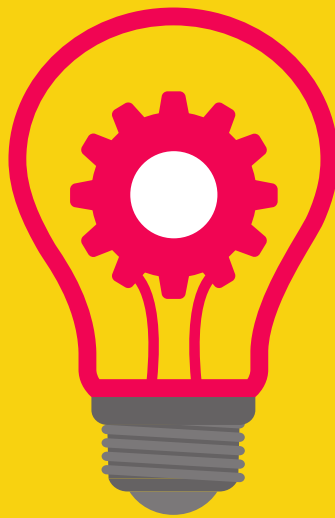


DEMYSTIFYING DEATH WEEK



IDEAS FOR DIGITAL EVENTS



10-16 MAY 2021

#DEMISTIFYDEATH

WELCOME

Organising face-to-face events has become impossible for a while, but the need for opportunities to discuss death, dying and bereavement is more relevant than ever.

To help you put on your online event for this year's Demystifying Death Week we've brought together films, resources and discussion topics on four themes:

WHAT HAPPENS WHEN SOMEONE IS DYING?



CARING FOR THE CARER

DEATH IN TIMES OF COVID-19



PLANNING AHEAD

USING THESE RESOURCES

These resources

- have been put together for events aimed at the general public rather than health and social care professionals.
- are designed to support small group discussions over zoom, with input and facilitation from **local experts**.
- can be adapted, mixed and matched and used in whatever way suits your circumstance.

ICE-BREAKER ACTIVITY

CONVERSATION MENU

A gentle introductory activity can help participants to start to feel more comfortable around each other and the issues you'll be discussing. Below we describe one potential activity, which uses a **conversation menu**.

HOW THE ACTIVITY WORKS

Share the 'conversation menu' (overleaf) with participants. (You can put the questions in the zoom chat so everyone can see them.)

Ask people to **take turns** to introduce themselves, and **choose one question to answer**.

If participants seems reticent, facilitators can go first, and then just nominate someone to speak until everyone has gone. (Remember, if they say no, that is fine!)

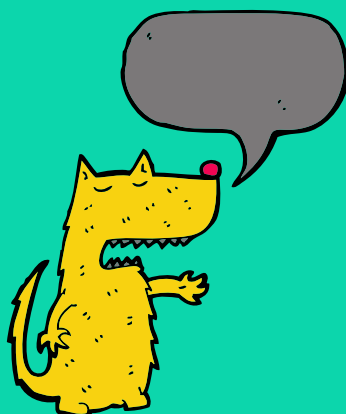
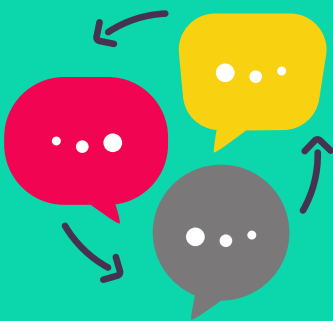
INTRODUCING THE ACTIVITY

You could say something like:

"Some of you may have heard of or taken part in death cafes – where people get together over tea and cake to talk about death with strangers. We're going to do something similar now – but where death cafes have a facilitator, we are going to use 'conversation menus' to get things started.

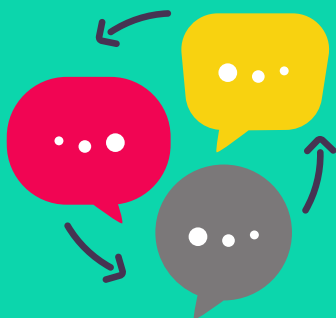
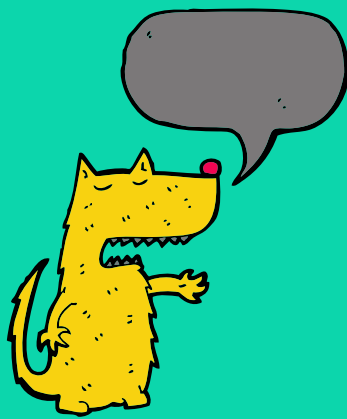
The conversation menus give some ideas of topics to get conversations started, and you can pick and choose what you want to talk about.

Some people might not feel they want to join in discussions straight away – that's fine and it's absolutely okay to say no."



CONVERSATION MENU

To help us start to get to know each other, we're going to do a quick warm up activity. We'll take it in turns to introduce ourselves, and **choose one** of the questions below to answer.



CONVERSATION MENU

Why did you want to come along to today's event?

Is there really a taboo about death, dying and bereavement in Scotland?

Are there three places you want to go before you die?

Where would you like to be when you die?

What things do you think make for a 'good death'?

Many women these days have a 'birth plan'. But what would be in a 'death plan' and when would you start writing it?

What words do you want on your tombstone?

What song or music would you like at your funeral and why?

How would you like to be remembered?

EVENT THEME IDEA 1

WHAT HAPPENS WHEN SOMEONE IS DYING?

This short programme will help people to understand what to expect when someone is dying and how they might be able to help provide informal support.



1 ICE BREAKER

Welcome participants and undertake an icebreaker/introductory activity. An example ice breaker activity is provided on page 3

2 FILM

[Kathryn Mannix: Dying is not as bad as you think - BBC Ideas](#) (4 minutes)

Available here:

<https://www.bbc.co.uk/ideas/videos/dying-is-not-as-bad-as-you-think/p062m0xt>

3 DISCUSSION

Questions and discussion with a local expert.

4 FOLLOW-UP RESOURCES

These resources provide further information. They might also be useful discussion prompts:

<https://www.goodlifedeathgrief.org.uk/content/what-happens-when-someone-is-dyi/>

EVENT THEME IDEA 2

DEATH, DYING AND BEREAVEMENT IN TIMES OF COVID-19

This short programme explores people's experiences of death, dying and bereavement during the covid-19 pandemic.



1 ICE BREAKER

Welcome participants and undertake an icebreaker/introductory activity. An example ice breaker activity is provided on page 3

2 FILM

Keeping in touch when you can't be with someone who is so ill they might die. (4.5 minutes)

Available here: <https://vimeo.com/451116940/a5e0ad13b5>

3 DISCUSSION

Questions and discussion with a local expert.

4 FOLLOW-UP RESOURCES

These resources provide further information. They might also be useful discussion prompts:

- https://www.goodlifedeathgrief.org.uk/content/covid_homepage/
- <https://www.artofdyingwell.org/caring-for-the-dying/deathbed-etiquette/deathbed-etiquette-and-the-coronavirus-COVID-19/>

EVENT THEME IDEA 3

PLANNING AHEAD

This short programme explores ways people can plan ahead to make the legal and practical consequences of serious illness and death easier to deal with.



1 ICE BREAKER

Welcome participants and undertake an icebreaker/introductory activity. An example ice breaker activity is provided on page 3.

2 FILM

Show one of the following films, which introduce some issues relating to planning ahead and why it can be important:

- [Life or Death Decisions](#) (10 minutes)
- [Should everyone have an end of life plan?](#) (5 minutes)

Available here:

https://www.youtube.com/watch?v=A0b_PW-ENf8

<https://www.bbc.co.uk/ideas/videos/should-everyone-have-an-end-of-life-plan/p099x2yh>

3 DISCUSSION

Questions and discussion with local expert(s) – potentially a solicitor and a healthcare professional. This [origami game](#) could provide a useful discussion prompt:

<https://www.goodlifedeathgrief.org.uk/content/acp-origami-game/>

4 FOLLOW-UP RESOURCES

These resources provide further information. They might also be useful discussion prompts:

- <https://vimeo.com/user118219055/review/456990907/0cd74a2ddd>
- https://www.goodlifedeathgrief.org.uk/content/advance_care_planning/
- <https://www.goodlifedeathgrief.org.uk/blogs/planning/>

EVENT THEME IDEA 4

TAKING CARE OF YOURSELF WHEN YOU'RE LOOKING AFTER SOMEONE ELSE

This short programme explores how people can look after themselves when they are spending a lot of time caring for someone else.



1 ICE BREAKER

Welcome participants and undertake an icebreaker/introductory activity. An example ice breaker activity is provided on page 3

2 FILM

Show one or two short films:

[Who cares for the carer?](#) (6 minutes)

[The impact of being a carer: Emma's story](#) (3 minutes)

Available here:

- <https://vimeo.com/458614684/da4da22e5f>
- <https://vimeo.com/458629432/62fa33fc2a>

3 SHARING EXPERIENCES

Facilitated discussion to give people a chance to reflect on their own experiences of caring. Questions could include:

- What are the hardest things about being a carer?
- Are there good bits about being a carer?

4 DISCUSSION

Facilitated discussion to support people to acknowledge that it is important to look after their own wellbeing when caring for someone else, and think about how they can do this.

- What can other people (friends, family, colleagues) do to support a carer?
- What helps you to stay healthy and have a positive sense of wellbeing?

5 FILM

Finish with the film: [Looking after yourself and your relationship](#).

Available here:

https://www.youtube.com/watch?v=_7z-cvC4edg&t=1s

6 FOLLOW-UP RESOURCES

These resources provide further information. They might also be useful discussion prompts:

- https://www.goodlifedeathgrief.org.uk/content/ease_links_for_carers/
- https://www.goodlifedeathgrief.org.uk/content/covid_family_kind/