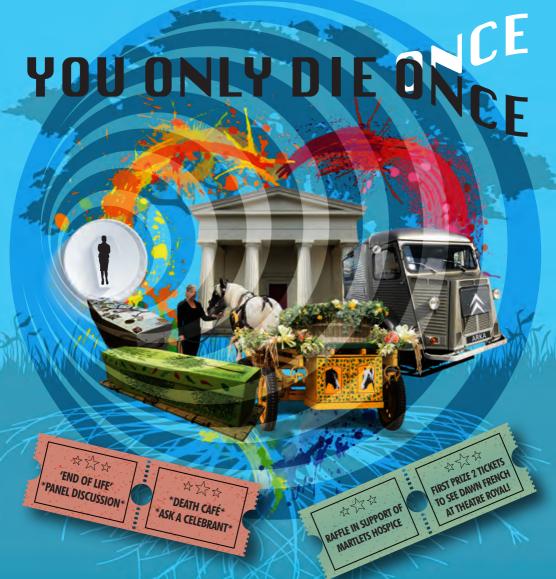
BRIGHTON'S DOUBLE O HEAVEN IN ASSOCIATION WITH DYING MATTERS PRESENT



FREE EVENT! WEDNESDAY 14TH MAY 2014 • 1-5PM BRIGHTON UNITARIAN CHURCH • NEW ROAD • BN1 1UF LOOK OUT FOR POP UP COFFIN DISCUSSIONS IN BRIGHTON ON THE DAY!

MEET AND TALK TO PROFESSIONALS • SEE OVERLEAF FOR FURTHER DETAILS ABOUT THIS ONE-OFF FREE EVENT

5 THINGS YOU CAN DO TO LIVE WELL AND DIE WELL

Record your funeral wishes

Register as an organ donor

Plan your future care and support

Write your will

Tell your loved ones your wishes

COME AND GET INVOLVED AND INFORMED

POP IN AT ANY POINT, BUT DON'T MISS OUT!

FROM 11am

GET INVOLVED WITH POP UP COFFIN DISCUSSIONS OUTSIDE THE VENUE

1-5pm

COME IN TO MEET AND TALK TO A VARIETY OF PASSIONATE PROFESSIONALS

WORKING IN END OF LIFE CARE & SUPPORT

KEY EVENTS:

1-2pm DEATH CAFÉ - take 1

ask questions, get answers, get involved - hosted by End of Life Doulas*

2-3pm ASK A CELEBRANT

chat to a celebrant to find out all about ceremonies and what is possible

3-4pm DEATH CAFÉ - take 2

a second opportunity to take part with the End of Life Doulas*

4-5pm END OF LIFE PANEL DISCUSSION Put your questions to our panel:

Cara Mair from ARKA Original Funerals, Charles Cowling from The Good Funeral Guide, Hermione Elliott from Living Well Dying Well and Jane Stokes and Peter Wells from Brighton & Sussex University Hospitals NHS Trust

THE DYING MATTERS COALITION HAS BEEN SET UP BY THE NATIONAL COUNCIL FOR PALLIATIVE CARE (NCPC), TO RAISE AWARENESS AND PROVIDE THE SUPPORT AND INFORMATION NEEDED TO HAVE THESE CONVERSATIONS WITH LOVED ONES. IT AIMS TO HELP MAKE DYING WELL A NATURAL PART OF A GOOD LIFE AND THROUGH THIS HELP CHANGE ATTITUDES AND BEHAVIOURS TOWARDS DYING, DEATH AND BEREAVEMENT AND RAISE THE PROFILE AND IMPROVE END OF LIFE CARE.



^{*}individuals who help those who are dying, and their families, to feel safe and supported, as they make the transition from this life to the next