

Hi,

I am **Lexi Sears**, 26 years old and a Civil Servant as well as a UCL Masters' student and Charity Trustee based in North London. I have been recently bereaved after the loss of my father in 2022 and I am still at the beginning of my grief journey. I have been attending Death Cafés and found them to be a comforting, uplifting and rewarding space where people can discuss death and dying openly and confidently.

I am currently undertaking a research project through my Masters at UCL, with the support of **Age UK Islington and Gentle Dusk Death Cafés** titled '**Death, Dying and What Matters**'. The aim of my research is to support the conversation around dying and to understand how we can better support people in London to prepare for their death – either for themselves or the family around them. For example, how services can support people to have productive conversations around dying or to ensure we have plans for ourselves and our family who we may leave behind. I believe that if death is inevitable then we need to better understand how it impacts our later life and to support people in preparing for that. From my own experience, I know this conversation is essential and doesn't have to be scary or negative.

I would love to hear from you if you want to participate in this conversation and contribute to making our public and charitable services better equipped for death and dying needs.

The research will be completely anonymised and will follow the ethical guideline standards. Please email: lexisears71@gmail.com if you would like more information or would be interested in a coffee and an informal chat.

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