

## **Have you talked about it?**

The East Berkshire Palliative Care Service ran a successful roadshow in May to get more people talking to their family and friends about their end of life wishes as part of national Dying Matters Awareness Week.

The show visited Windsor, Maidenhead, Slough and Bracknell over four days in May. Nurses from the service and close partners Thames Hospicecare, along with counsellors from Cruse Bereavement Care, were on hand to help people get the conversation started with their family and friends, offer advice and signpost them to local organisations.

The Deputy Mayor of the Royal Borough of Windsor and Maidenhead, Councillor Asghar Majeed (now Mayor); Home Secretary Theresa May MP; Mayor of Slough, Councillor Sukhjit Kaur Dhaliwal; and Bracknell Forest Mayor, Councillor Ian W. Leake and Mayoress Enid Leake, all visited the roadshow. The dignitaries met members of the team to learn more about the Dying Matters campaign and the local organisations that provide end of life care closer to home and support with bereavement.

"This is a terrific campaign as it is really important that we talk more openly about death and bereavement," said the Mayor of the Royal Borough of Windsor and Maidenhead.

The Mayors and MP all joined in by filling in a postcard each with the five things they would like to do before they die - with many saying they would like to spend more time with their families.

"So many people came up to us and said it was great that we were out in the community doing this," said Rosemary Martin, End of Life Service Manager at BHFT. "Research shows that only 17% of people have discussed the type of care and support they would want at the end of their lives.

"Talking about death and dying is probably the last taboo, so it was fantastic to have the opportunity to raise public awareness and encourage people to talk about their wishes to their friends and family."

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