

# COMPASSIONATE COMPANIONS

What choices have I got?

How can I start these conversations with who is important to me?

Should someone know my passwords or bank details?

Do I want to go back into hospital again?



What matters to you?


What is most important to you at this time in your life?



**The Peninsula Practice**

A Collaboration of Compassion





Our companion volunteers have time to listen and understand what's important for you. There may come a time when you are unwell and cannot tell the people around you what you do and do not want to happen. By making plans now, you can document your preferences for treatment and care so your wishes are known by the right people involved in your care.

**Support for you to think about your wishes including:**



Where you want to be cared for



Making plans, advance statements, and important decisions



Offer guidance and information and enable understanding of choices as one's health changes



Ensure wishes are recorded in the right place with the right teams (i.e. GP, hospital, hospice)



Supporting conversations with loved ones



Signpost to other specialist services where helpful



**Benefits reported by people who have planned and recorded their choices for treatment and care:**

"I'm now surrounded by the people and the things that I love"

"My family don't have to make difficult decisions on my behalf"

"The doctors know I want treatment for my illness to continue for as long as possible"

"My family know I don't want my life to be prolonged when I have no quality of life"

"Everyone will know my choices and how best to care for me"

To get further information please contact  
[bill.thompson1@nhs.net](mailto:bill.thompson1@nhs.net)  
Or call 07443 020291

You can refer directly by emailing:  
[bill.thompson1@nhs.net](mailto:bill.thompson1@nhs.net)  
Or call 07443 020291 for further information

Compassionate Companions is a free NHS service available to all patients registered with GPs across Ipswich and East Suffolk.

The service has developed at a community level, supported by a lead GP and clinical staff at Peninsula Practice.

Compassionate Companions are part of the integrated health and care team supporting you.

**For URGENT care  
call your own GP practice;  
or St Elizabeth Hospice on  
One Call 0800 56 70 111 (24 hour advice line)**

Data Privacy – A Compassionate Companion will share information with other professionals so that they can support you in the best way possible. Our data privacy statement is available on request; it explains more about the types of information sharing and your rights.



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