



Hello! Welcome to our second newsletter. A whole year has passed with lots to share.

EUROPEAN ASSOCIATION FOR PALLIATIVE CARE CONGRESS IN BERLIN MAY 2019

We have had 2 medical students undertaking an evaluation of The Omega Course this year. They opted to carry out evaluation of our work as their third year research module for their medical studies. Isobel and Ieuan have turned out a great piece of work for which they gained high marks. They have each presented their projects at a medical student conference at Cardiff University and are off to the European Association of Palliative Care Congress, in Berlin, to present their poster at the end of May. Their work was peer reviewed to be accepted so we are really proud of them. Colin and Chantal also have a poster presentation accepted.

Nuggets from the presentations:

- The Omega Course
 - Gives people more confidence talking about death and dying
 - People talk to others about death and dying more
 - People feel less afraid of dying
 - People feel better prepared to plan for their own death
 - People rated the Omega course effective in its aims 9.13 out of 10
 - The things doctors find hard to talk about to patients are also the things people find hard to talk about to family, friends and neighbours
 - The role play training is challenging but is rated the best part of the course

It is very worth travelling to Berlin to share these great results. The concept is now proven, onwards to grant funding and growth.

IMAGE AND DESIGN

We are grateful to Round Table, Kenilworth for a grant to engage a professional to develop our image and design. Ross Cunningham, London, is kindly undertaking the work for a much-reduced fee. We like what we have seen so far and feel you will too when we unveil it and put it into use.

COVENTRY CITY OF CULTURE 2012

Coventry CoC 2021 similarly has opportunities for us and the funding information day 2 of us attended last week was encouraging. Networking is always a boon and I was thrilled to be recognised and encouraged by a member of staff from Warwickshire Community and Voluntary Action (CAVA). She nodded me in the direction of volunteer admin support and charitably donated IT equipment. She was also generously offering her ongoing support, which is invaluable.

CHARITY COMMISSION

Our application to change from a community group to a Charity has been delayed due to their workload but they have been in touch, we have sent answers of clarification and we await the verdict.....

Attaining charitable status opens up a new set of grant opportunities

LIBRARY DISPLAYS

May 13th to 19th is Dying Matters Week Kenilworth and Leamington libraries have given over their space to Mental Health Week this year but Colin Briffa will be manning a stall in the Leyland Library. We are registered with the Dying Matters website and our forthcoming courses are listed

Your Help Is Needed at the Lions Fair June 8th

Speaking of volunteer support, The Omega Course will be hosting a stand again at this year's Lions Fair on June the 8th. It is an anniversary fair so quite a shindig. We will need people to help set up, blow up balloons, chat to folk as they stop to look or enquire what we do, and tell them what the course is like. If you could spare an hour or two on that day, between 9am and 4pm, but particularly between 12 and 2pm then to help clear up 4-5pm **please** let Colin Briffa know on 07901 915030 or email courses@omega.rip

It looks to be a fun and friendly day out in Abbey Fields.

THE LEAMINGTON COURIER

The Deputy Editor, Phil Hibble, gave us a whole page for a short piece, with pictures, to market our success and the next courses. We still have places on both courses so please do pass on the info.

JULY 2019

Thursday 11th July '19 7:30-9:45pm	Learning to face death	King's Table Kenilworth
Thursday 18th July '19 7:30-9:45pm	Living while dying	King's Table Kenilworth
Thursday 25th July '19 7:30-9:45pm	Talking practicalities	King's Table Kenilworth
Saturday 27th July '19 10am-4pm	How to talk to people who are sick or bereaved	the Kenilworth Centre
Thursday 1st Aug '19 7:30-9:45pm	Supporting people who are dying	King's Table Kenilworth

OCTOBER 2019

Thursday 17th Oct '19 7:30-9:45pm	Learning to face death	King's Table Kenilworth
Thursday 24th Oct '19 7:30-9:45pm	Living while dying	King's Table Kenilworth
Thursday 31st Oct '19 7:30-9:45pm	Talking practicalities	King's Table Kenilworth
Saturday 2nd Nov '19 10am-4pm	How to talk to people who are sick or bereaved	the Kenilworth Centre
Thursday 7th Nov '19 7:30-9:45pm	Supporting people who are dying	King's Table Kenilworth

News or enquiries email: courses@omega.rip