



*Dying
Matters*
WEEK

*Workshops
& Presentations*

5th-11th August 2024 • Whangārei Central Library

Dying Matters Week is all about supporting people in the community to start conversations, learn from experts, and feel empowered to put end-of-life planning in place to create peace of mind for themselves and their loved ones.

www.gowithgrace.nz/dyingmatters

Free events & workshops

All *Dying Matters Week* workshops and presentations are free and available to everyone in the community.

Spaces are limited. Find out more and register your place online at www.gowithgrace.nz/dyingmatters or email hello@gowithgrace.nz.

Monday 5th August

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| 9:30am - 11am | Advanced Care Planning - Tō tātou reo with Maree Sharp from Health NZ, Te Whatu Ora |
| 9:30am - 10:30am | Share Memories of Your Loved Ones with Tanya Newman from North Haven Hospice |
| 11am - 12pm | Get Your Ducks in a Row with Tanya Newman from North Haven Hospice |
| 3:30pm - 5pm | Natural Death Care and Creative Funerals with A Graceful Undertaking |

Tuesday 6th August

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| 9:30am - 10:30am | End of Life. Is there a normal? with Dr Warrick Jones, Medical Director at North Haven Hospice |
| 11am - 12:30pm | Dementia and Support in Northland with Trudi Bridges from Alzheimers NZ |
| 1pm - 2.30pm | Legal Matters with Henderson Reeves Lawyers |

Wednesday 7th August

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| 3pm - 4pm | The Importance of Aromatherapy in End-of life Care with Carol Rose |
| 4:30pm - 5:30pm | End of Life Planning Workshop with Katy Mandeno from Go With Grace |

Thursday 8th August

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| 9am - 10:30am | Ritual as a Healing Practice in Grief and Loss with Agnes Hermans from North Haven Hospice |
| 11am - 12:30pm | Advanced Care Planning - Tō tātou reo with Maree Sharp from Health NZ, Te Whatu Ora |
| 1:30pm - 3pm | Caring for Carers - Tiakina te Kaitiaki with Christine (Westy) West from North Haven Hospice |
| 2pm - 3pm | Whangārei Death Cafe (Library Cafe) |
| 3pm - 4:30pm | Grief in the Workplace with Maureen Frayling from North Haven Hospice |
| 4:30pm - 6pm | End of Life Choice Act with Robin Lieffering |

Friday 9th August

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| 9:30am - 11am | Capturing Life Stories with Toni Wilkinson from North Haven Hospice |
| 11am - 12:30pm | Natural Burials in Northland with Stephen Jenkins from Maunu Cemetery |
| 1pm - 2:30pm | Making a Memory Box with Julianne Rose from North Haven Hospice |
| 1pm - 2:30pm | The Ritual of Shrouding with Karen Williamson from Ake Ake Shrouds |



The following activities will be available all week at the Whangārei Central Library

Book Displays

Browse a curated selection of fiction and non-fiction books about end-of-life, health journeys and grief.

Departure Lounge

Relax in a comfy space and connect with others. Start conversations and explore resources.

Resources

Explore deathcare resources from local businesses and organisations.

Poetry & Storytelling

Read about other's experiences through poems and stories.

Find out more at www.gowithgrace.nz/dyingmatters

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