

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

# YOU ONLY DIE ONCE



☆☆☆  
**'END OF LIFE'**  
\*PANEL DISCUSSION\*

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**\*DEATH CAFE\***  
\*ASK A CELEBRANT\*

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RAFFLE IN SUPPORT OF  
MARTLETS HOSPICE

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FIRST PRIZE 2 TICKETS  
TO SEE DAWN FRENCH  
AT THEATRE ROYALL

**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

\*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

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.

Dying Matters

Let's talk about it

THIS EVENT IS ORGANISED BY ARKA ORIGINAL FUNERALS AND THE CARERS CENTRE AND LIVING WELL DYING WELL AND LIFE FILMS AND MARTLETS HOSPICE AND BRIGHTON & SUSSEX UNIVERSITY HOSPITALS NHS TRUST