



Are We Ready for our own deaths, or the deaths of those we care about? This is a practical question – wills, funeral planning and more – but of course it's also emotional, even spiritual for some of us. For many of us, the answer will not be 'yes'. We know from the research we've done that most people haven't taken care of the practical aspects, which include deciding on organ donation, and planning our future care. And even for those that have, the emotional aspect of being ready for death is challenging. Who is ever really ready to die?

As part of Dying Matters week, members from Florence Nightingale Hospice, Rennie Grove Hospice Care and Westongrove partnership will be holding a death café. A death café is a social movement whose goal is to alleviate some of the fears and myths surrounding death and dying. It's an informal space where you can come and discuss concerns and anxieties, ask questions over a cup of tea and cake.

Death Café

Wendover Surgery

2-4pm

Wednesday 15th May

<https://deathcafe.com/>

<https://www.dyingmatters.org/blog/dying-matters-2019-theme-are-we-ready>