



Guide to
End of life planning

Your Own Way - Planning Ahead

Your Own Way Planning Ahead

Introduction

'The opportunity to think and talk about the last stage of life is very important for many people because it gives them a chance to make plans and communicate their wishes to the people who matter most to them and those who may be involved in their care.'



Planning ahead involves starting the conversation with those important to you and health care professionals. This may include decisions around medical treatments, preferred place of care, legal aspects, and funeral planning. Having information is key to this and the hope is that this booklet will provide structure and clarity around all aspects of planning for end of life and beyond.'

Lisa Thomas, Clinical Nurse Specialist, Nurse lead end of life and palliative care, North Bristol Trust

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This book is available electronically in Arabic, English, Polish, Romanian and Somali on the Resources page at www.bristolmemorialwoodlandtrust.org.



Planning ahead

Planning ahead can be very helpful to those who have received a life limiting diagnosis. It also applies to anyone of any age who would like to put their affairs in order, those who have views of what they may want or not want at end of life and those who would like to unburden those close to them of difficult decisions and difficult tasks.

If a time comes when, for whatever reason, a person is unable to make a decision for themselves, or communicate, then professionals and close ones can be guided by the plans they have made in advance. Most people feel that making plans helps reduce their worry and anxiety about the future and gives them a sense of empowerment and control at a time when often people feel it has been taken away from them.

If you are considering end of life care planning because of a life limiting diagnosis which you have been given or which has been given to someone close to you, it can be a very difficult situation which brings up many strong emotions. Looking after yourself and your well-being is very important. Please read the information on emotional support and grief and seek out support if you need it (Book 2 When someone dies page 25 available on **Bristol Memorial Woodland Trust** resource page or by call on 01454 414 999 to get your hard copy).

Planning ahead can involve sorting out your plans for your future health, your end of life care as well as legal matters and funeral arrangements. It is often called **Advance Care Planning** by professionals.

Advance Care Planning helps you prepare for the future. It gives you an opportunity to think about, talk about and write down your wishes and preferences for the care you would like to receive in the future and at the end of your life. An Advance Care Plan can help you and your carers (your family, friends and professionals) to understand what is important to you.

You may find it helpful to talk about your Advance Care Planning with your family or/and friends, even though sometimes this can be difficult because doing so might be emotional or people might not agree. When the time comes, it will be most helpful to have had those conversations and to be able to refer to what you have set out in writing.

Advance care planning can involve an Advance Statement of Wishes and Preferences, an Advance Decision to Refuse Treatment and Lasting Powers of Attorney.

Please note: There are a number of end of life care plans that can be documented. You can do as much or as little as feels right for you; And you can take their completion at a pace that is right for you.

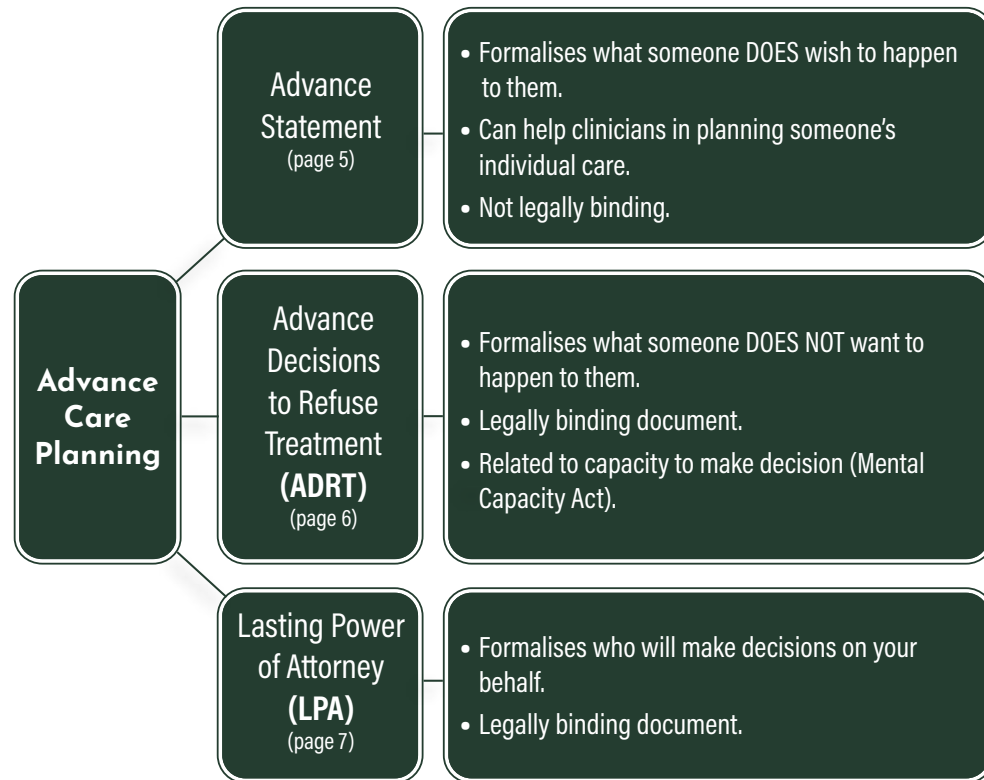
Benefits of Advance Care Planning:

- People feel more in control of their future.
- People experience reduced worry and anxiety about the future.
- Ensures people get their needs and choices met at the end of their life – wherever possible they are cared for and die in the place of their choice.
- Less crisis and fewer unwanted interventions with proactive care.
- Reduced burden on family or close ones.
- Reduced fear of dying.
- Reduced conflict between family members.
- Minimised guilt and regret among the bereaved. Helping the grieving process.

Further Information

The BBC ideas documentary collection, have made a short (5 min) film about the challenges and benefits of end of life planning: www.bbc.co.uk/ideas/videos/should-everyone-have-an-end-of-life-plan/p099x2yh

Advance Care Planning



Please note: Once you have completed your Advance Care Planning (Advance Statement, Advance Decision to Refuse Treatment, Lasting Powers of Attorney), let your close ones know you have done so and tell them where you keep it. Ideally provide them with a copy.

This is useful and enables them to inform any health care providers treating you of your wishes if you are unable to do so yourself. You can also inform your GP and any medical specialists you are under the care of.

Advance Statement

An advance statement covers your preferences, wishes, beliefs and values regarding your future care. This statement of your preferences enables those close to you and your health professional team to be guided in how best to look after you when you are not able to make decisions yourself or communicate them. It enables you to be at the centre of your care. Professionals and close ones can then do the best they can, to deliver the care you wanted and the preferences you expressed.

An advance statement covers any aspect of your future health or social care. It should set out what would give you quality of life, what is important to you. This can include:

- Where you would like to be cared for, for example at home or in a care home.
- What's important to you in that setting (seeing nature or family or children).
- How you like to do things, for example if you prefer a shower instead of a bath, or like to sleep with the light on, music and food preferences, favourite TV or radio programs...
- How you want any religious or spiritual beliefs to be reflected in your care.
- Practical issues, for example who will look after your pet if you become ill.
- What your wishes are for your funeral (burial, cremation...).

It is helpful to write this information down, so people can refer to it.

An advance statement is not legally binding, but it has legal standing, anyone who is making decisions about your care must take it into account. You can find examples of advance care planning documents here:

- Gentle Dusk Advance Care Plan is a way you can record your advance statement of wishes and preferences: Resources – Gentle Dusk.
- **A guide to funeral planning:**
Home | Bristol Memorial Woodland Trust (www.bristolmemorialwoodlandtrust.org).

If you would like a printed version of this document please contact Bristol Memorial Woodland Trust.
Tel: 01454 414 999 or email trust@memorialwoodlands.com

Advance Decision to Refuse Treatment

Legally we can't demand certain treatments, but we can choose to refuse treatments. An advance decision to refuse treatment (sometimes known as Advance Decision, ADRT, or living will) is a decision you can make now, to refuse a specific type of treatment at some time in the future (when you are not able to participate in the decision making).

People can say for example that they don't want to be resuscitated or don't want artificial nutrition, or don't want chemotherapy. It is really useful to discuss your advance decision to refuse treatment with your doctor or the senior health professional involved in your care.

An advance decision to refuse treatment is a legally binding document. It must be a written document which is signed and witnessed. You must be over 18 and have mental capacity at the time of writing it.

Local and national documents:

Within North Bristol NHS Trust and the wider Bristol, North Somerset and South Gloucestershire NHS Trusts, the process and form used is called ReSPECT, which stands for Recommended Summary Plan for Emergency Care and Treatment.

The ReSPECT process aims to develop a shared understanding between the healthcare professional and the patient, of their condition, the outcomes the patient values and those they fear, and then how treatments and interventions, such as cardiopulmonary resuscitation (CPR) fit into this.

The ReSPECT process creates a personalised recommendation for your clinical care in emergency situations where you are not able to make decisions or express your wishes. The ReSPECT document is a dynamic document. It can be updated at any point. ReSPECT v3-1-formSPECIMENFINAL.pdf (www.resus.org.uk)

Other examples of advance decisions to refuse can be found on Macmillan Advance Decision to Refuse Treatment (www.macmillan.org.uk) or Compassion in Dying websites advance-decision-pack-v2.3.pdf (www.compassionindying.org.uk)

Please note: Remember all these documents (advance statement and advance decision to refuse treatment) only become valid once you are unable to make decisions yourself and/or unable to communicate (such as after a stroke, or through dementia/alzheimers and other neurological diseases...). As long as you have capacity and can communicate, you will be part of the discussion. It is good practice to review these documents every few years or when you have a change in circumstance.



Lasting Powers of Attorney

Families or close ones don't automatically have the right to speak on behalf of their loved one or sort out their affairs for them – whether this is as simple as paying a bill or deciding how you are best cared for. It's important to legally nominate someone to do so. Lasting Powers of Attorney (LPAs) are legal documents that allow you to choose one or more people to help make decisions on your behalf and in your best interest, should you be unable to do so physically and/or should you not have mental capacity to make decisions.

There are two types of Lasting Powers of Attorney: one for your financial affairs and one for your health and welfare. Without a Health and Welfare LPA in place, your carer – even if they are a spouse or close family member – may not have permission to make decisions in your best interest.

Benefits of Lasting Powers of Attorney:

- Peace of mind.
- Enables you to choose who makes decisions for you on your behalf.
- Enables your affairs to be taken care of when you are not able to do so, in a manner that you wish.
- Enables you to be the guide of the treatment and care you want.

Health and Welfare lasting Power of Attorney (health and care decisions)

This LPA gives an attorney the power to make decisions about you, the “donor” on things such as:

- Daily routine, for example washing, dressing and eating.
- Medical care.
- Moving into a care home.
- Life-sustaining treatment (if the attorney(s) have been given authority by the donor). Legally it can **only** be used when the “donor” is unable to make their own decisions.

Property and Financial Affairs Lasting Power of Attorney (financial decisions)

It can be used as soon as it is registered, with the donor’s permission. The donor can also set parameters/limits of how it is used. This LPA gives an attorney the power to make decisions about the donor’s finances/money and property for example:

- Managing a bank or building society account.
- Paying bills.
- Collecting benefits or a pension.
- Selling their home. Specific instructions can be made by the donor about how they wish their finances and home to be taken care of.

Note: Lasting Powers of Attorney expire/cease on the date of the donor’s death.

Key stages for making a Lasting Power of Attorney

You need to first choose your attorney (you can have more than one), complete the forms to appoint them as an attorney and then register your LPA with the Office of the Public Guardian.

1. Guidance and forms can be found on www.gov.uk/power-of-attorney
2. Choose your attorney(s), Certificate Provider and Witness(es).
3. Decide attorney(s) status.
4. Talk to your attorney(s) and ensure if there are any preferences or instructions that these are either recorded within the LPAs or that written communication such as email with your wishes and instructions are sent to them.
5. Fill in the forms (online and/or paper format) to appoint attorney and answer the key questions.
6. Organise signatories of the document. There is a specific order. Tip: Try to get everyone together on the same day.
7. Register the LPA with the Office of the Public Guardian. Note: The registration can take a few months to process. Tip: Send originals by Track and Sign. Keep copies for yourself for reference. N.B Attorneys cannot act until the LPA has been registered. You will receive a letter confirming registration.
8. On receipt of your LPA, check all the details are correct, consider if additional certified copies for you and your attorney(s) are required. Note: The Office Public Guardian issue an online registered ID number that certain companies can verify who the attorneys are and view a summary of the information.

Please note: It is good practice to give your Attorney a copy of your advance statement so they can be helped in making the best decisions for you.

The matters contained in the Lasting Powers of Attorney Information are intended to be for general information purposes only. The information does not constitute legal advice, nor is it a complete or authoritative statement of the law and should not be treated as such.

There is a fee (at time of printing this is £82) to register a Lasting Power of Attorney. If you are on low income you may be eligible for a 50% discount and you are receiving means tested benefits you will not have to pay anything at all.

Telephone: **0300 456 0300** (helpline facility)
Monday, Tuesday, Thursday Friday: 9.30am to 5pm, Wednesday: 10am to 5pm

Email: customerservices@publicguardian.gov.uk

Write to: Office of the Public Guardian, PO Box 16185, Birmingham B2 2WH



Wills

As part of the legal matters to put in place, you might also want to consider putting a Will in place. You can write your own Will yourself or you can seek professional advice. For information from the UK government visit this page: Making a will: Overview - GOV.UK (www.gov.uk)

Why should I make a Will?

Your Will lets you decide what happens to your money, property and possessions after your death.

If I die without making a Will - what happens?

If you die without a Will the law decides who gets what, from your estate. These are called the rules of intestacy. The current rules around Intestacy are dependent on where the deceased lived: England and Wales or Scotland or Northern Ireland.

An inheritance order is then placed dependant on the value of the estate which varies between the different countries listed above.

To determine your potential intestacy (if you do not have a Will set up) and/or of a deceased (with no Will) refer to: www.gov.uk/inherits-someone-dies-without-will

What are the key criteria in making a Will?

For your Will to be legally valid, you must:

- be 18 or over.
- make it voluntarily.
- be of sound mind.
- make it in writing.
- sign and date it in the presence of **two witnesses** who are both over 18.
- ensure that the witnesses have (i) added their addresses, (ii) dated (iii) signed the Will in **your** presence.

Notes:

- A **witness** must be an independent adult who is not related to the person making the Will and has no personal interest in the Will (ie does not benefit from your Will/estate). A neighbour or family friend is ideal. **Someone cannot be a witness if they are the spouse or civil partner of the person making the Will.**
- Signing must be witnessed in person with a clear view of the person and the act of signing.
- The Will maker (or person authorised to sign on their behalf) and witnesses must sign the **same** document.
- If the Will is more than one page you should ensure you and your two witnesses "initial" each of the pages so that no additional page(s) could ever be added by anyone in the future.
- If you make any changes to your Will you **must** follow the same signing and witnessing process again.

Is it true that only an original Will is valid and must be stored safely?

Yes, for an estate to be administered in accordance with the terms of the final Will of the deceased, the Original Will is sent to the Probate Registry who will then issue a Grant of Probate to the executor(s).

Some suggestions include:

At home - always store securely for example either in a safe or locked filing cabinet or consider a fireproof document pouch/bag. Ensure you have informed the relevant people (ie executors) of the location and how to access this.

Solicitors - When a Will is set up by solicitors they usually offer "Free" storage. Always request copy of the Will with a confirmation letter that they are storing your Will for your records.

Banks - Check with your bank what services they offer and if there are related charges. Always check what the process is for the withdrawal of Wills upon your death. This differs from you personally requesting to withdraw.

Government Depositary - HM Courts & Tribunals Service (HMCTS). There is a one-off fee of £20 (at time of printing). The Will, and any codicils you supply, will be kept securely and you, or your dependents after your death, can withdraw it at any time.

Further details regarding government depositary are available online: www.gov.uk/government/publications/store-a-will-with-the-probate-service/how-to-store-a-will-with-the-probate-service

I want to include a charity in my Will what should I specify?

You can specify you wish to donate:

- a fixed amount.
- an item.
- what is left after other gifts have been given out.
- a percentage of what is left if there is more than one charity.



What are the benefits of including a charity in my Will?

Your donation will either:

- be taken off the value of your estate **before** Inheritance Tax is calculated or
- reduce your Inheritance Tax rate, if 10% or more of your estate is left to charity.

I have already made a Will - how often should I review it and how can I update it?

Further details for reviewing a Will and/or how to update a Will can be found at: www.gov.uk/make-will/updating-your-will

*The matters contained in the **Wills section** are intended to be for general information purposes only. The information therein does not constitute legal advice, nor is it a complete or authoritative statement of the law and should not be treated as such. Before acting on any of the information contained herein, it is your responsibility to obtain legal advice as applicable.*



Benefits/finances

There are benefits you may wish to apply for. Personal independence payment (PIP) for under pension age or Attendance Allowance (AA) for pension age and over, are not means tested on personal savings or income.

An accompanying Special Rules form (SR1) is needed to be completed by a healthcare professional so please ask your hospital, specialist team or GP to complete this for you. There are other means tested benefits such as Employment Support allowance (ESA).

Funeral planning

Most of us prefer not to think too much about the end of our lives. But, those who leave their affairs in order and have set out **their** wishes for their funeral, often feel a sense of control and empowerment.

Setting out your funeral wishes can also help to ease the burden for those left behind. It frees them from much of the decision making at a difficult time and enables them to feel they are doing the right thing by the person who has died. This can be a great comfort.

According to Sunlife annual reports (Sun Life annual survey 2024, 2022), half of all funerals have to be arranged without any knowledge of their deceased loved ones' wishes. Funeral directors regularly report that families who had already discussed funeral wishes with their loved one before they died, found navigating the process easier. Writing down your wishes will help your family, giving them an appreciation of your preferences.

There is no right or wrong way to hold a funeral. What is important is that those concerned leave feeling that they have said their farewells and given thanks in a way that is right and meaningful.

You may have religious beliefs that set out what needs to happen with your funeral, or you may want to set out your own wishes. Above all, remember, it is your choice and funerals in the 21st century can be as diverse and individual as you wish. They are held at green burial grounds, crematoria, even private settings and may be traditional or something more modern.

The most up to date information and guidance can be obtained from Citizens Advice Sick or disabled people and carers.

Citizens Advice Mondays to Fridays 9.30 am - 3 pm

Freephone: **0808 278 7957**

Textphone: **0800 144 88 84** (for the hard of hearing)

Macmillan cancer support Cancer, cost of living and understanding benefits
Macmillan Cancer Support

Tel: **0808 239 3783** 7 days a week, 8am to 8pm.





Set out your wishes

Set out your wishes in a document and tell someone close where it is. You can decide whether you want to be buried or cremated. You can buy burial plots in advance, so that you know where your body or ashes will be interred. This includes family plots so that loved ones may rest together. Having a burial or ashes interment plot will mean there is a place where future generations can gather and know you are part of that space.

If cremation is preferred, then set out what you would like to happen to the ashes. They can be buried, retained by a family member, scattered by the family at a chosen location or the crematorium will scatter them in their gardens of remembrance. Remember you must have the landowner's permission.

Why not decide what music you would like to have played at your funeral or a favourite poem and how you would like people to mark your death. You could nominate a charity that may benefit from donations. To help you, you can look at the funeral section in booklet 2 When Someone Dies (page 13) this is available on the Bristol Memorial Woodland Trust's website (www.bristolmemorialwoodlandtrust.org). The booklet has details of what a funeral entails. You can also use documents that have been put together to guide you.

You can find an **example funeral planning document** on Bristol Memorial Woodland Trust's website (www.bristolmemorialwoodlandtrust.org) or if you would like a printed copy please contact the Trust on 01454 414 999 or email trust@memorialwoodlands.com.

Funeral wishes are not legally binding after death. It is, therefore, sensible to identify who you appoint to give instructions for your funeral. In that way you can feel confident that your wishes will be followed. It is also helpful, and often therapeutic, if your partner, family and/or friends can follow your wishes after your death.

Meeting your wishes is part of the grieving process for them. It is also a process in which you can consider their needs and perhaps integrate them into the funeral in some way. Perhaps someone might like to be a bearer or read a eulogy at the service.

Costs will arise in two areas. The first is 'disbursements'; the sums you will pay to doctors (if there is to be a cremation), the burial ground, cemetery or crematorium and the minister. This might also include the cost of a venue or hospitality. The second area is the 'funeral' arrangements made by the funeral director, assuming you are using one.

These include the cost of collecting and looking after the body, the coffin, viewing, the hearse and cars, the flowers and order of service, funeral announcements and all the professional arrangements. If you are using a funeral director, obtain some quotes as soon as you have decided what you require.



Funeral Costs

At time of printing, the average cost of a basic funeral is £4,285 (Sun Life annual survey 2025). This covers the fees for cremation or burial, funeral director, limousine, mid-range coffin, doctor, and minister or celebrant.

This does not include the cost of a plot for the interment of ashes or a coffin which typically start at £1,500. You can also expect to pay on average an additional £2,961 for the send-off (Sun Life annual survey 2025): the memorial, the death and funeral notices, flowers, order sheets, additional limousines, and the venue and catering for the wake.

The most affordable type of funeral is a direct cremation £1,597 or direct burial £1,527 (Sun Life annual survey 2025). These are funerals without services, the body of the deceased is taken straight to a crematorium or alternatively to a cemetery and buried. For more information about the cost of a funeral you can look on Funeral Costs - SunLife's Cost of Dying Report' Funeral Costs - Cost Of Dying Report 2025 | SunLife

You can also look at Funeral Insurance (a premium payable per month, normally a variable amount which is **not** inflation proof and usually required to be paid until death). **Prepaid Funeral Plan** (where the amount to be paid is at "today's costs" even if funerals have become more expensive by the time you die, fixed pricing and set costs are usually offered).

Make sure the prepaid funeral plan provider is registered with the Financial Conduct Authority (FCA). Providers must be registered, by law. This provides a level of financial security for your plan..

Tips for Prepaid Funeral Plans: Compare Funeral Plan Providers, Make a "list" of what YOU want to be covered. Check their refund policy should you wish to change your plans or provider. Ensure family/friends are aware of the policy number / details to contact the provider. If you move home, contact your provider to see if you can change to use a new local funeral director.

Funeral expenses can mount up. For information about the likely cost of a funeral you can visit Funeral costs - Which? Or Sun life produce an annual report on funeral costs.



To minimise costs

- Loved ones can arrange and hold a funeral without a funeral director (see booklet 2 page 15 for more details). For more information read DIY Funerals 2021 .pdf (www.naturaldeath.org.uk).
- It is perfectly acceptable to get several quotes from different funeral directors.
- Donating body to medical research. This must be arranged when a person is alive. Please note that in certain circumstances donation may not be possible.
- Natural burial or woodland sites can be cheaper than a council-owned site.
- Source cheap direct cremations.
- Current legislation obliges all funeral directors in the UK to publish a standardised price list (this should be easily found on their website or you can ask for a printed copy).
- Low income/on benefits - Get help with funeral costs (Funeral Expenses Payment): How it works - GOV.UK (www.gov.uk) If you receive a Funeral Payment, you are typically required to pay the government back any money you get from the person's estate. For example, this could include their savings.
- Some charitable organisations offer financial and other kinds of help with funeral expenses.





Body Donation

Would you like to donate your body to medical research? Contact the **Human Tissue Authority (HTA)** Telephone 0207 269 1900 or refer to their website Body donation | Human Tissue Authority (www.hta.gov.uk).

Bristol University also have an anatomy body bequest service. For more information on how donated bodies are used and the consent form you need to complete please visit their website: www.bristol.ac.uk/anatomy/bequests/ or contact the Bequest Office directly on 0117 954 6203, or email anat-bequestoffice@bristol.ac.uk. Please note that not all body donations can be accepted; if you choose to donate your body, this will delay any funeral service (the institution concerned will usually help to fund any eventual funeral) but you can choose to arrange your own self-funded memorial at a time that suits.

South West Dementia Brain Bank – brain donation for research into dementia and neurological conditions. For further information and to register your donation please contact the South West Dementia Brain Bank office on: 0117 4147821 or by email to swdbb@bristol.ac.uk. The cost of a funeral will not be covered but the costs of donation will be.

Important Note: If you have set up pre-paid funeral plans, burial plots and/or have signed paperwork for donation of your body to medical research - always remember to share the information with relevant people along with the policy/reference numbers and documentation so that no extra costs are incurred on your behalf after your death.

Organ Donation

You may want others to benefit by donating organs after your death. Details about organ donation can be found at: www.organdonation.nhs.uk

The law about organ donation changed in 2020, it will be considered that you agree to become an organ donor when you die, if:

- you are over 18.
- you have not opted out.
- you are not in an excluded group.

You still have a choice whether or not you want to become an organ donor and can register or amend your decision at any time.

All the major religions and belief systems in the UK are open to the principles of organ donation and transplantation and accept that organ donation is an individual choice. Get information about how different faiths and belief systems view organ donations here: www.organdonation.nhs.uk/helping-you-to-decide/your-faith-and-beliefs

Tissue Donation

After someone has died it may be possible for their tissues to be donated to help others. Your loved one may have carried a donor card, be on the Organ Donor Register or may have discussed donation with you during their lifetime. Even if they did not, you may want to consider tissue donation at this time.

To ensure tissue transplants are as successful as possible, tissues can only be donated in certain circumstances:

- Eyes for Corneal Transplantation can be donated up to 24 hours after death.
- Heart valves can be donated up to 24 hours after death.

If you choose this, you will be cared for with dignity and respect and your appearance will be restored. Tissue donation will not delay funeral plans. Next of kin may be contacted by a specialist tissue donation nurse after someone dies to offer information about tissue donation. The nurse will explain the options available for tissue donation and answer any questions.

Please remember, tissue donation is entirely voluntary. If you would like further information, please contact NHS Blood and Transplant National Referral Centre on 0800 432 0559 or apply through organ donation website www.organdonation.nhs.uk. Please leave your name and contact number and a tissue donation nurse will call you back promptly.

Alternatively, you may ask a doctor, or nurse involved in your care or the care of your loved one to contact the appropriate person on your behalf.

When you register your organ donation decision, you are helping your loved ones to know what you want. Organ and tissue donation will only go ahead with the support of your family, and clinicians will never proceed with organ and tissue donation if your family or loved ones object.

Digital legacy

Consider your social media presence as well as your computer, email and online accounts. Decide which friend or relative you will entrust with dealing with your Facebook, LinkedIn, TikTok, X or Instagram accounts you have. Find a way to securely give them passwords after your death and instructions on what announcement should go on to your channels and how and when they should be shut down. For more information visit: www.digitallegacyassociation.org

If you would like further printed copies of booklet 1: Your Own Way – Planning Ahead; or booklet 2: When someone dies – Practical and Emotional Support, please contact Bristol Memorial Woodland Trust on **01454 414 999** or email **trust@memorialwoodlands.com**

These booklets are also available electronically on
Bristol Memorial Woodland Trust's website:
www.bristolmemorialwoodlandtrust.org

Notes

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Notes



We welcome your feedback. Please let us know how helpful this booklet has been and how we could improve it by using this QR code link.

This booklet has been developed in partnership between North Bristol NHS Trust and Gentle Dusk and funded by Bristol Memorial Woodland Trust.

Bristol Memorial Woodland Trust is a registered charity (number 1082094). Set up in 2000 with the aim of creating and preserving woodland areas for public benefit. These woodland areas, in turn, become wildlife reserves. "The planting of a commemorative tree is an ancient tradition. It is a symbol of continued life, strength and family connection. It gives relatives and friends a memorial to visit which they can enjoy watching as it changes over the seasons and years."

North Bristol NHS Trust provides hospital and community healthcare to the residents of Bristol, South Gloucestershire and North Somerset. The Trust delivers healthcare through several medical institutions, including Southmead Hospital, Cossham Hospital, and the Bristol Centre for Enablement, as well as through various community-based clinics. "Our reason for existing as an organisation is to put the patient first by delivering outstanding patient experience."

Gentle Dusk is a socially-minded organisation dedicated to emotional and psychological health, with specialist expertise in end-of-life care and bereavement. We offer consultancy, training, workshops, and retreats. We help individuals and organisations approach death and loss with compassion and confidence. We support staff and individuals with their overall wellbeing and emotional resilience. "Our work helps people feel more prepared, supported, and empowered at every stage of life's journey."



