

How do you have one
of the most important
conversations of your life?

Cumbria-wide community workshops...

Conversations about how or where someone wants to be cared for when they are ill or are dying are not easy for anyone. Most people want their wishes and preferences to influence their care. Inspired by the true stories of local people, the Conversations for Life programme encourages each of us to talk about our wishes for our future care whilst still healthy or early on in a diagnosis. Starting these conversations is the first step.



Cumbria is talking
about living and dying well



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The Conversations for Life programme aims to raise awareness and help you learn how to:

- Open these conversations
• Explore what matters most to you
• Make informed choices
• Let people know your wishes
• Access resources to support you over time
• Create an action plan for your future care

Spaces are limited so to reserve your free place please complete the form below and return it to the address shown. For alternative ways to book or for more information please contact us by:

Tel: 01539 722323
Email: events@cumbriaconversationsforlife.nhs.uk
web: www.cumbriaconversationsforlife.nhs.uk
Post: Project lead, Conversations for Life, 2 The Mill Yard, Staveley, Kendal, Cumbria LA8 9LR

The Conversations for Life programme is supported by the following organisations in Cumbria:

NHS Cumbria, Cumbria County Council, Department of Adult Social Care, Cumbria Care, Age Concern South Lakeland, Cumbria-wide Hospice Services

2009 Workshop Calendar:

October 2009

Table listing workshop dates and locations for October 2009, including Stricklandgate House Kendal, Age Concern Barrow, Morton Community Centre Carlisle, Marchesi Centre Windermere, Swarthmoor Hall Ulverston, and Assembly Room Carlisle.

November 2009

Table listing workshop dates and locations for November 2009, including Rosehill Barn Whitehaven, Helena Thompson Museum Workington, Millom Network Centre Millom, Evergreen Hall Community Centre Penrith, and The Eco Centre Cockermouth.



Return Slip:

Please complete this form and return in to the address above.

Form fields for Name, Address, Postcode, Telephone, Mobile, and Email.

Tick the box next to your chosen workshop.

October 2009

Table for October 2009 with columns for date, location, 1st Choice, and 2nd Choice.

November 2009

Table for November 2009 with columns for date, location, 1st Choice, and 2nd Choice.