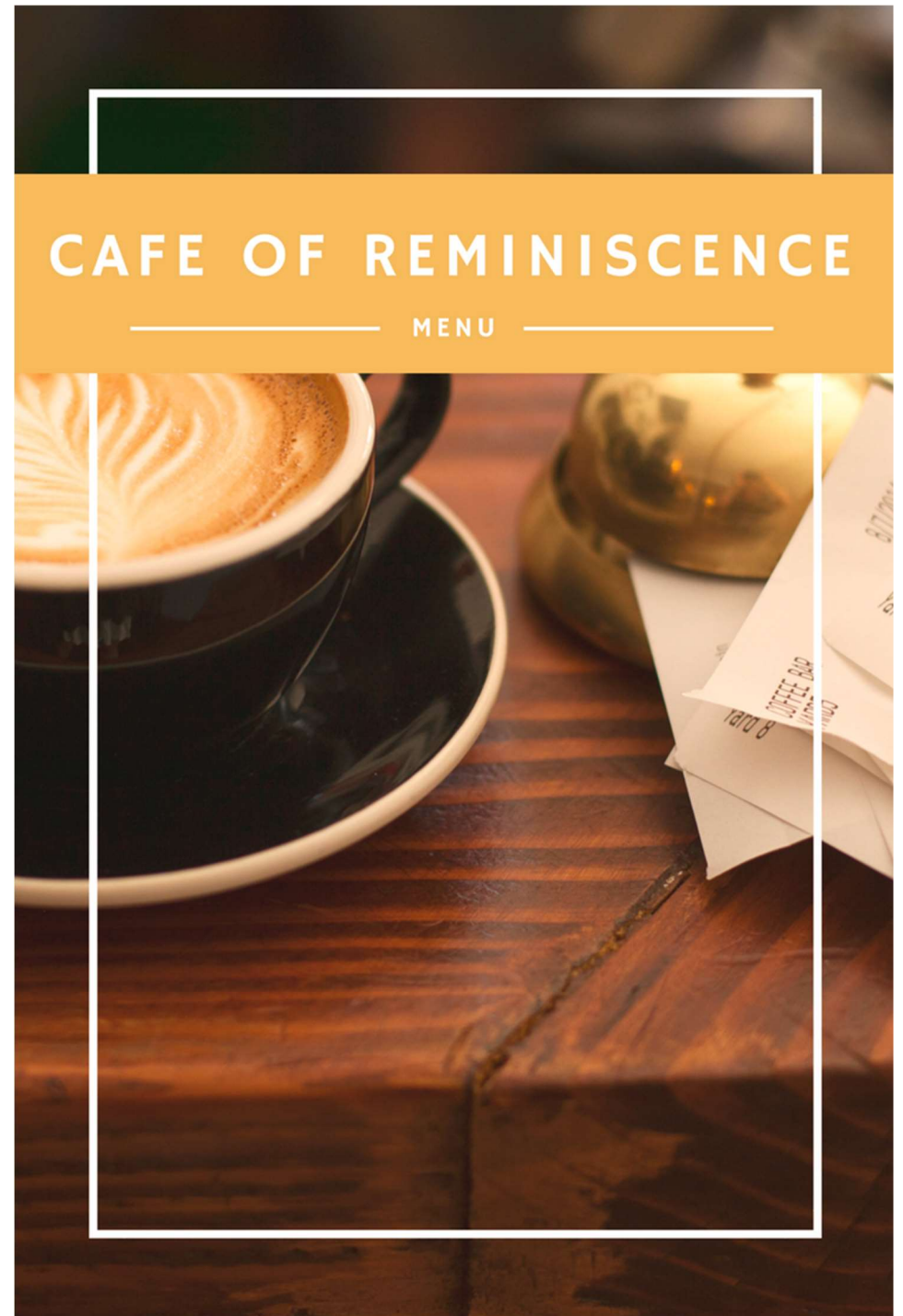


SIDE ORDERS

The Café of Reminiscence can be adapted in many different ways. If you have time, why not encourage some additional activities:

- **Photo Sharing** – everyone brings in a photo of the loved one they remember and tells a story of when it was taken and what memories it conjures up
- **To Absent Friends Wall** - Take some pens, some triangles of coloured paper, and an empty notice board marked with the words "To Absent Friends". Write a message to an absent friend on the paper and pin it on the board in tribute.
- **Memory Tree** – Instead of a noticeboard use a tree, real or artificial. Write your messages and hang them from the branches.



Welcome to the Cafe of Reminiscence!

This is your menu for the cafe. We suggest you spend around fifteen minutes on each course and then swap tables, but it's entirely up to you. Don't worry if you don't get round to answering all or any of the questions. They are just prompts to help start your discussion.

Feel free to talk about what you wish. There are no right or wrong answers, only conversations. Talk about one person or many people. The most important thing to remember is to relax and have fun.

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

Background

A Café of Reminiscence is an opportunity to share stories and memories of the people we have loved who have died, in a welcoming environment over tea and cake. It can be held among friends, but can work even better among strangers.

The first Café of Reminiscence was created by Good Life Good Death Good Grief and Just Festival to mark the first To Absent Friends festival in November 2014.

STARTERS

- Which person or people do you remember?
- What made them special to you?
- What did they look like?
- What did you like best about them?
- What did they enjoy doing?

MAINS

- What moments did you share together?
- What is your happiest memory of them?
- What makes you stop and think about them in daily life?
- Which times/places/situations hold special meaning for you?
- What do you miss most about them?

DESSERTS

- 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?
- How do you keep their memory alive?
- How does talking about them make you feel?