

FROM SHADOWS TO VISIBILITY:

a different type of lens

How Community Links Practitioners support people experiencing bereavement in Scotland's most deprived communities

Inequalities in the Margins

INTERACTIVE MARGIN
CLICK ON ICONS FOR REPORTS, DATA AND STORIES

INEQUALITIES

About the Community Links Worker Programme - Community Links Worker Programme

Responsibilities of a Community Links Worker - Community Links Worker Programme

DEEP END CONTEXT

University of Glasgow - Schools - School of Health & Wellbeing - Research - General Practice and Primary Care - The Scottish Deep End Project

PARTICIPANT'S VOICES

National award for Glasgow Community Link Worker Team | Glasgow City Health and Social Care Partnership

HSCP report

COMMUNITY IMPACT

Impact of a Community Link Worker - Community Links Worker Programme

Shared learning - Community Links Worker Programme

FURTHER RESOURCES

The Nook, Glasgow
SAMH

Touched by Suicide
Touched By Suicide Scotland

Petal
PETAL Support – Supporting People Experiencing Trauma and Loss

Mind the Men
Mind the Men – Mental Wellbeing & Suicide Prevention Peer Support Group – TALK, LISTEN, SUPPPORT

Muslim Bereavement Support
Muslim Bereavement Support Service (not in Glasgow or surrounding areas)

Prince and Princess Hospice
Home | Glasgow's Hospice

Marie Curie
Marie Curie Hospice, Glasgow | Marie Curie

Richmond Hospice
Richmonds Hope | Supporting Bereaved Families Since 2003

Child Bereavement UK
Child Bereavement UK

NHS GGC
Bereavement Information and Support - NHSGGC

1 WHY BEREAVEMENT MATTERS

Deep End Primary Care practices serve people living in Scotland's most socio-economically deprived communities. Practice teams experience the realities of poverty, inequality, illness and loss alongside the people they support. Death and bereavement are recurring experiences, with earlier loss and barriers to support compounding existing inequalities. Making time for conversations about grief is an essential part of compassionate care.

Over the past two full reporting years the ALLIANCE Links Worker Programme has received 1179 referrals to support people with bereavement issues. A further 1741 people also disclosed bereavement as an issue effecting their ability to live well. 44 of these were under 16 years old.

2 SEEING THE GAP

Grief can affect relationships, wellbeing, confidence, finances, housing and social connection. Community Links Practitioners (CLPs) identified many bereaved people had limited opportunities to meet others with shared experience. Existing services were not always accessible. Often long waiting times were a barriers to support. This highlighted the need for compassionate, flexible and person-centred support rooted in the community.

Glasgow based CLPs identified two key areas in Northeast Glasgow where people who could relate to grief and bereavement would like to engage in support, including peer support and time to share experiences. The other area was South Glasgow. From this one support group was establish then another three followed.

3 WHAT WE DID

Working alongside Deep End GP Practices and local partners, CLPs developed and facilitated bereavement support groups tailored to local need. The groups created welcoming spaces where people could:

- share experiences of grief and loss
- connect with others who understand
- reduce isolation and build peer relationships
- explore practical and emotional coping strategies
- access information, local services and community resources and to their CLPs

CLPs can also continued one-to-one support and tailored signposting.

Almost all people who are referred for or discussed bereavement as an issue were offered peer and group support immediately. Their engagement can be deferred.

4 THE IMPACT

Participant feedback highlights the value of being listened to, understood and supported by peers. Reported benefits include:

- feeling less alone in grief
- can help with a routine
- increased confidence and resilience
- can learn from others
- improved social connection
- greater awareness of local support
- a renewed sense of hope and belonging
- emotional validation

"Within six months of loss, people only have access to one early bereavement service, however not everyone wants to attend counselling, more people want a safe space and time to talk. Others use the groups as spot gaps until they are ready to attend counselling"

5 SUPPORT ACROSS THE LIFE COURSE

Definitions of poverty are based on financial resources yet have an inescapable link to health. Since 2014 The ALLIANCE CLPs have supported all people registered on the Practice patient lis. affected by bereavement, including older adults experiencing the loss of partners, family members or friends, carers, people affected by palliative and end-of-life care, children and young people experiencing the death of a parent or significant adult. CLPs are attached to Deep End GP Practices who are all based in areas of deprivation within Greater Glasgow and Clyde.

The ALLIANCE current have 74 CLPs embedded in 90 Greater Glasgow and Clyde Deep End GP Practices. Also two thematic posts, covering food poverty and primary school interventions. A further 16 Practices is West Dunbartonshire also benefit from having a CLP.

6 BRINGING LOSS OUT OF THE SHADOWS

Bereavement is a universal experience, but access to support is not equal. CLPs help bring hidden experiences into view by creating opportunities for people to connect, be heard and find support within their communities. Through compassionate, community-led approaches, people affected by bereavement and grief can move from isolation towards connection, understanding and hope.

Over the past year alone, CLPs have supported more than 17,500 people, helping individuals access services, overcome challenges and improve their health, wellbeing and quality of life.

From referral, over the last two full reporting years, the average contact time is 1.9 days, in this new reporting year it's 1.3 days. From referral to an individual's first appointment is 7.4 days, the same timescale currently..

Over the last year 341 people have attended monthly support groups and our Grief Café.

ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre

Delivered through Community Links Practitioners working with Deep End GP Practices, the ALLIANCE, local services and community Organisations.

GPs at the Deep End