

Passing the baton: preparing for end of life



End of life planning is easy to put off – until it's too late. In this five week Zoom-based process a group of us will work together through an agenda to reflect on and prepare for our end of life – however far off that might be. The aim is to help us prepare for the end with a positive sense of purpose. Although originally designed for Quakers it is open to people of all faiths and none. Some of the questions that we will explore together include:

- What do I want to do before I die?
- How do I feel about death?
- What might I want to say to those who are closest to me?
- How do I want my money and possessions to be used after I've gone?
- What do I need to think about in relation to powers of attorney, my digital legacy and DNR (Do not resuscitate) orders?
- What would a good death – and a good funeral – look like to me?

The sessions will be every Wednesday at 5.00pm, starting on 2nd September and finishing 7th October (no meeting on 23rd September). The sessions will be led by Chris Bemrose. He is a funeral coordinator for Bognor Quakers, a Hospice Visitor at St. Wilfrid's Hospice and was for a time part of the chaplaincy team at St. Barnabas Hospice. He has accompanied people on their final journey and facilitated a number of "Death Café's".

For further details or to enrol (places are free but limited), please email chrisbemrose@gmail.com or phone Chris on 07910130415.