
Newsletter October 2026

Dear members

Today you will receive an autumn newsletter containing some information that might be of interest to you.

I was invited by Dr Marc Keller, a member of staff at the University of St Gallen, to take part in a panel discussion following the screening of the film 'Simon's Decision' and to answer questions from the audience. Marc Keller has also previously directed Ferdinand von Schirach's play "Gott" in St Gallen, and I was given the opportunity to share my views at the highly interesting panel discussion that followed. I am looking forward to this event, and perhaps one or two members of our association might come along to watch this excellent film at the cinema right next to the station in St Gallen. Lifecircle produced this film in collaboration with the BBC as part of its campaign for legalisation in England; it was translated into German and broadcast on Swiss television channel SRF. In my opinion, it is our best documentary on the subject of self-determined dying. Our film is part of a series of several films on the subject; here is the link to this event on Tuesday, 3 November at 8.00 pm at the "KINOK" cinema St'Gallen:

<https://www.kinok.ch/index/program/theme/856>

The second piece of news concerns an exhibition in Paris. A member of our association is exhibiting her artwork there; she wrote to me: 'I will be exhibiting my drawings (pastels, inks, oil) at the MODERN ART FAIR, Place de la Concorde, Paris. Stand 203A, from 21 to 25 October.' Anouk Grinberg is a fascinating lady whom I hold in high regard. If anyone lives near Paris, I'd be delighted if you were to go and admire Anouk's works. I've taken the liberty of including one of her pictures below. To me, this picture illustrates that sometimes in life we want to achieve things that seem impossible, but we shouldn't give up.

A third event is taking place in Zurich; here is the link:

<https://www.weiterbildung-palliative.ch/tagungen.html>

Within our association, over the past two months and the next two months, a number of members have had to apply for an AVD appointment due to health problems, which has placed a heavy burden on our secretary, Andrea. Andrea maintains contact with our members patiently and kindly; I am grateful that she works so reliably to lighten my load. I am particularly moved by the story of a young woman, just over 40 years old and suffering from a chronic condition. She is supported with great understanding by her family, who respect her decision that she will no longer bear her suffering but will end her life this month. This acceptance and respect from family and friends is not always present and certainly cannot be taken for granted.

In Switzerland, the referendum took place in the canton of Zurich, and the result was as we had expected. The public has decided that all care homes and hospitals in the canton of Zurich must allow AVD within their institutions. This is a first step – and an important one for Switzerland – as it will prompt the medical profession to consider how they wish to deal with this new regulation, particularly in hospitals.

Another step forward in Switzerland is the publication of a position paper by Pro Senectute on the subject of self-determined dying. It is exemplary and courageous that an organisation which works primarily to improve the quality of life for the very elderly is also championing the right to die with dignity. Here is the link to the position paper: <https://www.prosenectute.ch/de/fachwelt/grundlagen/grundlagenpapiere.html>

I am also very pleased that a political decision has finally been taken in France to legalise assisted dying. It will still be a long time before a detailed law has turned this into reality, but I am grateful to every country that legalises it, meaning that these people no longer have to travel to Switzerland to die peacefully and on their own terms.

I would now like to wish all our members a peaceful autumn and the start of winter,



Erika Preisig,
General practitioner and
President of the lifecircle association