

How do you have one of the most important conversations of your life?

The First Step: **community workshops...**

Conversations about how or where someone wants to be cared for when they are ill or are dying are not easy for anyone. Most people want their wishes and preferences to influence their care. Inspired by the true stories of local people, the Conversations for Life Programme encourages each of us to talk about our wishes for our future care whilst still healthy or early on in a diagnosis. Starting these conversations is the first step. We want you to know what you need to know to begin.



Talking
About Living and Dying Well

The Conversations for Life Programme aims to raise awareness and help you learn how to:

- **Open these conversations**
- **Explore what matters most to you**
- **Make informed choices**
- **Plan for future care**
- **Let people know your wishes**
- **Access resources to support you over time**

Contact Us

To Register Interest
Or
Bring A Workshop
to your area

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