

The story of *Watch with Me*

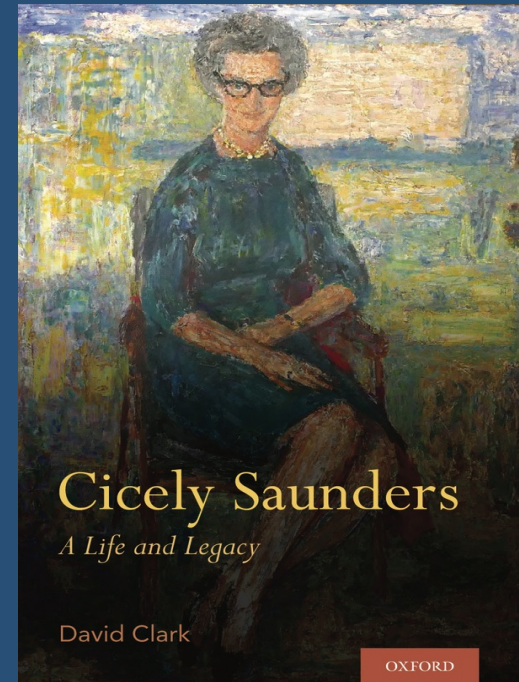
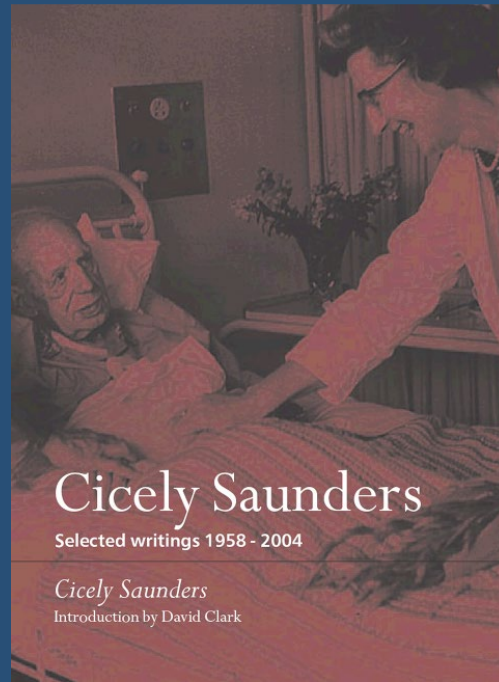
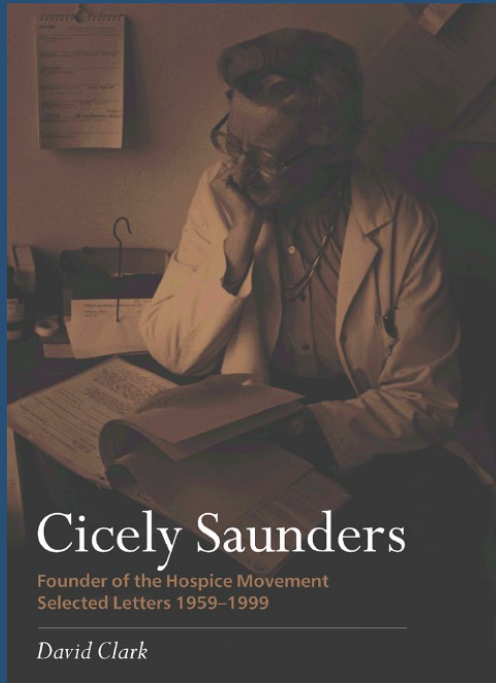


David Clark FAcSS, OBE

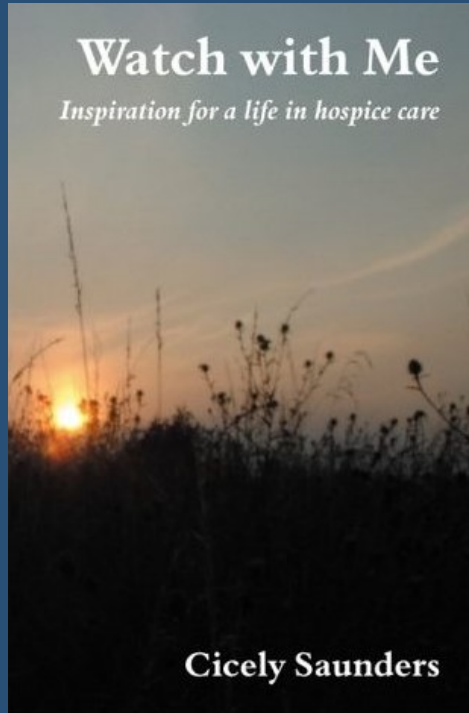
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My work with Cicely Saunders



Watch with Me



- July 2003 – Westminster Cathedral lecture
- Idea for a book
- Five pieces, each from a different decade
- Each written in the first person
- Each concerned with her own journey through hospice care, linked to her spiritual and religious beliefs and values
- Described by Robert Twycross as Cicely Saunders' "autobiography"

Chapter 1

Saunders, C. (1965f)
'Watch with me'. *Nursing Times*, 61(48) 26
November: 1615-17

A talk given at the St Christopher's AGM, in the year its foundation stone was laid

- Sets out the aims and ideals of the hospice
- The many meanings of 'watch with me' are the foundations of care
- '...in watching we should learn not only how to free patients from pain and distress, how to understand them and never let them down, but also how to be silent, how to listen, and how just to be there'

Chapter 2

Saunders C. (1974c) Faith.
Guildford Lectures.
Guildford: Seven Corners
Press Ltd: 1-7

*The hospice has been
operational for seven years,
with CS as its Medical Director*

- Sees faith as obedience to a command, something revealed in action
- This began with David Tasma in 1948
- 'Faith is a gift of love, from love to love. It is all much more simple than we think, though it is not easy'

Chapter 3

Saunders C. (1984h)
Facing death. *The Way*,
October: 296-304

*CS at the peak of her powers
and celebrity; a first biography
appears, written by Shirley du
Boulay*

- Discusses sudden and violent death, deaths from cancer and other diseases
- The dying person is embedded within a web of relationships, responsibilities and obligations
- 'To face death is to face life and to come to terms with one is to learn much about the other'

Chapter 4

Saunders, C. (1996d) A personal therapeutic journey. British Medical Journal 313(7072) Dec. 21-28: 1599-601.

CS resurfacing after death of her husband the year before. Special Christmas issue of BMJ

- Goes back to wartime nursing, the Brompton Cocktail, the concept of 'total pain', the rise of hospice, WHO recognition
- 'The search for meaning may be expressed in many ways, in metaphor or silence, in gesture or symbol, perhaps in art, and the unexpected potential for creativity at the end of life'

Chapter 5

Saunders, C (2003)
Consider Him. Lecture
given in Westminster
Cathedral, 20 June

*CS at 85, still speaking to large
audiences on profound issues,
two years before her own
death*

- A wonderfully condensed account of the major landmarks in her professional and personal life
- Packed with references to spiritual influences and writings.
- ‘Surely “Watch with Me” could not have meant to take away, to explain or even understand – it simply meant “be there”’

Watch with Me in translation...

- English version (2003)
- Italian translation (2008) prepared by Augusto Caraceni
- German translation (2009) prepared by Martina Holder-Franz
- Spanish translation (2011) prepared by Marisa Martin, Susan Hannam, Carlos Centeno and Enric Benito
- Portuguese translation (2013) prepared by Francisco and Isabel Galrica Neto
- Brazilian Portuguese translation (2018) by Franklin Santana Santos



The Danish translation (2021)



- Began almost exactly one year ago when Bente Bramming wrote to me with the idea
- Vibeke Graven quickly came alongside the project with great enthusiasm
- Anne-Dorthe Zwisler gave the support of REHPA
- *Tusind tak* to each of them; and to all of you today, thanks for listening. Enjoy the book!