



By volunteering as a Compassionate Friend, you will get the opportunity to:

- Make a difference to people in the community who may be isolated due to chronic/terminal health conditions
- Meet new people and make new friends in Hillingdon
- Connect with and help others to connect with others
- Learn new skills and have opportunities for further self development
- Be part of a wider network of Compassionate Friends
- Join a growing social movement in your local community, supporting and empowering people

Note: You must be 18 years old or over to volunteer for this role.

Compassionate Hillingdon is a free service provided by H4All in partnership with Harlington Hospice.

For more information or to make a referral, please contact Karen Bonnick, Compassionate Hillingdon Coordinator:

 07535648297

 KBonnick@h4all.org.uk 

 (<http://www.compassionatehillington.org.uk>)

A free community-led support service

For people:
Nearing the end of their life,
Living with a long-term / chronic health condition,
Lonely or socially isolated



What We Do

MyWishes



Compassionate Hillingdon has a network of trained volunteers who could provide support such as:

- Offering companionship, emotional support, and a listening ear
- Helping people stay connected to their friends, family and the community
- Guiding and assisting people to access services that may be of help to them
- Accompanying people to an activity that they enjoy

We can also support people to set up an advance care plan, which they can choose to share with their families and GP, through Harlington Hospice's MyWishes online platform.

To access the service, you must be aged 18 + and live in the borough of Hillingdon.

Compassionate Hillingdon are working with MyWishes to support you to plan ahead for your future care and safeguard the things and people you care about.

Their free and easy to use software can help you complete the following tasks:

- Write your last will and testament
- Make plans for your future health and care in an advance care plan
- Document your funeral wishes and curate and share your funeral playlist
- Write your own obituary and leave a video to be played at your funeral
- Make plans for your online accounts (social media, banking etc.)
- Safeguard your digital legacy
- Create, achieve and share items on your bucket list
- Leave goodbye messages to be published after your death

Getting started:

- **Visit [MyWishes.co.uk](https://www.mywishes.co.uk) and register for an account.** *(Once registered, add your postcode and you will be able to) use all of the features (for free).*
- **Video tutorials will guide you through each feature.** *If you require further help our support team will be happy to assist.*
- **Your wishes can be downloaded and shared directly with your family, friends, GP and other healthcare professionals.**
- **If your preferences and circumstances change login and update your wishes (at anytime)**