<<< FOR IMMEDIATE RELEASE >>>

**The Kenilworth Omega Course publishes positive results.**

*The Kenilworth based Omega Course gained academic recognition this week with an international peer-reviewed publication in The American Journal of Hospice and Palliative Medicine.*

Responding to the isolation of a dying friend, two Kenilworth residents sought a remedy for the tongue-tie that develops when we know someone is sick or dying. Creating and delivering the course, run in local premises or online, Chantal Meystre and Colin Briffa enabled local, healthy members of the Kenilworth community to become more confident family, friends and neighbours to those in need. Success means a more compassionate response.

The course has developed with grants from Warwickshire County Council, Kenilworth Town Council and local charities: The Kenilworth Lions, Rotary and Round Table. This generosity has paid off, as shown by publication in The American Journal of Hospice and Palliative Medicine on the October 21st 2022 of the research evaluation undertaken by Warwick University Medical School*.*

Compassionate community development is part of public health palliative care, a global venture returning the right for dying people to be cared for, where they wish, by family and community. The Omega Course offers a chance to re-skill society by taking well people and confronting mortality, encouraging living well doing the things you want to; ensuring options and choices are thought about; learning to communicate confidently; and how to be helpful to the sick and bereaved.

The tasks of living involve planning education, careers, weddings, starting a family, and holidays. Death and dying is usually not on the list but to avoid fear and isolation it needs to be. Before attending the course people felt afraid, powerless, or lacking knowledge about how to make such plans. The unthreatening group vibe and communication skills training helped people talk and plan for death. The course was well-received. Attendees gave it a rating of 9.1/10 for achieving its aims.

Its still early days but the seeds of a social network within a caring community have been sown. These healthy people living in Kenilworth are part of a population that could fulfil the aims of extending care to the people around them with newfound confidence.

There are two certainties, death and taxes according to Benjamin Franklin. The gloom of taxes needs no further comment in October 2022. The Omega Course in contrast lifts the gloom of death. The course experience and results point to a better, less isolated future for family, friends and neighbours of Omega Course attendees.

**About The Omega Course:**

The Omega Course is a CIO Charity No: 1183642 registered in Kenilworth providing public health education about death and dying to the healthy lay public and to professional clinicians using the skills of a palliative medicine physician and psychotherapist, Dr Chantal Meystre. Mr Colin Briffa, probation professional and qualified coach co-wrote and delivered the course during the evaluated period. The Omega Course takes applications from across Coventry and Warwickshire and collaborates with organisations engaged in developing a Compassionate Community across this area co-ordinated by University Hospital Coventry and Warwickshire communities team.

**Publication**

Do Healthy People Engage with Education About Death, Dying and Advance Care Planning? An Early Evaluation of the Omega Course. <https://doi.org/10.1177/10499091221116794>

**Contact information:**

[www.omegacourse.co.uk](http://www.omegacourse.co.uk)

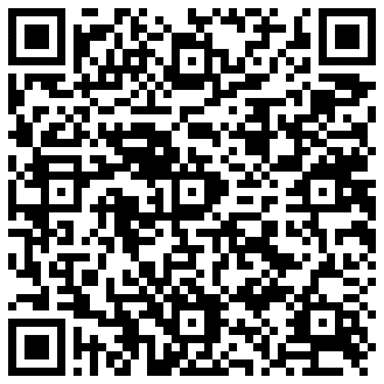
Chantal Meystre, Director of the Omega Course. [courses@omegacourse.co.uk](mailto:courses@omegacourse.co.uk)

Jeremy Dale, Professor of Primary Care, Head of Unit, Academic Primary Care

[jeremy.dale@warwick.ac.uk](mailto:jeremy.dale@warwick.ac.uk)

**Next course**:

[**March 6th 14.00 hrs 2023 5 Monday afternoons course Trinity Street, Leamington Spa**](https://www.eventbrite.co.uk/e/the-omega-course-get-good-at-talking-to-helping-the-dying-bereaved-registration-503494715247)

****