

Dying to know but too afraid to ask

Coping with the death of a loved one is one of the hardest things we ever have to face. Would your nearest and dearest know how to carry out your last wishes?

As part of this year's "Dying Matters Week" Sheppey Matters is hosting a free drop-in session where people will be on hand to answer questions on topics ranging from making a will and planning for future care to organising a funeral.

"Dying to know but too afraid to ask" will be held in the Abbey Room of Sheppey Healthy Living Centre from 10.00 am to noon on Friday 12 May. Representatives of various groups and service providers will be on hand to help people talk more openly about dying, death and bereavement and making plans for the end of life.

Facing up to making plans now will help your friends and family cope when you do die and could save them a lot of money which could be spent on the living.

Further information from: Sheppey Matters Office on 01795 585335 or email office@sheppeymatters.org

Address:

Sheppey Matters

Sheppey Healthy Living Centre

Off the Broadway

Sheerness

Kent

ME12 1HH

