

Marking Good Death Week 2019 with openness

MSPs from across the political divide joined funeral directors, charities, policymakers and academics for a parliamentary reception marking Good Death Week 2019, last week. Golden Charter, a Glasgow-based funeral plan provider played host at the reception, held in association with the 'Good Life, Good Death, Good Grief' alliance.

Jeremy Balfour MSP, Co-convener of the cross party group on Funerals and Bereavement, was in attendance, offering his support to the Good Death Week initiative, which seeks to encourage open conversations around death and dying.

Jeremy Balfour said: "Aside from birth, dying is the only other experience we will all share. While dying well, or what constitutes a 'good death' will mean different things to us all, being more open about death is good for everyone. Planning for death when you are healthy can help you to live life to the full and means there is less to think about if you get sick."

"I know that having open and honest conversations about death and dying can be difficult at first, but it may help you reach decisions that are very important, like where you want to die, what medical interventions you might want or not want, and how

you want to be cared for in your dying days”

The reception centred on the showing of a short film created by the alliance, in which ordinary people on high streets across Scotland share their personal reflections on the end of life.

Robert Peacock, from the ‘Good Life, Good Death, Good Grief’ Alliance added: “Good Death Week is an opportunity for people to

think and talk about what matters to them at the end of life.

“Talking about dying is in everyone’s interests. It can help us prepare for death while we are still in good health, cope with grief after a bereavement and plan for the care and support we want at the end of our lives. It’s wonderful to see politicians from across the chamber come together to mark Good Death Week and to join our conversation.

Suzanne Grahame, CEO of event sponsors, Glasgow-based funeral plan provider, Golden Charter, said: “Good Death Week presents us with an opportunity to promote cultural change and my hope is that, by coming together with politicians, funeral directors, palliative care practitioners and third sector organisations, we can accelerate that shift to more open discussions about death and dying.”

“One conversation at a time, our aim is to drive a change from a culture of reluctance to one of open conversations and early engagement.”

Find out more [here](#)

