



COMPASSIONATE COMMUNITIES

E-Bulletin

Living Well to the End of Life

Welcome to Compassionate Communities

We want to share our news, events and stories through our volunteers, members, community hubs and networks. Compassionate Communities is a community-led social movement, inspiring local people to build genuine friendships to support people living with a life-limiting or long term illness and experiencing loneliness and social isolation. As we work towards building a Compassionate City, we have reached out to businesses in the community, schools and colleges to raise awareness of the Compassionate model and community-led approach to health.

Compassionate Neighbours Conference London Oct 2018



Ruth Carson, Volunteer Coordinator, Deirdre Doherty Project Facilitator and Donall Henderson, CEO Foyle Hospice pictured at 'Prepare For the Future' with Compassionate Communities.



The **Let's Talk Project** delivered by ALLY Foyle Older People's Network and funded by Awards For All brought together Compassionate Communities volunteers and North West Regional College students for a two day

intergenerational workshop in Creative Communication. Students from Health and Social Care and Media Production shared their knowledge and listened to the experience of volunteers in their role as befrienders in the community. Eleanor Keanie, Lecturer in Health and Social Care, North West Regional College commented that the training was a powerful, shared learning experience.

“ This has been a powerful, shared learning experience ”

Ballymagroarty & Hazelbank CP

CAW Nelson Drive Action Group

Foyle Hospice Culmore Rd

Hillcrest Trust

Shantallow Community Centre

Compassionate Communities Reach Out Scheme delivered by the Foyle Hospice in partnership with four community hubs.

Key Achievements

143 Trained volunteers

123 Matched relationships

308 Referrals

208 Client home visits

*If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.
Dalai Lama*



[@compassionatecommunitiesnw](https://www.facebook.com/compassionatecommunitiesnw)



[@nw_coco](https://twitter.com/nw_coco)

VOLUNTEER *Natasha's Story*



My name is Natasha and I would like to share a little of my story as a Compassionate Communities volunteer. From a young age one of my ambitions in life has been to work with older people, as I find them so interesting. However as a mum of three small children, my life is hectic and finding time to dedicate to others is difficult.

When I heard about Compassionate Communities Reach Out I thought this was an ideal opportunity to fulfil my life long dream of helping older people, whilst doing this within a manageable time of two hours per week. This would fit perfectly with my busy life of parenting three small children and at the same time provide an opportunity to do something that was so close to my heart.

In October 2017 I completed a two day training programme which prepared me for the role of a Compassionate Volunteer. I was subsequently matched with an elderly lady living in a nearby community, who I visited weekly. These visits were so rewarding and I loved every minute of the time I spent with her. This experience was so much more than volunteering....the trust we built between us was beautiful....and I gained a friend!

Unfortunately my client passed away recently. This was upsetting as I not only lost someone I visited every week, I lost a friend. The support I received from Compassionate Communities staff was amazing and I would recommend this programme to anyone who is young or has a young family...it's an excellent way to get involved in your local community and invest in the life of someone who is in need.

“ it's an excellent way to get involved in your local community ”

SAVE — THE — DATE TRAINING

If you would like to become a Compassionate Volunteer enroll for training in the New Year
30th Jan & 6 Feb 2019

10.00 am - 2.30pm

Foyle Hospice Culmore Road

To book a place on the course

*contact Ruth Carson Volunteer Coordinator
mob 07841101932 or email*

ruth@compassionatecommunitiesnw.com

The voice of the carer

Local carer Denis Cooke recently took part in a film recording for Compassionate Communities where he highlighted the difference that Compassionate Communities has made to his caring role. “It provides much needed respite and time for myself. The volunteer was carefully selected and is a great match for my mum - infact she's an angel!”

**More stories to come -
Compassionate Communities
promotional film is to be released
January 2019 (watch this space).**

It's a
GIRL

*Congratulations to Leann Harris
Compassionate Communities on the
birth of her baby girl Aibhlinn !*

Calling all Compassionate Communities volunteers! If you have a short story or news piece to share, please email ruth@compassionatecommunitiesnw.com

TRAINING



The Let's TALK experiential training provided a platform to explore a range of techniques and exercises in reminiscence and life story work to use as a 'tool kit' to build confidence and develop personal skill set. It also included group work, one to one facilitation and a range of arts-based techniques to engage people with a range of disabilities.



Seaside role play at the Let's TALK training

REACHING OUT



AXA Insurance Training - linking business in the community. Staff members have undergone training with Compassionate Communities with the first batch of 'Graduates' attending additional training in Dementia Awareness. The first matched relationship took place in November - looking forward to working together in 2019!



St. Cecilia's College- discussion on Compassionate Cities and communication techniques.

COMPASSIONATE CITIES

Inspired by a visit Professor Allan Kellehear made to the city in 2016, Derry City & Strabane District Council are currently developing a Compassionate City Charter. The Charter outlines 13 social changes to be delivered with regard to death, dying, loss and care. Compassionate Communities as partners in the initiative have begun the work of raising awareness of Compassionate Cities in our schools and colleges.

LONELINESS

i return home once again
to the empty chair
the empty house
and the cloak of quietness
surrounding me with only
the ticking clock for company

where has she gone

the one for whom I cared so deeply
i thought being alone might allow
me to grow as I wished
yet the absence of one to care for
has now become intolerable

the spaces on an empty wall staring back
where photographs have been removed
long sleepless nights
the crowded empty streets
with no familiar face
will the phone ever ring again?

David Florida-James



*Volunteer Monthly Meetings
Your special time to come together,
support each other and have a
cuppa. Hear also about training and
new local initiatives.*

WORLD HOSPICE WEEK



*WE MATTER - Compassionate Communities
volunteers support World Hospice Week.*



*Patina Mc Carron Compassionate Communities
volunteer pictured with students from the North
West Regional College during World Hospice Week.
Patina outlined her role as a befriender in the
community.*

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