



# Living Well North Tyneside

Supporting Health and Wellbeing



**Type:** Face to Face

A death cafe is a place to talk about celebrating life, not worrying about death. We want to help people recognise that death is part of living and instead of focusing on sadness, celebrating the life we get to live before we die. Voicing our thoughts and fears surrounding death can help create a better understanding of it. There is no pressure to share - you can just come along to listen.

Laura specialises in planning creative celebrations of life. She will talk through how you can start to plan ahead for your funeral, what you can and can't do, and how to record your wishes. We will continue to explore this in the style of a death cafe - an inclusive and informal opportunity to talk about death and funerals. There is no pressure to share, you can just come along to listen - Tea and cake provided



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[talk](#) | [grief](#) | [help and support](#)

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## Related Documents

- [Death Cafe.png](#)

Death Cafe



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