



## **PRESS RELEASE (Approved by all parties)**

**FOR IMMEDIATE RELEASE 24<sup>th</sup> March 2026**

### **Save the date: Free "Dead Easy" event on 6 May to help Rutland residents plan ahead with confidence**

Dying Matters Rutland (DMR) is inviting Rutland residents to save the date for a free community event on Wednesday 6<sup>th</sup> May 2026, 2pm to 4pm at The Rutland Showground.

#### **Who should be thinking about end-of-life planning?**

Everyone!

The most important thing you can do is talk. Death and dying is never an easy topic, but open communication makes a world of difference. There are a few times when we think more about our own mortality, maybe at the time of a significant new diagnosis that might be life limiting, when we are looking after a loved one or considering going into care, or going to a funeral, but at these times emotions are running high, and conversations become even more difficult. Letting those close to you know your thoughts, wishes and plans well before you need to, means that conversations start light-hearted (think what's on your bucket list and outrageous funeral music) before the deep and difficult gets explored. Planning when "the inevitable" seems a long way off is a lot easier, even if those plans change later on.

The charity Dying Matters Rutland, are trying to improve end of life care by encouraging people to talk to one another, make those plans, and get on with living well and enjoying life. To help with this, Dying Matters Rutland are holding a free event: 'Dead Easy: A Guide to the Inevitable' 2.00 to 4.00 pm on 6 May at the Rutland Showground.

A range of local experts will be there to speak and answer questions about end-of-life planning including:

Sally Cox, a local solicitor from Cox & Key LLP Solicitors. Sally has particular expertise in Wills, Probate, LPAs, Trust and tax affairs.

Tom Johnson, lead funeral director at E M Dorman Independent Family Funeral Directors. His firm offers comprehensive funeral planning, including home visits, burials, cremations, and bespoke memorials.

Sammi Le Corre of the Integrated Care Board and Neighbourhood Health & Care Strategy Lead at Rutland County Council will address issues relating to end-of-life health care.

It is also hoped that a financial advisor and a counsellor will attend.

Free transport and refreshments available.

For further information visit the Dying Matters website at <https://www.dyingmattersleicestershireandrutland.com/>

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#### **Notes to editors**

- Dying Matters Rutland (DMR) is a local charity encouraging open, honest conversations about dying, death and bereavement, and improving access to information and local support.
- "Dead Easy: A Guide to the Inevitable" takes place on Wednesday 6 May 2026, 2pm to 4pm at The Rutland Showground. The event is free to attend, transport can be arranged, and an online registration form will be available.

#### **Media enquiries**

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