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**Talking about Bereavement Podcast Series – Transcript of ‘Bonus Episode: NES Bereavement Education Conference 2024’ Podcast**

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**LI:** Hello and welcome to the Talking about Bereavement Podcast, which is brought to you by the Bereavement Education Programme in NHS Education for Scotland. I'm Lynne Innes, one of the educators in the team and in these podcasts, I'm going to be talking about bereavement with our guests who will be sharing and reflecting some of the work and learning they're involved in as they talk about bereavement.

Hi and welcome to this episode of the podcast. I'm delighted to introduce my guests today, who are also my colleagues who are Dr Clare Tucker, Dr Ken Donaldson, and Dr Graham Whyte. They will all share some insights and learning and motivation behind being part of the organising group for the NHS Education for Scotland Bereavement Conference.

Hi everyone and thank you for, for joining me today. I'll firstly introduced Clare Tucker, and Clare is in her 10th year of working within NES for the Bereavement Education Programme. She initially started as a Specialist Lead and is now predominantly working as a Senior Educator. Her work focuses on the development of educational solutions to support the preparedness of health and social care staff to undertake bereavement related care and communication. And I notice, Clare, that that's quite a kind of broad undertaking there. So, I wonder if you could tell me a bit more about yourself and expand on the introduction and, and kind of how you've got to where you are in terms of your life and work?

**CT:** Yes, no problem. Thanks, Lynne and thanks very much for the opportunity to talk to you about the conference today. So before joining NES around 10 years ago, I trained and worked as a GP and that was then before completing a Master's in Global Health, which had quite a significant focus on thinking about the sort of social determinants of health. And since joining NES ,as you've said, I've been working in the Bereavement Education Programme. And yes, it's quite a full description you gave there, and I suppose in plain language what we do is trying to help health and social care staff who work in all areas across Scotland to feel more confident and prepared to, I suppose, talk to and deliver care around the time of a person's death. So, talking to people who are bereaved or talking to people who are about to be bereaved. I think we very much recognise that wherever you work across health and social care, you're very likely at some point to come into contact with the topic of bereavement and people that are being impacted by that and we feel it's really important to as far as we can try to support staff to do those conversations and care well both for their own wellbeing, because we know if it's not done well it can affect staff themselves, but obviously also for people who bereaved and trying not to cause additional harm at a time in their lives that might be really quite challenging. So yes, that's a bit more.

**LI:** Thank you, Clare. I’ll next come to Ken Donaldson, who is a board Medical Director and Deputy Chief Executive Officer at NHS Dumfries and Galloway. Ken's also a Consultant Nephrologist and Associate Postgraduate Dean for grief and bereavement at NHS Education for Scotland and that, that sounds huge, Ken and a huge remit and I wonder what else you might like to add to that from, from your own perspective?

**KD:** Ok. Thank you, Lynne. Yes, it does sound like quite a large remit and probably what I'd add very personally to start with is that I'm, I'm also I'm married with two daughters, both getting a bit grown up, one's left home. One is clearly very keen to leave home, but they're, they're probably the biggest part of my remits if I'm honest. But yeah, coming back to the, the work side of things, you mentioned a nephrologist and I guess my real passion when I was working full time as a nephrologist and through my training was the palliative care end of life aspect of nephrology now, how important it was for us to ensure we got that right and, and should people, could have a good death and I guess falling through that was a real interest in delivering true person centred care and, and really understanding what is a good, good patient experience. And then following through from that, it's the, the recent work about values based healthcare and real estate medicine really, you know, strikes a chord and I think that all of that together is so important in the bereavement context.

And if we know that if we get that right, if the conversations around end of life and death are right, then people's bereavement will be far less severe than it may be. And that's, that's, I guess I realise that through my all my clinical work and then the work I've been doing over the last few years with the bereavement group.

**LI:**  Ok. Thank you, Ken. And Graham, come to Graham Whyte who is a Consultant in Palliative Medicine at the Marie Curie Hospice in Glasgow and has recently taken on the role of Medical Director for the Hospice. He's also been an Associate Postgraduate Dean for grief and bereavement at NHS Education for Scotland since 2017, and I'm noticing, Graham, that everybody has quite big remits and quite big roles and obviously you've just recently taken on that role. And so, I wonder what you'd like to add for yourself in terms of your role.

**GW:** No, thank you, Lynne. Yeah, and I think, yeah. Compared to everybody else I've been a consultant in palliative medicine now for, for 12 years. I started down in in Liverpool initially and that’s where I completed my, my training. And then the pool of coming back home to Scotland was, was too much. So we, we've been back in Scotland now for, for, for 10 years and I think then obviously there is an element of bereavement within palliative and end of life care and I think but I think doing this job, you realise that it's so much more than that and I think in the past, a lot of education around bereavement has been kind of coordinated or subsumed into sort of end of life education. And I think it's, it's so much bigger than that and I think there needs to be a sort of recognition of the bereavement in its own right almost rather than just as, as part of that. So, so I think that that's a big motivation for me and I think, and we’ll probably talk a bit more about that as we as we go on. I think personally I think I've also got interest in ethics and decision making at the end of life. And I did a Master's in the ethics of cancer and palliative care a number of years ago but that also extends into, into bereavement and some of the difficult situations that we can, we can come through so, so that's a wee bit of me.

**LI:** Thank you Graham and thanks everyone for, for telling us a bit about yourself as well. And we've come together this afternoon to talk a bit about the NES Bereavement conference that, that we run within the Bereavement Education Programme and has been running for now…four or five years. Clare, you can keep me right on that.

**CT:** Yeah, that's right. So, I think the 2024 conference will be the fifth one that we've run.

**LI:** The fifth one and this, and this year we're running it online as we've done the last few years since COVID really, and that's partly because we can, it works really well and we can and obviously lots of people can join from, from far and wide and not, not just in the UK but, but across the world and this year's our first international conference which is quite exciting to be hosting. So, we just thought we would kind of share a bit about what the conference is about, the successes of the conference and why we’re motivated to run a conference, and Ken and Graham have been co-chairs of that conference over the, over the last few years and, and Clare is very much involved in driving the conference. And motivated, the motivation behind having the conference running in the way that it does. So, we're just going to kind of hear a wee bit more about it from each of them about that. So, I wonder, just whoever would like to kind of say something, what do you think have been the significant factors of the conference for you either when you've been chairing it or when you’ve been kind of involved in running it and delivering it when you reflect on previous conferences?

**GW:** I don't mind starting off I suppose I was, one of the big things I've noticed is, I suppose the impact of the, the content that we discussed. I mean I have spoken at conferences in the past or helped organise the odd one, but I haven't really noticed to this extent with the bereavement conference in terms of maybe the impact that it tends to have with the audience and it, and I think some of the content we've had really does seem to strike a chord with the, with the delegates. And I think part of that is that we do have a lot of kind of powerful individuals stories, and I think the, the power of stories can be can be huge and I think particularly with the, the online forum, quite often you'll get people commenting in the, in the chat and stuff that it really kind of strikes a chord or they've had similar experiences and, and really kind of have benefited from that opportunity to maybe hear people talk about it or explore that further. So, I think that’s probably one of the big areas that I've had that might not just be on a professional level. I think on a personal level sometimes it can, can strike a chord with people as well in, in that context. So that's one of the big areas I've noticed.

**LI:** Yeah, yeah. Thanks Graham, yep. Ken, I think you maybe wanted to, to say something there as well.

**KD:** Yeah. No, I was having similar thoughts to Graham about just that stat impact that we've seen over the years, whether it was at the initial conference, which was face to face and you could feel that engagement and emotion in the room too, as Graham say you know, seeing some of the comments that come through when, when people are speaking. But I think for me, there's just constantly reminded that the importance of the conference for me is just about promoting bereavement and how important bereavement is because I do often think in the context of health and social care, we sometimes lose sight of the importance and how the impact that that can happen Individuals and families and, and I, what I guess I love about the conference is, it's educational and it provides a lot of real educational tools and content, but it kind of tie’s that all in with lots of stories and lots of really powerful stories and, and personal stories that we've seen over the years really told so well and so, so much humanity there that I think really engages the audience and it's definitely something for me that you’ll, you'll remember something more if it’s part of a story with an emotional kind of content, as opposed to just something you know, presenting a tool that's useful in bereavement. If you, you link in that way, it makes it much more memorable and a really helpful kind of learning aid. So, I yeah, I think it's such an important conference for engaging with people, for reminding them of how important understanding good bereavement is. And, and yeah, that that emotional content every year is really powerful.

**LI:** Yeah. Thank you, I'm just thinking when you were talking about the storytelling element there of why, why, why is it that stories strike so well with people? And what, what is about that storytelling that, that you know, that lands and we know that it does land with people why, why does that work so well?

**KD:** I mean, I think for me, I love that comment from Brene Brown about stories are just data with soul. And I, and I guess we've all got stories and, and the vast majority will have stories related to bereavement and sometimes we've maybe forgotten a bit or it's in the dim and distant past and hearing them and it reminds us and it just awakens that emotion and, and yeah I don't, I think it's just part of being social creatures isn’t it that we like sharing stories we like, people do enjoy a good story And it and it's a really good way for us to, to learn and get that educational content in. But yeah, it's, it's really interesting I agree.

**LI:** Graham, would you like to come back in?

**GW:** Yeah. I think part of it is that bereavement effects everybody. So, I think if you think of it, other, other conferences can be quite specific sometimes in terms of their focus. But I think one of the plus points I think of our conference is that it really reaches across health and social care and I think we’re conscious to try and invite people from a variety of different settings so of as you say, we've had people from hospital, A&E departments, care homes from ambulance crews. So, I think it really gives a broad picture of how a bereavement impacts on people, and I think that's why maybe the stories touch across that and the, and anyone specific focus and it can affect everybody in different, different ways really so.

**LI:** Clare, I wonder if there was anything you wanted to add in to that.

**CT:** Yeah, I thought it might just be relevant talking about the sort of theme around the staff wellbeing, which I think has emerged over latter years. I think it sort of links to their stories that you're talking about there, that the conference’s enabled us, I think to share both stories of people who are bereaved and sort of families as we would think of perhaps patients or clients who have died. But I think increasingly through the years of the conference, we've realised that there's a real important piece to focus on around staff wellbeing as well. So, if we think about people who work across health and social care and experience death and dying in the course of their work. That actually hearing some of their stories, too, about their experiences of, of being bereaved at work, and indeed perhaps being a person who's bereaved in their own life but then is coming to work with that as well. So, I think the stories have enabled us to share both really and show both how we can demonstrate compassion to those who are interacting with who are bereaved and who have perhaps a family member or important person in the life of someone who's died a patient or client. But also staff themselves and how we think about self compassion and looking after ourselves as staff and also our team and colleagues who we come into contact with at work.

**LI:** Yeah, really fundamentally important. I suppose I'm still thinking about the stories and I'm wondering what stories you have. In terms, from the conference that you can think of just now that have been, you know without obviously breaching any, any, any confidential information. But what, what would be if you were telling a story about the conference, what would be your story?

**KD:** I’ll maybe come in on that one Lynne. I guess one and actually, when I'm thinking about it, I've probably got lots, but one that sticks very much in the forefront of my mind, which because it's from the last conference we did. But I was interviewing the comedian and author Cariad Lloyd, who’s written a book and spoken very eloquently and runs a fantastic podcast called Griefcast. And she talks about her father who died when she was, I think, 15 and she talks about the dead dad club and she's met lots of people who are in the club as she describes and I guess my recollection at the beginning of that interview, I was kind of apologetic to her, saying I don’t think I'm in the club because my parents are still alive and I've no, I'm very fortunate nobody that close to me in my life so far has, has died. But then through the course of that interview, I realised that it's, Clare touched upon this just a minute ago, that as a healthcare professional, actually, I've witnessed many people dying and people are, you know, I knew really well. And, and I kind of realised I was in the dead patient club that I well, I was in the club. So that's definitely for me that it was, it was quite a, quite a moment for me during that interview that I hadn't expected in any way, and you know like all of us when you're doing these things, you prepare in advance and you think you know all but actually that that took me by surprise.

**LI:**  Yeah, and I remember that, Ken and I remember also thinking about after, after you said that and I had never thought about it myself as a clinician as well, having been in the, you know, the dead patient club as well and never really haven't thought about it. But I'm also in the dead dad club and I had never even thought about that. It didn't, you know, and it felt like in some ways trivialising death, talking about being in the dead dad club or the dead parent club or whatever it is or patient club, but actually it’s, it's quite profound in terms of thinking about the impact that, that death has had on us and that there are and then we kind of know, you know, there's lots of people in the same boat, but it felt different talking about it as a club really and, and even within that club, it's going to be different for everybody because one thing we know about grief and bereavement is that it's very different for us all individually and, and that we won't all experience it in the same way. Clare or Graham wonder if there's anything Graham, you want to come in? If there's anything you want to say about that.

**GW:** Partly linked to the, to the stories, but also being that, being in the club and that kind of collective role. It makes me think a little bit about the, when we did a conference in just in the middle of the pandemic, I suppose in 2021 and there was obviously a lot of focus on that around the people’s experiences and bereavement related to COVID and, and I think you did in that conference certainly get a kind of collective feel of, of, of people being able to talk and, and, and sort of reflect on some of their experiences they've had in the particular stories, somebody from an ITU setting talking about some of the experiences they've had and how that struck a chord and, and we're very lucky to have Michael Rosen as well speak at the conference. And he, many people will, will know who Michael is, but he, he had COVID himself and was in ITU and wrote a diary. And, and the nurses in COVID wrote a diary for him and, and, and really hearing his experiences and, and how he recounted that story so, so eloquently. It, it was really powerful, I think, for us, but.

**LI:** Yeah, that was a very powerful session with Michael. And the diary was, I think, lots of my recollection from that is a lot of people went away thinking, oh, we could be doing something like this for people. Having not thought of that before. So yeah, that was a really interesting aspect to that. Clare, is there anything you would like to add there?

**CT:** Yeah, and I was just thinking about the question you said earlier about what's what would my story be about the conference and I can resonate with the, the stories that Graham and Ken have talked about there and there are so many. I think if I was trying to sum it up more generally, I think the breadth and reach that it’s had has probably been the story that I would tell from it maybe or one of them. So, I think last year that was 2013, we had over 1300 people register as delegates from all over the world as you said earlier and I think just seeing the numbers rise, it's just it feels extraordinary, really, to see such interest in, in, in the topic and it's, it's great to see that. So I think probably, yeah, that's probably been one of the biggest things that I take away when I think about the conference and its reach really and just how great it's been that it seems to have sort of tapped into so many people’s interest and that we've hopefully been able to put together programmes through the years and hopefully again this year and that will really resonate with people wherever they work across health and social care and indeed across the world.

**LI:** Yeah, and I suppose I'm, I'm thinking wondering there why, why is it so important to offer a bereavement conference to health and social care staff? Like why, why, why, why do we do this? Why do we feel that this is that this matters and that is of value to staff?

**KD:** I mean, I think I can't underestimate how important it is, Lynne. And I suppose it comes back to what I said earlier about, you know, continuing to raise awareness and understanding around bereavement and not, as I suspect, in some areas and some people, you know this, it's a normal process everybody goes through it. You know, just what’s the big deal and it's and, it's not that at all. I mean it’s so, there's so many aspects, whether it is you know you have been bereaved yourself or you, maybe a colleague at work has died or as we've touched upon there, as a health and social care work, you will know many patients and clients who die and how that impacts upon all those around you and your teams, but obviously most importantly yourself. And I think I mean one thing that surprised me since I've joined the bereavement group at NES and then through the conference, is it is this, it doesn't seem to be any end insight to content and things we can talk about and there’s always a new angle, a new area that comes to light that is fascinating and really important and we know will interest many people. So, I, I think it's a huge topic that sometimes underplayed, but you know it does as Clare's already said it. You know, touches upon all of us and I think that the number of people we see coming, the feedback we've seen from every conference so far has been so positive. It tells me there's a real need for this and a need for ongoing to keep, to keep, keep delivering these because I think I think they're really powerful and, and helpful conferences.

**LI:** And certainly, I think sorry, Graham on you go, on you go.

**GW:** No, no. I was just going to say it's almost a hard link to that, like Ken said I mean previously that, that kind of you just get on with it aspect. But I think thankfully we’re having a bit more recognition nowadays of almost the concept of someone's professional grief in it almost sort of gives validation to that. And in terms of in it, it's ok to, to talk about these things and that maybe, maybe need support to, to process them. And I think people have got an awful lot of benefit from the, the opportunity in the conference and I think it allows a dedicated space in some ways. I think everyone's so busy nowadays to, to get time to, to take stock and think about these things sort of by having the whole day devoted to it rather than just maybe a webinar or other things that I think allows people that time and space just to really think about it in more detail.

**LI:** Yeah, and I, I think people really value it and I know from and Clare, you might be able to talk a bit more about this in terms of the evaluation of, of the conferences. They’re very positive in terms of what people say about having come to the conference, conference and, and what's been offered to them.

**CT:** Yeah, absolutely Lynne I can certainly say something about that just before I do, I think I was just thinking that when you, you were asking about the, the purpose of it and if I had to do a sort of elevator pitch as to why it would be of value. And I was just thinking back to what we talked about at the beginning and how we've recently made some educational resources, which really highlighted in particular how non clinical staff can be impacted by death and dying and bereavement at work, not just clinical staff that was within the context of an A&E department and the resource that we created gathered stories from people who worked on reception and A&E and a porter who worked in an ED department and, and I think in some ways you can think that's quite daunting you think goodness like we need to be thinking about educational materials and supporting staff across all of health and social care that so many people. But actually, it provides us with such a huge opportunity because I feel like there's such scope for very simple kind words or, or ways of demonstrating compassion and kindness to people who bereaved have such a huge impact. It really, I think if we've had experience of bereavement ourselves very often, we don't forget those ways that, words people say, or perhaps how they made us feel around something that could be really simple around perhaps picking up a person's belongings in a hospital or, or a care home context perhaps, and the sensitivity of how that might be done or the word said at the time. So, I feel like it, the conference just provides such an opportunity to encourage people to come and spend a bit of time thinking about bereavement and not just people who perhaps are immersed in end of life care as the core part of their work. They're very welcome to come, but the conference is relevant whether or not you encounter bereavement and death and dying at work just once a year, or if it's every everyday of your work. So, I’d really hope that people see that there would be value in coming and spending a day thinking about bereavement and then all the good that they can do and, and often quite simple ways to improve the, the journey of people who are bereaved when they experience the death of someone that's, that matters to them. Just about evaluation yes, I think we've been overwhelmed really with, with some of the comments and the feedback that we’ve had, just incredible feedback about, I think both the atmosphere that the conference creates on the day and that's a funny thing to say when it's virtual laterally. But actually, there really is a sense of sort of togetherness in the chat comments and this year we're to have some sort of social spaces over coffee and lunch that people can gather. But I think there has been a real sense of togetherness in some ways, even though we have been virtual in the last few years. And yeah, just amazing comments about the, the impact of some of the topics that have been covered and the sessions that have been delivered. One sticks in my mind, I remember someone saying recently when they heard that the conference was going ahead this year, that they were really pleased because it’s a key event in their calendar and it's become a key part of the year for them, and that felt amazing. That something that's, you know, still we feel hasn't been going that long has become something that's so respected and I think also people looking forward to completing pieces of work that they can then submit abstracts about either for parallel sessions or for posters. So yeah, it's just brilliant that people see it as a, as a good opportunity for learning and sharing, learning and meeting together.

**LI:** Yes, so I suppose looking forward then, what is the date again for this year's conference?

**CT:** So, it's Tuesday the 3rd December.

**LI:** Ah right, ok yep. And registrations open now so people can register now. Is that right?

**CT:** Yeah, absolutely. So, registration’s open now and we can put links in the perhaps the descript, the chat or description part of the podcast today. So, people can easily find the website and, and link up. And just to say that we're not actually recording the sessions. So sometimes we do get asked about that, but just to say we won't be recording sessions this year. We might have a few video teasers in the run up to the event to highlight some of the speakers that will be coming. But if you're interested in the event and even if you can't come to the whole day, but you might have some diary availability to dip in and out of some of the sessions then do register because, because there won't be recordings available afterwards.

**LI:** Ok, thanks Clare. And as I suppose, does anybody, has anybody got any little teasers, I suppose of the programme. Does anybody Graham or Ken, have you got anything you'd like to tell us, a bit about the programme that we can look forward to.

**GW:**  Yes, no, I think there's, there's quite a, a varied programme as we try and do each year, like you say it's, it's open to everybody so we try and have quite a sort of broad range of, of, of topics available. So I mean for example, we've got an opening plenary which is going to be talking about the impact of, of suicide on teams so that sort of, we've got other, other plenaries focused on more about the sort of death certification process as it as well and some of the different language that we might use in grief but there's also a, a number of sort of parallel sessions on a, a variety of topics. Some of them may be looking to give you on your own personal skills and how you might deal with patients who are bereaved or, or even giving you skills to deal with your own bereavements. But there's also other sessions on more specific topics, whether that be relating to bereavement in children, or we've also got some sessions looking at bereavement following sudden cardiac death. So, I think that's, and there's a lot of focus on again like you’ve mentioned before, bereavement in the, in the workplace and how you might support colleagues in that in that environment. So hopefully there's a quite a broad programme and something for everybody that might appeal.

**KD:** Suppose just to that, and I mean, Graham's covered a lot there just to sort of recognise that the title for the conference because we recognise that, you know, things are tough at the moment, they're tough in the workplace, but they’re tough sitting watching the news. So, our, the title of ‘Bereavement in the modern world kindness in the chaos’, think just highlights how we're trying to pitch this. And as Graham said, it comes back to that for a combination of really kind of helpful educational content bookended almost by lots of really sort of powerful storytelling and emotional content that I think just gets a really good balance to, to the day. So, I won’t say more because Graham has covered a lot there a but yeah I think, it will be another fantastic conference.

**LI:** Yeah, I do certainly like the title, ‘kindness in the chaos’. I was listening to a poem yesterday quite unrelated to this, and the, the poet talked about being wickedly kind, and I quite like the thought, the concept of being wickedly kind. So, I'm kind of holding that now whenever I think about kindness, because kindness sometimes conjures up a bit kind of kind of gentleness, which is good, but, but there's something about being wickedly kind sounds like such a good thing to be. I wonder if you know, as we come towards the end of the podcast, is there any kind of final comments, any kind of takeaway messages that you would like the listeners to, to think about before we finish.

**KD:** I suppose for me, I mean, you're just your comments Lynne was reminding me there's something that is challenging, but I think often comes through in the day in the conference, in the past that even though it's a conference on bereavement, there can be a quite a bit of fun there as well. And it's also important you can do that, you know, even Michael Rosen's talk, which was so powerful on such a there was, you know, you could feel such a tremendous character, there was a little bit of humour there. And I think for us as we go forward, obviously with the conference this year in December, but we hope, going forward, we'll continue to have more every year for folks, you know, listening to this, who hopefully will come along to this. You know, for them to be thinking about what it is they want to be seeing in these conferences and the feedback as the feedback is has been immense over the years. But it's a really rich source for us to looking ahead at what, what we can be you can be talking to, to come and come and present or what areas we need to be covering because I think it’s important for us to continue to be innovative and inventive and, and challenging ourselves on where we're going and not to be afraid about doing things a little bit differently to keep it fresh and quite exciting to come along too. So, we understand we, we need to keep doing that, but we encourage those who attend to, to help us with that and feedback.

**LI:** Yeah, yeah, good points, Ken. Graham or Clare, would you like to say anything? Any kind of final comments?

**GW:** I think we had had a, a bit, a bit of an international flavour as well this year. We've been keen to try and open it up abroad across the, the seas, shall we say so. So, we may have some, some speakers from Australia as well and, I think that's something we were keen to, keen to do as well. So hopefully that should certainly add some additional appeal and I think a bit like Clare said before, I think there's often that, that sense of togetherness really and that there is really something for, for everybody so like I say, sometimes people can think oh bereavement, I'm not sure if I want to go on a conference for that, but I think there is that kind of comfort from hearing other people's stories and that kind of collective feeling that you get from the conference I think so and that can be, I said alongside some difficult stories that also that kind of there can be that sense of fun that can Ken touched on so…so hopefully see you there.

**LI:** Thanks Graham. Clare?

**CT:** I would just like to say that we've got some colleagues that work in the NES events team within our organisation who aren’t on the podcast call today, but really just to give them a huge shout out to say thanks so much for all that they do with their organising and if you sign up or have any queries about the conference, then all of those details will go to the events team and they'll be coming back to help answer any queries or questions you have about technology or how you join on the day. So really just a huge thanks to them and yeah do you get in touch with them If you've got any questions or anything about the event and registrations opened so, please do sign up.

**GW:** And I suppose it's important to reference that it is still free to attend. So that's an important thing to just to make…

**KD**: Good point.

**GW:** …sure people are aware of that.

**LI:** Yes, absolutely. Yeah, yeah, yeah, yeah. Excellent. Thank you very much. So, the NES Bereavement Education Programme conference is on the 3rd of December and it’s online and registrations open now and, and there will be links attached to this podcast that you can just click on the link and, and book your place if you'd like to join us. There’s plenty of space because it is online, so don't worry about not getting a space, it's likelihood as you will and were really keen to, to have you all there. So, thank you, Ken and Graham and Clare for joining me this afternoon to talk about bereavement.

**KD:** Thank you, Lynne.

**GW:** Thank you, Lynne.

**CT:** Thanks Lynne.

The podcast was recorded in August 2024 and can be found at <https://www.sad.scot.nhs.uk/events/podcast-series/> or <https://open.spotify.com/show/11AORpjHqbsYwgg1DJUtLk?si=687dba351d1f45d4>

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