

Let's Talk about Death ~~over Dinner Drinks~~ Zoom!

Hosted by Calvary Health Care Bethlehem

Computer - Cuppa - Chat

This following information will help you get the most of out the online session. We warmly encourage you to read this information **at least two days before** the session.

1. Wellbeing Self-Assessment

As this is an online session, please assess your own emotional wellbeing before attending. If you are going through a difficult time, please don't attend this session alone. Invite a friend or family member to participate with you (keeping within the COVID-19 health guidelines of course 😊). Even if you are not going through a tough time, you might like to invite a friend or family member to join you! Please make sure they also read this information.

Please note: this is an important topic for children and young people, but this session has not been designed for young people. It is for people over 18 years.

2. Identify Your Supports

We want to keep this session light - and fun! - but you never know if something might upset you. If you need extra support after the session, please call:

Lifeline 13 11 14
Griefline 1300 845 745
BeyondBlue 1300 224 636

Your General Practitioner/Doctor

If you become upset during the session, tell us, using the private chat function. If you decide to leave the session for any reason, please let us know using the private chat or email

linda.shaw@calvarycare.org.au to let us know you are ok.

3. Know What You're In For!

Our session is based on Michael Hebb's Let's Talk about Death Over Dinner book. It is important that you know what it is about and that you choose to participate. Please watch at least one of the following videos:

<https://www.youtube.com/watch?v=BDwKEOztsSg> (30secs)

<https://www.youtube.com/watch?v=akS6w7Bi66s> (4mins)

<https://www.youtube.com/watch?v=4DT0aMfFtuw> (17mins)

For the Australian edition visit <https://deathoverdinner.org.au/>

4. Learn About Zoom

If you are new to Zoom, visit <https://zoom.us/freesignup/>

You can practice joining a zoom meeting here <https://www.zoom.us/test>

If you need help, contact linda.shaw@calvarycare.org.au to arrange a personal practice session.

5. Set up and Settle In (on the day)

Our session is built on the idea of sharing a meal, which is a little harder online! But we still want you to have the experience of having a relaxed chat around the dinner table or over a cuppa. So we ask that you start the session with a drink of your choice. Fill your cup as often as you need throughout the session.

We will also invite you to 'raise your glass' or 'light a candle' in memory of someone who has died. Please have a glass or candle (or both!) ready before the session. This can be an emotional experience, so you may also want to have tissues handy!

When it's time to join the meeting, click the following link sent to your email after you registered.

6. During the Webinar

We begin by introducing the Death Over Dinner concept and you will be invited to introduce yourself and 'raise your glass' or 'light your candle'. We will then talk about a range of questions relating to end of life such as decision making options, your funeral, ideas around a "good death", etc. We will finish with an 'appreciation round' and an evaluation.

If we have a large group, we will be using Zoom breakout rooms with a facilitator in each room. If you want to be grouped with a particular person, please let us know.

7. Home Delivery Kits

After the session, we will send you a home delivery kit with resources and materials about living well at end of life. For a limited time, we are also able to include a copy of Michael Hebb's Let's Talk About Death Over Dinner book if you intend to host your own 'death over dinner' inspired conversation (in line with COVID-19 restrictions of course). You will need to provide your postal address when you register if you wish to receive a kit. We will keep your details confidential.

If you have any questions, please do not hesitate to contact us through Linda.Shaw@calvarycare.org.au

We look forward to seeing you online!

Warm regards

The Living Well Team