

isolation and to enable people to remain living at home and connected to their communities.

At its heart is a network of trained Compassionate Neighbours who provide weekly contact to people who have become isolated as a result of illness. Volunteer involvement is geared towards providing companionship and encouraging the person out of the house. It might be as simple as going for a cup of tea, enjoying a shared interest, doing a bit of shopping or a trip to the local community centre.

The project will be independently evaluated in terms of its impact on the health and well-being of volunteers, clients and carers and the need for primary health care services.

Compassionate Communities – Reach Out recognises that end-of-life care is a social as well as a medical issue and seeks to expand our model of health care to include communities as genuine partners – not simply as targets of service provision.

P-36 BRUMYODO – A BIRMINGHAM DYING MATTERS COMMUNITY

Sharon Hudson, Carrie Weeks, Frances Glover, Anna Locke, Laura Tooley, Sarah Mitchell, Laura Smith. *BrumYODO, Birmingham, UK*

10.1136/bmjspcare-2016-001245.60

BrumYODO is a social movement which emerged over a belief and commitment to achieving better dying in Birmingham. We are a collective of undertakers, artists, craftivists, hospices, doctors, nurses and citizens of Birmingham. For Dying Matters Week we planned and delivered a huge range of activities to engage our community in conversation about death and dying- with the message that talking about it won't make it happen (as Ellie our celebrant says. Just like eating lettuce won't make you thinner).

Our social media campaign, run with good will and energy, has generated passion, networks and the #BigConversation with a reach of thousands. Events included, five death cafes, a pop-up shop with multiple contributors, coffin design, storytelling, philosophy and a Death Disco. Images and creativity have threaded with practical sessions – engaging hearts and minds. We have filmed events to create a film to share in GP surgeries and primary care. We are true grassroots collaboration and the networks we have created will be sustained well into our future.

Creative Arts, Therapies and Wellbeing

P-37 HAND IN HAND TOGETHER FOREVER

Gwen Lowe, David Pratt. *The Myton Hospices, Warwick, UK*

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We began making hand casts approximately two years ago after a patient came through our doors asking if this was at all possible, as her daughter still wanted the opportunity to be able to hold her mother's hand after she had died.

The process is not just about making an impression of their hand, it is symbolic of who they are, as the hand can be the most tactile and intimate part of the body.

Patients who come to us for a hand cast all have huge strength of spirit and character. They come at a time when their lives are being tested beyond their control.

The process is fairly straight forward for patients to do, with each cast taking approximately 20 minutes. We use alginate powder for the mould as it is safe to use and allows for a certain amount of flexibility. Patients (and their family if desired) then place their hand into the mould for approximately two-three minutes. The mould is then ready for the plaster of Paris.

After two-three hours we can remove the mould. The cast is finely detailed showing veins, lines, even body hair can be detected. We have even had couples asking if engagement and wedding rings can remain on as they are often key to the finished result.

Patients come with their own reasons for having a hand cast. They capture that moment in time and create that special memory to cherish for years to come. This service can be important to patients and families as they prepare to say goodbye. One of our patients said "It has helped me emotionally - knowing that my hand will still be there for my husband to hold, even when I'm no longer around".

P-38 THE 'ART BAG' PROJECT – ENABLING HOSPICE COMMUNITIES TO 'CONNECT, CONTEMPLATE AND CREATE'

^{1,2,3}Annalie Ashwell. ¹Peace Hospice, Watford; ²Hospice of St. Francis, Berkhamsted; ³Macmillan Cancer Support (funders)

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Aim

- To provide an accessible creative activity for hospices and the wider communities
- To raise awareness of the benefits of therapeutic arts
- To reduce stigma attached to hospices
- To provide an opportunity for participants to 'leave a mark' and to feel connected to others.

Method The project is a large collaborative initiative uniting two hospices together, through one activity. Since the launch, in October 2015, over 500 bags have been distributed. Each bag is filled with the same simple, creative activity, 2015/6 weaving. The bag may be completed at the hospice or taken away. Each bag provides the opportunity to 'connect, contemplate and create', fostering enjoyment and relaxation and promoting wellbeing. Participants are offered the opportunity to contribute completed artworks to an end of project exhibition.

The project 2015/16 culminated in an exhibition in Space2gallery, (in a local museum). Over 210 artworks were in the exhibition. Group 'tasters' were then held at the gallery to raise awareness and increase understanding of hospice services.

Impact Each bag included a feedback card. Over 50 were returned and were displayed in the exhibition. 100% were positive and demonstrated the range of people accessing the project.

'By making this circle of life I call it. I think I turned a corner and I now realise my daughter is happy now, and I feel she is at peace'

'Participating in the art bag project re-connected me with how calming + satisfying it is to sit quietly + create something with my hands'

'Very good way of bringing you into the here and now. Very soothing'