



Death Café

Encouraging honest and thoughtful conversations about death and dying over coffee and cake!

Death is an inevitable part of life yet most of us find it a very difficult topic to talk about. We want to normalise the conversation and help lead the discussion by providing a safe and informal space to talk about your thoughts and feelings around death and dying.

Our death cafes are free and open to anyone, to speak freely and without judgement. There is no set agenda for a death café meeting just facilitated discussion following the interests of those attending.

Taking time to reflect on death is something we can all do. When we spend time talking about death, we find that it helps remove the fear around it.

Come along to our next Death Café and join in the conversation!

You can book a place on one of our Death Cafés please visiting www.brigitte-trust.org, by email to admin@brigitte-trust.com or by calling 01306 881816



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