



Let's Celebrate Life

Today is all about you:
Celebrating your life and considering your choices.

Thank you for attending this unique, thought-provoking and diverse interactive event, which we hope you find very informative.

Celebration of Life Event

Hull City Hall

14th June 2018

10am - 3pm

Funded by

**WE ARE
MACMILLAN.
CANCER SUPPORT**

chcp

For more info, please call

01482 335558

OPENING OF EVENT: 10am

- Welcome
- We are very honoured to welcome the Countess of Halifax, President of Macmillan Cancer Support, to open our event.
- Followed by The Positive Note Choir.



MAIN HALL

Over 50 stalls will provide you with information about resources available across the Hull and East Riding of Yorkshire region.



MORTIMER SUITE EAST

Speed Workshops

10.15am onwards (every 45 minutes). Repeated 6 times during the day. Places will be limited to 10 people per session. Announcements will be made prior to each workshop session starting.

Bereavement Midwives

Hull & East Yorkshire Hospitals NHS Trust

Hull City Council Bereavement Team

Natural Death Centre

Dementia Care

Maister Lodge, Humber Foundation Trust

Hull & ERY Chaplaincy Team

Macmillan Survivorship Service

Hull & East Yorkshire Hospitals NHS Trust

ReSPECT Process

Medicine of the Elderly Service

Setting up your own Support Group

Kevin Delaney: Hull CVS

ROTUNDA

11am & 1.30pm: Celebration of Life Café

What is this? At a Celebration of Life Café, people, often strangers, gather to eat cake, drink tea and discuss experiences and thoughts about life and death. The aim is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. It is informal, led by you, with no agenda. It is a discussion group rather than a grief support or counselling session.

There are a maximum of 15 spaces for each of the two cafés. Please book on at the signing-in desk.

12.30pm: Hull Community Voices Choir

If you like singing (even in the shower) join the choir in the Rotunda for 45 minutes of acapella singing and fun.



MORTIMER SUITE WEST **(Divided into 2 areas)**

Interfaith Groups

This area offers opportunities for you to speak to and gather information from a variety of faith groups. The aim is for everyone to find out more about the best way to support individuals at end of life, taking into account their choices and personal beliefs.

Interactive Activities Area

Come and join in with a mixture of activities to gain an understanding of culture and legacy. It is all about the different ways to memorialise and capture life experiences and family history.

We will have arts and crafts, creative writing workshops and other interactive activities for you to be involved in.



VICTORIA BAR: Invited Speakers

Please come and listen to three personal experiences of death, grief and coping.

Places are limited to 40 for each speaker's session.

10.30am – 11.30am: Helen Worrell: Works with the Gypsy Traveller Romany Community

"Loss catches hold of us in many ways, from the death of a loved one, the death of a way of life or work, or the loss of health or ability. How we keep hold of our identity through times of crisis and celebrate the riches of life together are key to how we cope in an ever changing world."

1pm – 2pm: Ami Duggleby will speak about her baby daughter, Minnie

"Minnie was so loved and wanted, she fought hard, even though everything was against her!

When she died my heart was broken, and I spent a long time overwhelmed with sadness, but knowing she's saved someone's life fills us with pride and helps us to celebrate the time we had together."

2pm – 3pm: Jim Danby: Personal Loss

"Losing my daughter, Jess, in tragic circumstances 3 years ago could well have taken me on a downward spiral. Thankfully, it instead inspired me to remember the determination and ambition that she and my surviving daughter, Lucy, have taught me.

I now approach my song-writing and painting with a renewed purpose. In the immediate days after Jess' death my crutch was the guitar, and I soon wrote a couple of deep, grief-laden songs that let the tears flood out. I needed that. But then, as if Jess was elbowing me to get the smiles back, I wrote a third piece –

"Be Happy, Not Sad". I even produced a little video to go with it, which has had a few thousand views on Facebook. It's an uplifting song, joyful in its remembrance of who it is written for, and often has the audience clapping along, smiling, or occasionally beating a tambourine. Just what Jess would have wanted! I find music and art really does have the power to heal."



Please ask the Events team and volunteers if you require any further information or would like to be directed to different areas within the event.



Thank you to Macmillan Cancer Support for sponsoring this event.

Our thanks also goes to Hull City Council, KCOM, East Riding Council and NHS Hull CCG for additional funding support.

Thanks also to the many health, social and third sector providers who formed the steering group for the event.



If anyone requires further information about today's event, please contact:

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