

Art of Life Creative Delivery 2025 – Funded through Cavan County Council and Creative Ireland Shared Island Health and Wellbeing.

These creative workshops form part of the Art of Life project which aims to open up conversations around death, dying and end of life to enable people to feel more comfortable around conversations and planning for end of life. They are safe places provided by trained facilitators and you can share stories and experiences .... Or not.  
It is recommended to attend all sessions

Creative facilitator & Location	Title & Booking	Date, Time, duration	Blurb
Valerie Smith  Blaney Spa and Yoga Centre, Lough Shore Road, Blaney, Co Fermanagh	I am a River - Sing from your Source to the Sea  <a href="mailto:valwitworth@btinternet.com">valwitworth@btinternet.com</a>	23 May - 27 June  10:00 am to 12:30 pm  6 weeks	6 weeks of holistic voice movement singing songs from lullabies to the keening tradition and everything in between. A labyrinth will also be explored as a walking meditation and a tool for reflection. Suitable for people aged 55+ with a willingness to explore your voice and move.
Briege Smith  ARC Healthy Living Centre, 116-122 Sallys Wood Irvinestown, Kesh BT94 1HQ	Creative Conversations and Connections  <a href="mailto:mccleanbriege@gmail.com">mccleanbriege@gmail.com</a>	7 May - 11 June  11:00 am - 1.00 pm  6 weeks	Plan for tomorrow so that you can live well today.  These workshops offer creativity, reflection, story and fun! They are part of an innovative project The Art of Life which is aimed at opening up conversations about how we live and die well and the importance of planning Briege invite you to explore and celebrate our wisdom and life experiences in a creative way, using words, art, music and poetry. It is recommended to attend all sessions
Briege Smith  The Cornerstone, Beragh, Co Tyrone	Creative Conversations and Connections  <a href="mailto:mccleanbriege@gmail.com">mccleanbriege@gmail.com</a>	12 May -23 June  11:00 am - 1.00 pm  6 weeks	Plan for tomorrow so that you can live well today.  These workshops offer creativity, reflection, story and fun! They are part of an innovative project The Art of Life which is aimed at opening up conversations about how we live and die well and the importance of planning Briege invites you to explore and celebrate our wisdom and life experiences in a creative way, using words, art, music and poetry. It is recommended to attend all sessions

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<b>Valerie Smith and Lisa McCabe</b>  <b>Corranny Forest Studio, Roslea Co Fermanagh BT92 7BX</b>	<b>Pathways in Clay and Song</b>  <a href="mailto:lisa@corranny.com">lisa@corranny.com</a>	<b>27 May - 1 July</b>  <b>10.30 am to 1.00 pm</b>  <b>6 weeks</b>	<b>Creative explorations - opening up conversations on living well and dying well and the importance of planning. Pottery and singing will provide the format for delivery of these creative conversations. It is recommended to attend all sessions</b>
<b>Morag Donald and Valerie Smith</b>  <b>Belturbet Good Store, Railway Road, Belturbet H14 E276</b>	<b>The Circle of Life</b>  <a href="mailto:valwhitworth@btinternet.com">valwhitworth@btinternet.com</a>	<b>12 May - 23 June</b>  <b>1:00 am to 12:30 pm</b>  <b>6 weeks</b>	<b>Plan for tomorrow so that you can live well today.</b>  <b>Combining two favourite things - crocheting and singing. It is recommended to attend all sessions</b>
<b>Morag Donald and Valerie Smith</b>  <b>Bamboo Loft, 9A Waterworks Road, Omagh BT79 7JS</b>	<b>The Circle of Life</b>  <a href="mailto:valwhitworth@btinternet.com">valwhitworth@btinternet.com</a>	<b>15 May to 19 June</b>  <b>10.00 am to 12.30 pm</b>  <b>6 weeks</b>	<b>Plan for tomorrow so that you can live well today.</b>  <b>Combining two favourite things - crocheting and singing. It is recommended to attend all sessions</b>