



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)

Dates: 20th June, 22nd August and 21st November 2013 and 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 Materials...

Number Expected?

Balloons Ballong oils Burting oils Essential oils



elping you to take control and make your wisher

life care'.

remained central.

When I Die Lesson
When the Death Id
From Philip Gould

THE GREAT

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

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

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

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.

blew fear and fire of death and dying into their hearts.

SHAPING BEREAVEMENT CARE A Framework for

Confirmed to me that talking about/preparing for dying is Breaking down our autural tiving professional taboos is essential Good to see that the first tentative steps are being made.

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

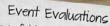
Four courageous maidens working in the field of palliative and end of life care decided the time had come to take forth key messages of The Alliance. They acquired vision from Good Life Good Death Good Grief. Occasions were planned where people of all age, creed, colour, and race could share thoughts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



100

Most powerful learning event I have ever

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



Addressing palliative and end of life care from a Addressing palliative and end or the care from a public health and health promotion perspective. ublic health and nealth promotion perspective:

Moving palliative and end of life care beyond the professional world and making it everur &'s business is essential...

e to StWG7 consultat

Well a national action plan for palliative and end of life care in Scotland, Scottish Government,

* Cakes

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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 Edinburgh