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Dying Matters Rutland

Dead Easy: a new year's resolution that can last forever

The Lord Lieutenant of Rutland Dr Sarah Furness has launched a new year's challenge to us all. As patron of Dying Matters Rutland (DMR), Dr Furness wants everyone to make a New Year's resolution to take practical steps to prepare for the inevitable. "There is a lot to think about, even if doing so is not comfortable. Would you prefer life to be prolonged at all costs or is comfort and quality of life most important to you? Have you made a will? Do those close to you know your wishes or will they have to guess?" [Dying Matters in Leicester, Leicestershire & Rutland](#) was created to provide all the information you might need in an easy to find location, with access to all the support you might need along the way. "Making a will is an the obvious one" Dr Furness continues, "but there are some little things your loved ones can't know that will also help – the kind of funeral you would like, who you want to look after your affairs when you need support, even what to do about all those passwords we have and can never quite remember." Dr. Furness' challenge to the people of Rutland "is to take one practical step that ensures your loved ones understand what matters most to you, so they can carry out your wishes."

Dead Easy, a guide to the inevitable

One way to make such a resolution stick is to take part in an event in May next year being organised by DMR. "Dead Easy: A Guide to the Inevitable" is designed to make end-of-life

preparation accessible, straightforward, and even comforting. By offering practical tools and trusted expertise, DMR hopes to give participants peace of mind and confidence in planning ahead.

Dr. Hilary Fox, Chair of DMR explained, “Too often, conversations about death happen too late, leaving families overwhelmed and unprepared. Our aim is to change this by creating a safe, open space where people can explore the practical, emotional, and legal realities of preparing for the end of life. We strive to promote open and stigma-free discussions around death and dying, creating an environment where such conversations are both welcome and encouraged. By providing comprehensive and practical guidance on end-of-life planning, we aim to equip participants with the knowledge necessary for making informed decisions about their futures.” To support this mission, a panel of experts—including a funeral director, lawyer, and end-of-life counsellor—stands ready to address questions and clarify important procedures. Through these efforts, individuals can develop plans that truly reflect their personal wishes, values, and requirements. Ultimately, this approach enhances community awareness and helps alleviate the emotional and administrative burdens that families often encounter during bereavement.

Further background information

Many people struggle to find help planning for end-of-life care and the death of a family member or friend. Services are not always as well coordinated as they could be. Joined-up care is vital and [Dying Matters in Leicester, Leicestershire & Rutland](#) is dedicated to improving end of life experiences for people living in the two counties, their families and loved ones.

The charity works with partners in [The Bereavement Help Point](#), [Rutland’s Great Dementia Conversation](#), [The Rutland Snowdrop Award](#) and [The Loss Project](#) to support people facing end-of-life issues or bereavement and to highlight some of the excellent care available at this challenging time.

For media queries or to request an interview with Dr. Sarah Furness, the Lord-Lieutenant of Rutland, or Dr. Hilary Fox, Chair of Dying Matters Rutland, please email Sandra McCune at drsandramccune@gmail.com or phone 07554-740370(m).