



Sheffield
**Life, Loss and Death
Festival**
May 2024

Death is part of life. Let's talk about it.

A month of free events in
Sheffield to explore why life,
loss and death matter...

...taking place in community centres, libraries,
woods, pubs, places of worship, cemeteries,
online, universities, and more.

Events include workshops, exhibitions, music,
activities in nature, writing, open mic, and
much more.

Everyone is welcome.

Why talk about life, loss and death?

- **It's going to happen to all of us, it's something we all have in common.**
- **We can build our confidence to support others through death, dying and loss.**
- **By talking about death we come to understand what's important in life.**



"I've made a mental list of things to take away and use in my own life and death."

Attendee at last year's festival



"I have been struggling quite a bit lately with fear of my own mortality and not knowing what happens when we die...but this session really helped to diminish my worries."

Attendee at last year's festival



"It was amazing and I found myself immersed in the words spoken as it made me reflect on my own deep loss. I felt pleased I had come."

Attendee at last year's festival



"Being part of this has radically changed how I think about living, dying and communicating with others about death and dying."

Facilitator at last year's festival

"Not at all what I expected. Much, much better."

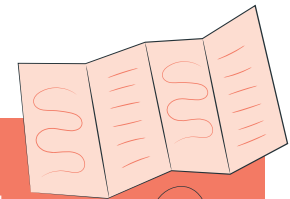
Attendee at last year's festival



Illustrations by Storyset

Compassionate Sheffield are bringing together individuals, communities and organisations for a month of free events.

Open up this booklet to see the full calendar.



Have you ever thought about...

How do I want to be remembered?

...
What makes a 'good' death?

How can I best support myself and others through grief?

When is the right time to talk to children about life, loss and death?



...to explore your own answers to questions like these, or to learn more from others, come along to the festival's free events!



Sheffield
**Life, Loss and Death
Festival**
May 2024



Sheffield Life, Loss and Death Festival May 2024

**Free events
across Sheffield,
every day in May!
Everyone
is welcome.**

WEDNESDAY 1ST MAY

12noon-6pm Grief Must be Love with Nowhere to Go Exhibition Art by Chris Alton and Emily Simpson exploring the experiences and language gaps of grief. Until May 4th. [Bloc Projects, 71 Eyre Lane, S1](#) *No booking required*

THURSDAY 2ND MAY

12noon-6pm Grief Must be Love with Nowhere to Go Exhibition See 1st May for info

FRIDAY 3RD MAY

12noon-6pm Grief Must be Love with Nowhere to Go Exhibition See 1st May for info

10am-4pm Crystal Peaks Market Creative Drop-In Visit our pop-up market stall to reflect on 'what's important to me' in life and death and consider how we support one another in Sheffield, with Compassionate Sheffield. [Crystal Peaks Market, Crystal Peaks Shopping Centre, S20](#) *No booking required*

SATURDAY 4TH MAY

12noon-6pm Grief Must be Love with Nowhere to Go Exhibition See 1st May for info

6-8pm Grief Karaoke Closing Party

As part of the Grief Exhibition (see above), Bloc Projects are hosting a karaoke party at the gallery. [Bloc Projects, 71 Eyre Lane, S1](#) *No booking required*

10am-4pm Let's talk about it...death

Events hosted by Sheffield Bereavement Collaborative. [Victoria Hall, Norfolk Street, S1](#)

• 10am-4pm Mindful Tree of Life Drop in to decorate a leaf to contribute to the tree, hosted by art therapists, with Sheffield Mind. *No booking required*

• 10.30am-12noon, 2-3.30pm Death Cafés A safe space to speak openly about death, dying and loss, led by Naureen Khan.

SUNDAY 5TH MAY

2-4pm The Gifts We Leave Behind Share items and memories that we cherish in grief, and reflect on what we will leave, led by singer-songwriter Yunn. [SADACCA, 48 Wicker, S3](#)

MONDAY 6TH MAY

4-5.30pm Neurodivergent Death Café A safe space for neurodivergent folk to speak openly about death, dying and loss, hosted by Compassionate Sheffield. [Online](#)

TUESDAY 7TH MAY

1-4pm Sacred Grief Ceremony Join us for a simple ceremony where we will create a sacred space to share our grief and loss. Facilitated by Ali Harrison, Ann Staniland and others. [Heeley Green Community Centre, 304 Gleadless Rd, S2](#)

7.30-9.30pm Pub Philosophy

Explore big questions about what death means to being human, with Rosie Carnall. [The Fat Cat, 23 Alma Street, S3](#)

WEDNESDAY 8TH MAY

10-11am Bereavement Support for Children A training session on common grief reactions in children and their understanding of death at different stages of development, delivered by Child Bereavement UK. [Burton Street Foundation, 57 Burton Street, S6](#)

THURSDAY 9TH MAY

10am-12noon The Role of the Coroner A talk with the investigator of unexplained or sudden death in South Yorkshire. [Coroner's Court, Medio-Legal Centre, Watery Street, S3](#)

1-3pm Let's Talk about the Elephant in the Room See May 13th. [Woodhouse Community Hub, 524 Stradbroke Road, S13](#)

FRIDAY 10TH MAY

10am-12noon What's important to me? A workshop to reflect on 'what is important to me?' in life and death. Through collage, painting or drawing we will explore how we might share this with others, hosted by Compassionate Sheffield. [Crystal Peaks Library Art Space, 1-3 Peak Square, S20](#)

10am-12noon What is Palliative Care?

A talk to break down myths and learn about end-of-life care and bereavement services, led by St Luke's Hospice. [St Luke's Ecclesall Road South, S11](#)

SATURDAY 11TH MAY

10am-12noon A Buddhist view on Life, Loss and Death Mike Fitter (Bhaktika) will share his experiences and learning drawing on Buddhist teachings following the death of his wife, Gina Clayton. [Quaker Meeting House, 10 St James' Street, S1](#)

10am-12.30pm When Seasons Change: Reflecting on End of Life with Nature & Creativity

Join us for a stroll to consider and capture in writing the things that matter to you in a supportive gathering, with Prof Michael Tan. [Samuel Worth Chapel, Sheffield General Cemetery, S11](#)

SUNDAY 12TH MAY

10.30am-1pm Coffin Weaving, Shroud Making and the Greening of Funeral Practices Discuss sustainable funeral practices and choices, including coffin weaving and shroud wrapping demonstrations. [Newfield Green Library, 577 Gleadless Road, S2](#)

MONDAY 13TH MAY

12noon-1.30pm Grief Education & Support in the Workplace Explore grief's nature, impact, and influencing factors in our workshop. Learn to support grieving employees with empathy and understanding, with grief educator Katarzyna Borowczak. [Online](#)

1-3pm Let's Talk about the Elephant in the Room

A session aiming to normalise conversations around the topic of dying and death, recognising that it remains a taboo for many. [Crystal Peaks Library Art Space, 1-3 Peak Square, S20](#)

TUESDAY 14TH MAY

3-5pm Understanding Bereavement and Wellbeing This seminar will support people to gain a greater understanding of the ways we experience bereavement and how we can support our own wellbeing, with Andy Freeman. [Scotia Works, Leadmill Road, S1](#)

WEDNESDAY 15TH MAY

5-6.30pm The Mexican Day of the Dead Join Elizabeth Uruchurtu and Helen Blejerman to explore the origins of this Mexican tradition and some of their current representations while making paper marigolds and decorating sugar skulls. [Sheffield Hallam University, Cantor Building, 153 Arundel Street, S1](#)

THURSDAY 16TH MAY

1.30-3.30pm Creating Through Grief Join creative facilitator Grace Darbyshire for an immersive workshop using arts activities, poetry and gentle drama exercises to navigate grief, loss, and remembrance. [The Learning Zone, 320 Wordsworth Avenue, S5](#)

FRIDAY 17TH MAY

7-9pm Open Mic Night Come share your words, poetry and music at this event themed around life, loss and death. Hosted by singer-songwriter Yunn. [Common Ground Community Centre, Woodstock Road, S7](#) *Family friendly*

SATURDAY 18TH MAY

10.30am-12.30pm Death and Dying from a Quaker and a Buddhist Perspective A Quaker and a Buddhist talk about end of life and death, alongside their faiths' take on death, followed by Q&A. With Shad Woodgrove and Laura Kerr. [Quaker Meeting House, 10 St James' Street, S1](#)

SUNDAY 19TH MAY

11.00am-12.30pm Grief & Death Panel Discussion Three authors who have written about grief and death discuss their experiences. With Alison Jean Lester, David E Jones and John Adams. Moderated by Pam Daniel. [Utopia Theatre, 11 Rockingham Gate, S1](#)

1.30-4pm Grief Writing Workshop A space to write about grief and share our work on loss, led by Beverley Ward. [The Writers Workshop, 14 Craft Workshops, Orchard Square, S1](#) *Not wheelchair accessible*

MONDAY 20TH MAY

10-11am How we Empower Society to have Important Conversations A talk on enabling conversations around death, dying and bereavement, with John Adams. Discover how he successfully campaigned to add content on death, dying and bereavement to the national curriculum. [The Wheelhouse, 2 Bridge Street, S3](#)

TUESDAY 21ST MAY

6-7.30pm Introduction to Grief Education A workshop exploring grief and how we can navigate loss with empathy and understanding, facilitated by Katarzyna Borowczak. [Online](#)

WEDNESDAY 22ND MAY

2.30-4.30pm Out of the Box Story Sharing Workshop Exploring life, loss and death through interactive multi-sensory storytelling, with the opportunity for adults to share their story and respond creatively, hosted by Kathryn Lord. [Darnall Library, Britannia Road, S9](#)

6-7pm Bereavement Support for Children See May 8. [Online](#)

THURSDAY 23RD MAY

10.30am-12noon Practical use of the Death Literacy Index Dr Julian Abel will host a discussion around the Death Literacy Index and how it can be used in practice. [Online](#)

FRIDAY 24TH MAY

2-3.30pm Music and Memories Request a song to listen to as a group and share which people, or time in your life, the song reminds you of, run by The Swan Song Project. [The Bradbury Makers' Shed, Hillsborough Park, S6](#) *For people living with dementia and their loved ones*

6.30-7.30pm In Conversation with Dr Kathryn Mannix

Writer and campaigner Dr Kathryn Mannix discusses some of your questions about death and dying with psychologist and end of life doula Mariana Garcia. [Online](#)

SATURDAY 25TH MAY

Grief, Loss and Love: My Journey from Hurt to Healing Advanced drawing and talking practitioner Kelly Higgs shares their grief journey, followed by a group drawing and talking session, exploring sadness and providing an opportunity to connect with others. *Venue/time to be confirmed - see website*

SUNDAY 26TH MAY

10.30-11.30am Family rhyme time: Create a poem A family poetry workshop, where children can create a poem about their loved ones past and present with poet Sharena Lee Satti. [The Pavilion, Hillsborough Park, S6](#) *Family friendly*

1.30-3.30pm Release Grief Through Poetry A workshop for all, with poet Sharena Lee Satti. Exploring creative writing, how nature heals and how poetry has similar therapeutic roots. [SACMHA Campus, 10 Breinburg Court, 263 Pitsmoor Road, S3](#)

MONDAY 27TH MAY

4-5.30pm LGBTQ+ Death Café A safe space for LGBTQ+ folk to speak openly about death, dying and loss, hosted by Compassionate Sheffield. [Online](#)

TUESDAY 28TH MAY

2-3.30pm Exploring the Language of Death A short film about the language of death, by researcher and filmmaker Jennie Beth Banks, followed by a discussion hosted by end of life doula Penny Merrett. [Sharlow Community Forum, The Old Junior School, South View Road, S7](#)

5.30-8pm A Tour of City Road Cemetery Join Robert Sawrbrick and Michael Kerrigan from Sheffield City Council Bereavement Service for a tour of the cemetery, chapel and crematorium. [City Road Cemetery, 441 City Road, S2](#)

WEDNESDAY 29TH MAY

2-3.30pm What Does an End of Life Doula Do? An introduction to the work of end of life doulas with Penny Merrett and Lori Coughlin, end of life doulas. [Zest Centre, 18 Uppertorpe, S6](#)

THURSDAY 30TH MAY

10.30am-12.30pm Circle of Life in Nature A woodland nature session for families to explore ideas around life and death cycles, with creative activities and a campfire, led by Rose Tomson and Charlie Hill. [230th Gleadless Scouts Hut, Gleadless Road, S12](#) *Family friendly. Not wheelchair accessible.*

2-3.30pm Sheffield Carers Death Café A safe space for carers to speak openly about death, dying and loss, facilitated by Mariana Garcia and Jan Outram. [Ponds Forge Sykline Suite, Commercial Street, S1](#)

FRIDAY 31ST MAY

3-5pm Sheffield Life, Loss and Death Festival Closing Event Join Compassionate Sheffield to reflect on the four important questions on the back of this pamphlet and celebrate the end of this year's festival with an afternoon tea. [St Luke's Ecclesall Road South, S11](#)

To book onto these events, and to see full details, visit the website below, or scan this QR code:



For more information or support with booking please contact:



CompassionateSheffield@gmail.com



Mariana Garcia 07756 149 159
Caroline Plenty 07842 444 714

www.compassionate-sheffield.co.uk/life-loss-and-death-festival