

BEREAVEMENT & MENTAL HEALTH SUPPORT



**WAKEFIELD
HOSPICE**
SHARING THE CARE NOW AND
FOR FUTURE GENERATIONS

**30TH
ANNIVERSARY
1990-2020**

Executive Summary

Covid-19 is robbing families of traditional ways to observe and process grief. This new normal does not allow for scenarios that traditionally help with creating closure after a death or loss of another kind. Experience dictates that this is going to create a surge in demand for support, putting a pressure on the already limited services in our area.



To help meet this growing demand Wakefield Hospice is navigating new ways to use its expertise to support the increased number of people experiencing bereavement, post-traumatic distress and mental health issues, across the community, as a direct result of the coronavirus.

Funding will help provide a critical response to those affected by the pandemic and change people's lives for the better.

Situation Analysis

"Grief is the conflicting feelings caused by the end of or change in a familiar pattern of behaviour."

<https://bit.ly/2QXKLZL>

The Covid-19 pandemic has left us all experiencing grief at some level. It has impacted our daily routine in a way that at the beginning of the year, we'd have never thought possible. We're all having to come to terms with a new normal.

**The rituals around death are so important for healthy grief.
Grief is a time of connection.
We've always been able to be with their bodies, to gather for a funeral.
All that is gone.
So we're not only robbed of our loved one, but we're also robbed of our ability to gather to honor them.**

On a national level, this is really unprecedented.

- David Kessler

Unfortunately, this new normal does not allow for scenarios that traditionally help with creating closure after a death or loss.

For the people who have lost a loved one during the crisis, the Covid-19 pandemic is changing the conventional ways of observing and processing grief. Quarantine, isolation and lockdown, all impacting the coming together and sharing of experiences, effectively removing a huge support structure for the bereaved. Funerals are limited attendance. Visiting a friend to offer comfort is not deemed essential travel. The virus is denying families of a final chance to say goodbye.

In response to this, Wakefield Hospice is navigating new ways to reach and support our community with death, dying and bereavement. For example, it has introduced a remote bereavement/emotional support and training programme and has become a collaborating partner within the West Yorkshire and Harrogate Health and Care Partnership Grief and Loss Programme, delivering a new Grief & Loss Telephone Helpline for adults and young people over 11 years across West Yorkshire and Harrogate.

This will temporarily expand the hospices service provision beyond its traditional criteria (end of life diagnosis), supporting more people locally whilst providing a critical response to the increasing number people suffering with post-traumatic distress and mental health issues as a direct result of the coronavirus.

For individuals, hospice staff will provide remote support via telephone, skype or zoom for example. This will be predominantly on a one-to-one basis, but can extend to group sessions if suitable. For local organisations, staff will share knowledge and skills to equip them to better support their bereaved, reducing dependency on our, and other, limited resources in the area. Our Caring Companies project over the last year has provided sound foundations for this to happen.

The hospice considers this response as its duty of care to support the local community through these unprecedented times. By adapting to more remote/virtual ways of keeping in touch, the hospice will be able to provide continued support to the existing 50 clients each week whilst reaching out and making a difference to those who are affected by the coronavirus.

The Need for funding

"It is believed that 10% of all bereaved people experience difficulties and need to access to high level of support."
(Lundorff et al 2017)

Small things are important to the bereaved, for exampleone last stroke of the cheek or a chance to say goodbye. One previous family commented to hospice staff how they have held such value by being able to bathe their daughter one last time. Tragically, the coronavirus has stopped that. This will be very traumatic with lasting impacts for families.

This new normal is also manufacturing scenarios that can have a dramatic effect on people's mental wellbeing – increased feelings of isolation or losing one's livelihood and having a reduced feeling of self-worth for example creating an increased need for support.

The closure of referrals to all 196 local branches of CRUSE bereavement has had a significant impact on the availability of bereavement & emotional support across Wakefield, resulting in a demand which cannot be met.

Bereavement and mental wellbeing affects people of all ages from all backgrounds. Wakefield Hospice is located in one of the top 10% most deprived neighbourhoods in England (<http://bit.ly/2qldK6b>). Through this project, the hospice is proud to offer this service free of charge which will help many gain vital support that may not otherwise be available with the added benefit of not requiring a referral, increasing a speed of response to provide the right care, at the right time.

Hospice support can have an impact that most of us will never need to know. For Laura, it quite possibly saved her.



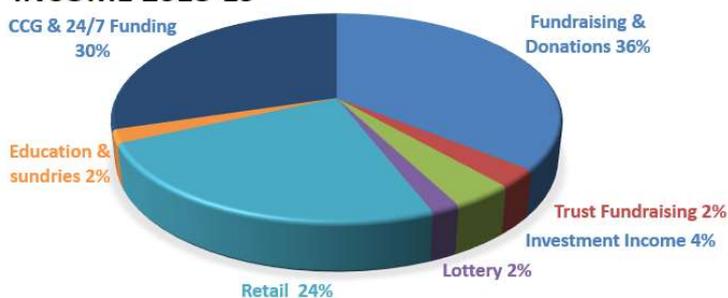
For me, the hospice became like a safe haven. I felt secure and understood here and most importantly, I wasn't alone. I met other people who were going through the exact same thing as me and these people have remained my friends. I think that we will remain friends for life.

Life has changed so much. I no longer suffer with anxiety. I can sleep. I can eat. I'm more confident and I know I can access the same support again if I ever need to. Without Wakefield Hospice I don't think I'd still be here today.

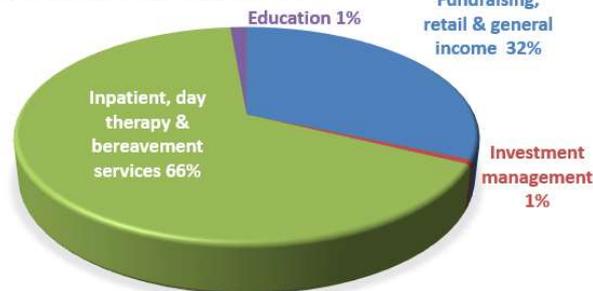
Ordinarily, fundraising and retail activities make up 60% of the hospice's overall income so not being able to open our shops, or host events during lockdown has had a huge impact on income generation. Restrictions are starting to ease but will continue to impact the hospice's self-sufficient income for a while yet. The overall revised budget for the coming year anticipates a deficit of £470,000 – providing an average loss over the next three months of £117,500.

The charts below (taken from most recent audited accounts) show that the single largest expense is the provision of inpatient, day therapy and bereavement services - core services that have continued throughout the pandemic.

INCOME 2018-19



EXPENDITURE 2018-19



Whatever the Trustees feel able to give will help meet the increased demand and provide support that will change people's lives for the better, for the future.

As part of its 30th anniversary year, the hospice had so many plans, so many events and so much to be celebrated. **We will get a second chance at this but in caring for mental illness, there could only be one chance to get it right.**

Thank you for taking the time to consider this application.

Wakefield Hospice: Still here and still sharing the care.