



Talking about death with ease ...

Talking about death together ...

The D Word is a social enterprise which aims to contribute to an increasingly compassionate society where talking about death is a more common and comfortable experience.

The D Word resource is designed to be delivered by experienced Celebrants to groups of any age and stage who would benefit from being supported to become familiar with what to expect when someone close dies.

It involves up to 8 sessions, adapted to meet the needs of the group, which can include:

- ❖ An introduction to the benefits of talking comfortably about death.
- ❖ Watching a 'staged funeral', discussing the content and the choices that are now available when planning a funeral service.
- ❖ Discussing grief, the many different ways it can impact, and the challenges of knowing what to say to someone who has been bereaved.
- ❖ Learning about the role of a Funeral Director and Celebrant/Faith Leader.
- ❖ Visiting a Crematorium, Cemetery and Funeral Parlour.
- ❖ 'Making The Most Of My Life' – thinking about what is important, what really matters in our lives.
- ❖ The option to work with 'Time Capsule Productions' to learn about ways to record life stories.

- ❖ Celebrants delivering The D Word are given guidance, with access to resources and materials to ensure consistency,

- ❖ Participants in The D Word are encouraged to keep a Journal. This can be in the most accessible format, including written (D Word Journals are provided) or digital (D Word templates are provided).
 - Participants also receive an Information Booklet 'What Happens When Someone Close Dies' and a completion certificate.

Two successful trials of The D Word in Scotland have been completed:

- i) with senior pupils from Braes High School in Falkirk (August – December 2024)
- ii) with a group from Cumbernauld Action for Care of the Elderly, CACE (January – March 2025)

Mission The D Word aims to increase knowledge and awareness, reduce anxiety and apprehension, and contribute to an increasingly compassionate society where talking about death is a more common and comfortable experience.

Vision A society where conversations about death are open, informed, and compassionate, where individuals feel supported in planning for the inevitable and are empowered to honour both life and loss in meaningful ways.

Values

Compassion We create a safe, supportive space for open conversations about death, ensuring a blend of respect, lightness, and celebration of life.

Knowledge We provide clear, practical information to help individuals and communities make informed choices.

Empowerment We equip people with the confidence to discuss end-of-life planning and make decisions that align with their wishes.

Inclusivity We recognize and respect diverse cultural and personal approaches to death and funerals.

Community We encourage dialogue within families, schools, and community groups to foster understanding and reduce stigma.

