



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

May 2023

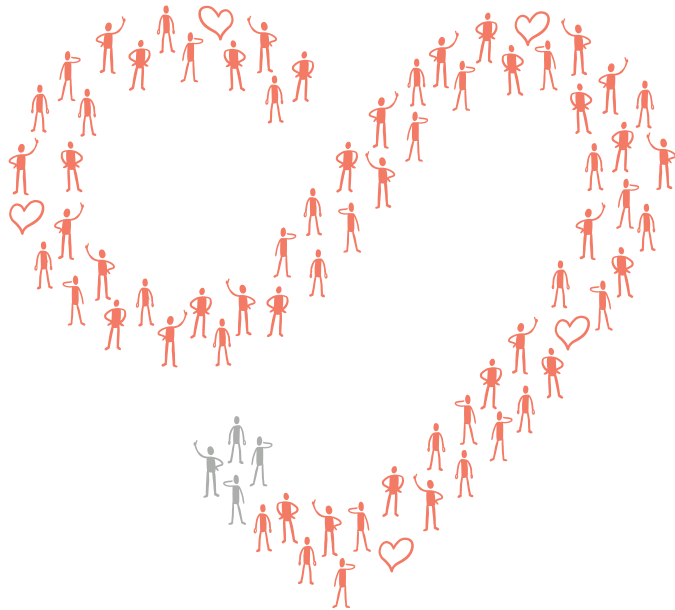
A month of free events
in Sheffield to explore
why dying matters...

...in parks/cemeteries/universities/
pubs/community centres/woods/
at home/at work/in places of worship/
hospices/libraries/...

Everyone is welcome.

Why talk about death, dying and loss?

- 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.



“When we are dying or grieving 95% of our time will be spent with family, friends, colleagues, neighbours”

Professor Allan Kellehear, founder of Compassionate Communities' approach to end of life care

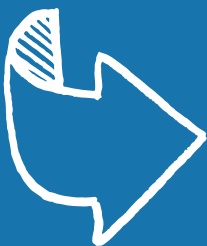
There are over 20 free events in Sheffield throughout May

Compassionate Sheffield have partnered with a range of people and community organisations to offer safe spaces to explore death, dying and loss together.

Everyone is welcome to take part.

Events include theatre, open mic, film, activities in nature, mindfulness, exhibitions, workshops, writing, and much more.

To see the full calendar of free events open up this booklet.



Before I die...



May 2023 Dying Matters

Free events across Sheffield. Everyone is welcome.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1

7.30-9.30pm

Sheffield Pub Philosophy: Enquiring into what death means

Explore big questions about what death means to being human, with Rosie Carnall. Millowners Arms, Kelham Island Museum, S3,

2

3

“What does death mean to being human?”



4

12.30-1.30pm

Talking about Dying: Webinar

A presentation by Doctor Kathryn Mannix followed by discussion facilitated by end-of-life doula Mariana Garcia. Online (Zoom)

5

1-2.30pm

Sharing the View: Philosophy in the Gallery With Rosie Carnall. [Graves Gallery, Sheffield Central Library, S1](#)

2-4pm Wishes Fulfilled: Theatre, Q&A (See 21 May) [Arbourthorne Centre, Edenhall Road, S2,](#)

6

10am-12noon & 1-3pm

Circle of Life in Nature

A nature session for families in woodland 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](#)

7

2-4pm

Grief Writers Meet-Up

A safe, supportive space to write about loss at The Writers Workshop, facilitated by local author Beverley Ward. [The Writers Workshop, 14 Craft Workshops, Orchard Square, S1](#)

8

11am-1pm

Songs and Memories: Men's workshop

Run by The Swan Song Project, request to play a song to listen to as part of a group, sharing the memories you associate with it, if you like. [Shipshape, The Stables, Sharrow Lane, S11,](#)

9

8-9.30pm

The Gift: Film (12A, 30min) followed by show & tell

After the screening filmmaker Dr Barry J Gibb will facilitate a show & tell of objects we treasure from people we have lost. [Samuel Worth Chapel, Sheffield General Cemetery, S11,](#)

10

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11

2.30-4.30pm

Dying Matters: A participatory performance

To encourage reflection and conversations on death and dying, led by Lab4Living. [Sheffield Hallam University, The White Building, 10 Fitzalan Square, S1,](#)

12

10am-4.30pm

Remembering: Interactive exhibition

An interactive space focused on healthy bereavement and reflecting positively on loss and grief, with opportunities for reflection, led by Space to Breathe. [The Circle, 33 Rockingham Lane, S1,](#)

13

1-3pm

Two Quakers and Death

Explore the fact of death in relation to living more freely, led by Quakers Laura Kerr and Shad Woolgrove. [Quaker Meeting House, 10 St James' Street, S1,](#)

14

10.30am-12noon

When Seasons Change: Reflecting on end of life with nature & creativity

Stroll with Prof. Michael Tan and end-of-life doula Mariana Garcia to consider and capture things that matter to you. [Samuel Worth Chapel, Sheffield General Cemetery, S11,](#)

15

2-3.30pm

Death Cafe

A friendly, informal session with end-of-life doula Mariana Garcia to chat about any aspect of death that you would like to explore, with free refreshments. [Dore & Totley United Reformed Church, Totley Brook Road, S17,](#)

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17

10am-12noon & 2-4pm

Listening with your Eyes: Workshop

Develop skills of empathy, insight, listening and trust-building, particularly in the arena of Health and Care, with Vamos Theatre. [Samuel Worth Chapel, Sheffield General Cemetery, S11,](#)

19

“What makes a good life, a good death, a person?”



20

7-9pm

Dying Matters Open Mic

Bring your best words, poems and vocals to this family-friendly event themed around death and loss, hosted by spoken-word artist and poet Sharena Lee Satti. [Common Ground Community Centre, Machon Bank, S7,](#)

21

2.30-4.30pm

Wishes Fulfilled: Theatre performance followed by Q&A

This play shows the importance of including friends, family and children in the preparation for death, by Az2B Theatre Company, with Age UK Sheffield and Gathering Ground. [The Pavilion, Hillsborough Park, S6,](#)

22

“Because thinking and talking about end of life can be actually quite life affirming!”

23

11am-8pm

Spaces in Between: Reflections on love and loss

An exhibition of objects, pictures and words of remembrance to recall our love and grieve our losses. Contribute if you like. Led by The Writers Workshop. [Samuel Worth Chapel, Sheffield General Cemetery, S11,](#)

24

11am-1pm

Poetry Heals: Women's workshop

A gentle cathartic poetry writing workshop with published poet and spoken-word artist Sharena Lee Satti. [Shipshape, The Stables, Sharrow Lane, S11,](#)

25

6.30-8.30pm

Dead and Alive: Online talk and exhibition

Journey through some of the world's death rituals with photographer Klaus Bo, facilitated by end-of-life doula Mariana Garcia. Online (Zoom)

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28

“Knowing more about dying can help us to plan better, live better, and die more peacefully.”

29

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“When is the right time to talk about our end-of-life care and wishes?”



31

4-5.30pm

End of Life Conversations + Dead Good theatre performance recording

Watch the recording of 'Dead Good', a play by Vamos Theatre, and have important conversations about end of life. [St Luke's Ecclesall Road South, S11,](#)

For more information please contact Mariana Garcia:

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To book onto any of these events, and to see full details, visit:

compassionate-sheffield.co.uk/dying-matters

