

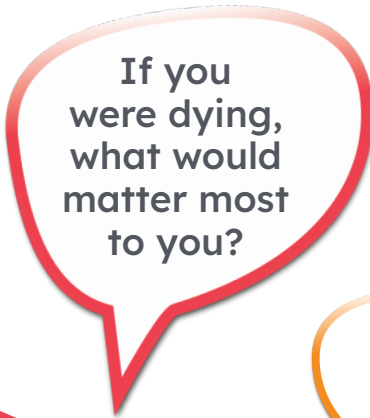


**StHelena**

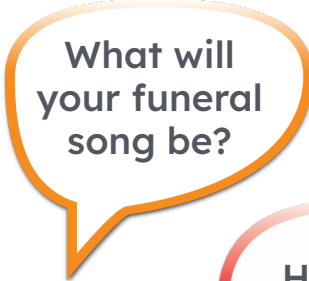
For the people you love

# It's time to end the silence around death. Let's talk about it.


St Helena can help you to feel confident to talk about death and grief; to ask questions; to listen; and to be sure of what you and your loved ones want when the time comes.




If you  
were dying,  
what would  
matter most  
to you?



What will  
your funeral  
song be?



Do you  
have a  
Will?



How would  
you like to be  
remembered?

**Download our conversation starter pack  
and talk to your loved ones today at:  
[www.sthena.org.uk/dyingmatters](http://www.sthena.org.uk/dyingmatters)**