

## Press Release

### **BOTH SIDES, NOW** **Interactive play and workshops to inspire** **meaningful end-of-life conversations**

BOTH SIDES, NOW is a unique multi-year community engagement project about living well and leaving well.

Our team spent the past year getting to know the communities in Chong Pang and Telok Blangah with a series of arts-based activities and events that sought to inspire reflections about end-of-life (EOL) issues. We wrapped up the year with a puppetry performance “The Wind Came Home”, about an elderly couple coping with illness and loss. The show was well-received by residents and prompted many heartfelt post-show conversations among audience members. We also reached out to new audience segments with our first Malay and Tamil stagings of this performance.

In 2018, we continue to build on the connections we have forged in these two neighbourhoods, bringing EOL conversations into the heart of these communities.

This March, we are rolling out two key events:

#### **Participatory Forum Theatre**

##### **EXIT**

*14-17 March, 7.30pm, @ Basketball Court next to Blk 109 Yishun Ring Road*

*21-24 March, 7.30pm, @ Space next to Blk 11 Telok Blangah Crescent Market*

*Free admission*

Mr Tan is bed-ridden, unconscious and on life support. When his condition takes a critical turn, his family struggles to make medical decisions for him.

Ah Po has cancer, but she doesn't want any treatment and prefers to die at home. She realises that her daughter is not ready to have this discussion with her.

In this interactive performance about two families facing difficult conversations, audience members can replace the characters, and try to change the outcome of the play.

#### **Talk and Workshop**

##### **HOW DO YOU SAY IT?**

*31 March – 1 April, 10.30am – 4pm, @ Wellness Kampung (Blk 115 Yishun Ring Road)*

7 – 8 April, 10.30am – 4pm, @ GoodLife! (Blk 27 Telok Blangah Way)

*Free, but registration is required.*

This two-part programme is for anyone aged 18 and above who wants to learn about end-of-life issues, from medical and legal concerns to emotional and social needs, and pick up skills to talk about these topics with their loved ones. Participants will experience drama techniques that can help facilitate EOL conversations.

To find out more and to register, please visit the following:

Talk at Wellness Kampung - <http://bit.ly/BSNtalkCP>

Workshop at Wellness Kampung - <http://bit.ly/BSNworkshopCP>

Talk at GoodLife! - <http://bit.ly/BSNtalkTB>

Workshop at GoodLife! - <http://bit.ly/BSNworkshopTB>

Both Sides, Now is co-presented by the Lien Foundation, Ang Chin Moh Foundation, Drama Box and ArtsWok Collaborative, in collaboration with community partners Yishun Health (Wellness Kampung) and Montfort Care (GoodLife!).

For media queries, please contact

Amanda Leong

[amanda@dramabox.org](mailto:amanda@dramabox.org)

6324 5434

More details on BOTH SIDES, NOW at:

[bothsidesnow.sg](http://bothsidesnow.sg)

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