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# PRESS RELEASE

# Demystifying Death Week

[Name of your organisation] is taking part in renewed efforts to ‘demystify death’ this May.

Taking place 5-11 May, Demystifying Death Week is about shining a light on dying in Scotland. A range of events will take place across Scotland, from death cafes to craft events, information sessions to film screenings, all with the common aim of providing opportunities for people to discuss and learn about death, dying and bereavement.

“People usually want to do the right thing when someone they know is affected by serious illness, death or grief.  But often they can feel awkward offering help, or worry about making things worse. People can have questions about serious illness or dying. But often they don't know who to ask. **Demystifying Death Week is helping to change that.” Said Rebecca Patterson, Director of Good Life, Good Death, Good Grief.**

[Insert a sentence or paragraph about what your organisation is doing for Demystifying Death Week OR the support/information your organisation provides all year round OR why your organisation is particularly aware of the importance of more openness/knowledge/info about death, dying, bereavement.]

This year, Demystifying Death Week will see a new Escape Room hit community venues across Scotland. Blending immersive storytelling with education, the game Powers, Puzzles & Prescience invites participants to explore mortality through riddles and reflection.

“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.

The organisers 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.

But if an escape room isn’t up your street, don’t worry – there are plenty of other events taking place.

“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. Demystifying Death week is a chance to open up about death, air these topics and become a bit better at supporting each other through these difficult times.”

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

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**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 or 07463382361 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.)
* 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.
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