

Planning your 'get together'



Introduction

Organising a 'get together' with your loved ones is a good opportunity to start the conversation about issues that are important to you. No one likes to think about getting ill or dying, but talking about and planning for these sensitive issues will help ensure our wishes are met and make it much easier for our loved ones when the time comes.

"How people die remains in the memory of those who live on." Dame Cicely Saunders

This pack is to help you get started with organising your 'get together' and includes:

- invitations to send to your guests
- two Dying Matters leaflets to help get the conversations started
- background information to help you start a conversation on will writing, Lasting Power of Attorney, and future care and support

If you would like to talk about funerals see the Dying Matters 'Planning your funeral' pack enclosed within the activity folder, or download it from our website www.dyingmatters.org

Getting started

Decide what you would like to talk about. The Dying Matters leaflet #9 : Putting your house in order: Five things you can plan for end of life (one is included in this pack) will help you and provides some useful contacts where you can get more information. Further information on funerals and future care is also available in the enclosed background information.

Once you have decided what you want to talk about, decide who you would like to invite and what type of 'get together' you would like to hold, such as an afternoon tea party. You could even provide food that is in keeping such as Angel cake.

To help your guests prepare for the 'get together' encourage them to read Dying Matters leaflet #9 and to visit the Dying Matters website, www.dyingmatters.org This will help them understand why you want to talk to them about these issues. All Dying Matters leaflets are available online at www.dyingmatters.org or hard copies are available by contacting freephone number 08000 21 44 66 or email info@dyingmatters.org

Having the Conversation

To help you with where to start and what to say look at the Dying Matters leaflet #5 To Do List – Information for ill or older people who want to start conversations about the future with family, friends or carers (one is included in this pack). It is designed for just this purpose.

Though others may initially want to change the subject when you talk about dying, talking about it will ultimately make their lives easier in the end. Your loved ones may want to make contributions and suggestions of their own once the conversation gets going – but in the end this is your opportunity to talk about what is important to you.

Do consider writing down your decisions or ask a loved one to do it for you. Then they will have a record of what you decided.

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Need more information?

Go online, or ask a friend or family member to go online with you and look at the Dying Matters website www.dyingmatters.org where you will find useful information and contact details.

Watch our Talking Heads of people, just like you, who have recorded messages about why dying matters to them and explain what they want their families to know about their last wishes and preferences.



'Death never takes the wise man by surprise; he is always ready to go'
Jean de La Fontaine