



A practical response to some of the challenges: To Absent Friends Festival

Rebecca Patterson and Robert Peacock Good Life, Good Death, Good Grief

> #EverydayCompassion Wi-Fi October13



home about festival storytelling remembrance get involved

a people's festival of storytelling and remembrance

1-7 november 2014

Because dead ordinary people live on in the memories and stories we share.









useful links

· Ertyney nelley

Discisimer

legal information

Site content O Scottah Partnamhin for Pallative Care. Charity no 017979.

Website dealon and development by furneding.



TO ABSENT FRIENDS



















We are delighted that this was so successful.

The club is often contacted by supporters who have lost loved ones, seeking some kind of way to remember them, and To Absent Friends gives us a real and appropriate way to do that. **J**

> Leeann Dempster, Chief Executive



















C The audience enjoyed the concert very much. We had the aimed for mix of tears and laughter.

Many of them related to the words in the songs and poems and felt a connection with each other and the performers. **11**

Jacqueline King, Tartan Harmony



















I've changed my profile picture to remember my Gran, Jean Bertram Lang (who died in 1998) for To Absent Friends.

November at 22:11 - 🚷

I've no doubt the internet would blow her mind. When we had our first computer my Dad got her to have a go on it. It asked her her name, which she typed in. It came back with "Hello Jean"..."It knows my name" was her response. She was the gentlest, kindest Granny.



I've changed my profile for To Absent Friends week. Born 25 January 1911 as Jessie (like my daughter) but known as Ciss most of her life. She was born in Jarrow but ended up in Edinburgh after the depression where she met my grandfather John Campbell. She was the best Nana ever. Stories and sweeties, cuddles and kindness, love and laughter, games and giggles. Died January 2003 and we scattered her ashes on what would've been her 92nd birthday. Love you Nana.



updated her profile picture.

 \sim

It was lovely to be given permission to talk about my loss.

- It's been lovely chatting about my husband and telling you all about him even though I had a wee cry.
- What a great way to start talking about a horrid subject.

It was simple, yet profoundly healing, to share mementos and photos of my family.

This is so nice to be able to talk about my Dad and not feel an overwhelming sadness.

"

It's new to me to do this. I wish I had started years ago. Was taking part a positive experience?

Do you think it is helpful to have opportunities to remember those who have died?



Would you take part again?



Why did you take part in To Absent Friends?







Engaging with schools, teachers and young people.



Resonates with people from different walks of life

TO ABSENT FRIENDS

60

ANW!



62% of questionnaire respondents said they found being part of a community was one of the most valuable aspects of To Absent Friends "The concert and associated activities went far beyond expectations in enlivening conversations, listening to heartfelt stories and bringing the generations together."

Nurtures compassion in communities

To Absent Friends 1-7 November 2018 www.toabsentfriends.org.uk

robert@palliativecarescotland.org.uk