

# Exploring death literacy, Death Cafés, end of life doulas and Compassionate Communities in Lincolnshire

Vicky Thomson [every-one.org.uk](http://every-one.org.uk)

Dr Joss Winn [staff.lincoln.ac.uk/jwinn](http://staff.lincoln.ac.uk/jwinn)

Penny Merrett [eol-doula.uk](http://eol-doula.uk)

# Exploring death literacy, Death Cafés, end of life doulas and Compassionate Communities in Lincolnshire

14<sup>th</sup> September 2026

12pm – 1pm, Online

- Welcome and introductions (Vicky Thomson - *facilitator*)
- What are Compassionate Communities? (Dr Joss Winn)
- Being a Death Doula (Penny Merrett)
- Death Cafes in Lincolnshire (all)
- Are you in? (all)
- Actions
  - Share report by end September 2026
  - Follow up meeting – mid October 2026

Dying is

~~a physical experience with a  
social dimension~~

a social experience with a physical  
dimension



# Death Literacy

being able to have conversations about death and dying; knowing how to care for someone who is dying; understanding what to do when someone has died and knowing where and who to go to for support if you are caring for a dying person.

## Knowledge

Understanding of the death system

## Skills

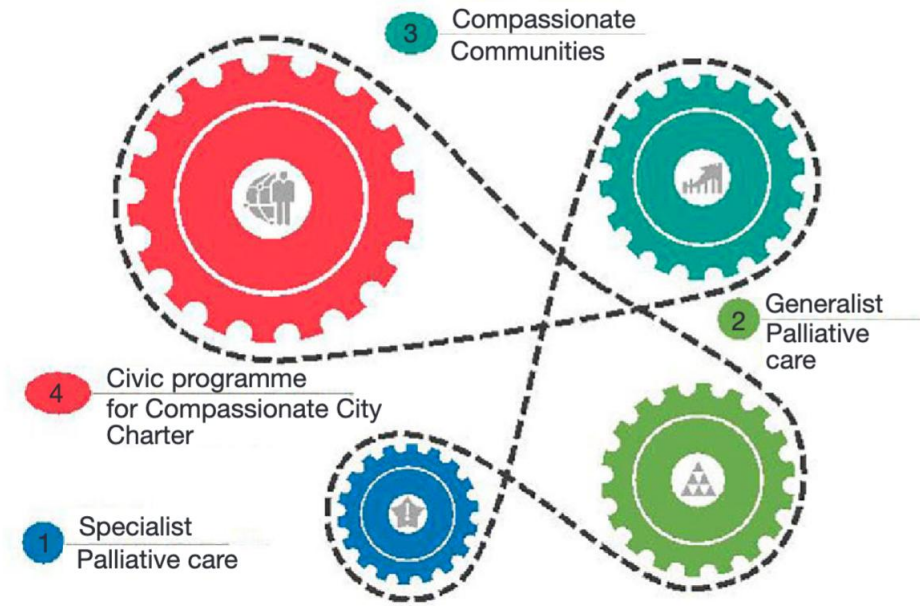
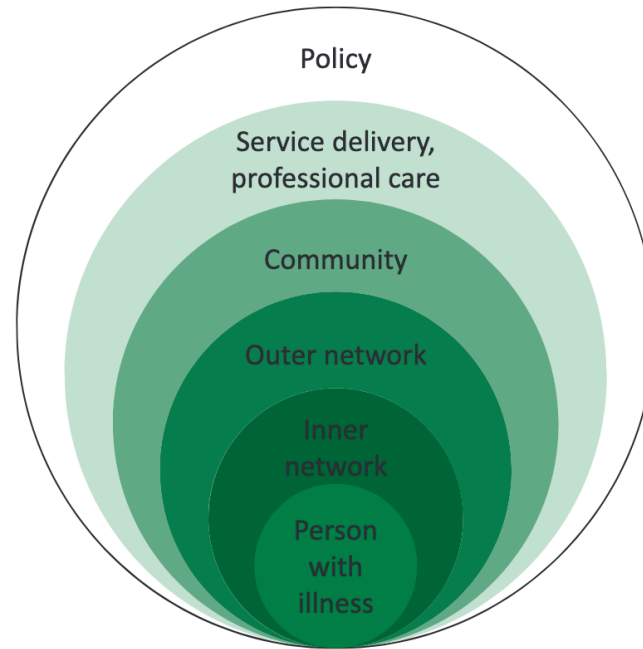
Ability to provide hands-on care

## Experiential knowledge

‘On the job’ learning while providing care

## Social action

Development and sharing of knowledge and skills

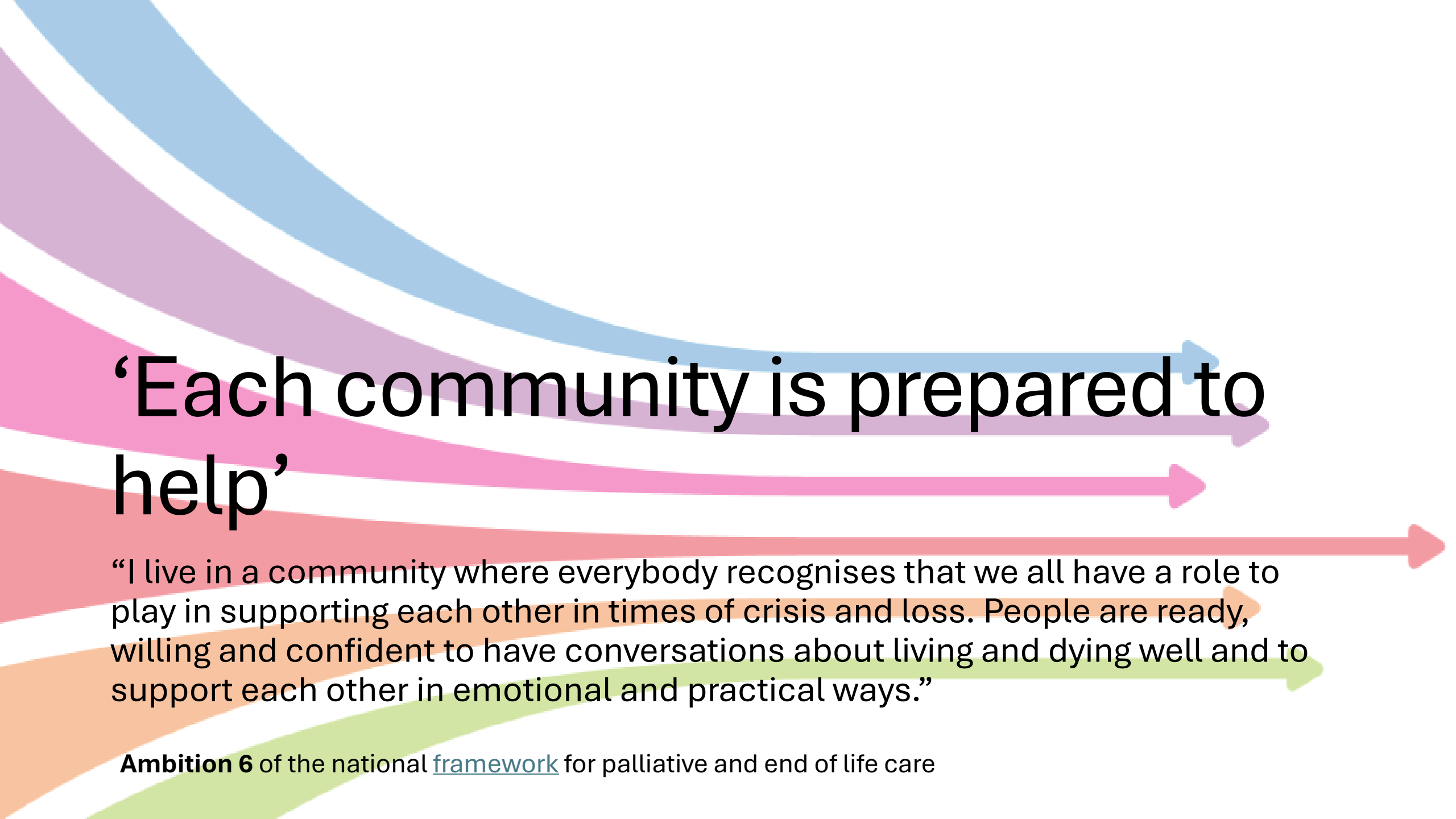


# Compassionate Communities

where citizens are equipped and empowered to provide practical, emotional, and social support at end of life to their family, friends and neighbours.

# The “95% rule”

“Overall... dying people spend less than 5% of any one day in front of a doctor or nurse... For dying patients, their caregivers, and the bereaved, this will always mean that over 95% of their time is spent alone, with friends and other family, with neighbours or work colleagues, with animal companions, or with the internet or the television.”

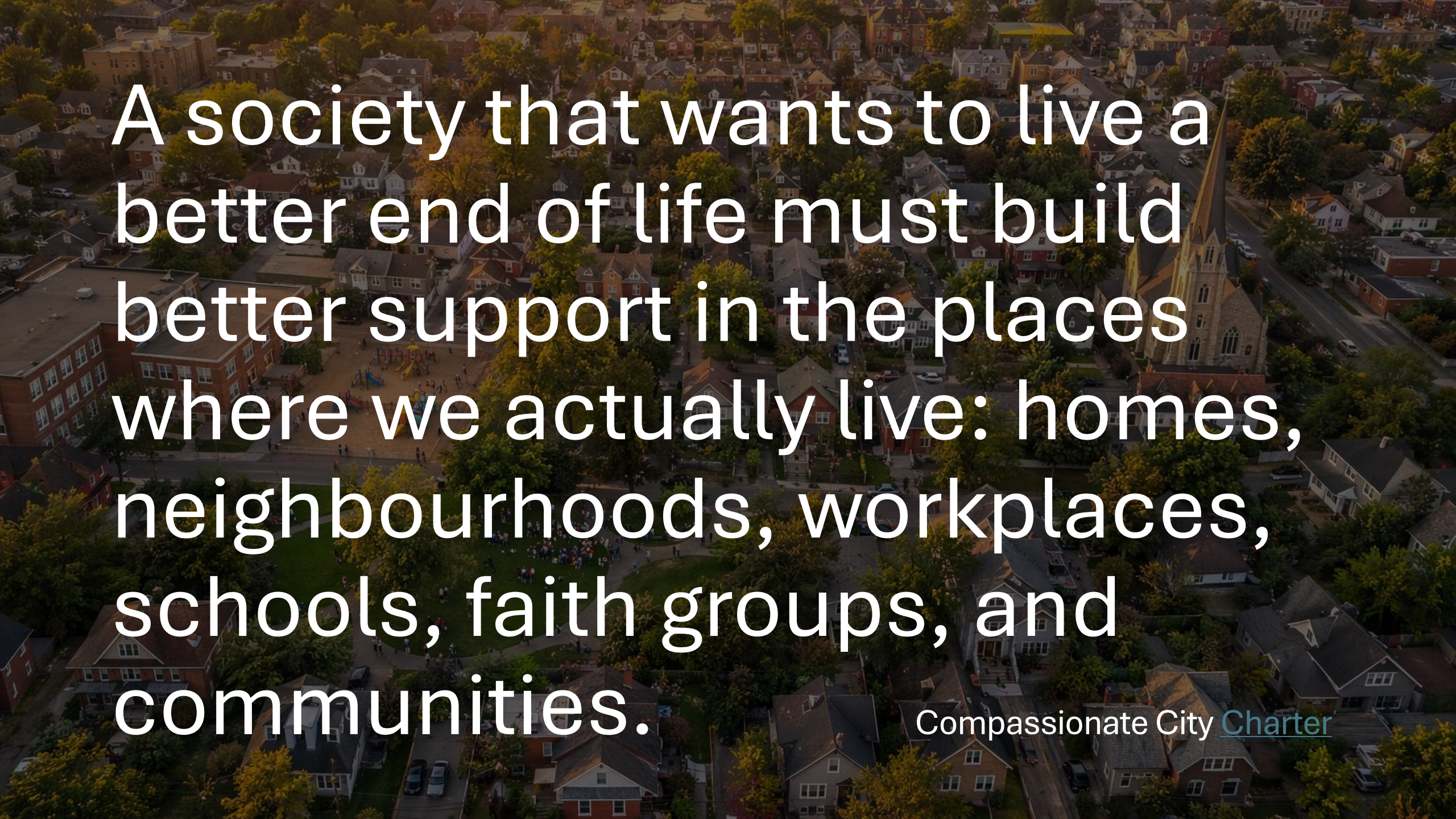


# ‘Each community is prepared to help’

“I live in a community where everybody recognises that we all have a role to play in supporting each other in times of crisis and loss. People are ready, willing and confident to have conversations about living and dying well and to support each other in emotional and practical ways.”

**Ambition 6** of the national [framework](#) for palliative and end of life care

“When we need some support, we need **our own networks of friends and family to be around to lend a hand,** and we should have easy access to community-based health workers near where we live **who can assist us.**”

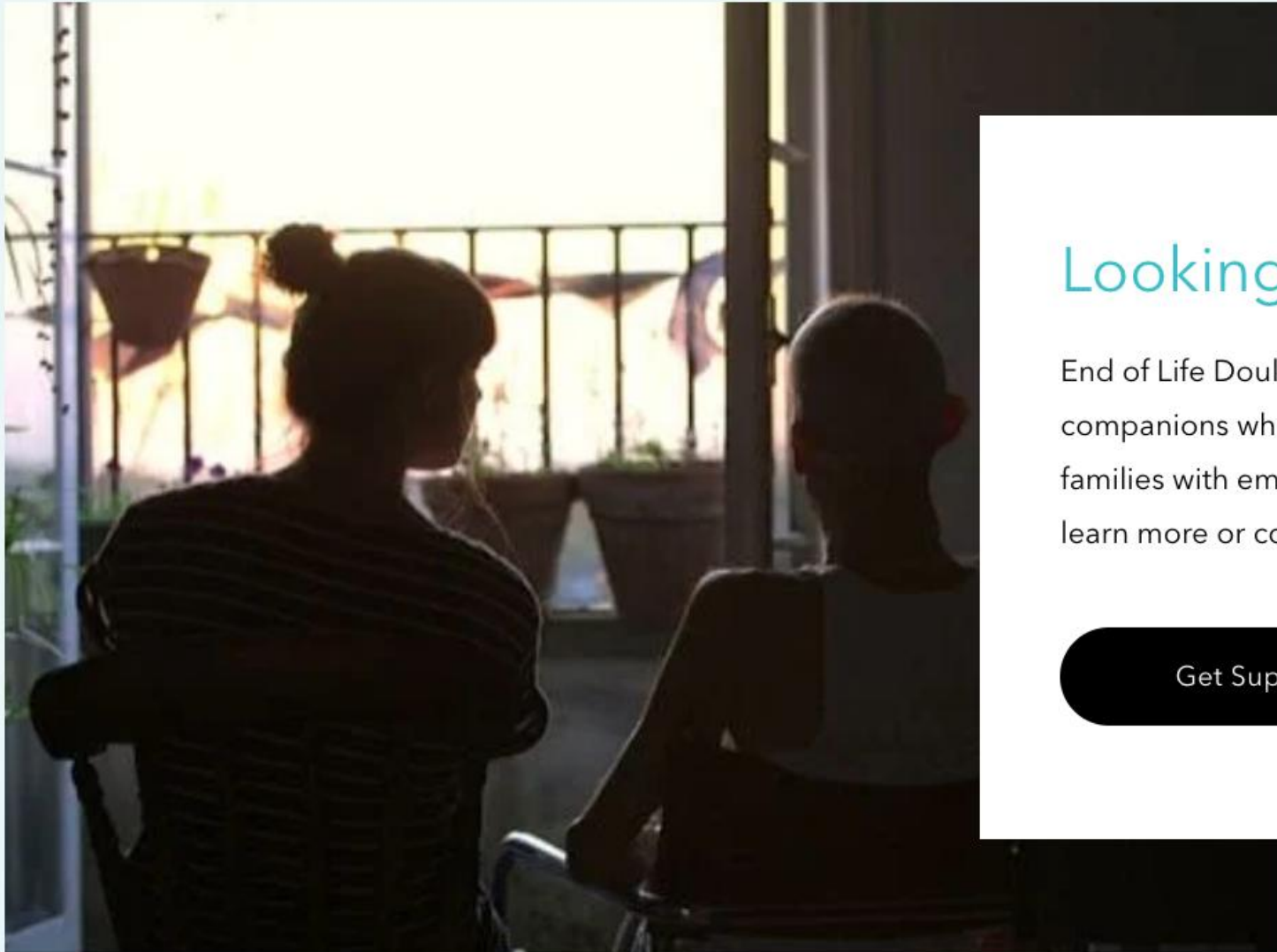
An aerial photograph of a city neighborhood, likely in the fall, showing a dense arrangement of houses with varying roof colors, many green trees, and a prominent church with a tall, pointed steeple on the right side. The scene is captured from a high angle, looking down on the streets and rooftops.

A society that wants to live a better end of life must build better support in the places where we actually live: homes, neighbourhoods, workplaces, schools, faith groups, and communities.

Compassionate City [Charter](#)

# A realistic utopia

1. The social determinants of death, dying, and grieving are tackled
2. Dying is understood to be a relational and spiritual process rather than simply a physiological event
3. Networks of care lead support for people dying, caring, and grieving
4. Conversations and stories about everyday death, dying, and grief become common
5. Death is recognised as having value



## Looking for Support?

End of Life Doulas are compassionate, trained companions who provide dying individuals and their families with emotional, practical, and spiritual support. To learn more or contact us for support, click below.

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Doulas](#)

# Death Cafe



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## Welcome to Death Cafe

At a Death Cafe people drink tea, eat cake and discuss death. Our aim is to increase awareness of death to help people make the most of their (finite) lives.

Read more

