



Dying to Talk Café

What are Dying to Talk Cafés?

They are informal gatherings of people, usually with cups of tea and biscuits. The people who attend normally have nothing else in common but their interest in discussing and listening to conversations about death and dying. There are no experts in the room, the conversation is an opportunity to learn from others and about others.

What is their purpose?

The purpose of the café is to help remove death, dying and bereavement as taboo subjects. Discussing our fears, worries; and our hopes and wishes helps to relieve anxieties people feel about their own death.

Helping people to talk about death encourages them to explore personal preferences that can enable them to plan for their death. In making plans we take some control of what we know will happen. Known plans can facilitate decisions that may need to be made at a point of health crisis that communicate your choices in the event that you are unable to. Knowing that your choices are respected can be of comfort to your family at a time of great distress.

What is discussed during the cafés?

Conversations may include end-of-life care, funeral options, experiences with loss and a whole host of other subjects we seldom talk about.

They are **not** counselling sessions nor bereavement support groups but simply a confidential space to talk freely about your thoughts while listening to others which might offer you a new perspective.

Cafés are relaxed and informal, but there are a few house rules to bear in mind. People are usually asked:

- To listen when other people are speaking
- To be respectful of other people's sensitivities
- To respect that thoughts expressed are personal and should be treated as confidential
- To avoid trying to influence someone to come to any conclusion, product or course of action

Where do they happen?

They can happen at a local café, or where face-to-face meetings are not possible, they can happen online. Online conversations will use encrypted technology to ensure privacy and confidentiality with number of attendees restricted to 8.



Who attends them?

Anyone who is curious about exploring their own mortality with other people through meaningful conversations.

Who facilitates them?

Conversations are group led with trained facilitators to help to guide people when conversation gets stuck or the house rules are breached. As facilitators they enable the flow of conversation, they are not 'death' experts and will play a dual role as facilitator and participant.

How do I find out when a café is happening?

We publicise café dates on our website and social media channels. Alternatively, you can contact us directly by emailing info@compassionatecommunitiesnw.com.