

## Good Life, Good Death, Good Grief...

[www.goodlifedeathgrief.org.uk](http://www.goodlifedeathgrief.org.uk)

*“Death happens. But we can all help each other with death, dying and bereavement.*

*It is never too early to think about planning ahead for illness and death – making plans when you are healthy means there is less to think about if you get sick.”*

Come along on 13<sup>th</sup> July to find out more...

– FREE ADMISSION –

If you wish to attend this event, please let us know by registering at <https://rotaryclubofayr.org/Goodlife>

**IMPORTANT TO REGISTER IN ADVANCE**

Alternatively, please complete the form below and send (no later than 9<sup>th</sup> July) to...

*The Secretary, The Rotary Club of Ayr  
The Stables  
High Abbothill  
Ayr  
KA6 6AQ*

Name: \_\_\_\_\_ *Please Print*

Name: \_\_\_\_\_ *Please Print*

Phone No: \_\_\_\_\_

**Doors open at 12.30pm**

## The Rotary Clubs of South Ayrshire

in association with the Charity

### ‘Good Life, Good Death, Good Grief’

Present an informative and light-hearted afternoon

## Ayr Town Hall

New Bridge Street, Ayr KA7 1JX

**Friday 13<sup>th</sup> July**

**1.30pm to 3.30pm**

Doors open 12.30pm



With

### **Dr Kirsty Muirhead**

*Former Palliative Care Consultant at the Ayrshire Hospice*

### **Tara Cameron**

*Undertaker at Funeral Partners, Ayr*

### **Nigel Martin**

*Former Chairman of the Ayrshire Hospice and local family lawyer*

Hosted by

### **Rev. Fraser Aitken**

Organist: Matthew Hynes, Royal Conservatoire of Scotland

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## **Good Life, Good Death, Good Grief...**

Good Life, Good Death, Good Grief is working to make Scotland a place where there is more openness about death, dying and bereavement so that:

- People are aware of ways to live with death, dying and bereavement.
- People feel better equipped to support each other through the difficult times that can come with death, dying and bereavement.

Good Life, Good Death, Good Grief brings together individuals and organisations that share this vision. The charity is interested to hear from any person or organisation that wants to work with them to make Scotland a place where people can be open about death, dying and bereavement: [www.goodlifedeathgrief.org.uk](http://www.goodlifedeathgrief.org.uk)

### **Background:**

It is felt that this generation is often unprepared for the inevitability of death and are seriously lacking in knowledge of the implications. Previous generations, without the benefit of advances in modern medicine were more aware. Life was simpler, unexpected death was common and support from local communities, neighbours, relatives and Churches readily available.

The objective of this event is to raise awareness of the pitfalls associated with death and allow preparation and decisions to be made on a subject that will affect all of us.

### **Our Chairman:**

**Rev. Fraser Aitken**, a local minister, will introduce the Speakers and take questions from the Audience later.

### **First Speaker:**

**Dr Kirsty Muirhead**, former Palliative Care Consultant at the Ayrshire Hospice will speak on the work of the Hospice movement.

Dr Muirhead introduced the importance of the Good Life, Good Death, Good Grief Charity to Rotary. Her talk will give an insight into the workings of the Ayrshire Hospice and the support it gives to patients and relatives, plus end of life preparation and care in different settings.

### **Second Speaker:**

**Tara Cameron** is a dynamic young Undertaker. Tara will cover the role of the Undertaker, the options and differing costs of funerals including pre-paid funeral plans, and she will expose some of the myths in the profession.

### **Third Speaker:**

**Nigel Martin**, former Chairman of the Ayrshire Hospice and a highly respected local family lawyer, will speak about Wills, Powers of Attorney and the importance of planning ahead, to avoid the legal problems and pitfalls that can occur.

### **Questions:**

Rev. Fraser Aitken will take questions from the Audience and direct them to the appropriate Speaker.

### **After Questions:**

**There will be refreshments available from the Salvation Army** and Kirsty, Tara and Nigel will be available for further questions.

**Matthew Hynes from the Royal Conservatoire of Scotland will be playing the Town Hall Organ** and there will be various table top displays from local Rotary Clubs and local Support Services.

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