



**PUBLIC AWARENESS EVENT**  
ST MARGARET OF SCOTLAND HOSPICE  
**DYING MATTERS..... LET'S TALK ABOUT IT**  
Without a plan, a goal is just a wish (Larry Elder)  
"Think not about what we can't do until we know what we can do together."  
Dates: 20th June, 22nd August and 21st November 2013  
Times: 12pm-2pm  
Everyone but places are limited

**BEFORE I DIE**  
Get grandkids.  
A big family holiday.  
Win a game of badminton.  
Buy a boat.  
Win the lottery.  
Complete the London Marathon (however slowly).  
Have a family get together.  
Travel around the world.  
Learn to make an excellent mojito.  
Have champagne every Thursday.  
Tell our politicians to speak from the heart.  
See my babies sleep one more time!  
Live a long and happy, healthy life.  
See the world and marry a nice handsome man.  
Have a pet monkey.  
Overcome my fear of heights.  
Walk with the dinosaurs.  
I will take my kids to Canada where their...

**Number Expected?**  
~~50~~  
**101**  
**Confirmed!**

**Materials...**  
Leaflets  
Balloons  
Bunting  
Essential oils  
atomiser

**When I Die: Lessons from the Death Zone**  
Philip Gould

**My Thinking Ahead and Making Plans**  
Helping you to take control and make your wishes heard



**SHAPING BEREAVEMENT CARE**  
A Framework for Action

Scottish Government Health Directorates

ANNEX B

Confirmed to me that talking about/preparing for dying is important to us for healthy living. Breaking down our cultural & professional taboos is essential. Good to see that the first tentative steps are being made.



# THE GREAT TABOO

DEATH, DYING & BEREAVEMENT

Once upon a time, in the year 2008, a fabled text was laid down by lords, ladies, princes, princesses, and peasants of the land called Scotland. They scribed what was to become the glorious tome known as 'Living and Dying Well: The Scottish Government's action plan on palliative and end of life care'.

All who came upon the mighty tablets knew that fantastical prognostication and recommendations lay within, that would improve the care of good citizens living within the Kingdom. For the citizens had lived in terror for many years of the dragon on the hill - the Great Taboo - who blew fear and fire of death and dying into their hearts.

The plan of action would serve as a beacon to guide the teams of knights and fair maidens caring for those affected by the breath of the Great Dragon - their families and carers too, by delivering the special treatments and potions that make life better for those passing from this life to the next. They called it 'palliative and end of life care', and each of them knew that the preciousness of the individual remained central.

As the knights and maidens made their plans, they established an army to take the task on. Under the banner of 'The Alliance', they set off on their quest to examine enormous challenges and find practical solutions, dreaming of banishing The Dragon... forever.

The battle would be fierce and lengthy and so unto them the gift of 'Good Life Good Death Good Grief' was bestowed... the secret weapon of success.

The Great Taboo had blinded the good citizens, pilfering their hopes of lands beyond. Dangers lay ahead but the herald of The Alliance declared the safest path to follow, one raising awareness, bringing hope, and good news.

Four courageous maidens working in the field of palliative and end of life care decided the time had come to take forth key messages of The Alliance. They acquired vision from Good Life Good Death Good Grief. Occasions were planned where people of all age, creed, colour, and race could share thoughts and fears of what lay ahead as death arose from the shadows of life into reality.

As the crowds arrived, shouts of "Hooray!" roared as preparation was made for battle against the Great Taboo. Through the custom of creativity the Great Taboo was overcome, just as The Alliance had decreed.

And so peace descended upon the hearts and minds of those citizens as they mounted the plans of anticipation, realising the greatest concerns might be conversed, preferences documented, and hopes and wishes communicated.

A smile grew upon the faces of the maidens as they recognised this was indeed the best and only path to follow, and as criers proclaimed the message to all, the citizens, instead of being fearful, became resilient and strong, as the Great Taboo and all of the Dragons were no more.

To be continued...



**REFERENCES**  
Scottish Government (2008) Living and Dying Well: a national action plan for palliative and end of life care in Scotland, Scottish Government, Edinburgh  
Scottish Government (2010) CEL 9, Shaping Bereavement Care - a framework for action, Scottish Government, Edinburgh  
Short Life Working Group 7 (2010) Short Life Working Group 7: Final Report, Living and Dying Well: a national action plan for palliative and end of life care in Scotland, Scottish Government, Edinburgh

**Event Evaluations**  
Most powerful learning event I have ever attended.  
Excellent presentation re: a very sensitive subject, gives a lot to think about regarding aspects of dying.  
Could have done with this three years ago.  
A very emotional experience, leaving with lots to think about.  
Attended as a professional but gained more as a person. Thank you.  
My sister has a terminal illness and I now feel confident to talk to her about certain matters.  
Brother-in-law died, aged 48, two years ago. My sister can't cope, my 91 year old mother is nearing end of life. Time for a family pow-wow!  
Enjoy life but think about death.  
Take time to look at life and appreciate it.  
Be less fearful.

**Short Life Working Group 7**  
Final Report  
March 2010

**LIVING AND DYING WELL**

Addressing palliative and end of life care from a public health and health promotion perspective: facilitating wider discussion of death, dying and bereavement across society

"Moving palliative and end of life care beyond the professional world and making it everyone's business is essential..."  
...to SLWG7 consultation

**Catering**  
Tea & Coffee  
Soft Drinks  
Nibbles  
& Cakes

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