



GOOD GRIEF

**A FESTIVAL
OF LOVE & LOSS**

30 OCTOBER - 31 OCTOBER
2021

PROGRAMME

BEST VIEWED
ON DESKTOP
OR PRINTED
OUT

50+ EVENTS
100+ SPEAKERS
FREE EVENTS



WELCOME

Since our first virtual festival in October 2020, **Good Grief** has hosted 120 free events attended by over 20,000 people including talks, interviews, webinars and workshops.

For too long, death and grief have been taboo subjects in our society leaving many people feeling alone and unsupported in their darkest hours.

The aim of all of our events is to normalise the conversation around grief and show that it is a natural – and even transformative – part of life instead of something to be feared and locked away. Our mission is to host a highly engaging programme of events that brings people together to gain insight, hear stories they can relate to and hopefully find support and healing as part of the **Good Grief** community.

Good Grief is supported by the **University of Bristol** and sponsored by our charity partner **Marie Curie**. We are so looking forward to welcoming you to the festival.

Many thanks,
The Good Grief Team

TICKETS

**ON
DEMAND
ACCESS**

£20

- Book multiple festival events
- On-demand access to recordings of all Good Grief Festival events
- 24 CPD points from the Federation of the Royal Colleges of Physicians*
- Subscription to The Grief Channel featuring 150+ hours of previous Good Grief events
- Help to keep Good Grief events free to attend

BUY NOW

**ONE TIME
ACCESS**

FREE

- Book individual festival events
- One time access to live event

SIGN-UP

Terms + Conditions

- The £20 package entitles the user to view all recorded content from Good Grief Festival for one year. The content will be live on The Grief Channel one week after the festival.
- Good Grief Festival offers 24 category 1 (external) CPD credits from The Federation of the Royal College of Physicians of the United Kingdom.



TALKS + INTERVIEWS

On the Main Stage, we have an incredible line-up of panel talks and interviews with speakers including Ruby Wax, Robert McFarlane, Julia Samuel, Dr Kathryn Mannix, Richard Holloway, Seamas O'Reilly and Sarfraz Manzoor.

GRIEF SCHOOL WITH CRUSE BEREAVEMENT SUPPORT

At The Grief School, you will find 60+ hours of on-demand events. You can choose the events that relate specifically to your experience of grief and watch them in your own time over the festival weekend. We have a diverse programme of events covering everything from childhood bereavement to complicated grief; the death of a partner to dementia; coping with crisis to finding meaning after a bereavement.

60+ hours of events available from 09:00 on Friday, October 29th to 19:00 on Sunday, October 31st

WELLBEING AREA

We are delighted to be hosting a wellbeing area at **Good Grief** for the first time. Grief has a profound effect on our mental and physical wellbeing, often sending the nervous system into overdrive and affecting our ability to live happy and healthy lives. Our skilled practitioners will be offering sessions on Managing Grief with Mindfulness; Yoga to Explore Emotions; Breathwork for Grief and Sound Healing. Recordings of all of these sessions will be available on **The Grief Channel** after the festival so they can become part of your regular self-care routine.

GRIEF CHATS

Our Grief Chats are intimate conversations between two guests who have both experienced the same type of bereavement or loss. They are hosted by Amber Jeffrey, who's behind the acclaimed Grief Gang podcast.

HIGHLIGHTS



RUBY WAX IN CONVERSATION WITH JULIA SAMUEL

We are delighted to welcome Ruby Wax to join us in conversation with Good Grief stalwart Julia Samuel MBE, one of the UK's leading psychotherapists, podcast host and author of the bestselling books *This Too Shall Pass* and *Grief Works*. Ruby has brought support for mental health to a whole new audience discussing complex neurological theory in an accessible and often hilarious way. Ruby helps us understand how we can take control of our overstressed and over critical minds. We can't wait for this very special event!

SUNDAY, OCTOBER 31ST • 18:30-19:30



KATHRYN MANNIX TEACHES US HOW TO HAVE LIFE CHANGING CONVERSATIONS

In this interview with Julia Samuel, Kathryn will be discussing her profound new book, *Listen: How to Find the Words for Tender Conversations*, a book about the hardest conversations we have in life and how to do them right – honestly and without regret.

SUNDAY, OCTOBER 31ST • 10:15-11:15

THE GRIEF SCHOOL WITH CRUSE BEREAVEMENT SUPPORT

At The Grief School, you will find 60+ hours of on-demand events. You can choose the events that relate specifically to your experience of grief and watch them in your own time over the festival weekend. We have a diverse programme of events covering everything from **childhood bereavement** to **complicated grief**; the **death of a partner** to **dementia**; **coping with crisis** to **finding meaning** after a bereavement.

60+ HOURS OF EVENTS AVAILABLE FROM 09:00 ON FRIDAY, OCTOBER 29TH TO 19:00 ON SUNDAY, OCTOBER 31ST

JULIA SAMUEL - THE ROLE OF ANGER IN GRIEF

Anger is one of the most misunderstood emotions we experience in grief. Many of us are conditioned to believe that anger is negative, when in fact it can play a very important part in the grieving process. Join **Julia Samuel** as she discusses the role of anger in grief. You'll never look at anger the same way again!

SATURDAY, OCTOBER 30TH • 11:30-12:15



HIGHLIGHTS

ROBERT MCFARLANE - THE POETRY + MUSIC OF LOSS



We are thrilled to welcome **Robert Macfarlane** to Good Grief, the bestselling author renowned for his award-winning books including *The Lost Words* and *Underland*. In this conversation, Robert will explore the ancient and powerful relationship between grieving, singing and lyric language.

SATURDAY, OCTOBER 30TH • 19:15-20:15

WHAT'S YOUR GRIEF? THEORIES + MODELS OF GRIEF



In 'What's Your Grief?', we'll take a whistle-stop tour of the most influential theories so you can get under the psychological skin of grief. You'll learn about attachment theory, the stages of grief, the dual process model and the 'ball in the box' analogy with Dr Robert Neimeyer and Carolyn Ng from the Portland Institute for Loss and Transition.

SATURDAY, OCTOBER 30TH • 15:15-16:00

RAYNOR WINN ON THE SALT PATH

Raynor Winn's bestselling books (*The Salt Path* and *The Wild Silence*) tell the incredible story of a walk that changed her life. Just days after learning that her husband, Moth, has been diagnosed with a rare and incurable degenerative disease, the couple lost the farm which had been their home and livelihood for decades. *The Salt Path* is an honest and life-affirming true story of coming to terms with grief and the healing power of the natural world. Ultimately, it is a portrayal of home, and how it can be lost, rebuilt, and rediscovered in the most unexpected ways.

SUNDAY, OCTOBER 31ST • 17:30-18:15

THE SECRET + LIES WE LEAVE BEHIND WITH JULIA SAMUEL

Secrets and lies are often uncovered after someone has died. Things that were hidden away for a lifetime can resurface in ways that profoundly affect those left behind. In this very special event, Julia speaks to guests Alex Renton and Arifa Akbar about the secrets they uncovered about their families posthumously and how those secrets have changed their lives today.

SATURDAY, OCTOBER 30TH • 16:30-17:30

FROM WOODS TO WATER: HOW NATURE HOLDS US IN OUR DARKEST TIMES

Nature has an incredible ability to comfort and heal. It can help us connect to something bigger, and allows us to see the world and our lives in new ways. In this session, our two guests – **Katherine May** (*Wintering*) and **Lawrence Illsey** (*A Brief History of Trees*) – consider how immersing ourselves in the natural world can offer peace and enable us to confront, and even move through, our grief.

SUNDAY, OCTOBER 31ST • 16:30-17:15



HIGHLIGHTS



THE COMFORT OF THE BIG BEYOND: GRIEF + SPIRITUALITY

In this session bestselling psychologist **Dr Lisa Miller**, and former Bishop of Edinburgh, **Richard Holloway** will discuss the science and philosophy of spirituality and how our beliefs can radically alter our experience of grief.

SATURDAY, OCTOBER 30TH • 10:15-11:00

GRIEF CHATS WITH AMBER JEFFREY

Five conversations bringing together two people who share a unique experience of grief including people from the refugee and LGBTQ communities; two people with learning disabilities; two people who are caring for loved ones with dementia; and women who have been through miscarriage. They are hosted by The Grief Gang's Amber Jeffrey.

**AVAILABLE TO WATCH ON-DEMAND
FROM FRIDAY, OCTOBER 29TH TO SUNDAY,
OCTOBER 31ST**

THE SUPERHERO'S GUIDE TO GRIEF

In the comic universes (and multiverses) of DC and Marvel, superheroes like Batman and Spider-Man are forged in childhood trauma and bereavement. From Superman to WandaVision, superhero stories help us to redefine our ideas of strength, providing examples of how we can live bravely in a world of pain and impermanence.

SATURDAY, OCTOBER 30TH • 17:45-18:30



FRINGE EVENTS

#UGIVEHOPE WITH UBELE

Join artistes and performers from the African and Caribbean Diaspora in the UK and abroad for #UGiveHope, an inclusive evening of live entertainment celebrating the lives of those we have loved and lost.

FRIDAY, OCTOBER 29TH • 19:00-21:00

THE UBELE INITIATIVE - YOUNG EMERGING LEADERS DISCUSS GRIEF + LOSS

The Ubele Initiative is an African diaspora led intergenerational social enterprise with the purpose of helping to build more sustainable communities across the UK. The Young Emerging Leaders are a collective group of young leaders exploring their role in society as changemakers and how they can make a deep and lasting impact in their communities.

FRIDAY, OCTOBER 29TH • 14:00-14:30

DEATH CAFES WITH MEMORIAL WOODLANDS

Four Death Café workshops will take place over the course of the festival sponsored by Memorial Woodlands, Bristol. Although people might think a Death Café will be a morbid or depressing experience, most find it enlivening and comforting to connect with people on this very important aspect of existence. The Death Cafés will be facilitated by Mireille Hayden of Gentle Dusk and her team of experienced facilitators.

SEE TIMINGS IN THE SCHEDULE BELOW



PANEL TALKS + INTERVIEWS

SATURDAY 30 OCTOBER



09.00-09.45	Am I Grieving Right?	Julia Samuel and Amber Jeffrey Julia will explore ways in which people express their feelings following a loss; the lasting impact that grief can have; and how we can potentially learn to grieve 'well'.
10:15-11:00	The Comfort of The Big Beyond: Grief + Spirituality	In this session bestselling psychologist Dr Lisa Miller, and former Bishop of Edinburgh, Richard Holloway will discuss the science and philosophy of spirituality and how our beliefs can radically alter our experience of grief.
11:30-12:15	Julia Samuel on Seeing Red: The Role of Anger in Grief	Join us for this session with one of the UK's leading psychotherapists, Julia Samuel MBE, as she discusses the role of anger in grief. She explains how anger can be thought of as your brain trying to make sense of what's happened, as the death of a loved one often needs to be accepted emotionally as well as logically.
12:45-13:30	The Loneliness of Grief	Join us in this session with Simon Blake OBE, Chair of Hospice UK's Dying Matters campaign to look at how we can navigate feelings of loneliness and disconnection in grief, considering how we can create the right kind of community around us to get us through the darkest times.
14:00-14:45	Remember Me Well	This panel will look at the key role that memorialisation can play in the grieving process and the times that follow, exploring some of the more interesting (and bizarre!) ways in which our ancestors remembered the dead.
15:15-16:00	What's My Grief?	Join Professor Robert Neimeyer and Carolyn NG of the Portland Institute for Loss + Transition as they explore their favourite theories and models of grief.
16:30-17:30	The Secrets (and Lies) We Leave Behind	In this very special event, Julia speaks to guests Alex Renton and Arifa Akbar about the secrets they uncovered about their families posthumously and how those secrets have changed their lives today.
17:45-18:30	The Superhero's Guide to Grief	In the comic universes (and multiverses) of DC and Marvel, superheroes such as Batman and Spider-Man are forged in childhood trauma and bereavement. From Superman to WandaVision, superhero stories help us to redefine our ideas of strength, providing examples of how we can live bravely in a world of pain and impermanence.
19:15-20:15	Robert Mcfarlane: The Poetry + Music of Loss	We are thrilled to welcome Robert Macfarlane to Good Grief, the bestselling author renowned for his award-winning books including <i>The Lost Words</i> and <i>Underland</i> . In this conversation, Robert will explore the ancient and powerful relationship between grieving, singing and lyric language.

PANEL TALKS + INTERVIEWS

SUNDAY 31 OCTOBER



09.00-09.45	Serious Illness: Grieving for a Life Interrupted	In this session, our guests will talk about their own experiences of living with serious illness, including how they have coped and even thrived in the face of grief. These are crucial lessons for us all.
10:15-11:15	Kathryn Mannix Teaches us How to Have Life Changing Conversations	In this interview with Julia Samuel, Kathryn will be discussing her profound new book, <i>Listen: How to Find the Words for Tender Conversations</i> , a book about the hardest conversations we have in life and how to do them right – honestly and without regret.
12:45-13:30	The Dead Parent Club	We are so excited to have Julia hosting this edition of The Dead Parent Club with guests Sarfraz Manzoor (<i>Blinded by the Light</i>); Seamas O'Reilly (<i>Did Ye Hear Mammy Died?</i>) and Xanthe Barker (<i>Will This House Last Forever?</i>).
17:30-18:15	Raynor Winn	Raynor Winn's bestselling books (<i>The Salt Path</i> and <i>The Wild Silence</i>) tell the incredible story of a walk that changed her life. <i>The Salt Path</i> is an honest and life-affirming true story of coming to terms with grief and the healing power of the natural world. Ultimately, it is a portrayal of home, and how it can be lost, rebuilt, and rediscovered in the most unexpected ways.
15:15-16:00	Empty Bed Blues: The Death of a Life Partner	This talk is essential viewing for anyone who's lost a partner or is supporting someone who's lost a partner.
16:30-17:15	From Woods to Water: How Nature Holds us in our Darkest Times	In this session, our two guests – Katherine May (<i>Wintering</i>) and Lawrence Illsey (<i>A Brief History of Trees</i>) – consider how immersing ourselves in the natural world can offer peace and enable us to confront, and even move through, our grief.
18:30-19:30	Ruby Wax + Julia Samuel in Conversation	We are delighted to welcome Ruby Wax to join us in conversation with Good Grief stalwart Julia Samuel MBE, one of the UK's leading psychotherapists, podcast host and author of the bestselling books <i>This Too Shall Pass</i> and <i>Grief Works</i> . We can't wait for this very special event!
19:45-20:45	Fright Night: Grief in Horror	Why are we watching more and more horror films about grief? And how can horror help us cope with grief? What is it we seek or connect with in this perhaps unlikely place, as we deal with our own often nightmarish situations?

WORKSHOPS

SATURDAY 30 OCTOBER

11:00-12:00 **Managing Grief with Mindfulness**

13:00-14:00 **Yoga to Explore Emotions**

13:00-14:15 **Death Cafe**

13:30-16:45 **Death Cafe**

16:00-17:00 **Sound Healing**

SUNDAY 31 OCTOBER

11:00-12:00 **Breathwork for Grief**

12:00-13:15 **Death Cafe**

13:00-14:00 **Yoga to Explore Emotions**

14:30-15:45 **Death Cafe**

16:00-17:00 **Sound Healing**

17:30-18:30 **Post-Festival Sharing Group**

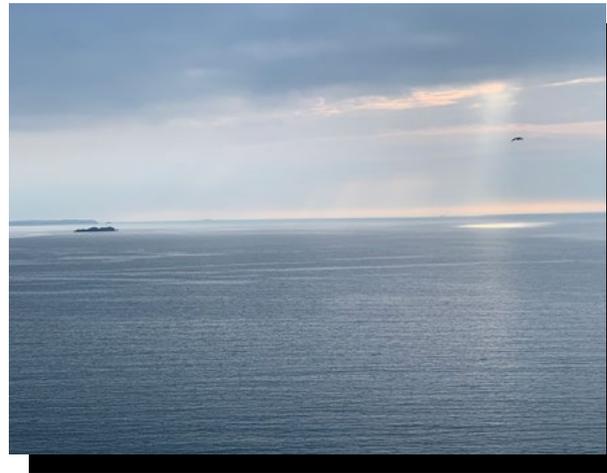


INTERVIEWS



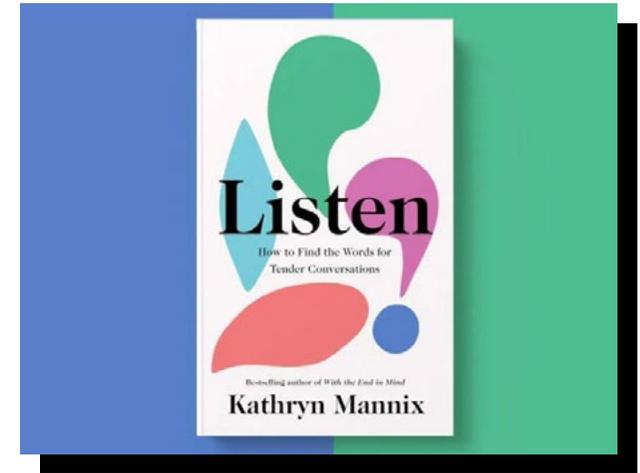
**JULIA SAMUEL ON SEEING RED:
THE ROLE OF ANGER IN GRIEF**

SATURDAY, OCTOBER 30TH • 11:30-12:15



**ROBERT MCFARLANE: THE POETRY +
MUSIC OF LOSS**

SATURDAY, OCTOBER 30TH • 19:15-20:15



KATHRYN MANNIX

SUNDAY, OCTOBER 31ST • 10:15-11:15



RAYNOR WINN

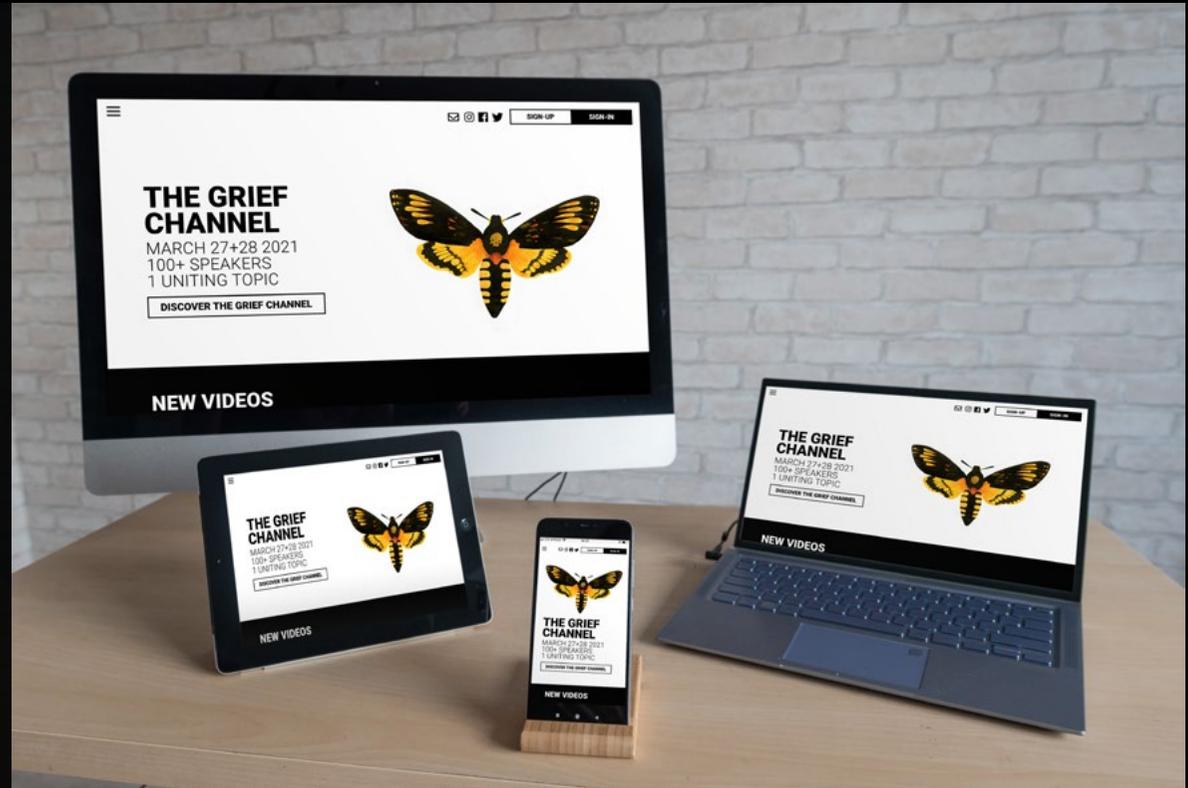
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**RUBY WAX + JULIA SAMUEL IN
CONVERSATION**

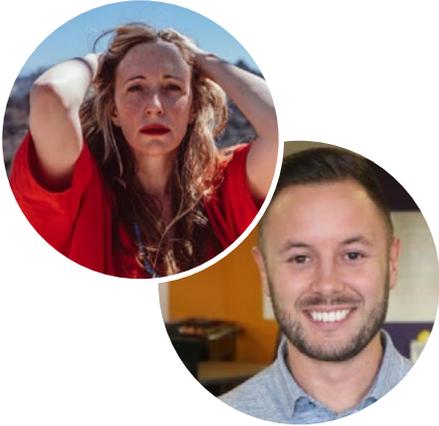
SUNDAY, OCTOBER 31ST • 18:30-19:30

ON-DEMAND EVENTS



Available to watch from 09:00 on Friday, October 29th
to 20:00 on Sunday, October 31st on [goodgrieffest.com](https://www.goodgrieffest.com)

GRIEF CHATS



THE SILENT LOSS: MISCARRIAGE

Jessica and Adam reflect on their stories and experiences of the most silent of losses; miscarriage.



DISENFRANCHISED GRIEF: LGBTQ BEREAVEMENT

June and Omar share their stories of, and advice on, disenfranchised grief and being a part of the LGBTQ community.

ANTICIPATORY GRIEF: DEMENTIA

Jess and Carrie reflect on caring for those with dementia and the anticipatory grief that comes with that.



FLEEING HOME: LOSS OF LIFE AS WE KNOW IT

Afraa and Dr Rola share their experience of fleeing their homes to seek refuge and grieving for a loss of place and belonging

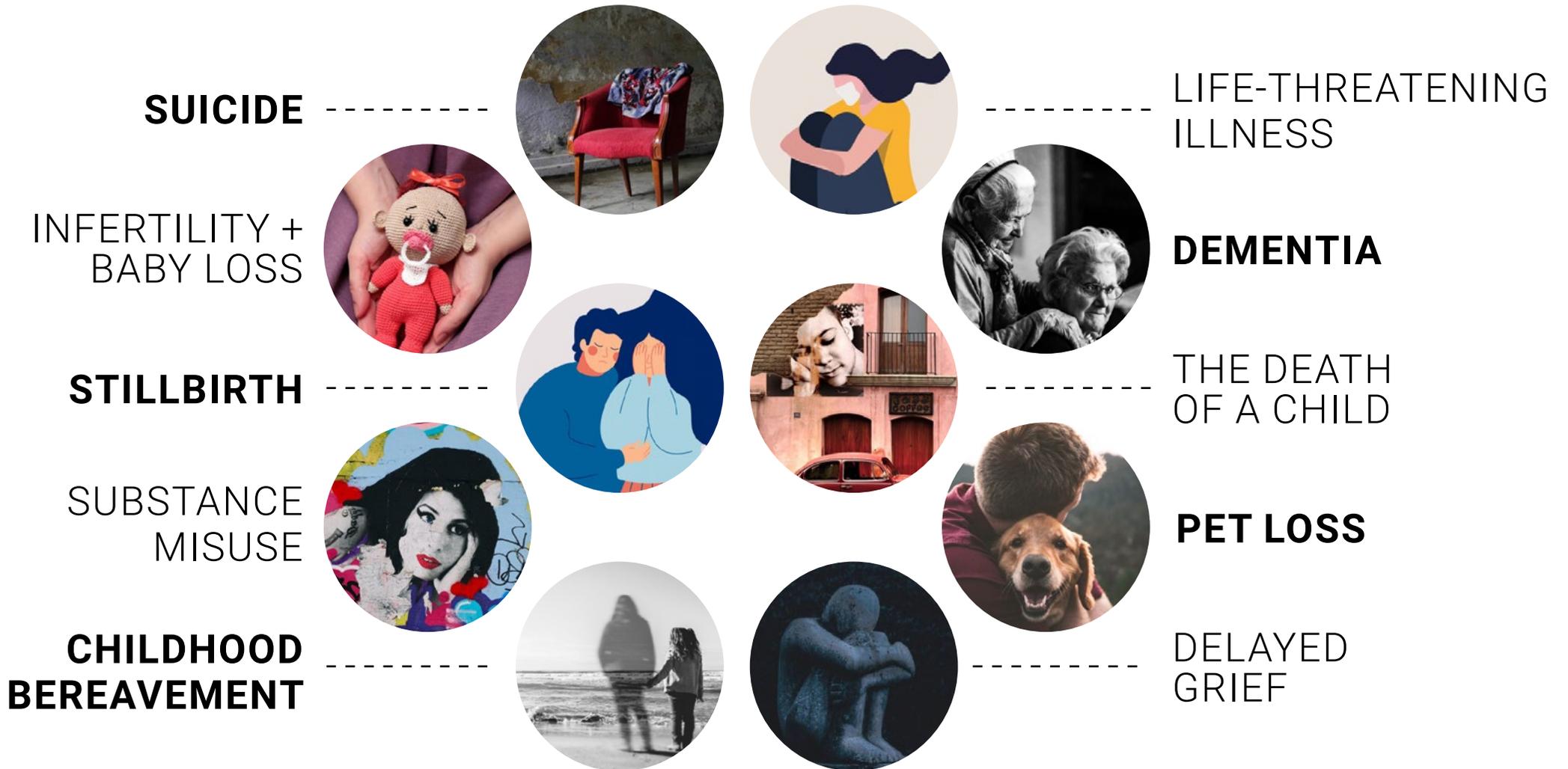


UNSPOKEN GRIEF: BEREAVEMENT + LEARNING DISABILITY

The experience of many bereaved people with learning disabilities is that there is no one to share their grief with. People around them feel uncomfortable in a misguided wish to protect them. **Pat and Michelle** share their own experiences.

THE GRIEF SCHOOL WITH CRUSE BEREAVEMENT SUPPORT

Some people believe there are as many as 44 different types of grief. At our Grief School, we'll be delving into some of the ways we experience loss, so that we can help people to better understand the nature and uniqueness of their grief.



THE GRIEF SCHOOL WITH CRUSE BEREAVEMENT SUPPORT





AVAILABLE TO WATCH ON-DEMAND THROUGHOUT THE FESTIVAL...



MICHAEL ROSEN



JULIA SAMUEL



DAVID KESSLER



CARIAD LLOYD



ROBERT WEBB



GVNAB



**DR RACHEL
CLARK**



**VALENTINE
WARNER**



**PROFESSOR
ALICE ROBERTS**



NIKESH SHUKLA



**STUART
LAWRENCE**



**PROFESSOR
ROBERT
NEIMEYER**



DR AMIR KHAN

GOOD GRIEF

A FESTIVAL
OF LOVE & LOSS

OCTOBER 30+31



“I cannot recommend too highly this virtual festival exploring love, loss and the universal human experience of grief.”

DR RACHEL CLARKE

50+ FREE VIRTUAL EVENTS
GOODGRIEFFEST.COM

**24 CPD POINTS FROM
THE FEDERATION OF
THE ROYAL COLLEGES
OF PHYSICIANS**

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