

MEDIA RELEASE

20 February 2018



Frenchs Forest
Davidson

Dying to talk – starting the conversation

People are being encouraged to talk more about end of life issues and the delicate topics of death and dying during a free public seminar series to be launched on the northern beaches next month.

The Rest Assured program is a joint initiative between Frenchs Forest Bushland Cemetery and CCNB. The six-month trial project will include topics such as grief and loss, can you afford to die, advance care planning, palliative care, organising your own funeral, organ donation, and general end of life matters.

CCNB Director for Community and Services Development, Marika Kontellis, says the inaugural presentation on 11 March exploring “Are you good to go?” and “Can you afford to die?” will help start some good dialogue around these important issues.

“People can really struggle, culturally and personally, with the concept of starting any discussion around the many sensitive and often complex issues associated with death,” Ms Kontellis explained.

“Some are at a loss about how to even approach the subject with family and friends, let alone find the right words to have an in-depth conversation about it.”

Northern Cemeteries CEO Pauline Tritton says the series is part of its Care and Wellbeing Program and is another example of how the not-for-profit organisation actively engages with the community.

“These public talks provide a wonderful opportunity for informed discussion in a supportive and safe environment,” Mrs Tritton said.

“We want people to know that our cemetery at Frenchs Forest has an important role to contribute and connect with the community.”

Light refreshments will be provided at the free-of-charge event. Registrations are essential and can be made at www.eventbrite.com.au and search Event ID: 95318673719

Event: Launch of Rest Assured Series

Topics: “Are you good to go?” and “Can you afford to die?”

Date: Wednesday 11 March

Venue: Frenchs Forest Bushland Cemetery, 1 Hakea Ave, Davidson

Time: 10am - Noon

For more information and to arrange media interviews: Melinda Smith – 0408 565 593

Macquarie Park
North Ryde

Frenchs Forest
Davidson

Field of Mars
Ryde

Gore Hill
St Leonards

Sandgate
Newcastle