

Based on the work of Death Cafe

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death.

Our Death Cafes are always offered:

- On a not for profit basis
- In an accessible, respectful and confidential space
- With no intention of leading people to any conclusion, product or course of action
- Alongside refreshing drinks and nourishing food - and cake!

Jon Underwood and Sue Barsky Reid, based on the ideas of Bernard Crettaz, developed the Death Cafe model.

This special Death Cafe was created to celebrate **To Absent Friends Festival** 1st - 7th November 2014 because dead ordinary people live on in the memories and stories we share.

www.toabsentfriends.org.uk

This Cafe was developed by



Cover photo credit: Lovocrumbs, who serve delicious cake daily at Lovocrumbs, 115 West Port, Edinburgh, EH3 9DP



Welcome to the Cafe Reminiscence

This is your menu for the cafe. We will spend around fifteen minutes on each course and then swap tables. Don't worry if you don't get round to answering all or any the questions. These questions are here to help start your discussion. Feel free to talk about what you wish. There are no right or wrong answers - just conversations. The most important thing to remember is to relax and have fun.

While you are waiting to start, why not introduce your remembered one to your neighbour?

Starters

Does remembering always have to be sad?

Do you have a favorite picture of dead loved ones?

Did they have any favoured sayings or proverbs?

What was the best piece of advice they gave you?

Is it possible to 'remember' someone you never met?

Mains

Are there any foods or meals that evoke memories of people you love?

What makes you stop and think about them in daily life?

Are there any birthdays, death days that hold special meaning for you?

What made them laugh? Did they make you laugh?

Where was their favourite place?

Dessert

How do you keep someone alive in death?

How/do you mark their Birthday?

Is there anything you'd say to them now, if you could?

If you had one last day with them, what would you do?

Where do you think they are now?