

Dying for a cuppa? 'Death Cafe' offers a chat about bereavement

40% of NHS staff could go

THE new London Mayor needs to make lowering the cost of housing for NHS workers a top priority, according to the Royal College of Nursing.

The RCN say that a survey of its members found that 40 per cent of the capital's nurses expect to leave the city in the next five years due to soaring costs.

The union want to reintroduce and strengthen key worker housing regulations and build new homes on NHS land.

Ben Morrin, director of workforce at University College London Hospitals, said: "Retaining and recruiting staff is the greatest workforce challenge London's NHS faces. The costs of housing and transport are absolutely critical issues that risk us retaining and recruiting the staff we need."

The survey of 1,399 nurses took place in November last year.

by TOM FOOT

FANCY a nice cup of tea and a little chat about death?

It might not appeal to all but the idea is proving a big hit with the bereaved.

Organisers of the Death Cafe – which has upcoming informal events in Camden and Islington – say talking about how we die and experiencing the death of a loved one might be one of the most important conversations you have.

Joanie Speers, who lives in Angel and looked after her mother when she died, said: "I had no idea what to expect. I had never been around someone who was dying until I was with my mother. No one had ever talked about what it was like and I didn't talk to my mother about it either. I was too scared and, of course, didn't want her to die."

Ms Speers, who volunteers for the Age UK Islington Future Matters group, added: "I was told several times that she would be dying soon but she didn't. Each time she rallied, but was then a bit



Organisers of the Death Cafe who will be holding events in Islington and Camden to discuss issues surrounding bereavement

less of herself. I kept notes of the things she said which were on the one hand hilarious – a mix of reality and total nonsense – but at the same time incredibly sad.

"Then it became clear that it might be near the end. With great luck my sister was visiting when she died and we were both with her in her own home. It was devastating but also amazing. Having experienced my mother's

death has made me interested in the process and how it is managed."

Andy Murphy, chief executive of Age UK Islington, said: "Having the big conversation can help you to live well and to make the most of life until the very end."

Claire Henry, chief executive of dying matters and the national council for palliative care, said: "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."

This week has been named Dying Matters Awareness Week and the Death Cafe will be at the Angel Central Shopping Centre on Thursday, May 12, from 10.30-2.30pm – and on May 19 it will be in the Almeida Café Bar

from 10pm.

The Death Cafe also runs events in West Hampstead – the next

will be at La Brocca restaurant, West End Lane on May 9 from 6.30pm-9.15pm.

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at King's Cross
 invites you to attend its
June 2016 Gospel Meeting
Friday 17th June at 7.15pm
 "For The Lord Is Righteous; He Loves Righteousness"
 - Psalms 11:7
Saturday 23rd May at 7.00pm
 It Was Said Of The Parents Of John The Baptist,
 "They were both righteous in the sight of God"
 - Luke 1:6
 The Somers Town Community Association Hall
 150 Ossulston Street, NW1 1EE
Sunday 24th May at 10am & 11.45am
 @ 10am A Righteousness Which Comes From God
 On The Basis Of Faith - Philippians 3:9
 @ 11:45am Repent And Live
 The Tenant's Association Hall
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 (Entrance on Ossulston Street)
 www.kingscrosscoc.org.uk

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FRIDAY 13 MAY, 7.30pm
MAIKO MORI - Piano
 Sonata in D Major, K311 Mozart
 Sonata No.2, Op.27 'Moonlight' Beethoven
 Variations seriesuses, Op.54 Mendelssohn
 Four Preludes for Piano Rachmaninov
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