

Let's Talk about DEATH



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 Founder Of Togetherness
 Host of Death Café HK
 Nov 20, 2014

Background of Death Café HK

- Signed up to the guide and principles of **Death Café** which is a 'social franchise' in June 2014
www.deathcafe.com

- Co-hosted by
 Dr. Andy Ho (HKU)
 Carmen Yau (Lost-&-Found)
 Pearl Tse (Togetherness)



<https://www.facebook.com/deathcafehongkong>

What's *Death Cafe* ☕ ?

- At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death.
- The objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'.
- A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Main Guidelines:



- On a not for profit basis
- In an accessible, respectful and confidential space
- With no intention of leading people to any conclusion, product or course of action
- Alongside refreshing drinks and nourishing food – and cake!

http://deathcafe.com/site_media/files/guide.pdf

Significant Names

- **Bernard Crettaz**
 - Swiss sociologist and death café pioneer (2010 Oct in Paris)
- **Jon Underwood**
 - Father of Death Café (2011 Nov in Hackney, East London, UK)
 - Offered Death Cafés in a range of places including funky cafés, people's houses, cemeteries, a yurt and the Royal Festival Hall
- **Sue Barsky Reid**
 - Psychotherapist, Jon's mum who facilitated at the death cafés
 - Developed the methodology of running death cafes and produced with Jon the guide to running Death Cafe, which was published in Feb 2012
- **Lizzy Miles** (Death Café Columbus, Ohio)
 - First person to pick the guide up outside of the UK and ran the first death café in the US
- **Megan Mooney** (Death Café St. Joe)
 - Runs the Death Cafe Facebook page
<https://www.facebook.com/deathcafe>

Death Cafés in HK

Jun-Sept 2014



Reflections & Learnings

- Being attached to death-related events guarantees high attendance rate



Reflections & Learnings

- Organized with agencies or groups would promise sufficient participation



Reflections & Learnings

- Interaction among strangers encourages open and deep conversation/discussion



Reflections & Learnings

- No-authority and non-judgmental atmosphere provides feelings of freedom and safety that enhances communications



Reflections & Learnings

- Semi-structured process helps participants from feeling loose on the way



Reflections & Learnings

- Art making helps self-containment of emotions

