

# Opening the door to death

## DYING TO KNOW

BY NICKY LEFEBVRE

DEB Wraight believes we can all benefit from breaking down the barriers that prevent us from discussing one of life's true realities.

"We have sanitised death, as a society we have removed death from our lives in such a way that there is a fear and sense of not being able to discuss it openly," Ms Wraight told the Mail this week.

As a funeral celebrant who facilitates the regular 'Death Cafe' catch up at Mojos Bunbury, she said she frequently meets people from all walks of life and across all age groups who are seeking clarity and connection around death.

"We have been going for about two years now, we meet in a casual setting and it is really all about making those connections with others.

"We have special guests, such as death doulas and people from the industry who can answer questions relating to burials and cremations, end of life plans and more.



Deb Wraight (with grandson Jaxon), says talking with young children rather than shielding them from discussions about death is important to help them understand that it is part of the life process. **Pictures: Supplied**

"But mostly it's an opportunity for people to get together and ask questions, talk about people they've lost, talk about their own journeys and make plans for themselves."

Ms Wraight said it was important that children were not shielded from death, but educated in a way that allows them to understand at an appropriate level.

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time they reach school age have experienced the death of a pet, a grandparent or other relative, or even someone their own age," she said.

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childrens' books that are available on death and dying and by allowing them to take part in funerals, it helps to normalise the process and can leave them better prepared."

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The comfortable and community-driven setting of the Death Cafe allows people who are living with a terminal diagnosis, as well as their friends and family, to create end of life plans to suit their own wishes.

"We're helping people

plan, to get ready, to understand what they and their loved ones are going through, and what will happen after they're gone," Ms Wraight explained.

"We also welcome people who have lost children, partners, parents and friends, who find a real connection with others experiencing something similar.

"We can't underestimate the importance of just talking to each other, and how to best open the door to those conversations for everyone involved."

**On Sunday, August 7 as part of the Dying to Know program, the Death Cafe will present 'Dying for a Cuppa' at the City of Bunbury function room at 4 Stephen Street from 10:00am. RSVP to [swcommnetwork@gmail.com](mailto:swcommnetwork@gmail.com) or phone 0483 802 915.**

**Bunbury Death Cafe meets regularly on the first Sunday of each month at Mojos, Victoria Street Bunbury from 10.30am. For more information and upcoming dates, visit [www.facebook.com/Deathcafe](http://www.facebook.com/Deathcafe)**