

# 29<sup>th</sup> November 2024

## Inclusion North News

November

29

Inclusion North will share an important news story and tell you about their own work here every two weeks.

### Grief Awareness Week



From the 2<sup>nd</sup> to the 8<sup>th</sup> of December it is Grief Awareness Week.



Grief is the feelings we have when someone we love dies. We can also feel grief when a pet dies or when something we care about ends, like a job or a relationship.



Our Stop People Dying Too Young Group have been doing some work to help people with a learning disability, autistic people and their families be more confident and comfortable talking about death and dying.



They have made 4 new episodes of our podcast called My Ordinary Life. In the episodes the group talk about grief, thinking about our own death, planning our funeral and asking a panel of experts our questions about death and dying.



We are going to share the new podcast episodes each day during Grief Awareness Week.



The group are also getting together on the 2<sup>nd</sup> of December to celebrate the work they have done to make the podcast.



They will watch clips from the podcast episodes and take part in creative activities that are all about remembering people we love who have died. At the end of the day they will take part in a special remembering ceremony.



It is normal to feel sad when we think about the people we love who have died. But it can also be lovely to remember them and why we love them. We can laugh at funny memories we have of them.



The Stop People Dying Too Young group think it is important that everyone has the chance to talk about death, dying and grief. They hope that their work makes these conversations more accessible and inclusive for everyone.



### **Well-being tip**

Get wrapped up warm and spend a bit of time outside.