



A COMPANION GUIDE

Time for a Wee Chat

A small first step toward a conversation that matters.

You have just spent a few minutes thinking about something that most people put off forever. **That counts.** Take this with you. There is no rush. Use whichever piece of it feels right when the moment comes.

THREE WAYS TO BEGIN

If you don't know how to start, start here.

IF IT FEELS GENTLE

"I have been thinking about something for a while. I think I am nearly ready to talk about it with you."

IF IT FEELS PRACTICAL

"I came across something from Foyle Hospice about planning future care. Could we look at it together?"

IF IT FEELS QUIET

"I do not have all the words yet, but I wanted to name it out loud. This matters to me, and I want you to know that."

IF THE CONVERSATION OPENS UP

A few things you might say next.

- "What matters most to me, near the end, is..."
- "The one thing I would want you to understand is..."
- "I know this is hard to talk about, but I feel better knowing you know."
- "Have you ever thought about what you would want?"
- "There is no need to decide anything today. I just wanted us to start."

If today is not the right day, that is fine. Keep this somewhere you can come back to.

If it feels hard, or hopeful, or both.

Time for a Wee Chat
Foyle Hospice · 2026

THREE PERMISSIONS

However it feels, you are allowed.

1

To pause

If today is not the right day, you do not have to push through. The conversation will still be here next week.

2

To not have all the words

Often the willingness to begin matters more than getting it perfectly right. You do not need a script.

3

To ask for help

You do not have to do this on your own. Foyle Hospice is here for these conversations, whenever you need.

IF YOU NEED MORE SUPPORT

Where to go next.

Foyle Hospice

Specialist palliative care, day therapy, hospice at home, free counselling and bereavement support.

foylehospice.com

Hospice UK Dying Matters

A national campaign helping people across the UK feel more comfortable talking about death, dying and grief.

hospiceuk.org/our-campaigns/dying-matters

Compassionate Communities NI

"Plan Ahead" programme on advance care planning -- practical guidance for Northern Ireland.

compassionatecommunitiesni.com

Your GP or care team

If you have specific medical questions or concerns, they remain the right first call. This guide is not medical advice.

[Speak to a real person.](#)

A FINAL WORD

If we can support our community to talk earlier, more openly and with more confidence, we strengthen every family we serve.

Built with love by **Foyle Hospice**, Derry~Londonderry, for Dying Matters Awareness Week 2026.