

# EXPLORING DEATH AND LIFE: A CREATIVE WORKSHOP

## INFORMATION FOR PARTICIPANTS

### **Thank you for taking part in this workshop.**

The aim of the workshop is to help people to reflect creatively on death and dying and on what this reality means for the way in which we live our lives. It offers a chance to reflect on some of the questions that our mortality poses such as: what really matters in the end? What do I really believe? The workshop will help us to learn from the experiences, unique stories, and wisdom that people share as we reflect together on how to live well in the light of our mortality.

The workshop is intended to be a safe and enjoyable space in which to explore these issues. It will begin with a short reflection using music and poetry. Participants will then be invited to respond to this in conversation and a range of creative activities.

The workshop will last approximately [REDACTED] including a short break for refreshments.

We hope to share the themes, stories, and creative work that emerges during the workshop to help others reflect on these issues, so, at times, there may be someone taking notes. But we will not share personal material without your permission. We will also ensure that anonymity is preserved in line with the wishes of individual workshop participants and that confidentiality is honoured.

We also ask participants to honour one another's confidentiality so that everyone can feel safe and at ease.

The sessions will be facilitated by [REDACTED]

If you would like more information or have questions, please do get in touch with [REDACTED] and we will be happy to discuss things with you.

We look forward to working with you and hope that you enjoy the workshop and find it a valuable and enriching experience.