



The Dining with Death conversation menu was created in 2011 for the launch of *Good Life, Good Death, Good Grief*, an alliance working to make Scotland a place where there is more openness about death, dying and bereavement. For more information visit the *GLGDGG* website:

www.goodlifedeathgrief.org.uk

Membership of *GLGDGG* is free, and open to all groups, organisations and individuals who wish to support its aims and objectives. Join at:

www.goodlifedeathgrief.org.uk/content/sign_up/

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Dining with Death

Conversation Menu

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STARTERS

Is there *really* a taboo about death, dying and bereavement in Scotland?

Cremation or burial?

Church yard or wood?

Nature taking its course or assisted suicide?

Are there three places you want to go before you die?

Are there three things you really must do before you die?

Where would you like to be when you die?

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MAINS

What are your thoughts on the media portrayal of death, dying and bereavement? How do you think this affects how society views death?

What things do you think make for a 'good death'?

How do you think Scotland would take to the Mexican 'Day of the Dead', when families gather to celebrate and remember friends and family members who have died?

Many women these days have a 'birth plan'. But what would be in a 'death plan' and when would you start writing it?

What words do you want on your tombstone?

What could **you** do to help Scotland become more open about death, dying and bereavement both as an individual and professionally?

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DESSERTS

What song or music would you like at your funeral and why?

How would you like to be remembered?

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