

**BEFORE
I DIE.** 



Saturday, 7th May 2016

11:00 am - 05:00 pm **Free 15 min consultation with Rachel Roche, solicitor.** To book a time, please contact Rachel@rochelegal.co.uk or 07961 474 400

ROOM 1

12:30 pm - 01:30 pm **Soul Midwives:** Companions to the dying and their families. Sylvia Wagner-Bottomer (also a Marie Curie nurse) will give a short introduction to this revived vocation, their tasks and tools in today's society. A discussion will follow with some practical presentations.
*Enquiries: sylvia@feelgood-gowell.co.uk
01759 302 776 / 07999 880 163*

02:00 pm - 03:00 pm **Celebrity Death and Public Grieving:** Did David Bowie's death make you cry?
Enquiries: ruth.penfold-mounce@york.ac.uk

ROOM 2

10:30 am - 12 noon **Death Café:** With Penny and David Worth.
Enquiries: dworth@doctors.org.uk

12:30 am - 02:30 pm **Spiritual Perspectives:** Using the ancient symbols of the planets as keys we will, in this writing workshop, review aspects of our own lives and discover ways in which we can help the dying to do so. Bring your own special notebooks if wished, but materials will be provided.
Linda Fryer (linfryer@phonecoop.coop)

03:00 pm - 05:00 pm **Advance Decisions:** Your choice for the end of life.
Enquiries: Celia Kitzinger or Sue Wilkinson (07872 472 740)

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01:30 pm - 02:30 pm **Dying and Grieving in the age of Social Media:** What might dying in the age of social media imply? What forms might grieving take on line? Sharing personal experiences and reflections related to these questions.
Enquiries: Anais Duong-Pedica (anais.pedica@gmail.com)

03:00 pm - 04:30 pm **Funeral Planning Advice** with Chris Dudzinska:
enquiries@lastwishesfunerals.co.uk (01653 627 170)

ROOM 2

11:00 am - 12:30 pm **Life and Loss:** From birth to death, loss of all kinds is a regular part of our lives. This workshop will consider the varied reactions we can have and their possible effects.
Enquiries: phone Rachel on 01904 488 122

01:30 pm - 03:00 pm **All of life's a stage – and how do we deal with the closing curtain?** Join the Real People Theatre's exploration with extracts from their 2015 production "Exit".
Enquiries: Sue Lister: 01904 488870

**BEFORE
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A Festival for the
LIVING ABOUT DYING



Sat 7th & Sun 8th May 10am to 5pm

**Briar House Resources, Club Chambers,
Museum St, York, Y01 7DN**

A weekend of workshops, talks, poetry and conversation exploring death and dying. An opportunity to reflect on mortality, plan your funeral, consider celebrity deaths, make a 'living will' (advance decision) and much more.

Part of a growing social movement to reflect on how we manage death and dying, by providing space and opportunities to talk and discuss end-of-life issues as individuals and as a society. Our festival is part of a network of events across the UK for national 'Dying Awareness' week.

We would like to thank the University of York for their financial support

☛ Please reserve your places, as some are limited ☛