Festival of Death and Dying 2019: *Inspiring a Death Friendly Society*

 A Festival of Death, how morbid, you might think. For most of us, death is something we dread and avoid talking about. But what if we were to look at it differently? Consider the Mexican Day of the Dead. Every year Mexicans fill their cemeteries with music, food and life to honour their deceased.

With the mortality rates stubbornly at 100% is it time to retire the death taboo and make the Day of the Dead (Nov 2nd) an opportunity to celebrate the lives of those we loved ... and, maybe, even take a look at what lies ahead for all of us?

This is exactly the intention of the Festival of Death and Dying. Piloted last year in Glastonbury, the event had such a positive response it inspired a second 3 day festival planned over the weekend of November 1st - 3rd, now across Glastonbury, Shepton Mallet and Wells.

In Wells at the Elim Connect centre you can learn how to shroud a body on Saturday morning, that’s if you’re up in time after the death friendly music night at the Red Brick Buildings in Glastonbury on Friday. Sample Coffee and Coffins or reclaim your death priestess at Goddess House in Glastonbury. Take a peek at St. Cuthbert’s emotional and uplifting programme on suicide survival and prevention for young adults (Friday) and all ages (Saturday) in Wells. Ceremonies at Red Brick Building on Sunday will soothe the soul. Be sure to get to the Art Bank in Shepton where 3 days of dead good music, performance, dancing and dialogue will rock it.

Death friendly cafes open all day in each venue will provide safe spaces to share experience and be supported.

If you have, or want to hold a death friendly event please get in touch to be included in listings.

No tickets required, contributions according to ability. Religious or atheist? It doesn’t matter, death touches us all and there’s something for everyone.

For full programme please see deathfest.co.uk or [www.facebook.com/deathfest2019/](http://www.facebook.com/deathfest2019/)

343 words