

Death Cafe movement comes to Melbourne with event in Niddrie

CHATTING about coffins over coffee may not be such a grave discussion, with this international movement on a mission to make death, grief and mortality easier to digest in Melbourne.

Natalie Savino

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<https://www.heraldsun.com.au/leader/north-west/death-cafe-movement-comes-to-melbourne-with-event-in-niddrie/news-story/42ea5661d58d3b9d2e8156628b6b387d>



Estella Hutchinson is holding a Brunch with Death to make discussions about mortality more mainstream. Picture: Mark Wilson

A GRAVE discussion over brunch is the latest concept intended to make mortality easier to digest.

Airport West's Estella Hutchinson will host Moonee Valley's first Brunch with Death at a Niddrie cafe to make people feel more comfortable when talking about dying, grief and bereavement.

"I think there's a section of the community that feels if you talk about death, you bring it on," Ms Hutchinson said. "Of course, everyone's going to die anyway, so let's be realistic."

The event is a local take on the international [Death Cafe](#) movement, where people discuss dying over a meal.

“Part of the reason why I’m doing it is that not very many of them get organised in Melbourne,” Ms Hutchinson said. “It’s really important to start talking about death and making plans.

“Quite often you hear of people that passed away and their loved ones have no idea of what the person who died wanted ... they didn’t know if the person wanted to be buried or cremated.”

She said while that was the case for many people who died suddenly, those with terminal illnesses also avoided the topic of post-death arrangements.

Ms Hutchinson hopes to make it a monthly event, with the first on Saturday, March 18, at Sam’s Cafe, 1/344 Keilor Rd, Niddrie.

Bookings: trybooking.com/PAAR