

WHAT MATTERS ?

@cornwallhospicecare

AN E-NEWSLETTER FOR THOSE IN CORNWALL APPROACHING OR PLANNING FOR END OF LIFE AND THOSE WHO ARE BEREAVED



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Image : Walk Talk Kernow Hayle - Dec 2025

Useful Links Directory

What is The Useful Links Directory?

It's our comprehensive database of local and national support available to you, with links and contact information for a range of organisations and charities.



 Bereavement & grief	 End of life planning	 Housing & homelessness	 Older persons
 Cancer & Oncology	 Faith & Spirituality	 Learning disability	 Staying safe
 Carers	 Financial	 LGBTQIA+ community	 Transport & mobility
 Children & young people	 General health	 Mental health	 Useful podcasts & websites
	 General support	 Neurological conditions	 Veterans

Need urgent help? You can:
Call your GP and ask for an emergency appointment
Call NHS 111
Call the Palliative Care Out of Hours Team 01872 224 050
Call Samaritans free on 116 123

www.cornwallhospicecare.co.uk/our-care/useful-links/



Simply Oncology

What is Simply Oncology?

The Simply Oncology podcast is hosted by two UK oncologists, Dr John McGrane and Dr Michael Rowe, based here in Cornwall, who aim to break down the complex parts of cancer care into clear, simple conversations.

Fundamentals episodes dives into topics such as research, treatment, patient stories and the latest breakthroughs – explained in a way that patients, loved ones and anyone affected by cancer can understand. For a deeper dive, explore the In the Clinic episodes.

Who is it for?

- Patients living with cancer who want to understand more about what's happening in their care.
- Families, friends and carers who want reliable, accessible information about cancer treatment.
- Anyone interested in improving their knowledge about cancer treatments and support.

How to listen

You can listen to Simply Oncology via

- Spotify, Apple Podcasts and other major podcast platforms.
- Directly from the website: simplyoncology.buzzsprout.com.
- Via the QR code below — just open your phone camera, scan the code and tap the link.

Tune in today

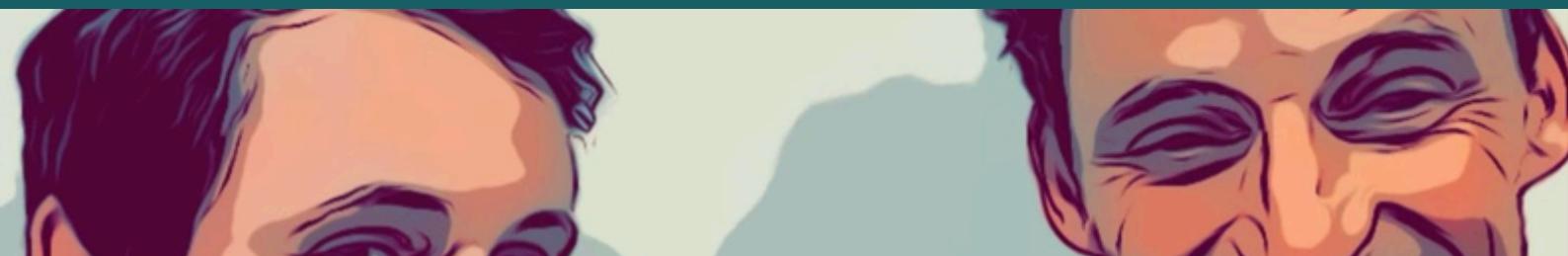
Whether you're at home, travelling or simply want to feel more informed — this podcast is here for you. No matter your stage of the journey, understanding more about your care can help you feel more confident and supported.



Made by the Simply Oncology team
Website: simplyoncology.buzzsprout.com

Find us on Apple Podcasts, Spotify and all your usual podcast apps.

Podcast design & branding © 2025 Simply Oncology.



What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for those who are bereaved.

Winter - Spring 2026 | Vol.10

FREE



•Mount Edgcumbe Hospice • St Julia's Hospice •

Caring for our community

Neighbourhood Hubs

A FREE service offering support, practical advice, and information around what matters to you.

Are you living with a terminal or palliative illness, a progressive condition that is becoming harder to manage or a life shortening illness?

Or are you caring for a loved one in this situation?
Find out how we can support you.

We're here to help!



All of our services are **FREE** for everyone to access, no previous connection with Cornwall Hospice Care is required. Call **01726 829874** for more information, visit our website or scan our QR code



www.cornwallhospicecare.co.uk/our-community-services/neighbourhood-hubs/

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How we can help the patient:

- Emotional and psychological support
- Difficulty managing activities of daily living
- Feeling anxious, stressed or sad
- Trying to come to terms with a difficult situation
- Fatigue and low energy
- Breathlessness
- Not knowing where to turn or who to ask
- Concerns about the future
- Unsure how to handle tricky conversations with loved ones

Occupational Therapy

Activities of daily living/environment, equipment, fatigue & anxiety management, advance care planning.

Physiotherapy

Breathlessness, anxiety and fatigue management.

How we can help the carer:

One-to-one emotional support and advice over the telephone. Practical advice, information and useful contacts as well as support navigating the system.

Our Venues:

- **Redruth Neighbourhood Hub**
10 Chapel Street, Redruth, TR15 2BY
- **St Julia's Hospice**
Foundry Hill, Hayle, TR27 4HW
- **Mount Edgcumbe Hospice**
Porthpean Road, St Austell PL26 6AB

**All our services
are free of
charge**

How to contact us

If you would like to speak to a friendly member of our team to discuss how we can support you, please phone **017268 829874** or email:

communityservices@cornwallhospice.co.uk

www.cornwallhospicecare.co.uk/our-community-services/neighbourhood-hubs/



Compassion in Dying.

Your end of life. Your way.



Planning can
make things
easier for family
and loved ones.

If you wait until it's too late,
medical professionals may
make important decisions
without knowing what
matters to you.



Whether you're preparing for the years ahead or need us right now.

We support you to make informed decisions, start honest conversations about death and dying, and record and revisit your wishes whenever you want, for free.

Lasting power of attorney

A legal document used to give someone you trust the power to make decisions for you.

Advance decision

Used to refuse any medical treatments that you do not want to be given in the future.

Advance statement

Used to say what care you do want, for example where you want to live and be cared for.

DNR (do not resuscitate) forms

A form you can only get from your doctor which is used to protect you from being given CPR inappropriately.

Want to talk to someone about end-of-life planning?

Contact us for free:



0800 999 2434



info@compassionindying.org.uk



compassionindying.org.uk

Free Solicitor Appointments



• Mount Edgcumbe Hospice • St Julia's Hospice •

Caring for our community

When getting in touch, please tell the solicitor that you would like to book a free Will appointment through Cornwall Hospice Care's Make a Will Scheme



Walters and Barbary **Camborne: 01209 712 454**

- In Office Appointments
- At Home Appointments **
- Hospice Appointments **

** - depending on location

Charles French **Truro: 01872 263813** **Newquay: 01637 818415** **St Austell: 01726 67660**

- In Office Appointments
- Hospice Appointments
- Telephone/Video Appointments

Randle Thomas **Helston: 01326 572 951**

- In Office Appointments
- At Home Appointments
- Hospice Appointments

Ralph & Co **Wadebridge: 01208 812 277** • In Office Appointments

Cornwall Hospice Care
Fundraising Office, Daniels Lane, St Austell, Cornwall, PL25 3HS

Web: www.cornwallhospicecare.co.uk
Email: giftsinwills@cornwallhospice.co.uk
Call: 01726 668868 (option 2)

CornwallHospiceCare
 @Cornwallhospice
 @cornwallhospicecare



Registered Charity No. 1113140

How we can help you plan for the future

Local Cornish Solicitors

We believe that everyone deserves the right and opportunity to create their Will and get their affairs in order, and we understand that not everyone is able to complete a Will online, which is why we have filled this gap with the support of our wonderful local solicitors.

Appointments vary depending on our solicitor's availability and how many appointments are allocated per year.

If an in-person appointment is more suitable for you, please call the Cornwall Hospice Care Fundraising Office and a member of our team will let you know of available appointments.

Alternatively, please see the reverse of this page to see the current solicitors which are taking part and contact them directly.

When getting in touch, please tell them you would like to book a free Will appointment through Cornwall Hospice Care's Make a Will Scheme.

Make a Will Online

We have partnered with the trusted service and professional platform, Make a Will Online, to give you the opportunity to make your Will online for free, from the comfort of your own home.

It takes as little as 15 minutes to complete your Will and every document is checked by a fully qualified solicitor shortly after you've finalised, for peace of mind.

You will also benefit from free access to Capacity Vault. The best way to protect the wishes in your Will from challenge.

Click here to start your free online Will or go to www.makeawillonline.co.uk



Need help? If you have any questions about leaving a gift in your Will to Cornwall Hospice Care, please don't hesitate to get in touch.

Email giftsinwills@cornwallhospice.co.uk or call 01726 66868 (option 2).

"We are honoured to support a charity that does so much good for our community and those we love. We have all been touched by or have heard positive accounts of how Cornwall Hospice Care has helped those when they are at their most vulnerable and need the peace that the charity provide.

It is so important to ensure that your affairs are in order and that a Will is made, to not only provide yourself with peace of mind, but to also ensure your instructions and wishes are detailed so those you trust and care for are protected. Making a Will is not complicated and when provided with clear, friendly and professional advice, you will be assured that you have done the right thing.

Please feel free to talk to our friendly team at Randle Thomas LLP as we are happy to help you now or when needed in the future. We offer in office appointments as well as home or hospice visits and by doing so you will be helping us and others to support Cornwall Hospice Care."

Lee Naylor

Randle Thomas LLP Helston)





What is an Lasting Power of Attorney (LPA)?

Overview

A Lasting Power of Attorney (LPA) is a legal document that lets you (the 'donor') appoint one or more people (known as 'attorneys') to help you make decisions, or to make decisions on your behalf.

This gives you more control over what happens to you if you have an accident or an illness and cannot make your own decisions (you 'lack mental capacity').

You must be 18 or over and have mental capacity (the ability to make your own decisions) when you make your Lasting Power of Attorney.

You do not need to live in the UK or be a British citizen.

There are 2 types of Lasting Power of Attorney:

- health and welfare
- property and financial affairs

You can choose to make one type or both.

How to make a Lasting Power of Attorney

1. Choose your attorney (you can have more than one).
2. Fill in the forms to appoint them as an attorney.
3. Register your LPA with the Office of the Public Guardian (this can take up to 20 weeks).

It costs £82 to register an LPA unless you get a reduction or exemption.

Watch this explanation from Martin Lewis, Money Saving Expert

<https://www.tiktok.com/@martinlewismse/video/7306150952258538784>

Find out all you need to know by searching the Government website or clicking on this hyperlink...

<https://www.gov.uk/power-of-attorney>



What is an End of Life Doula?



Navigating the final stages of life can be an emotional and challenging time for everyone involved. An end of life doula provides practical, emotional, and spiritual support to individuals who are dying and those important to them.

End of life doulas work alongside existing support networks, helping to bridge any gaps and offering a consistent, flexible presence during what can be an unpredictable time. They can provide support not only to the person nearing the end of their life but also to family members and friends, ensuring everyone feels heard and cared for. End of life doulas offer a tailored approach that respects individual preferences, beliefs, and circumstances.

Here are just some of the ways an end of life doula can provide support:

- *Act as an advocate when your wishes need to be upheld*
- *Open up conversations so death is approached with reduced fear or loneliness*
- *Take time to sit with the dying person, to 'hold the space'*
- *Support important decisions and choices such as where you would want to die, how you would want to be cared for, and by who*
- *Provide practical support such as assisting with admin, helping with housework, or preparing a meal*
- *Advance Planning for end of life - assistance to discuss and record your wishes and preferences*

Who Are We?

End of Life Doula UK (EoLDUK) is the membership organisation for end of life doulas in the UK. We ensure that all practising members are DBS-checked and fully insured, giving you peace of mind when choosing a doula. We have members based in Cornwall who are available to provide compassionate and reliable support. If you think a doula might be the right fit for you or someone you know, we invite you to reach out for more information.

How to Access Support in Cornwall

In Cornwall, we work closely with people who have a terminal diagnosis, as well as their friends, families, and carers. Referrals also come to us from healthcare professionals such as district nurses, admiral nurses, social prescribers, GPs, and other members of the health and social care community. If you know someone who may benefit from the support of an end of life doula, we encourage you to get in touch.

You can request an initial conversation by filling out the contact form on our website at eol-doula.uk or by scanning the QR code.



End of Life Doula UK. Registered Charity, England and Wales (1213623).



@End of Life Doula UK



@eoldoulauk



@End of Life Doula UK

JUST ASK

“COULD IT BE SEPSIS?”

IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

WHAT IS SEPSIS?

Also known as a blood poisoning (septicaemia), sepsis is the reaction to an infection in which the body attacks its own organs and tissues. If left untreated sepsis can lead to shock, multi-organ failure and death.

ADULT SIGNS

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtreme shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin that's mottled, discoloured or very pale

UNSURE WHAT TO DO?

If you're worried about someone but don't know what to do, our sepsis assessment tool is free to the public and requires no medical knowledge to use. Just answer a few simple questions and it will help you to understand whether you or someone else might be at risk of sepsis and what action to take.



Acting quickly could save a life. If you have one or more of these symptoms, don't be afraid to go to **A&E immediately or call 999**.

If you've been affected by sepsis, visit sepsistrust.org/get-support, or call 0808 800 0029 to speak to one of our Support Nurses. We also offer free Sepsis Recovery and Bereavement Support & Connect sessions. You can find more information on our website.



For more information visit
sepsistrust.org or nhs.uk/sepsis



THE UK
SEPSIS
TRUST

Palliative and End of Life Care website for Cornwall and Isles of Scilly

This is the Palliative and End of Life Care website for Cornwall and Isles of Scilly Integrated Care System. This website brings together new and existing resources, information and guidance suitable for people facing a terminal illness, those caring for someone towards the end of their lives, and for health care professionals delivering care.

The NHS Cornwall and Isles of Scilly and partner organisations would like everyone to receive high quality care, delivered compassionately and with dignity by the right person, with the right skills at the right time. We want to enable choice for local people so that they can choose where they want to receive care and to ensure that they receive the best possible support.

You can find the new webpage by searching:

<https://ciostics.icb.nhs.uk/health/palliative-and-end-of-life-care/> Or scan the QR code:



Figure 1 Sunrise image taken from the Cornwall Advance Care Planning document for End of Life Care



QR code for the Palliative and End of Life Care webpage NHS

Supporting families with children when a parent/ carer has a terminal illness



Helping everyone make the most of the time they have left together, enabling families to create lasting memories.

Terminal illnesses include: MND, heart disease, organ failure, lung disease, certain neurological conditions, some cancers, and any other life limiting condition that cannot be cured.



Follow us on Facebook for details of up coming activity days or email tamsin@gunnerskids.org to be kept up to date.



gunners kids

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WHAT WE DO

- ✓ Memory making workshops
- ✓ Support boxes
- ✓ Drop in sessions
- ✓ Activity days
- ✓ Information
- ✓ Peer support
- ✓ Outreach
- ✓ Refreshments provided

MONTHLY DROP-INS

Open to families looking for support or anyone wishing to find out more about our services. For families with children when a parent/carer has a terminal illness.

St Austell Library

3rd Friday of each month

Launceston Health Hub

2nd Wednesday of each month

Edward Hain Centre, St Ives

3rd Tuesday of each month



gunners kids



gunnerskids.org



New End of Life Volunteer Service at Royal Cornwall Hospitals Trust

A new team of volunteers offering companionship to patients at the end of life has been recruited and trained at Royal Cornwall Hospital in Truro.



Butterfly Companion Volunteers provide companionship to patients in hospital who are in the last days and hours of their lives. They are calm, kind and have exceptional listening skills. The team is carefully recruited and trained with support from The Anne Robson Trust, a national charity whose vision is that nobody deserves to die alone. The volunteers are drawn from the local community and they are from all backgrounds, genders and ages. Some may have supported their own loved ones at the end of their life, and they all have a compassionate and empathetic nature.

Butterfly Companion Volunteers:

- offer dying patients company as they approach the end of their life, especially those without visitors or patients whose loved ones have not yet arrived
- offer support to families and friends who need respite from the bedside, giving them an opportunity for a break, for example for some fresh air, a shower or a meal improve the wellbeing and working environment for staff by enabling them to focus on clinical tasks in the knowledge that their patient is not alone.

Butterfly Companions celebrate their first birthday at Royal Cornwall Hospital

In June, the Butterfly Companion volunteers at Royal Cornwall Hospital celebrated their first birthday. Butterfly Companions support patients and their visitors in the final days and hours of life. These specially trained volunteers offer companionship to patients who don't have any visitors, as well as offering respite and support to families at the bedside. Since the service opened last year, volunteers have made over 700 visits to patients at Royal Cornwall Hospital. The Butterfly Companions offer visits to all patients on the end-of-life care plan, and families can also request that they visit their loved one at a specific time, perhaps when the family know they can't be there themselves.



Butterfly Companion visits can be requested by ward staff

Butterfly Companion visits can be requested by ward staff and families are available Monday – Thursday between 10am and 3pm. You can contact the Butterfly Companion Volunteer team

**directly on 01871 253702 or email:
rcht.butterflycompanions@nhs.net**

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The Coroners' Courts Support Service

Support | Trust | Openness | Integrity | Collaboration

The Coroners' Courts Support Service (CCSS) is an independent voluntary organisation whose trained volunteers offer emotional support and practical help to bereaved families, witnesses and others attending an Inquest at a Coroner's Court.

What does CCSS do?

Compassion, guidance, and hope for families when it's needed most

The Coroners' Courts Support Service (CCSS) was founded in 2003 by Roey Burden OBE, who recognised the profound need for support for bereaved families attending a Coroner's Court. Having personally experienced how distressing and bewildering an inquest can be, Roey was determined to ensure that no one should face that experience alone.

Now in its 21st year, and having supported 600,000 families, the CCSS continues to provide emotional and practical support to people at an incredibly sensitive and often frightening time. For many, attending an inquest is described as the third hardest day of their lives, after the death itself and the funeral. Across 49 Coroners' Courts in England and Wales, around 400 specially trained volunteers offer calm, compassionate assistance. They welcome families to the court, explain what will happen, answer questions, and stay with them throughout the proceedings. Afterwards, they can signpost families to other sources of help and support if needed.

Volunteers also work closely with coroners and their staff to ensure that families remain at the heart of the process and that courts run smoothly and respectfully. In addition to the in-court work, the CCSS operates a national Helpline to provide information about the coronial process and guidance for anyone preparing to attend an inquest.

As a registered charity, the CCSS receives no central government funding and relies entirely on local authority contributions, fundraising, and public donations to sustain and grow its service. The CCSS also holds a portfolio of heartfelt testimonials from families and individuals who have benefited from our support — a powerful reminder of the impact that compassion can have during life's most difficult moments.

Support CCSS locally at the Coroner's Court Truro

There are many ways to support the CCSS — by volunteering, fundraising, spreading awareness, or donating. Every act of kindness helps us reach more families and build a stronger, more compassionate future.

Helpline: +44 (0)300 111 2141 Email: info@ccsupport.org.uk
www.coronercourtssupportservice.org.uk

Family Care You Can Trust: Our 70-Year Legacy

Our commitment to being open, understanding, respectful, and professional has allowed us to support countless families through their most challenging moments.

We listen to, and understand your wishes and provide you with all the information you need to organise a funeral how you want it.

A Legacy of Dedication

Our story begins with William John Beswetherick, who started his career as a wheelwright and carpenter. During World War II, he contributed to the war effort by building invasion barges. In 1959, at the age of 52, William John founded W. J. Beswetherick Funeral Directors in Pydar Street, Truro. His son Percy joined the business in 1960, and in 1982, Percy's daughter Cindy became Cornwall's first female funeral director.

In 1988, we moved to our current purpose-built premises in Fairmantle Street, Truro.



Today, Percy's wife Gloria and Cindy run the business as a dedicated mother-and-daughter team, supported by Cindy's husband Simon and our caring team members Eve, Lee, and Stefan.

Being an independent family business is important to us. It allows us to build strong, personal relationships with the families we serve, providing them with the care and attention they need during their time of loss.



The team is available 24 hours today to support you when you need it. Call us on 01872 274021 (24 hour) or visit www.wjbeswetherick.co.uk

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L. J. TREGUNNA FUNERAL DIRECTORS

Established in 1948

As a third-generation family business, we fully understand the needs of our families who are seeking guidance during this difficult and sad time.

Our services are conducted around Truro, mid Cornwall and further afield.

We strive to provide a caring, dignified, personal and professional service, 24 hours a day, 7 days a week.

Tel: 01872 273568

info@ljtregunnafuneraldirectors.co.uk



www.ljtregunnafuneraldirectors.co.uk 49

Kenwyn Street, Truro, Cornwall TR1 3DB

*L.J. Tregunna (Builders) Limited Trading as L.J. Tregunna Funeral Directors is an appointed representative of Golden Charter Limited trading as Golden Charter Funeral Plans which is authorised and regulated by the Financial Conduct Authority (FRN: 965279).

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L. J. TREGUNNA FUNERAL DIRECTORS

Established in 1948



At L J Tregunna Funeral Directors in Truro we understand what really matters when arranging a funeral. With years of experience supporting families across Cornwall, we know how to guide people through one of life's most difficult times with dignity and compassion and from the moment L.J. Tregunna is contacted, families know they are in safe hands. Funeral arrangements are made when the families are ready to proceed, and we are there with you every step of the way. There are so many small details that make a big difference, whether a family chooses a burial or cremation, every aspect can be tailored to reflect the life and wishes of their loved one.

Cornwall Council run Penmount Crematorium in Truro surrounded by 11 acres of beautiful formal gardens of remembrance; Treswithian Downs Crematorium in Camborne provides a lovely setting with views over the valley; and Glynn Valley Crematorium in Bodmin is particularly popular for the train enthusiast. Local burial options include traditional burials in public or parish cemeteries or churchyards, woodland burials in managed natural habitats, or the option of natural burials at Penmount Crematorium's wildflower meadow. Families may have a service prior to the burial at a location of their choice, or opt for a simple graveside service.

Decisions need to be made in a timely fashion and families are expertly guided through a variety of options.

From choosing the coffin and deciding whether to have a traditional oak, wicker and other environmentally conscious design, to a personal bespoke picture or coloured coffin to reflect the different personalities of those in their care.

Helping to organise service sheets, newspaper announcements, floral tributes, and the option to collect memorial donations for a chosen charity, including via Memory Giving, an online secure platform.

Supporting families to engage a minister or celebrant to lead the service, depending on whether they prefer a religious or non-religious service, with some families even conducting the service themselves for a more personal farewell.

Guiding the families with particular music or readings, or suggesting thoughtful touches such as photo tributes or live-streaming options to allow people near and far to feel part of the occasion.

If a cremation is chosen, there are also decisions to be made around ashes - whether they are returned in a chosen urn, scattered in a garden of remembrance, or a small amount may be kept in a piece of jewellery as a keepsake.

Nothing is too much trouble. No two lives are the same, so no two goodbyes should be either. We're here to help families make it personal and meaningful."

**To find out more about arranging a funeral or planning ahead, visit:
www.ljtregunnafuneraldirectors.co.uk
49 Kenwyn Street, Truro, Cornwall TR1 3DB**

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01579 343168
24 HOUR ASSISTANCE



Scan to visit our website



Ugalde & Son is a family owned independent firm of Funeral Directors in South East Cornwall that was established in 1887.

Bryan and Clyve Ugalde are the fifth generation of the business serving the local community and surrounding areas 24 hours a day.

We listen and provide comfort, we care, support and enable you to say farewell in your own way giving you peace of mind that you could not have done better. We are not just a funeral service. We specialise in providing compassionate, tailored support to guide you through the unique journey of grief. Our approach acknowledges that each person's experience of loss is deeply personal, so we work alongside you to create a space where you feel safe, understood, and cared for.

Our team of trained professionals offers empathetic guidance, drawing from a wealth of experience to help you navigate the complex emotions and challenges that can accompany grief. Whether you're seeking one-on-one counselling or resources to aid in your grief journey, we are here to provide consistent, gentle support every step of the way.

PLANNINGAHEAD?

We have created a 'My Funeral Wishes' leaflet to help you decide and document what type of funeral service you would like, a place to note your favourite music, hymns or poems. It includes a checklist of documents and digital planning that you may need to keep together for the time of need. Please phone us on 01579 343168 for your free copy.

We offer pre-paid Funeral Plans to suit your needs and budget.

Please contact us for more information or for a free enquiry pack.

DID YOU KNOW?

We can arrange a Direct Cremation (also known as an unattended Cremation) using a local Crematorium.

We have been arranging Direct Cremations longer than the national companies you see advertised on tv.

Some of the benefits include the option to spend time with your loved one in our Chapel of rest,

you can hold a small gathering or ceremony in our Chapel before or after the Cremation and your loved ones ashes will be available sooner. Our prices are also competitive versus national companies.

Trelawney House Heathlands Road Liskeard PL14 4DH
www.ugaldeandson.co.uk **enquiry@ugaldeandson.co.uk**





LIGHTHOUSE
COMMUNITY CENTRE

The Lighthouse Compassionate Cafe

**Every Monday morning
(exc bank holidays)
10am - 12pm**

**Are you bereaved? Have you experienced loss? Are
you taking care of someone who is terminally ill?
Do you live with a terminal or life limiting illness?**

**We are here to care, listen and offer a safe space to
chat with others.**

**Please join us at Bell House, 7-9 Church Street,
Liskeard, PL143AG**



**Limited private Parking provided at rear of property
(first come first served)**

**Email us: lighthousecicoffice@gmail.com Telephone:
01579641669/07769848307**

PENHALIGON'S FRIENDS

SUPPORTING CHILDREN & YOUNG PEOPLE IN CORNWALL
WHEN SOMEONE HAS DIED



Our support comes in lots of different ways, including:

- Telephone Support & Advice
- Home Visits
- Memory Days
- Teens Groups
- Family Groups
- Fun Activity Days
- Individual Support
- School Support
- Training
- Grief Postal Packs



WE ALSO PROVIDE ADVICE, GUIDANCE AND RESOURCES WHEN CHILDREN
AND YOUNG PEOPLE ARE ANTICIPATING A DEATH.

FOR MORE INFORMATION GET IN TOUCH WITH OUR FAMILY SERVICE TEAM

TEL: 01209 210624

EMAIL: ENQUIRIES@PENHALIGONSFRIENDS.ORG.UK



WWW.PENHALIGONSFRIENDS.ORG.UK

CHARITABLE INCORPORATED ORGANISATION NO: 1189323

Are you dealing with any type of pet loss?

We are here to support you



Call us on 0800 096 6606 or chat online through our webchat service at bluecross.org.uk/pet-bereavement-and-pet-loss or email plsmail@bluecross.org.uk

Support lines are open everyday from 8.30am – 8.30pm.

PET LOSS SUPPORT

Registered charity no: 224392 (England and Wales), SC040154 (Scotland).



Pets change lives
We change theirs

What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for those who are bereaved.

Winter - Spring 2026 | Vol.10

Widow? Widower? Join our friendship groups



It all
starts
with a
cuppa

Weekly coffee meetings
with groups across Cornwall

more details at
www.mywidowedfriends.co.uk



my widowed friends

MyWidowed Friends Ltd, Registered in England and Wales,
Registered Number 16225106, Registered Office: Colinden,
Canonstow, Hayle, TR27 6NA

my widowed friends

About us

- Widows and widowers can often feel lonely or left out of a world designed for couples or families, **mwf** helps change that.
- We run local groups where widowed people meet every week, same time, same place, to chat, laugh, and make friends.
- We use public venues like cafes, pubs, restaurants where you can buy a drink and have a chat. It's that simple, but it works!
- Members receive our monthly newsletter and can follow us on Facebook for news.

Our groups are social groups, not traditional bereavement support. You can build friendships and get out more, with people who truly understand what it's like to be widowed-other widowed people.

Membership

- We charge £26pa. There are free memberships available if your budget is really tight.
- We welcome every one whose long-term life partner has died, however long ago.
- To join you use the form on the website.

Group location

- Tuesdays at 11am in Camborne, Helston, and Penzance
- Wednesdays at 11am in Truro
- Thursdays at 11am in Bude, Falmouth, Hayle, Launceston, Liskeard, Newquay, Saltash, St.Austell, and Wadebridge.
- Saturday at 11am in Truro-this group is for younger members and those who work. Ask for details.

Because we don't run drop-in groups, venue details are only given to members. All venues are central and close to public transport.

To get more details

Website

www.mywidowedfriends.co.uk

Email

andrea@mywidowedfriends.co.uk

Facebook

[@mywidowedfriends](https://www.facebook.com/mywidowedfriends)

Phone+WhatsApp

07572 415001

Together we can build happier, more connected lives

FREE

Winter 2025/26 Timetable



Bereavement Support Sessions

Our bereavement services for adults in Cornwall are FREE to access

Bereavement Help Points:

A monthly drop-in space for anyone who has been bereaved. We offer a relaxed and supportive group environment for conversations, peer support, signposting and refreshments. These are held on:

- The second Monday of the month at Ladock Community Hall, Ladock, TR2 4PG 10.00am - 12.00pm
- The second Tuesday of the month at Hayle Day Centre, Commercial Road, Hayle, TR27 4DE 1.30pm - 3.30pm
- The third Thursday of the month at Neighbourhood Hub, Chapel Street, Redruth, TR15 2BY (beside Cornwall Hospice Care shop) 1.30pm - 3.30pm
- The second Friday of the month at Launceston Health Hub, 8 Exeter Street, Launceston, PL15 9EQ 10.00am - 12.00pm
- The third Friday of the month at Bridge 49 at Mount Charles Church, Victoria Road, St Austell, PL25 4QF 10.30am - 12.30pm
- The first Monday of **EVERY OTHER** month (starting on 4th August 2025) at ClayTAWC, Fore Street, St Dennis, St Austell, PL26 8AF 1.30pm - 3.30pm

Walk Talk Kernow:

Our monthly bereavement support walking groups are held in Penzance, Truro, Hayle and St Austell. Please see over for locations and forthcoming dates:

**For more information see our website or
call us on 01726 829874**

**Please contact us if you would like to be added to our mailing list to
receive future timetables**

[www.cornwallhospicecare.co.uk/our-community-
services/workshops-groups/](http://www.cornwallhospicecare.co.uk/our-community-services/workshops-groups/)



All walks start at 10.00am until 12.00pm

Friday 5 th December	Par Track, Par - PL24 2PB Meet outside the cafe
Friday 12 th December	Penzance Prom, Penzance - TR18 4FF Meet outside Jubilee Pool Cafe
Thursday 18 th December	King George V Memorial Walk, Hayle - TR27 5AA Meet outside Cafe Riviere
Friday 19 th December	Boscawen Park, Truro - TR1 2NE Meet in the main car park by the Scout Hut
Friday 2 nd January	Wheal Martyn Clay Walk - PL26 8XG Meet outside the main building
Friday 9 th January	Cape Cornwall, Penzance - TR19 7NL Meet outside Cape Cornwall Golf Club
Thursday 15th January	Godrevy Lighthouse, Hayle - TR27 5ED Meet outside Godrevy Cafe
Friday 23 rd January	Trelissick Garden, Truro - TR3 6QL Meet by the information shed in the car park
Friday 6 th February	The Lost Gardens of Heligan, St Austell - PL26 6EN Meet outside Heligan Kitchen Cafe
Friday 13th February	Jordan's Cafe to Longrock, Penzance - TR17 0AA Meet outside Jordan's Cafe
Thursday 19 th February	Godrevy to Gwithian, Hayle - TR27 5ED Meet outside Godrevy Cafe
Friday 27th February	Boscawen Park, Truro - TR1 2NE Meet in the main car park by the Scout Hut



Walk Talk Kernow

Are you bereaved and enjoy walking with others?

'Walk Talk Kernow' is a FREE adult bereavement support group run by Cornwall Hospice Care. Whilst walking in nature, each group provides a space for those who are bereaved and seeking social connections with others who are also experiencing grief.

Join us and allow nature to help guide you through the grieving process, step by step.



Step by step together... along the pathway of grief

For more information see our website or call us on 01726 829874



www.cornwallhospicecare.co.uk/our-community-services/bereavement-support/

Cornwall Hospice Care Stories



The hospices catering teams talk to
Community Engagement Officer
Clare Bray

Both Mount Edgcumbe and St Julia's hospices have their own dedicated catering teams who cook fresh meals each day for the patients, their families and staff.

Stuart White, Catering Supervisor at Mount Edgcumbe has been with the hospice for 10 years and Owen Crocker, Patient Services Manager at St Julia's has been with the hospice for 2 years. Both have backgrounds as chefs, and for Owen this has come in very useful at times when a gap has arisen and he has needed to get back into his chef's whites. Owen said, "We have the freedom to pretty much create anything that a patient would like. When they are admitted we go and see them, ask what their favourite things are and if we can make it, we will."

"At St Julia's there is tea and cake every afternoon at 3pm and if a patient has mentioned a favorite, it will be on the menu the next day. One of the team has been making lemon possets as a high fat sweet treat for patients who need a high calorie diet."

Both Stuart and Owen have worked in high pressure kitchen environments but as Stuart said: "It's a different kind of pressure, you've got a number of patients who may all be on different diets with specific needs and you can't mess it up, you have to make sure it's perfect for them. They do eat and they enjoy it, and they trust you because if they don't trust you, they won't eat your food and won't be getting the level of care that we strive to give. Very different pressure, but much more rewarding!"



Owen Crocker,
Patient Services
Manager

As well as cooking for the patients, both kitchens provide food for visiting families, Owen said: "It's important that families try and eat too, it can take them away from what is happening, and gives them a moment to relax." Stuart added "Having a meal where they can either sit down with their family or they can take a minute to step away, get some air, have something to eat, regroup and then go back in because those rooms can feel intense."

Going in to patient bedrooms each day to see what food they would like means the teams often build relationships with patients "It's a different feel when the person coming in the room isn't clinical, gives a chance to talk about what they want rather than what they need." said Owen.

"Christmas day is a really nice atmosphere, someone will dress as Santa and visit each room, we're all dressed up in costumes. We do breakfast, a full Christmas lunch and then a buffet in the evening just like you'd have at home." said Stuart. "It's a really lovely day; Christmas lunch is free for the staff and if we have large families with a patient, we can set up a large table for them to share Christmas day together." added Owen. Stuart concluded "Nothing prepares you for what you're going to deal with emotionally when it comes to patients; we go into the rooms daily, we get to know them, it teaches you to have quite a big degree of empathy, when you see people in their most vulnerable state. We do our best to make sure that what we give them is fantastic, as part of the wider care given."



Stuart White,
Catering Supervisor

Cornwall Hospice Care
Porthpean Road
St Austell
PL26 6AB

Cornwall Hospice Care has two hospices; St Julia's Hospice in Hayle and Mount Edgcumbe Hospice in St Austell.

You can support our Cornish charity by shopping in our stores from Bude to Penzance, taking part in one of our fundraising events from Cream Teas to Marathons, playing our weekly Lottery or by giving your gift of time to volunteer with us.

Telephone: 01726 65711

Email: communications@cornwallhospice.co.uk

www.cornwallhospicecare.co.uk

Legacies

Thank you

You can help those people with terminal illness and their families when they need it most, by leaving Cornwall Hospice Care a gift in your Will.

You help fund our vital work. Your gift, large or small, can make a big difference as it will ensure we can care for adults in Cornwall.

If you would like to find out more about leaving a gift to Cornwall Hospice Care in your Will, please contact our Gifts in Wills team on **01726 66868 and choose option 2 or email: giftsinwills@cornwallhospice.co.uk**

Cornwall Hospice Care Community Services Team



Tracey Davey Laura Sanders
Officer Support Worker

Tracey Taylor Helen Treleaven Lollie Brewer Clare Bray
Support Worker Manager Engagement Nurse Engagement Officer