about whether the length of your life, or the quality of the way you live, matters more to you:

[hospiceuk.org/latest-from-hospice-uk/new-planning-ahead-tool-launched](https://hospiceuk.org/latest-from-hospice-uk/new-planning-ahead-tool-launched)

**Hospice UK's guide to end of life care** provides clear and concise guidance about what to expect, what to ask and where you can get support when you or a loved one are facing the end of life and bereavement.

[hospiceuk.org/information-and-support/your-guide-hospice-and-end-life-care](https://hospiceuk.org/information-and-support/your-guide-hospice-and-end-life-care)





# Dying Matters

[hospiceuk.org/dyingmatters](https://hospiceuk.org/dyingmatters)



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