**Media Release**
19/02/2025

*Hello, to celebrate National Advance Care Planning Week, 17 – 23 March 2025, and National Close the Gap Day, Thursday 20 March, we’re respectfully encouraging First Nations individuals to have a cuppa and a yarn, cause we need to know before you go. If you do have an opportunity to run this release and promote the launch event in Sydney and new resource, we’d appreciate your support.*

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**Let’s have a cuppa and a yarn, cause we need to know before you go**

To celebrate National Advance Care Planning Week, 17 – 23 March 2025, and National Close the Gap Day, Thursday 20 March, we’re encouraging First Nations people to have a cuppa and a yarn, ‘cause we need to know before you go.

Gamilaroi woman Eliza Munro is a Sorry Business Consultant and Managing Director for Ngiyani Wandabaa, with an extensive background in Indigenous health and says, “being prepared and sharing wishes can ease the worries for family and friends if we get crook or for when that time comes”.

“Planning ahead for Sad News, Sorry Business and Advance Care Yarning can be challenging culturally and emotionally, but are important conversations to have – I’m excited our communities will have access to a resource that can hopefully initiate respectful and sensitive yarns in community amongst family or with health or other related professionals, both Indigenous and non-Indigenous”.

Dr Catherine Joyce, National Manager for Advance Care Planning Australia is proud to partner with Ngiyani Wandabaa, Centre for Palliative Care Resource and Education, and the Gwandalan National Palliative Care Project, to ensure planning for future health care is accessible for First Nations people.

“We’re delighted to promote this practical resource through our national distribution networks. The resource includes a teabag holder for two tea bags and a range of questions to initiate yarning such as “who would you want to speak for you if you couldn’t speak for yourself?” plus a booklet that allows for wishes to be documented.

Jessie Williams, Manager Community Programs Proveda, and former CEO of The Groundswell Project (now known as Proveda) is experienced in supporting individuals, organisations and communities to improve dying and grief.

“The inspiration for this resource stems from the ‘Dying to Talk’ teabag holder, initially designed by The Groundswell Project,” she says.

“Proveda and Dying to Know are proud to see this legacy offered for use in First Nations communities and warmly invite you to join us for morning tea to hear more about the *‘We need to know before you go’* resource.

National Advance Care Planning Week, 17 – 23 March 2025, is the perfect time to have a yarn and make your choices matter about your future health care.

Visit [www.acpweek.org.au](https://www.acpweek.org.au/) for more information, and to access a free starter pack. For free advice, call the National Advance Care Planning Support Service on 1300 208 582 from 9.00am - 5pm (AEST) Monday to Friday.

**Event details**

* Thursday 20 March 2025
* 10.30am to 12:00pm
* Venue: Genia McCaffery Centre at the Coal Loader
* Address: 2 Balls Head Drive, Waverton, New South Wales 2060
* **For more information and to register visit:** <https://proveda.com.au/event/we-need-to-know-before-you-go/>

**Media enquiries**

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**What is advance care planning?**
Advance care planning involves planning for your future health care. If you become seriously unwell and unable to communicate or make decisions about your own health care, who do you want to make them for you? What would you want them to do?

**About Advance Care Planning Australia**
Advance Care Planning Australia™ (ACPA) is an Australian Government initiative administered by Brisbane South Palliative Care Collaborative, Metro South Health. ACPA is the national voice on advance care planning and supports individuals, health and aged care providers to ensure people’s preferences and wishes for future health care are known and respected. We promote a national collaborative approach by focussing on improving advance care planning policy and systems, community awareness, understanding and uptake, workforce capability and quality monitoring and evidence. Visit

[www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)

**About Proveda** (formerly Community Care Northern Beaches)
Established in 1994, Proveda is the Northern Sydney Region’s largest independent, not-for-profit, community-led organisation. It runs a range of services and programs that support and connect community, with a focus in aged care, disability, mental health and end of life. Its vision is to support people, their families and carers, so they can live the life they want. Visit [www.proveda.com.au](http://www.proveda.com.au)