

# Creating conversations

Dying well takes planning



Join us online on Zoom for...

## Creating Conversations Café: 'My Co-ordinate My Care'

Tuesday 1 December, 11am-12pm

Thursday 3 December 2-3.30pm

Carol Trower, Project Lead for Creating Conversations, will be speaking about how 'My Co-ordinate My Care' puts you at the heart of planning for your holistic care, both in an emergency medical situation and at end of life.

This will be followed by friendly discussions and a chance to think about what this means for you. Most people have questions and worries, so do join us for this informative session where your questions can be heard and answered.

**Please join the Zoom meetings at**  
<https://us02web.zoom.us/j/7048734172>

You will need a password to access these events online, so please contact Carol Trower at [c.trower@stchristophers.org.uk](mailto:c.trower@stchristophers.org.uk) to book your space and receive the password. Attendance priority is given to people living in St Christopher's catchment area (Bromley, Croydon, Lambeth, Lewisham and Southwark). To find out more about these events visit [www.stchristophers.org.uk/creatingconversations](http://www.stchristophers.org.uk/creatingconversations). Please note that these are not counselling forums

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