

PUSHING UP DAISIES

TODMORDEN



A community-generated festival creating conversations around death & dying
 May 8th–15th, 2016

Pushing Up Daisies is organised by a group of Tod folk who find talking about and planning for end of life pretty scary, and losing people pretty painful. We'd like all this stuff to be easier, kinder, more communal and not just in the hands of professionals.

This festival is about people learning stuff, making friends and building community.

Compassionate communities state that “provided that people are encouraged to do so, everyone can have a useful role to play in promoting health and wellbeing at the end of life irrespective of their usual social roles and occupations”*



Pushing Up Daisies is the initiative of three women currently training to become Death Doulos, also known as End of Life Companions (Mary Clear, Hannah Merriman and Sue Robinson). To find out more about the training they are doing, go to: www.livingwelldyingwell.net

*Public Health Approaches to End of Life Care: A Toolkit - Karapilgkou, A. & Kelleher, A. (2013)

pushingupdaisiestod@gmail.com
facebook.com/pushingupdaisies
pushingupdaisies.org

ART EXHIBITIONS

WHAT IS LEFT – ELLIE HARRISON & ROSHANA RUBIN MAYHEW
 Mon 9th – Fri 13th May, Library opening hours.
 Todmorden Library, Rochdale Rd, OL14 6LZ **H**

A portraiture project where participants were photographed and interviewed holding an object inherited from someone who has died. Portraits, audio, text and bespoke armchairs combine to create an immersive environment for the viewer; the project explores the value we invest in inherited possessions, emotional and monetary, and ways in which objects mediate our relationships with the dead through memory. www.griefseries.co.uk

ALL THINGS MUST DIE, JOANNA DRAKE
 Mon 9th – Fri 13th May, 10am–3pm

Todmorden Unitarian Church, Honey Hole Rd, OL14 6LE **C**
 Joanna is a grave digger and collector of all things dead for many years. As a painter and maker, her exhibition will raise as many questions as eyebrows; it is ideally suited to the open-minded.

UNITARIAN OPEN HOUSE

MAKING SESSION – Mon 9th – Fri 13th May, 10am–3pm
 Todmorden Unitarian church Honey Hole Rd OL14 6LE. **C**
 Please park in town unless disabled. No need to book.

GONE BUT NOT FORGOTTEN – Bring your loved one's clothing/china/ashes and transform them into cushions, teddies, brooches and seed bombs. Make a Shoe-box Shrine, get sticky/glittery, write a letter to a departed one, decide on your bucket list or last supper menus...

Sewing machines and materials provided, guidance given, warm welcome

EAT AND LEARN – 12.30–1.30pm – Informative talks on all things death related from organ donation to death activism. Sit, eat and listen. Check out pushingupdaisies.com to find out what's on.

TIME OUT – 1.30–3pm – Meditative live music every day. Sit back, relax and digest all you've seen and heard.

Brews, cake and lovely vegan food by Hilary Wilson available every day

Please note: we know death, dying and bereavement can be painful topics to explore. The views expressed in each workshop are those of the person running it, and it's possible you won't agree with them. And it might not be the right time for you. Go safely, gently, look after yourselves. You can speak to a Daisy Person if you want to talk.

SPECIAL EVENTS

Loved 'em or hated 'em, many of us have things left unsaid to those who've died. Pushing Up Daisies is offering you two opportunities this year to unburden your heart:

THE LAST POST – Write to someone departed and send it to our wonderful postmaster who will keep it safe and unread until the end of the festival. We will burn all these letters at the Firey Funeral Feast (Saturday 14th). Send to Todmorden Post Office, 7 Brook St, Todmorden, OL14 5AJ.

ACROSS THE DIVIDE ARCHIVE – We are also beginning the world's first ever *Across the Divide Archive* of letters to the departed. Your letters will be saved for posterity. A selection will be read aloud (anonymously) on Friday 13th at the Unitarian Church, accompanied by candlelight and music. Email to pushingupdaisiestod@gmail.com (with "Across the Divide Archive" in the subject).

For both these options you can also write one up at the Unitarian Church 9–13th May 10am–3pm, or drop it off at Todmorden Library in the Daisy Letter Box from 4th April onwards.

BOB'S LONG COLD REST
 Sun 8th – Sun 15th May, 9am–9.30pm (FREE)

Todmorden Unitarian Church, Honey Hole Rd, OL14 6LE **C**
 Bob will lie for 100 hours inside a handmade #BobArtModels cardboard coffin. #BobsLongColdRest aims to help people look at the subject of death & loss in a visually attractive, satirical & celebratory way. This is fundraising endurance taken to the limit in aid of Overgate Hospice. Visit Bob any time, he's going to be cold, uncomfortable and possibly in need of a respectful high five. Donations can be made in the church, at any of the Pushing Up Daisies events or online at www.justgiving.com/Bob-Follen/

DAISIES

"Daisy People" are volunteers who are happy to have a conversation with anyone about any aspect of death or dying. They will be at each event, feel free to talk to them. You can recognise them by their Daisy Badge



Thank yous: Todmorden Town Council for their generous support; the Library Service (in particular Roberta and Jon) for always saying yes; TCRC, Tod Health Centre and the Golden Lion for their invaluable offer of rooms; Ginny for the speedy lovely proofreading; and of course, all the amazing volunteers who put their time and love into offering events, supporting events, being a Daisy and making this all happen.

VENUES:

- A** The Fielden Centre
Ewood Lane, Todmorden, OL14 7DD
- B** Todmorden Community College
Burnley Rd, OL14 7BX
- C** Unitarian Church
Honey Hole Road, Todmorden, OL14 6LE
- D** Todmorden Community Resource Centre
Old Bakery, Lever St, Todmorden, OL14 5QF
- E** New Oddfellows Hall
Oxford Street, Todmorden, OL14 5PU
- F** The Golden Lion
Fielden Square, Todmorden, OL14 6LZ
- G** Site Pizza Restaurant
43 Rochdale Road, Todmorden, OL14 6LD
- H** Todmorden Library
Rochdale Road, Todmorden, OL14 7LB
- I** Union House
Hall St, OL14 7AD
- J** Todmorden Health Centre
Halifax Rd, OL14 5RN
- K** Fielden Wharf
Outside the Golden Lion



CAR PARK ●
 FREE CAR PARK ●



The festival received a kind donation from Todmorden Town Council this year to help cover essential costs. All events remain free and are offered by volunteers out of kindness. Please donate if you can to help the festival to continue.

SUNDAY 8TH MAY

ARTY FARTY FESTIVAL OPENING PARTY
- Hannah Merriman & Ian Longstaff

TIME: 4pm-8pm — come hungry!
VENUE: Fielden Centre, Ewood Lane **A**
BOOK: No booking needed **FESTIVAL OPENING**

Celebratory opening bash with poetry by the unstoppable Winston Plowes, Ellie Harrison's one-woman show called Etiquette of Grief which playfully explores grief in all its gory and glorious manifestations, a tickler session of Playback Theatre and some uplifting gospel, world and folk music from Tod's own 3 Valleys Gospel Choir. Celebrating life and acknowledging death.

Come ready to party; food & drinks served.

HULLABA LULU - Thingumajig Theatre

TIME: 3pm-4pm
VENUE: Todmorden Community College **B**
BOOK: No booking needed (5+ yrs) **PUPPET SHOW**

An eccentric couple's lives are turned upside down by the arrival of the adorable Lulu, who teaches them all about love, play and eventually, how to say goodbye. Entertaining and poignant, the show features exquisite puppetry and live music.



MONDAY 9TH MAY

LIFE AFTER DEATH: ORGAN, TISSUE & BODY DONATION
- Jayne Greenhalgh

TIME: 11:30pm-2pm including lunch
VENUE: Unitarian Church **C**
BOOK: No booking needed **TALK**

An open and frank talk about this sensitive subject which will cover the key issues and facts about organ, tissue and body donation — how it works, who can and can't donate, case studies, what are the problems and obstacles. Jayne is a Specialist Nurse with NHS Organ Donation.

PEOPLE AFFECTED BY SUICIDE: SPACE TO TALK
- Gillian Brooks

TIME: 1pm-3pm
VENUE: Todmorden Community Resource Centre **D**
BOOK: No booking needed **DISCUSSION**

This is an opportunity to share the particular feelings which come from the loss of a loved one to suicide; an opportunity to meet others who have been similarly affected. This group is supported by Gillian who shares this experience and currently works as a bereavement counsellor.

STAGES OF BEREAVEMENT, WITHIN A COUNSELLING CONTEXT - Keith Bales

TIME: 11am-12pm
VENUE: Todmorden Community Resource Centre **D**
BOOK: No booking needed
NOTE: 18+ **TALK WITH Q & A**

This event is being offered by Keith, a counsellor from the NHS Improving Access to Psychological Therapies (IAPT) service; there will be a chance for you to ask Keith questions and consider one approach to the experience of bereavement.

WHEN MUMMY OR DADDY DON'T COME HOME...
- Ian Longstaff

TIME: 6:30pm-9pm
VENUE: New Oddfellows Hall **E**
BOOK: Book: via ianlongstaff@gmail.com or 07960756962 **DISCUSSION**

For anyone who has experienced the death of a parent in childhood. We will be sharing experiences and discussing the issues that echo still. Bring a photo of Mum or Dad. Accompanied under 18s welcome.

TUESDAY 10TH MAY

A YEAR TO LIVE - Sara Rushworth

TIME: 11.30am-1pm or 6pm-7.30pm
VENUE: New Oddfellows Hall (morning) **E**
Unitarian Church (evening) **C**
BOOK: via pushingupdaisiestod@gmail.com (max 15 places) **WORKSHOPS**

An experiential workshop drawing on Steven Levine's Book 'A Year to Live'. Sara is a skilled facilitator with a passion for living; come & explore how you can prepare for death by fully engaging in life.

QUIZ OF THE YEAR - Mary Clear & Jude Cohen

TIME: 7.45pm for 8pm start & 9pm end (approx)
VENUE: Crazy 8 bar, upstairs at the Golden Lion **F**
BOOK: No booking needed
NOTE: 18+ **INFORMATION EXCHANGE**

How much do you know about death, dying and doulas? Join Mary Clear and Jude Cohen in their impromptu kaleidoscope sharing of facts, fun, and surprises. And prizes...

DEATH CAFÉ - Andrew Daley & Sue Robinson

TIME: 7.30pm-9.30pm
VENUE: Site Pizzeria **G**
BOOK: daley.lennard@btinternet.com or 07545 857727 **DISCUSSION**

Come and eat cake, drink tea and discuss death. Explore any and all aspects of death: no set agenda or objectives. Please note this is a discussion group rather than bereavement support. All welcome.



WOMEN'S GRIEF DANCE WORKSHOP
- Joanna Christina & Ros Hurley

TIME: 6:45pm for 7pm start - 9pm
VENUE: New Oddfellows Hall **E**
BOOK: No booking needed
PRICE: £1
NOTE: Women only **WORKSHOP**

Learn 2 Bulgarian dances, one to a woman's song of grief, the other 'New Beginnings', ending in a simple grief ritual. Please bring a momento. The workshop has a therapeutic focus and is confidential. Jo is a drama-therapist, Ros is a dancer.

WEDNESDAY 11TH MAY

CRIA CUERVOS [PG] - Calderdale Council

TIME: 4pm
VENUE: Meeting room, Todmorden Library **H**
BOOK: No booking needed **FILM**

A subtle yet unmistakable indictment of the family as a repressive force in Spanish society. The film centres on an eight-year-old orphan who believes she's poisoned her own father whom she blames for the death of her adored mother. (1hr 55mins)

THE DARKER SIDE OF DEATH

- Jen Altman, Ian Longstaff & Helen Brierley

TIME: 5pm for 5.30pm - 10pm
VENUE: Union House **I**
BOOK: booking essential by 4th May via Jennifer@bodyknowledge.plus.com. Book for one or both workshops; priority given to bookings for both (18+) **TWO LINKED WORKSHOPS**

Experiential work focusing on shocking deaths such as abortion, miscarriage, stillbirth, suicide or murder. Participants will be able to explore the effects of the death and commemorate the lost person.

Workshop 1 (5.30-7.30pm): using the principles of Family Constellations

Workshop 2 (8.00-10.00pm): creative use of materials & making

TYPE CAST - Winston Plowes

TIME: 12pm-4pm
VENUE: Reading Room, Todmorden Library **H**
BOOK: no booking required **WORKSHOP**

Drop-in to this creative writing workshop and immerse yourself in the clackety-clack of beautiful antique typewriters. Put your memories to paper as you explore what makes you who you are. Calderdale poet Winston Plowes will be on hand to support and encourage - all ages and "non-writers" welcome.



THURSDAY 12TH MAY

COMPASSIONATE COMMUNITIES

- Professor Allan Kellehear, University of Bradford.

TIME: 4pm-5.30pm
VENUE: Todmorden Health Centre **J**
BOOK: No booking needed **TALK & DISCUSSION**

The Compassionate City Charter is a list of social actions that small towns and cities commit to when supporting their residents with serious illness, caregiving and loss. Find out more about this and cities currently participating in this global initiative.

LIFETIMES - ThreadBear Theatre and Todwell Recovery Centre

TIME: 7.30pm - 9.30pm
VENUE: Golden Lion (Upstairs) **F**
BOOK: No booking needed **IMPROVISATION & STORYTELLING**

Playback Theatre creates a space where you, the audience, are invited to tell a story from your life and see it immediately 'played back' to you. Improvisation with a difference - welcoming, edgy, alive. The evening will be supported by members of the Todwell Recovery Group who through illness, accident, violence or overdose have had their own brushes with death and lived to tell the tale. Come share and listen. A warm welcome to all.

MEN'S GRIEF GROUP

- Ian Longstaff, Mathew Helbert & Steve Anderson

TIME: 6.45pm for 7pm start & 9pm end
VENUE: New Oddfellows Hall **E**
BOOK: steve.anderson1961@yahoo.co.uk
NOTE: Men only **DISCUSSION**

You are invited to an open session for men to explore their feelings in a supportive environment. Introduced by three men with very different experiences of death, dying and grieving.

THE CROSSING - SHARING A WORK IN PROGRESS
- Ellie Harrison

TIME: 12pm-2pm, 2.30pm-4.30pm and 5pm-7pm
VENUE: The Golden Lion **F**
BOOK: griefseries@gmail.com (max 6 places per game session) **A GAME**

The Crossing is a playful journey through the processes - creative and otherwise - surrounding our final goodbye. Part board game, part choose your own adventure book; design a funeral for Darth Vader or plan your own end of life celebration.



WRITING THE BIG EMOTIONS - Henrietta Bond

TIME: 1-3pm
VENUE: Todmorden Library **H**
BOOK: Via pushingupdaisiestod@gmail.com
NOTE: 18+ **WORKSHOP**

This is an opportunity to creatively and safely express on paper all those unpredictable and uncomfortable emotions that bereavement brings up; Henrietta is a published author and coach who has experienced, and written about, sudden death.

FRIDAY 13TH MAY

READING OF THE LETTERS - Hannah Merriman

TIME: 6.45pm-9pm
VENUE: Unitarian Church **C**
BOOK: No booking needed **READING**

In our attempt to create the world's first 'Across the Divide Archive' Pushing Up Daisies is inviting everyone to send their letters to the departed (email us or drop it in to the library). At this event we will anonymously read aloud a selection accompanied by live improvised music and candlelight. (see: Special Events)

AUTHENTIC MOVEMENT - Joanna Christina

TIME: 9.45am for 10am start & 12.15pm end
VENUE: Todmorden Health Centre **J**
BOOK: via joannachristina2012@gmail.com (max 6 places) **WORKSHOP**

Authentic Movement is 'an expressive improvisational movement practice', suitable for those familiar with working in movement, with their bodies, in silence. We will be free moving including on the floor, so please wear comfy clothes and light shoes/bare feet.

DIGNITY IN DYING - THE DILEMMA - Jen Wilson

TIME: 1.30pm-4pm
VENUE: Todmorden Library **H**
BOOK: No booking needed **TALKS WITH Q & A**

To accompany the film *Chronicle*, there will be a talk on the history of the *Assisted Dying Bill* and brief discussion. Ann Norfolk will share her experience of accompanying her husband to Dignitas in Switzerland, followed by a Q and A opportunity.

SACRED ANOINTING

- Debra Sofia Magdalene & Janet Farnell

TIME: Talk 12.30pm-1.30pm
Sacred anointing taster sessions: 11am-4.00pm
VENUE: Unitarian Church **C**
BOOK: No booking needed
NOTE: Accompanied under 18s welcome **TALK & TASTER SESSIONS**

Janet & Debra will share how plant essences can reach deep into our heart soul connection, healing traumas to aid spiritual growth. Sacred Anointing is a beautiful gift for anyone approaching end of life & can aid a peaceful transition.

WHAT TO EXPECT WHEN SOMEONE IS DYING

- Sue Robinson

TIME: 2.30pm-4.00pm
VENUE: New Oddfellows Hall **E**
BOOK: sue.robinson89@yahoo.co.uk or 07810835488" (max 15 places) **INFORMATION**

If you've wondered what the process of dying looks like and would like more information, this session - based on The National Council for Palliative Care's 2015 Guide - is aimed at you. Sue is training to be an End of Life Care Doula and works with health professionals caring for dying people in their homes. Please book: sue.robinson89@yahoo.co.uk or: 07810 835488



SATURDAY 14TH MAY



FAMILY FILM DAY - Calderdale Council

TIME: 11am & 2pm
VENUE: Meeting room, Todmorden Library **H**
BOOK: No booking needed **FILM**

11am: Death of a Superhero [12] - a glowing central performance by Thomas Sangster is only one of many merits of this fabulous film, which depicts the life of a teenager with cancer. (1hr 33 mins)

2pm: Mr Holmes [PG] - In 1947, the world famous sleuth (Ian McKellen) has retired to a remote Sussex farmhouse. Cantankerous, demanding and frustrated he diverts his attention to the unsolved case that ultimately led to his retirement. (1hr 40mins)

THE FIERY FOLKY FUNERAL FEAST

- Todmorden Folk Festival

TIME: Doors Open: 6pm; Music 7pm;
Food 7.30pm
VENUE: Unitarian Church **C**
BOOK: No booking needed **DINNER, SINGING, DANCING & CEREMONY**

Todmorden Folk Festival singers will share death and dying songs. Join us as we hear heart-wrenching ballads, killer choruses and murderous melodies accompanied by a wonderful funeral feast curated by Helena Clare Cook. The folky funeral evening concludes with a burning of Pushing Up Daisies Last Post letters to the dead in a ceremonial fire pit, sending them skyward accompanied by music. (see: Special Events)

ISLAM & DEATH: THINGS YOU WOULD LIKE TO KNOW

- Nadeem Mir

TIME: 10.30am-11.45am
VENUE: Unitarian Church **C**
BOOK: No booking needed
NOTE: disabled parking at venue **TALK WITH Q & A**

This is a great chance to hear from the Imam of our local Hamza Mosque how death and dying is viewed within Islam; a lovely opportunity to ask questions.

SUNDAY 15TH MAY

COPING WITH THE DEATH OF A PET - Mike Hall & helpers

TIME: 5.15pm-6.15pm
VENUE: Todmorden Community Resource Centre **D**
BOOK: No booking needed **DISCUSSION**

This session is aimed at sharing experiences of how to cope when we lose a beloved pet and how to deal with a pet approaching the end of life. It is hoped The Cinnamon Trust and its works will be available for people to find out more. Please bring mementos and pictures to share.



GETTING YOUR HOUSE IN ORDER - Mike Hall

TIME: 9.15am-11.30am or 2.30pm-4.45pm
VENUE: Todmorden Community Resource Centre **D**
BOOK: No booking needed
NOTE: contact Mike via deragtar@gmail.com or 07852 355111 for requests about content **INFORMATION**

A practical, no nonsense approach to getting your legal and financial house in order: Wills; Lasting Power of Attorney; Trusts; Advance Decisions to Refuse Treatment; Organ/body/tissue donation; Funeral planning.

THE FINAL FLING - Pushing Up Daisies & The Golden Lion

TIME: 1pm-4pm
VENUE: Fielden Wharf **K**
BOOK: No booking needed **FESTIVAL CLOSING**

Join this family friendly grand finale; there'll be plenty of kid-friendly craft activities, community dancers Oakenhoof (with enough clogs for everyone), Gaypole Dancing, live music (bring an instrument) and food to share. Ceremonial opening of the canal at 1pm for memory boats.

OTHER LOCAL EVENTS

7th May 2016

A day-long festival at the Hebden Bridge Town Hall including children's activities, guided walks, information on legal issues such as will writing, talks, live music and a Death Café at which open discussion is encouraged over tea and cake!

They will also be a screening of 'Under the Volcano' [15] at Halifax Library, at 6pm on Thursday 12th May

