



Cicely Saunders
International

Better care at the end of life

Friends of **Cicely Saunders International**

Join the Friends of Cicely Saunders International and support world-changing research into palliative and end of life care.

The NHS was established to support us from the cradle to the grave, but the last part of that journey is under-resourced and under-researched. The Friends of Cicely Saunders International are a key part of delivering a sea-change in how we care, support and face the end.

Join today and help to make a difference.

Dame Cicely Saunders, founder of the modern hospice movement and world-renowned researcher into palliative care, established Cicely Saunders International in 2002 to further her vision of high-quality palliative care for all who need it.



Cicely Saunders

You matter because you are you.

**Dame Cicely Saunders,
founder of the modern
hospice movement**

But even Cicely could not have imagined how quickly the need for palliative care was going to increase in the 21st century. Before COVID-19 struck, we knew that more than half a million people in England and Wales would need palliative or end of life care every year by 2040. Now, the need is greater than ever, and Cicely Saunders International is at the forefront of research that will help deliver against that increasing need.

In its first decade in the purpose-built Cicely Saunders Institute, researchers supported by Cicely Saunders International have driven step-changes in a number of areas, including (among many others):

- creating a paradigm shift in the understanding and treatment of breathlessness, a debilitating and frightening symptom common in many advanced diseases and at the end of life;
- rapid response research to tackle urgent global issues such as the COVID-19 pandemic and HIV/AIDS in sub-Saharan Africa;
- establishing a foundational palliative care outcome scale that is used in many countries, in many different languages, and is now expanding into disease and age-specific measures that are helping healthcare systems around the world to develop and prioritise care.



Expert palliative care can make a difference to quality of life, not only for those with progressive illness or nearing the end of life, but also for those they leave behind. It puts the person before the disease, addressing not only physical pain, but also other symptoms and conditions, which might be psychological, social or spiritual.

Cicely Saunders International is committed to ensuring that everyone gets the care they need when they are ill, dying or bereaved, but we need your help to raise £150,000 a year to continue with this essential work.

Your donation will go towards supporting our work building the evidence, skills and capacity necessary to ensure that:

- research into better ways of caring for terminally ill patients and their families continues and expands – currently just 20p out of every £100 of the medical research budget is allocated to palliative care.
- high quality palliative care is available wherever people are cared for – hospital, hospice, care home or home;
- palliative care is integrated into mainstream healthcare;
- patients and carers are empowered so they have greater choice and control over things that are important to them;
- community care services have the skills and expertise they need to support their patients and clients; and
- healthcare professionals not only have palliative care training during the early stages of their careers, but also continuing access to learning and improvement as knowledge and practices change and grow.

How to support us

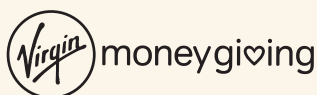
By becoming a Friend of Cicely Saunders International and making an annual gift to support our work, you will receive the following benefits:

- A twice-yearly progress report on the work you are supporting.
- Invitations to briefings led by our senior team.
- Advance notices of exclusive and special events and peer networking opportunities.

To donate via online banking (annual standing order) **please see our details here.**



You can join by visiting our campaign page on VirginMoneyGiving www.virginmoneygiving.com/fund/FOCS or contact us at friends@cicelysaundersinternational.org



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Contact details:

Sian Best, Administrator
Tel +44 (0)20 7848 5580
sian.best@cicelysaundersinternational.org
www.cicelysaundersinternational.org

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