

MEDIA RELEASE

Learn how to navigate death and dying: Free palliative care workshop

6 February 2025

Dying is a normal part of life, but many of us are unprepared for what happens, and the practical steps to take after losing someone we care for.

A free workshop is being held in Wangaratta on Tuesday 11 March designed to equip family, friends and carers of someone at the end-of-life with the knowledge and skills to navigate their last days.

The Last Days workshop, presented by Murray PHN in collaboration with HammondCare, is delivered by an experienced palliative care specialist over three hours. It helps participants to: acquire the knowledge and tools to support someone in their care to proactively make end-of-life choices; understand dying as a normal part of life; know where to find support; and feel confident talking about end-of-life.

Murray PHN CEO Matt Jones said that while dying is a natural part of life, when we are faced with a loved one at their end of their life, it can be difficult to know what to do.

“This workshop can help you to prepare for what’s coming by learning about the dying process, helping to understand what’s ahead, while creating space for conversations about the person’s wishes and preferences.”

HammondCare Clinical Nurse Specialist Suzanne Sara, who will be presenting the workshops, said services of all kinds in regional Australia are less resourced than the cities and this can have worrying consequences, especially when the services relate to something as serious and important as end-of-life care.

“Last Days gives people the practical knowledge and tools they need to manage this process and relieves the uncertainty and confusion. Especially for carers in rural and regional Australia, who sometimes feel alone as they deal with this unfamiliar and deeply emotional situation, the program could make a huge difference by helping them feel prepared and understand their options.”

Bookings are essential. Register by 7 March at <https://bit.ly/49xyEd3>

About us:

Murray PHN is one of 29 PHNs (Primary Health Networks) around Australia working to increase the efficiency and effectiveness of primary health care and service systems. Across our region, we work with general practitioners (GPs), community health, Aboriginal Community Controlled Health Organisations (ACCHOs), pharmacy, aged care and allied health practitioners, and with acute services such as hospitals, specialists and emergency care.



The role of PHNs is to help to support and integrate the work of these important services to ensure that the people get the right care, in the right place, at the right time. In the Murray PHN region, which covers almost 100,000 sq km of regional Victoria, we work to develop and maintain sustainable models of primary health care for our communities.

Contact details

Email communications@murrayphn.org.au anytime or alternatively contact:

- Monday – Thursday: Jackie Grant, Murray PHN Communications Specialist e: jgrant@murrayphn.org.au or t: 0408 366 312
- Tuesday – Friday: Amity Bradford, Murray PHN Communications Specialist e: abradford@murrayphn.org.au o or t: 0412 060 308

Images of Matt Jones

- https://www.murrayphn.org.au/wp-content/uploads/2024/01/Murray-PHN-CEO_Matt-Jones_2024.jpg
- https://www.murrayphn.org.au/wp-content/uploads/2024/01/Murray-PHN-CEO_Matt-Jones_2_2024.jpg

Image of Suzanne Sara

- <https://murrayphn.org.au/wp-content/uploads/2025/02/Suzanne-Sara-HammondCare-Clinical-Nurse-Specialist-scaled.jpg>