It’s about improving health and well-being...
It’s about changing knowledge, attitudes and behaviour...
It’s about living well, now and for as long as possible...
It’s about breaking down taboos because sometimes it helps to talk...
It’s about natural death, dying and loss being a normal part of life...

...It’s about the Circle of Life

If you would like to know more about the work of the Cheshire Living Well, Dying Well Partnership, please contact: End of Life Public Health Team
Winterley Grange, Unit 8, Wheelock Heath Business Court
Alsager Road
Sandbach
CW11 4RQ
01270 758120
PublicHealth@eolp.org.uk
**Nibbles**
What would you put on your ‘bucket list’; things you want to do or see before you die
Is there a taboo about death, dying and loss?
Have you written a will?

**Starters**
“I need your help with something….”
“I was thinking about what happened to ______, and it made me realise…”
“That programme on TV last night made me think. We really should…”
“What do you want as your epitaph / words for a tombstone? I love Spike Milligan’s, I told you I was ill!”
How would you like to be remembered?
What music do you want at your funeral?
When should we start planning for the last phase of our life?

**Main Course**
Do you want to be cremated or buried?
Would you want to donate your organs?
Where would you like to be when you die?
Does it scare you?
What things help to make a good death / death better?
When is treatment too much treatment?
What helps people grieve?

**Sweets**
“Thank you for being there. I love you”
“If I do go before you. I want you to know….”
“I’m sorry for….”

Inspired by an idea from www.goodlifedeathgrief.co.uk