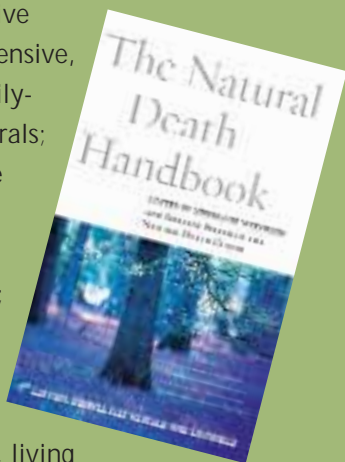


The Natural Death Handbook (fourth edition)

A comprehensive guide to inexpensive, green and family-organised funerals; bio-degradable mail-order coffins; natural burial grounds; green funeral directors; caring for the dying at home, living wills and much, much more.



Buy online: www.naturaldeath.org.uk

Buy by post:

Send a cheque for £14.99 made payable to

The Natural Death Centre.

Delivery to:

Name: _____

Address: _____

Postcode: _____

Phone Number: _____

How do I find out more?

There are far more choices regarding funerals than we can list in this leaflet. And all of them provide you with the opportunity to create a funeral that is very personal and very special.

For more information, please contact us.

More information

- Read 'The Natural Death Handbook'
- Contact The Natural Death Centre by phone, email, post and visit our website
- Receive the NDC free e-newsletter. Email us with 'newsletter' in the title.
- See the booklet 'What to do after a Death in England and Wales' (January 2009, ref DWP1027), Department for Work and Pensions. www.dwp.gov.uk

Contact:

The Natural Death Centre
In The Hill House,
Watley Lane, Twyford,
Winchester, SO21 1QX

Manager: Rosie Inman-Cook

E: rosie@naturaldeath.org.uk

How can I arrange a Good Funeral?



dealing with death naturally

Helpline: **0871 288 2098***

*calls cost 10p per minute from UK landlines; calls from mobiles and some networks may be higher



Tel: 0871 288 2098
www.naturaldeath.org.uk

www.naturaldeath.org.uk

Registered Charity No. 109139



What is a Good Funeral?

All of us are different and we will all have our own views about what makes a funeral 'good'. But at The Natural Death Centre we believe that a 'good funeral' is one where you - the funeral arranger - feel in control of what happens, and where you are given clear information about the choices available to you.

A funeral doesn't just have to be an event that you just turn up to - it is something that you can help create.

How do I find the right Funeral Director for me?

If possible, clarify your ideas with other people - family and friends. Take your time. Then ring around several funeral directors to see which suits you best. As well as thinking about your budget, you may want to think about how flexible, competent, and approachable, they sound and how much choice they offer. If you can't face making the phone calls yourself, ask a friend to help.

Although legally you don't have to use a funeral director, the vast majority of people find it helpful to have professional support.

Some funeral directors who appear to be very flexible in their work with families are listed in 'The Natural Death Handbook'. If you have an immediate need, please ring our Helpline for impartial advice.

What are my choices?

A body can either be cremated or buried. Burials can take place in a cemetery, a churchyard, a natural burial ground, or occasionally on private land. Further options are donating the body to medical science, or burial at sea.

What type of funeral ceremony can I have?

The traditional religious service is still appropriate for some people. For others a more personal ceremony has more meaning - one where they have the opportunity to be involved in shaping the funeral ceremony, and even participating on the day. You can also organise the service yourself.

Is a 'good funeral' going to be expensive?

All funerals are expensive, and relatively few people qualify for State help with the funeral costs. (Consult your local Jobcentreplus for details.) But just because a funeral is 'good' doesn't mean it has to cost more - it can even cost less, depending upon the options that you choose.

Can a funeral be made environmentally-friendly?

If you are concerned about the ecological impact of the funeral, you might wish to ensure that no embalming takes place. You may also want to choose a coffin made of natural simple materials, and maybe even burial in a natural burial ground. Usually there is no headstone on the grave but in a few grounds a memorial tree may be planted. Others grounds range from meadows to parks.

What is The Natural Death Centre?

The Natural Death Centre is an educational charity which sees death as a natural part of life. Founded in 1991, it is committed to supporting cultural change and is working towards a situation where all people are empowered in the process of dying, and organising a funeral. We also work in death education, challenging social attitudes to death and dying, and run the Association of Natural Burial Grounds, a body set up to promote green burials.

As we are a charity, we do rely heavily on the financial support of donors. If you believe in the value of what we are doing, please help us by making a one off donation or by making a (small) contribution each month.

Donation Form

Donate Online: Visit our website and follow the links: www.naturaldeath.org.uk

Donate by post: Cheque made payable to **The Natural Death Centre.**

Please provide:

Name: _____

Address: _____

Postcode: _____

Are you a UK tax payer? Yes No

Signature: _____