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# PRESS RELEASE

# A game of life and death – escape room confronts the inevitable

[Name of your organisation] is trail blazing an unconventional new approach to public education, becoming one of the first in Scotland to run Powers, Puzzles & Prescience – an Escape Room with a difference.

Blending immersive storytelling with education, the new escape room game invites participants to explore mortality through riddles and reflection.

*Powers, Puzzles & Prescience*, is the flagship activity for this year’s ‘Demystifying Death Week’. Taking place 5-11 May, the week is about shining a light on dying in Scotland.

“If people know a bit more about aging and ill health, they’re in a better position to take control of their own situation, plan ahead and make informed decisions about what they’d want when the time comes.” said Rebecca Patterson, Director of Good Life, Good Death, Good Grief.

“The escape room is fun – teams find clues and solve puzzles to unravel a super-hero themed mystery. But along the way they’ll also encounter family dynamics, future care planning and aging in the 21st century.”

Powers, Puzzles & Prescience is set to run, free of charge, in 20 locations across Scotland during Demystifying Death Week. It was created by Good Life, Good Death, Good Grief, a charity-led initiative working to create a Scotland where everyone can help when someone is caring, dying or grieving.

“INSERT A QUOTE HERE FROM YOUR OWN ORGANISATION. You might want to mention - Why are you running the escape room? Who do you hope to attract? Why do you think this is important?”

Good Life, Good Death, Good Grief are encouraging communities to run the Escape Room free of charge themselves – all the puzzles and clues people need are available to download for free from the Good Life, Good Death, Good Grief website, along with instructions of how to set up the Escape Room.

“We’re often told that death is a ‘taboo’ – something that people don’t want to talk about.’ said Rebecca Patterson, Director of GLGDGG. ‘But surveys show that in Scotland most people are actually fairly comfortable talking about death. Perhaps the right opportunities just don’t present themselves. It is great to see [name of your organisation] leading the way in helping people to learn about these issues.”

Find out more about Demystifying Death Week events and access the Escape Room resources here: https://www.goodlifedeathgrief.org.uk/members-dmd/

**NOTES**

* Demystifying Death week takes place across Scotland from 5-11 May 2025. It was established by Good Life, Good Death, Good Grief. (In England and Wales, Hospice UK runs Dying Matters week at the same time.)
* Good Life, Good Death, Good Grief is a collective of individuals and organisations working to make Scotland a place where there is more openness about death, dying and bereavement. (www.goodlifedeathgrief.org.uk). It was established by the Scottish Partnership for Palliative Care.
* The Scottish Partnership for Palliative Care brings together health and social care professionals from hospitals, social care services, primary care, hospices and other charities, to find ways of improving people’s experiences of death, dying and bereavement. (www.palliativecarescotland.org.uk)
* Twitter: @lifedeathgrief #DemystifyDeath
* For more information contact Rebecca Patterson on rebecca@palliativecarescotland.org.uk Find out more via the website: [www.goodlifedeathgrief.org.uk](http://www.goodlifedeathgrief.org.uk)

**NOTES**

* Demystifying Death week takes place across Scotland from 6-12 May 2024. It was established by Good Life, Good Death, Good Grief. (In England and Wales, Hospice UK runs Dying Matters week at the same time.)
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