






-  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**



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Dying to Talk...

Takeaway Conversation Menu



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...."

