

11-17 May 2020 Awareness Week, presents

*Let's talk about it*



# The Shared Hearts Project



## We are looking for volunteers to help us with a heartwarming idea **#sharedhearts**

**Dying Matters awareness week takes place every year in May, the aim of it is to help people talk more openly about dying.**

Saying goodbye to someone who is dying is difficult. We cannot always be with our loved ones in their final moments. In these uncertain times as we do all we can together to keep our community safe, this may occur more often.

We understand this is heart breaking. Losing these precious moments for people to say "I love you" or "Thank you" or a final "goodbye" when someone is dying can feel that this time has been stolen from them.

It takes a community to care for people and we need your help to do something that may help a little.

We are asking for volunteers to make pairs of Knitted hearts which will be distributed to health and care staff across the Bailiwick. When a person is identified as approaching the end of their life, nurses and carers can give them a heart to

### Guernsey Together

You have been so amazing in coming together at a time of crisis. We hope you will recognise the need to support anyone going through a loss with a show of love in a different way.

have with them. Their family member or significant person is also offered the matching heart.

If the person sadly dies in our care without family present, we will return the knitted heart they had with them in their last moments to their loved one to reunite the Shared Hearts. A personalised note from someone who was caring for them will be included.

Please get your needles out and make some Shared Hearts. We ask that you follow Amanda Berry's pattern. Once made the hearts can be dropped at Le Vauquiedor Office on the grounds of the Princess Elizabeth Hospital only. We ask that you date the bag when dropped off as Public Health have recommended we store them for 2 weeks before they are circulated.



**FOLLOW THE SIGNS TO THE DUCHESS OF KENT BUILDING DROP OFF POINT**

HOSPITAL

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States of Guernsey  
Public Health Services