



Welcomes you to a

Death Cafe

A safe, confidential & friendly space where people come together to openly talk about death, dying, grief & life

Chestnut Manor Care Home, 63 Cambridge Park, Wanstead, E11 2PR
0203 871 6070

What is a Death Cafe?

It's a safe, confidential and friendly space where people, usually strangers, come together to openly talk about death, dying, grief and life!

There is no agenda or objectives; the conversation is simply led by the people in the group. It is a place to talk and share (or just listen) rather than a grief support group or a counselling session. We sit in small groups so it's easy to participate.

Why attend a Death Cafe?

People attend for all sorts of reasons. It might be that a bereavement or illness makes death and grief more present and they feel a need to talk or explore it further.

Some people want to find out how to broach the subject of death and dying with someone close to them, like parents or grandparents. Or it might be a fear of death or dying that prompts someone to attend. For some people, it is just a desire to be more open or a curiosity about the subject.

This Death Cafe is being run in partnership with Creating Conversations CIC.

To reserve a ticket:

<https://www.eventbrite.co.uk/e/wanstead-death-cafe-tickets-690703692337>

Or use the QR code



www.creatingconversations.uk