

Blackburn area

Monday 13th - 10.30-12. Lasting Powers of Attorney- Who, Why, What and how much?

Presentation by Janet Ross and a team of volunteers available at Blackburn With Darwen Carers Service, Kingsway, Greenhurst Place, Blackburn, BB2 1NH .

We offer a form-filling service for lasting Powers of Attorney for a reasonable charge. Further details contact Janet Ross or Isma Sajid Tel:01254 688440.

Monday 13th May 1pm -3.30pm Dying Matters - What can I do? An afternoon of talks by local speakers from Alty's Funeral Directors, East Lancashire Hospice, Friends of Blackburn Museum, Friends of Darwen Cemetery, Human Tissue Authority and more. At Blackburn With Darwen Carers Service, Kingsway, Greenhurst Place, Blackburn, BB2 1NH.

Further details contact Janet Ross or Isma Sajid Tel:01254 688440.

Lancaster University

Wednesday 15th May Continuing Learning Group Lunchtime Lecture, Fylde Lecture Theatre 3, Lancaster University, 1pm.

Professor Alan Beattie - Poetry and the re-languaging of death.

This presentation will review some current anthologies to highlight the issues they raise; and will then invite discussion of a sequence of poems against the backdrop of emerging debate about the need for wider conversations about mortality and end-of-life care, and perhaps for a 're-languaging' of death. This event is open to all.

Further information from Janet Ross-seniorlearners@lancaster.ac.uk

Hosted by Lancaster University Continuing Learning Group [website-https://seniorlearners.wixsite.com/lancaster](https://seniorlearners.wixsite.com/lancaster)

Wednesday 22nd May - Janet Ross-Mills- Advance Planning for care and treatment.

How to create a Lasting Power of Attorney at minimum cost. Janet has recently attended the Advance Care Planning -International Conference in Rotterdam, as a keynote speaker. She will summarise some of the latest developments in the UK and around the world and demonstrate how to create a Lasting Power of Attorney on paper and on-line. Feel free to bring along any partly completed forms.

Hosted by Lancaster University Continuing Learning Group [website-https://seniorlearners.wixsite.com/lancaster](https://seniorlearners.wixsite.com/lancaster)

Email: seniorlearners@lancaster.ac.uk

Are you a Health Professional?

Gary Rycroft and the UCLan Digital Legacy team will talk through their work on Friday May 17th 2019 – add info on time and venue plus more event info – this info is to be replaced by the UCLAN Preston info sent yesterday

St Mary's Hospice is holding an Advance Care Planning & Communication Skills Day for Faith Leaders, Pastoral Care teams and Humanist celebrants on Wednesday 22nd May 2019 (9.30-4.30pm)

If you have conversations with individuals about what may be important to them in the future, or support people and those important to them to start to think about their care as they become less well, then this workshop is for you.

The day will focus on the principles and benefits of Advance Care Planning, the supporting documentation and associated communication skills. The day is free, with refreshments and light lunch provided.

The venue is St Marys Hospice, Ford Park Crescent, Ulverston LA12 7J. To book a place please contact: Trisha Atkinson email: education@stmaryshospice.org.uk or telephone: **01229 580305 ext 263/262**

Dying Matters

Let's talk about it

A friendly and welcoming Death Café will run from 12-2pm.

The venue is Floor 4, Morecambe Bay Clinical Commissioning Group, Moor Lane Mills, Moor Lane, Lancaster, LA1 1QD. Come and join in the conversations and enjoy the tea, coffee and cake! Please contact Miriam.Baird@MorecambeBayCCG.nhs.uk



Dying Matters

Let's talk about it

Are we ready?

Dying Matters Week

13TH - 19TH MAY 2019

What is Dying Matters?



Dying Matters is a coalition that works to promote public awareness of dying, death and bereavement e.g. encouraging people to talk about their wishes towards the end of their lives, including where they want to die and their funeral plans with friends, family and loved ones.

Every year, May is chosen as the month of the national Dying Matters Week campaign. This year in 2019, the question is: Are We Ready? It's a question that challenges each of us on several levels. 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 people, the answer will not be 'yes'.

We know from research that most people haven't taken care of the practical aspects, e.g. 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? Such questions are best faced with the help of others, which is why we're asking 'Are We Ready?'

To help get conversations started, or even continue, we have created a programme of events across north & central Lancashire and south Cumbria.

Take a browse through this programme – we hope there is something to catch your eye and take part in.

A Death Café will run in Millom at the Community Café in Network Centre on Wednesday 8th May 1:30-2:30pm. If you have never been to a Death Café then you will be surprised at how interesting, warm, welcoming and thought provoking you will find it. Come along for a chat, tea, coffee and cakes.

Your local library may also feature a reading list, 'A Dead Good Read' – so many great books include a great death scene. Take a look and find something to read by yourself, or as part of a book club choice. It may also feature displays around Dying Matters Week such as, 'Five things you can do to live well and die well'.

The Barrow and Millom area

St Marys Hospice is hosting an **Art Exhibition in the St Mary's Living Well Centre**, Duke St, Barrow LA14 5UL. It will run on 15th May from 2pm – 8pm and on 16th May from 10am – 1pm.

This moving exhibition will be showing the excellent work of Barrow 6th form students with the theme of 'Aging & Loss'. There will be varied pieces of work and a really good showcase of thoughts on Aging and Loss. You are very welcome to visit and enjoy the works – why not go along with a friend or member of your family?

Lancaster and Morecambe area

St John's Hospice is hosting '**An Evening with Professor Dame Sue Black**'. Professor Dame Sue Black, Pro-Vice Chancellor at Lancaster University, is one of the world's leading forensic anthropologists and author of the award winning autobiographical book, "All That Remains". Famed for numerous pieces of work Professor Dame Sue Black is one of the world's leading anatomists and forensic anthropologists. Her expertise has been crucial to many high profile criminal cases such as the War Crimes investigation in Kosovo. It is a limited-ticket event of £14.95 to include pie and peas. Proceeds will go towards funding care and treatment in the Hospice and the Hospice community services. To book please go to <https://www.sjhospice.org.uk/dyingmatters/>

St John's Hospice is also encouraging people to take part in a famous and moving photography project developed by renowned photographer Simon Bray. Simon's '**Loved&Lost**' documentary project. To take part all you need to do is to find a photograph of yourself with your loved one who has died; perhaps a family member or a friend. You then return to the location of the original photograph with a friend and take a new photo of yourself in that same location and spend some time chatting about your loved one, that day, your memories and what you loved about him or her. You then send your photographs to St John's Hospice before 13th May so that they can be displayed in a local exhibition at the St John's Hospice Courtyard Café during the Dying Matters Week of May 13th – 19th.

'Talking about death won't kill you – it could improve your life' is a presentation by Alan Beattie, which will be held in Morecambe Public Library on Friday 17th May, 2pm to 4pm.

When we're faced with dying or bereavement it can be hard to find the right words - even to begin a conversation, let alone work through the grief and feelings that are stirred up. Finding ways to talk about such matters can reduce fear and embarrassment and enable us to become clearer and more confident in speaking for ourselves on how best to cope. One of the best loved sources of help has long been stories and poems. There's a great wealth of books that can prompt reflection and discussion and this presentation will introduce a few key examples and suggest some routes. Participants will be invited to discuss matters arising from the presentation, but this is not grief-support or therapy: anyone reluctant to talk will certainly not be forced to!

Putting the humanity back into death

On Tuesday 14th there will be a representative of Poppy's Funerals presenting a discussion around the **subject of funeral poverty**.

This lunchtime talk will look at how Poppy's Funerals was founded in order to help people take creative control of their funerals, how we can meet the challenges of a good, fairly priced funeral and what a blueprint to the future of funerals might look like. If you are interested in dying well and funeral poverty then this lunchtime slot is for you. You bring your sandwiches, we will supply the coffee. Come and join in at St Thomas Church, Marton Street, Lancaster, LA1 1XX from 12.30 – 1.30

A HOME FOR GRIEF by Fabiola Santana
Thursday 16th, Friday 17th May
Lancaster city centre.

You will start by walking the streets of Lancaster and listening to the voices of local people – sharing how they take care of their dead and themselves. This trail leads you to a home. In this private space you will be guided through an intimate experience exploring care, memory, ritual and grief. Entering alone, your presence will contribute to a tender conversation on how we say goodbye.

This performance is the first step to creating a communal action that serves people of different backgrounds, searching for ways to share grief across boundaries and histories. A Home for Grief is a subtle rebellion, with the hope of affecting change in the ways we relate to each other and giving weight to the knowledge that we all share an ultimate journey... from birth to death.

This experience is for one person at a time. Please check slot times and book at <https://www.lancasterarts.org/whats-on/home-for-grief> (only 12 spaces available each day).

'...a moving and tender 1 to 1 (...) touched a melancholic note that endeared me to the journey.' - Manick Govinda

A HOME FOR GRIEF - Installation

A Home for Grief installation emerges from the performances happening on the 16th and 17th of May. It is an experience curated from meeting local people, audiences' contribution during performances, and rituals created for Lancaster and the Cottage Museum. It is an invitation to contemplate.

'...brilliant! it brought up so many memories and feelings' - Lancaster participant.

Preston - UCLan

Monday 13th – Friday 17th May
'Are we ready?' Share, chat and think.
10am – 4pm each day in Harrington and Foster Social Spaces.
Share your thoughts, plans and wishes by posting on our boards throughout the week. The Dying Matters at UCLan Team will be available during mid-morning and lunch breaks at each chat point. Come along, talk to us and pick up information on local services.

Wednesday 15th May
"Can I really leave my house to my cat?"
2-4pm Media Factory ME320
A myth busting workshop on the ups and downs of making a will.

Thursday 16th May
'The hidden shark'
9am Brook Building BB008
A collaborative session exploring the complex ethical and legal aspects of dying, based on recent events exposed in the media. Consider how you can influence decisions made about your future in the event of serious illness.

Thursday 16th May
'Me, Earl and the Dying Girl'
Film showing by Comensus
Thursday 16th May 1pm Foster Lecture theatre 3 FREE no booking required.
High schooler Greg, who spends most of his time making parodies of classic movies with his co-worker Earl, finds his outlook forever altered after befriending a classmate who has just been diagnosed with cancer. Join us for a cinema experience with this heart warming film. Sit back, relax and take time to think. **Trailer: Me, Earl and the Dying Girl**

