

# Ready for Every Eventuality

## Resilience and future thoughts

Over recent weeks, many people have been affected by the outbreak of COVID-19. For some this will simply have resulted in the inconvenience of having our regular routines curtailed. For others, there may have been significant financial implications. Still others will have experienced an increase in anxiety, either because the risks we face through our work have increased, especially if working within the healthcare system or other vital areas where contact is essential, or we know ourselves to be especially vulnerable.

This shock and anxiety is real and it is healthy to allow these thoughts and feelings to have an outlet, to be faced, shared and worked through. Do please feel it is ok to talk to someone about this. There are many good listening ears in the community, in the churches, through GP counselling services, through the Goring and Streatley helpline, but also of course, with good friends. Thankfully, within our villages, there has been a tremendous response by the local community, in pulling together and seeking to support one another practically through these testing times.

However, in more severe cases, we may be aware of those who have lost their lives or may even find ourselves struggling with bereavement.

Something that has come to light is the fact that not everyone is as prepared as they might be for the practicalities of what each one of us will eventually face: either in illness or our own mortality. Whether it is this virus or another cause, it is the one certainty. And so, a group of us who have been involved with our communities' response to the Coronavirus, thought it might be useful to outline a few thoughts that might help us to have added resilience to any illness and 'put our house in order' for the benefit of our nearest and dearest, should anything happen to us, either in the present climate, or in the future.

Some of these simply employ 'common sense,' whereas others will need considerable thought and even legal counsel. But all will prove valuable for our loved ones when our time to depart this life approaches.

## Financial arrangements

- Keep a record of where to find details of your financial dealings, e.g. banks, savings, mortgages, pensions, insurances, household utilities, etc., and make someone else aware of this.
- And all other important documents such as birth certificate, passport, driving licence etc.
- Consider creating a 'Lasting Power of Attorney' should you need someone to act on your behalf in all financial, health, and legal matters as a result of illness.
- Ensure your will is up to date.
- Make a separate list of any other specific wishes you might have in the event of your death.

## Funeral arrangements.

The formalities of funeral arrangements are different at the moment but there are many things you can still do:

- Many people actually enjoy thinking through what their wishes would be. Make sure you have written down your wishes for your funeral, including funeral directors, and whether you would like to be buried or cremated (including your preferred location).
- If you wish to have a funeral service within a church (or a memorial service once churches are accessible again), then specify where and who you would like to conduct it and ideas for any readings music etc to suggest are included.
- Similarly, the same would be the case if your wishes are to have a service in a crematorium only – it is helpful to specify who you would like to officiate at such a ceremony.
- You might like to choose the content of any funeral ceremony or Memorial event you would like to have – this can be extremely helpful for those who are grieving.
- Many funeral directors offer ‘Funeral Plans’ which can help spread the cost of a funeral and not leave a significant debt for your family.

## Faith arrangements

- Facing death will often cause people to reflect on whether death truly is the end – having given this consideration prior to the event is strongly recommended.
- There are ministers who are very happy to discuss life’s big questions and point to where others have found hope and comfort, and ways of putting things right with others and God, so we can truly get on with living now while we have that gift in this world.

Above all you are not alone in these strange times. There is help available be that through the churches, our friends and neighbours, the Goring and Streatley helpline (put in place by the Parish Councils and Q1F for the duration of COVID-19), as well as a huge variety of on-line sources. Help yourself and help each other to access the help available. We can all help guide you through the practical and the emotional.