

Life & Death

Dying is a part of life we don't often like to talk about and mainly avoid.



This is an opportunity to safely think about it, to think about living well and dying well.

Join us to to talk about grief and its impact on life.

Bredbury Library

22nd March

Drop in 1pm – 7 pm

- Curious about Advance Care Planning and Do No Resuscitate Decisions?
- Funeral Planning
- Poetry Reading
- Sharing Memories
- Tea, Coffee, Cake and a chance to Chat

The Last Taboo

Living Well - But Dying Matters



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22nd March

Drop in 1pm - 7pm

Join us for talks throughout the afternoon, each talk will last approximately 30 minutes

- Thinking ahead - End of Life care with Elaine Watson. 3:15 & 5:30
- Living well with a Life limiting illness with Amanda Connors. 1:45 & 4:15
- Reflective Poetry on Living with Grief with Frances Sackett. 2:30 & 4:45pm

St Ann's Hospice, Beechwood, Healthwatch & Stepping Hill will be available to answer questions and advise.

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