



## Exploring the Impact of Death & Grief in Older People's Arts and Wellbeing Services Resources

### Workshop poll:

Have you experienced the death of someone within your service?

- Yes: 30/33 – 91%
- No: 3/33 – 9%

How supported did you feel by your organisation?

- Very: 7/32 – 22%
- Quite: 11/32 – 34%
- Somewhat: 9/32 – 28%
- Not at all: 5/32 – 16%

How important do you think it is to have organisational guidelines for responding to the death of someone?

- Very: 26/30 – 87%
- Quite: 4/30 – 13%
- Somewhat: 0
- Not at all: 0

How confident do you feel talking about death/the loss of a group member with fellow participants?

- Very: 11/31 – 35%
- Quite: 7/31 – 23%
- Somewhat: 11/31 – 35%
- Not at all: 2/31 – 7%

### Resources:

**The Chatty Café Scheme:** Offering in person meet-ups at partner cafes, online connections and telephone services: <https://thechattycafescheme.co.uk/>

**The Death Café:** At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Their objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. A Death Cafe is a group-directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. To find out more: <https://deathcafe.com/what/>

**Good Grief:** A growing community united by love and loss. Good Grief's mission is to help people to feel less alone in their grief, show that grief is a natural human experience, and provide solace and support through storytelling. The hub has a huge range of resources, with free events, talks and resources: <https://www.goodgrieffest.com/>. It also has its own youtube channel: <https://www.youtube.com/@griefchannel>

*Therapeutic creativity and the lived experience of grief in the collaborative fiction film Lost Property*

This collaborative project aimed to represent the embodied experience of grief in a fiction film by drawing on research, and on the personal and professional experience of all involved: academics; an artist; bereavement therapists and counsellors; and professional actors, cinematographers, sound engineers and other film crew. By representing grief in a more phenomenologically minded manner, the project sought to capture the lived experience of loss on screen while contributing meaningfully to the discourse on practice-as-research.

Therapeutic creativity and the lived experience of grief in the collaborative fiction film Lost Property, authors, Lesel Dawson (University of Bristol, UK), Jimmy Hay (University of Bristol, UK), Natasha Rosling (Artist, UK):

<https://journals.uclpress.co.uk/r4a/article/1510/galley/15357/download/>

*Grief and Collaborative Storytelling: The Colours of Loss*

This article describes a novel methodology for involving the public in a creative co-produced project about grief, which invited bereaved people to work together to create a fictional story about loss and then reflect on the experience in focus groups.

Lesel Dawson, Rachel Hare, Gina Walter, Amanda Seyderhelm, Lucy Pocock, Lucy E. Selman, Mark Knightley, Harriet Madeley & Hannah Tookey (11 May 2024): Grief and Collaborative Storytelling: The Colours of Loss, Journal of Creativity in Mental Health,

<https://www.tandfonline.com/doi/pdf/10.1080/15401383.2024.2348581>

**Hospice UK:** Dying Matters – Campaign

Talking about death isn't easy, but it matters.

Join the Dying Matters campaign to help us break the stigma, challenge preconceptions and normalise public openness around dying.

To stay up to date with the latest news and events: <https://www.hospiceuk.org/our-campaigns/dying-matters/join>

**Write to Heal Grief:** free creative writing workbook from the Canadian Association of Social Workers: [https://www.casw-acts.ca/files/webinars/Write to Heal Workbook.pdf](https://www.casw-acts.ca/files/webinars/Write%20to%20Heal%20Workbook.pdf)

### **Art is History: Death in Art**

Using visual representations of death as a tool to explore the theme, access a catalogue of different depictions of death here: <https://www.arthistoryproject.com/subjects/death/>