

GOOD GRIEF

A FESTIVAL
OF LOVE & LOSS

MAIN STAGE

FRIDAY 30 OCTOBER

09:45-10:00 **Festival Opens with Dr Lucy Selman**

10:00-10:45 **Is this the Age of Grief?**

11:00-11:45 **Am I Grieving Right?**

11:45-12:30 **Grief School: Traumatic Loss**

12:30- 13:30 **Grieving For Justice**

13:30-14:00 **Grief Chat: Grief Podcasters**
Amber + Kathryn

14:00-14:30 **Grief Chat: Sepsis**
David, Rachel + Gary

14:30-15:20 **The Covid Cataclysm**

15:30-16:30 **The Art of Pilgrimage**

17:00-18:00 **Julia Samuel: Coping with Crisis**

18:30-20:00 **The Language Of Loss**

SATURDAY 31 OCTOBER

10:00-11:00 **Grieving for Our Planet**

11:15-12:15 **Sofa Singers Virtual Choir**

12:30-13:15 **Losing a Life Partner**

13:30-14:15 **Digital Death, Online Afterlife**

14:30-15:30 **Grief at the Kitchen Table**

15:30-16:30 **Over My Dead Body**

17:00-18:00 **The Dead Parent Club**

18:00-18:45 **Robert Webb**

SUNDAY 1 NOVEMBER

10:00-10:45 **Finding Joy with Gary Andrews**

10:45-10:30 **Grief Chat: Growing Up with Grief**
Zoe + Aisling

12:00-13:00 **The Grief Gift**

13:00-14:00 **Grief School: Baby Loss**

14:00- 14:30 **Grief Chat: Laughing Through Grief**
Alexa + Jen

14:30-15:15 **Dr Rachel Clarke**

15:30-16:30 **The Healing Power of Nature in Grief**

16:30-17:00 **Grief Chat: Knife Crime**
Rachel + Alison

17:00-18:00 **Reflections on Death + Dying**

18:00-19:00 **Tunng Presents...Dead Club**