

DEMYSTIFYING DEATH WEEK



COMMUNICATIONS RESOURCE PACK



4-10 MAY 2026

#DEMYSTIFYDEATH

WELCOME

Demystifying Death Week takes place 4-10 May 2026.

It is about shining a light on death, dying and bereavement in Scotland.

During the week, your organisation can play a key role in promoting important messages and information.

This pack brings together some resources that should help.

INFO

about the week's aims and key messages.



SOCIAL MEDIA

resources including images and ideas to share.



PRESS RELEASE

that can be adapted for your website or local media release.



IDEAS

of some resources worth sharing and events that are happening.



WHY DO WE NEED DEMYSTIFYING DEATH WEEK?

People usually want to do the right thing when someone they know is caring, dying or grieving. But often they can feel awkward offering help, or worry about making things worse.

Making plans when you're healthy means there is less to think about when you're ill. But often people put off making plans until it's too late.

People can have questions about serious illness or death. But often they don't know who to ask.



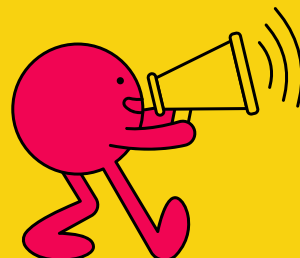
Demystifying Death Week is about giving people knowledge, skills and opportunities to plan and support each other through death, dying, loss and care.

WHAT ARE THE AIMS OF DEMYSTIFYING DEATH WEEK?



Demystifying Death Week aims to:

- provide opportunities for people to learn more about death, dying and bereavement.
- promote the importance of planning ahead for ill health and dying.
- show that it is ok to talk about and plan for illness and death.
- signpost people to support and information.



COMMUNICATIONS RESOURCES



If your organisation supports the aims of Demystifying Death Week, here are some ways you can help to increase its impact.

WEBSITE PROMOTION



SHARE WITH LOCAL MEDIA

Please consider adding a news article about Demystifying Death Week to your website.

There is a press release here that can be tailored to promote your own events and resources:

[Communications pack resources](#)

If you are organising an event, you could use the template as a basis for your local press release.

SOCIAL MEDIA

Social media plays an important part in awareness-raising during Demystifying Death Week.



IDEAS



You might want to post about an event you're involved in or a resource you think is particularly helpful.

You could share a poem on the subject of death or dying, or a book with themes of loss or death.

You could look for the #DemystifyDeath hashtag and re-share some of the work others are doing.

You might want to share your own experiences or top tips.

Some images to share on social media are available here:

[Communications pack resources](#)

IMAGES



We've pulled together some ideas for social media posts here:

[Communications pack resources](#)



**CUT &
PASTE**

**SHARE
YOUR
GOOD
WORK**

Many organisations will have resources or activities that they want to highlight, for example a website, leaflet or support group relevant to death, dying, loss or care.

Demystifying Death Week is a good opportunity to share these on social media using the #DemystifyDeath hashtag - we can all work together to share each other's work more widely.

Many organisations hold online events during the week that you may wish to publicise around your networks.

A full list of events is available here:

[Demystifying Death Week Events Listing](#).

EVENTS

**CONNECT
WITH US**

Facebook: facebook.com/LifeDeathGrief/
Bluesky: [@goodlifedeathgrief.bsky.social](https://bluesky.com/@goodlifedeathgrief.bsky.social)
Instagram [@lifedeathgrief](https://instagram.com/lifedeathgrief)

WHO ORGANISES DEMYSTIFYING DEATH WEEK?



Demystifying Death Week was initiated by Good Life, Good Death, Good Grief - a charity-led collaboration of more than 1000 individuals and organisations who want Scotland to be a place where people can be open about and plan for death, dying and bereavement.

Most Scottish NHS organisations, hospices and charities with an interest in palliative care, dying or bereavement support are members of GLGDGG, as well as many care homes, academic institutions and other interested organisations and individuals.

By coming together in the GLGDGG alliance, we can have a stronger voice to promote key messages, information and support. The hope is that by working together we can create a Scotland with an open and supportive culture, where everyone knows how to help when someone is caring, dying or grieving.

Good Life, Good Death, Good Grief and Demystifying Death Week are initiatives of the Scottish Partnership for Palliative Care.

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