

# DEMYSTIFYING DEATH WEEK 6TH - 12TH MAY 2024

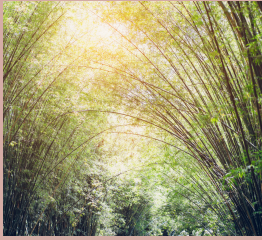


**Giving people the knowledge, skills and opportunities to plan and support each other through death, dying, loss and care.**

Join us for a week of events and workshops. Everyone is welcome and all events are free, but ticketed. To book your place please contact:

**[admin@nbc-communityconnections.org](mailto:admin@nbc-communityconnections.org) or use our QR code**





**Seed Paper Workshop  
2.00-3.30pm 8th May  
Scone Cafe, Abbey  
Church, North Berwick**

Making seed paper from the messages left during our Absent Friends week in November 2023.



**Eurythmy Workshop  
10.30-12.30pm 10th May  
Rugby Club, North  
Berwick**

Harmonious movement workshop used in therapy & education to support the opening of conversations.



**Music & Storytelling  
7.00-9.00pm 10th May  
St. Andrew Blackadder  
Church, North Berwick**

Join folk musicians Ciaran Ryan and Joss Cameron and storyteller Jess Smith for an evening celebrating life and traditional tales.



**Film Screening + Q&A  
with Director, Rehana  
Rose  
1.00-3.30pm 11th May  
Abbey Church, NB**

‘Dead Good’ Documentary, cinema released in 2019, that Dame Emma Thompson described as “Beautifully crafted, so comforting...Everyone should see this”.

**The week will end with a communal sowing of the seed paper at Abbey Church at 11.00am on Saturday 11th May . Additional seed papers will then be gifted to local groups.**