



No Barriers Here



Information for participants

No Barriers Here© The Mary Stevens Hospice, 2021. All rights reserved; no part of this publication may be photocopied or otherwise reproduced, without prior permission. The Mary Stevens Hospice owns the intellectual property rights subsisting in all materials, included but not limited to: any concepts, images, photographs, text, artwork, graphics sound recordings, videos and audio materials, logos created for or developed on behalf of No Barriers Here© model and programme.

Introduction



It is important that people have the opportunity to discuss their wishes for future care and the end of life.

This is called **Advance Care Planning**.



No Barriers Here uses art-based methods over three workshops. The workshops will help you to think about your choices and wishes for the end of life.



Each workshop will last for 2 hours.



This booklet will give you information about what we plan to do during each workshop.

Week 1 Workshop

Getting to know me



Week 1 will be about getting to know one another. We will explain about the workshops and advance care planning.



Each person will have a box of art materials. For this workshop we will draw around our hands and use pens and collage materials.



We will spend time drawing or writing about our hobbies and interests. We will talk about important events in our lives.



At the end of each workshop we will be available to speak with people in private if they are upset or need support.

Week 2 Workshop

Choices and wishes



Week 2 we will find out **who, where** and **what** is important in our lives and our choices for the end of life



We will think about **where** we would like to be cared for at the end of life? **Who** will support our decisions? Who are our important people? Have we made funeral plans?



We will use fabric and textiles this week and make a creative advance care plan.



We invite people to share their art work and create one large display in our community. This will look like a quilt.

Week 3 Workshop

Legacy



Week 3 we will think about how we would like to be **remembered**. This is called a **legacy**. How would we like people to remember us?



We will share our thoughts and stories through an activity called **weaving**.



We will use have wool, thread and ribbon to weave and make a small wall hanging. We will use tags to write about how we would like to be remembered.



We will end our last workshop by saying goodbye and doing a group activity to reflect on the workshops.