

National Palliative Care Week 21–27 May



23 May 2023

Join us in celebrating National Palliative Care Week 21st May – 27th May 2023.

During this week PCNSW will be showing support for the incredible work of palliative care nurses, doctors, allied health workers, carers and volunteers across NSW. These compassionate professionals dedicate themselves to providing comfort, relief, and support to patients and their families during some of life's most challenging moments. They are the people at the heart of palliative care. Here are some ways you can join us in taking action to make a difference during this week:

- 1. Spread awareness:** Share information, photos and events about National Palliative Care Week on your social media platforms, within your community, or at your workplace. **Use the hashtag #NPCW2023 to raise awareness and encourage others to join the cause.**
- 2.** In honour of the late palliative care nurse, Alison Dawes, PCNSW encourages you to **consider making a donation to <https://www.ovariancancer.net.au/donations>**. PCNSW will be dedicating National Palliative Care Week 2023 to Alison's memory.
- 3. Volunteer your time: Reach out to local palliative care volunteering services and enquire about volunteer opportunities.** Whether it's providing companionship to patients and their families, assisting with administrative tasks, or organising fundraising events, your involvement can make a significant impact.
- 4. Advocate for policy changes:** Get involved in advocacy efforts to improve access to palliative care services in your region. **Write letters or contact your local representatives**, urging them to support policies that ensure equitable access to palliative care for everyone in NSW.
- 5. Have a conversation about what matters: Take the initiative to talk about what's important for you at end of life.** Learn more about what palliative care can do for you and your loved ones. Share your knowledge with friends, family, and colleagues to dispel misconceptions and promote understanding. By educating others, you can help create a more supportive and informed community.

During National Palliative Care Week, let's come together and show our unwavering support for palliative care nurses, doctors, allied health workers, carers, and volunteers. Their compassion, expertise, and dedication make a profound difference in the lives of countless individuals and families at end-of-life.

Together, we can ensure that their invaluable work receives the recognition and support it truly deserves.