

## **Compassionate Communities Halesworth**

### **Dying Matters awareness week 10-16<sup>th</sup> of May**

Every year Dying Matters awareness week is held to encourage Conversations in Communities around death, dying, grief and caring.

The Pear Tree Centre together with individuals, schools and organisations in Halesworth are offering online and in person Events during that week. To open up conversations which recognise that by talking about end of life we can reduce the stigma and loneliness experienced during this difficult time of our lives with our neighbours, friends and families.

Events in Halesworth include

### **Heart trail to Pear Tree Centre for a cuppa and cake 10<sup>th</sup>-16<sup>th</sup> May, 11am-3pm**

200 hearts will be hung around Halesworth, leading to the Pear Tree Centre on Bungay Road. Here you can leave a memory on the tree in the garden to honour and remember a loved one. Seva and her team welcome you to share cake and a cuppa and chat in a safe and friendly environment. Hearts have been decorated by Children from local primary schools, Kinda Forest School together with The Pear Tree Centre visitors and volunteers, Halesworth Volunteer Centre members and local businesses and residents.

Please call The Pear Tree Centre to book a space 01986 899655.

### **Compassionate Café – Are you in a good place to die? – Monday 11<sup>th</sup> and Thursday 13<sup>th</sup>, 10am-12pm**

Join Seva from The Pear Tree and Lucy from Rosedale Funeral Home for a cuppa and cake. To explore planning for end of life.

What Music would you like at your funeral?

Who would you like at your side when you die?

In a safe and friendly environment to express your feelings and wishes

Please call The Pear Tree Centre to book a space 01986 899655

### **Compassionate gathering at Kinda Education (Kali woods Holton) - Tuesday May 11th 2021, 6pm till 7.30pm**

The evening will be held around a camp fire evening will include wellbeing activities, reflection and remembrance. This is also a chance to find out more about Compassionate Communities in and around Halesworth and the multi-generational work of Kinda Education.

Contact [info@kindaeducation.org](mailto:info@kindaeducation.org) for more info and to book your place.

Numbers are limited and are help for those in need of support in these challenging times.

**There are many more wonderful events on line please visit:**

**<https://www.compassionatecommunitieseast.com/whats-on>**