



“Ordinary people making a difference together”

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CEO

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- Launched March 2017
- 1 full time Programme Lead
- Funded by Ardgowan Hospice/ HSCP
- 160 Volunteers
- No budget
- 8yrs from concept to reality



Different approaches

Public Health and Palliative Care International Developing Compassionate Communities (PHPCI)

America



Charter for
Compassion

Kerala



UK



Inspiration



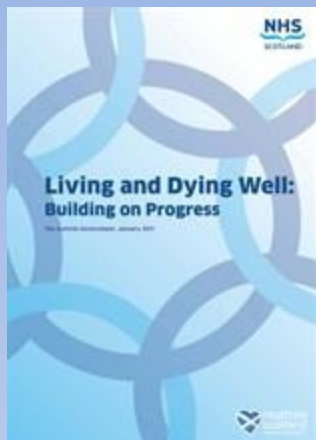
Professor Allan Kellehear....2004



Compassionate Communities Conference ...2011



Interested people / Partnership working...2011-2016

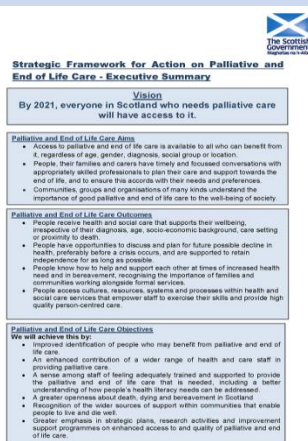


Policy Direction

Communities of all kinds are empowered to provide effective support to those dealing with death, dying, bereavement and loss. (2011)



Communities are stronger, responsible and more able to identify, articulate and take action on their needs and aspirations to bring about an improvement in the quality of community life. (2013)



People know how to help and support each other at times of increased health need and in bereavement, recognising the importance of families and **communities** working alongside formal services. (2015)



“30 Years of helping make Inverclyde a Compassionate Community”

The Inverclyde Statement 12/10/11

- *“We believe it is the right of everyone in Inverclyde to live well throughout their lives. This includes living well in old age and right up to and including the time of death.*
- *We believe that those facing the end of life, and their families, should receive the best possible care and services to help them cope.*
- *We also believe that those left behind should be able to grieve well, receiving the support of their community as they come to terms with their loss. **In all these ways, we seek to make Inverclyde a more compassionate community”.***

Community engagement/ Discovery



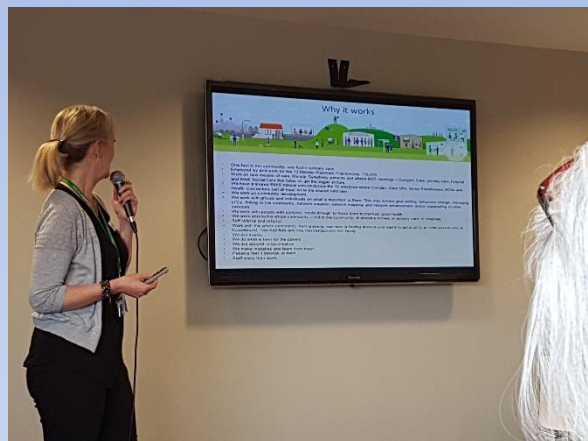
- 4 Public meetings in different areas across Inverclyde (62 people)
- 11 engagement groups (236 people)
- Florence Nightingale Travel scholarship visiting Australia, USA, Frume
- Visit to Brazil
- 1st CI Board meeting 31/05/16



BOARD SET UP



Florence Nightingale Travel Scholarship





AIM

“ To create Scotland’s first Compassionate Community. A community where everyone recognises that we all have a role to play in supporting each other in times of crisis, end of life and loss.

Ordinary people helping ordinary people

4 Strategic Objectives

- To improve well being
- To promote compassionate citizenship
- To raise awareness and education about kindness
- To identify and help create compassionate organisations



Key Values

Compassionate

HELPFUL



neighbourly

COMPASSIONATE INVERCLYDE

What it is	What it is not
• Social Movement • Involves ordinary people • Community development • Needs based evolution, with no blue print development	• A service • About health professionals • A palliative care service • Prescriptive

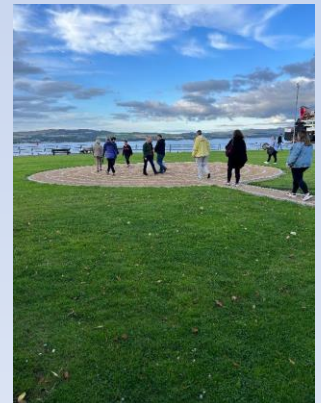
Compassionate Inverclyde

Public Health Approach to palliative and end of life care

- NODA
- Palliative care Visitors
- Bereavement Cafes
- Pet bereavement course
- Compassionate organisations achieving Bereavement Charter Mark
- Bereavement training for staff
- EASE course
- Absent Friends Festival
- No one grieves alone Festival
- COVID Memorial

Kindness and Wellbeing in the community to help reduce social isolation and loneliness

- Back Home Boxes
- Back Home visitors
- Dog walking
- Friendship Hub
- Wellbeing Programme: Selfcare 360
- Wellbeing Walk
- Kindness
- Awards
- Caring Cuppa
- Labyrinths
- Singing group
- New mum support
- Created a Labyritnh



Public Health approach to Palliative and End of Life Care

Initiatives with schools : Use of creativity to enable conversations about death and dying



PUBLIC HEALTH APPROACH TO PALLIATIVE CARE



- No One Dies Alone: **155** patients
- Palliative Care Visitors: **128** visits for **22** patients
- **14** Local organisations have received their bereavement charter mark
- Over **250** members of staff have had bereavement training
- **2** Bereavement cafes set up, now a friendship hub
- No one grieves alone festival {creative arts}
- Take part in Absent friends week
- Pet bereavement course
- All NODA companions have completed the ease training



Kindness in the community

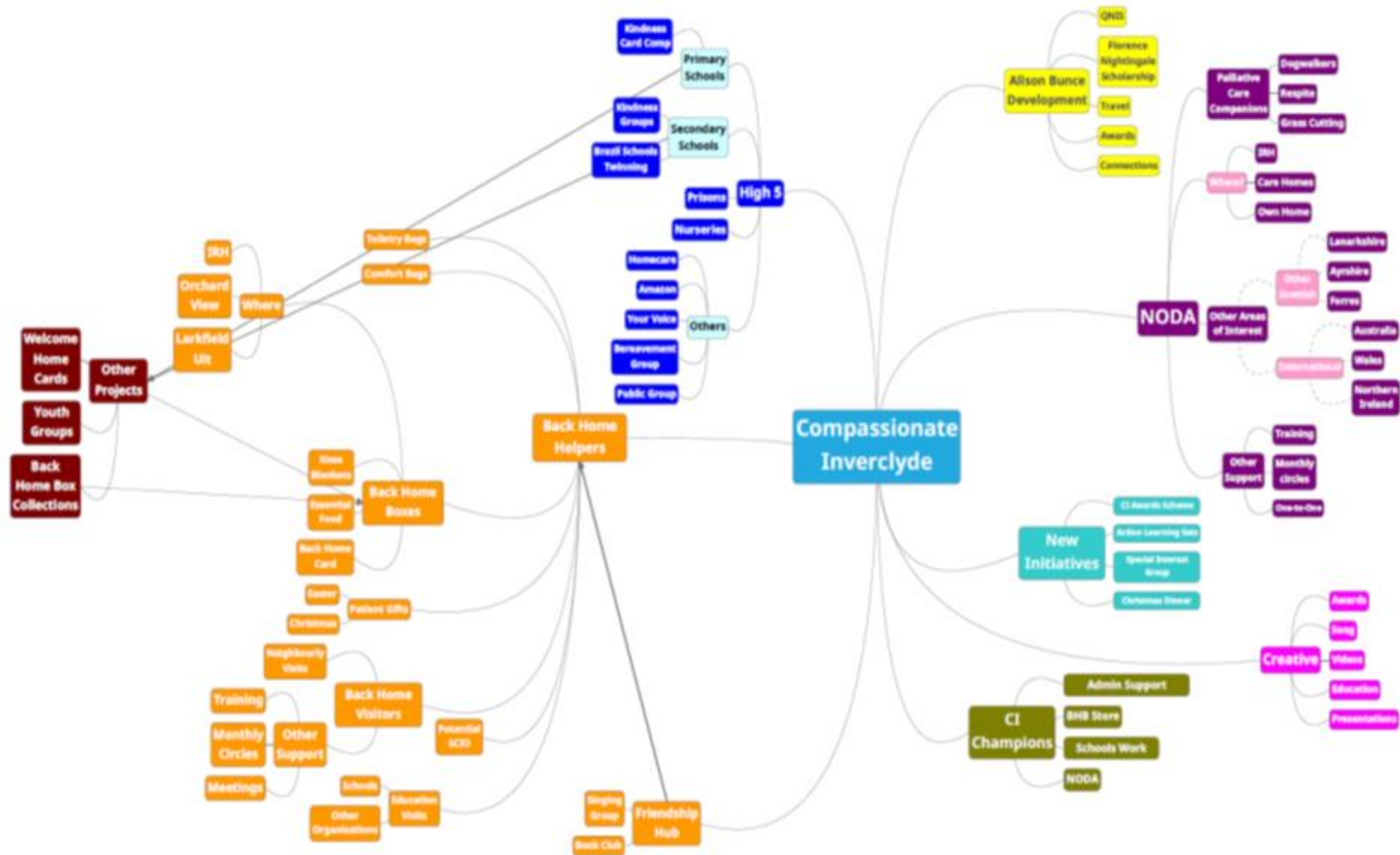
- Given out over **5000** Back Home Boxes
- Provided **656** visits for **46** elderly people at home
- Dog walking for palliative care patients
- Approx **20** people attend singing group
- Over **500** people have completed the High 5/Selfcare 500 programme
- Approx **45** people attend friendship hub on weekly basis
- Trained and recruited 12 New mum companions, supported **12** new mums
- Established a Caring cuppa scheme
- Developed a Wellbeing walk



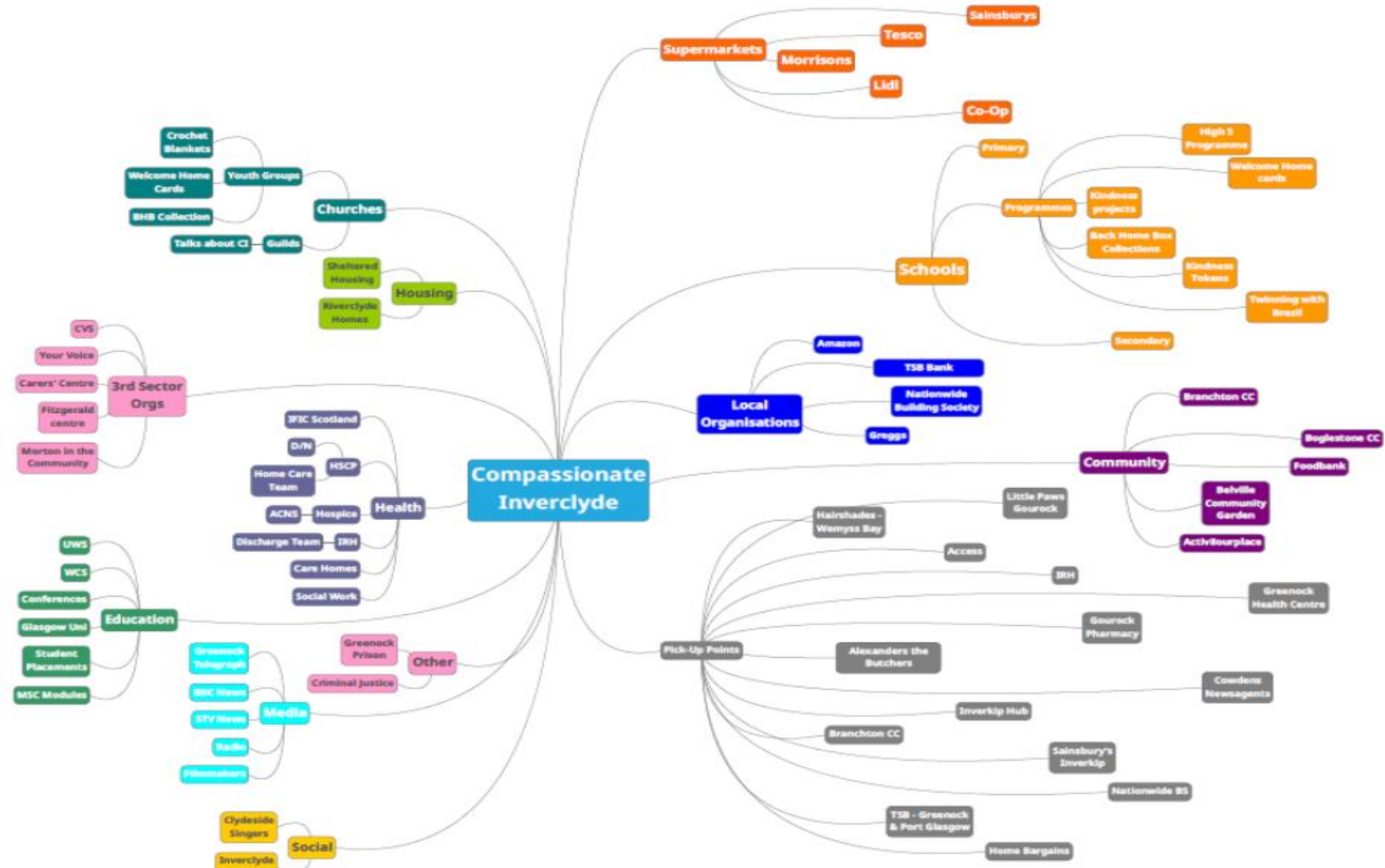
KINDNESS AWARDS



Mind Map of services



Mind Map of groups



Scottish Government National Performance Indicators



We are a society which treats all our people with kindness, dignity and compassion



Compassionate Inverclyde Award winning



- Inverclyde Community Champion – Winner – 2018
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- CVS Reach for the Stars – Winner – 2018
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- COSLA Awards – Winner- Special Award, Excellent People, Excellent Outcomes – 2018
- Herald Society Awards – Winner – 2019
- Colin Mair Award for Policy in Practice, awarded to Inverclyde HSCP and Ardgowan Hospice for support to Compassionate Inverclyde – 04/12/2019
- Sunday Mail and Daily Record Community Champion Award – Winner – July 2019
- Winner of best paper at IFIC 2019 Conference – April 2019
- Woman and Home Amazing Woman Award – Winner – September 2019
- CVS Volunteer Award for volunteer organisation of the year public vote – Winner – 2018
- Community Hero Award (St Columba's Care Home Group) – Winner
- Outstanding Achievements Award (St Columba's Group) – Winner
- Age Concern – Awarded a Certificate of Highly Commended
- Bees Knees Award – Finalist
- RCN Award – Finalist
- Inverclyde Inspirational Award – Finalist – November 2019
- The Queen's Award for Voluntary Service – June 2021
- Compassionate Inverclyde has also been recognised around the world including Australia, Spain, USA, Canada, and by the Scottish Government.

FEEDBACK: NODA

"Dad died on 24th July with Gillian by his side. I have no regrets about not being able to be there with him because I knew that Gillian was. She also went over and above what I would have expected by waiting at the hospital until I arrived so that she could share his last moments. This is something that I will never forget and if there is any way that I can help to promote or support NODA moving forward please do not hesitate to let me know."



"I just wanted to thank you for your help in last few days of my mother in laws life, she passed away on Thursday and my father in law requires a high level of care. My family has been torn between both of them for weeks, its been a real struggle. I came and sat with my mother in law and we could then rest and care for my father in law during her last few days knowing someone was with her when we couldn't be. It made ALL of the difference in those last few days of her life, especially to my Mother in law who was frightened. I'm a nurse and we don't have this where I work, its an amazing initiative and I thank you from the bottom of my heart, I will make sure as many people know about you as I can xxx thank you"



FEEDBACK: Back Home boxes

"It was a lifesaver"

"so helpful and kind" 

"It got me through a couple of days as I couldn't get to the shops" 

"Goodmorning all at compassionate Inverclyde, just a wee note to send my appreciation and thanks for the fantastic service you all provided for my mother, she was over the moon with what she received, I myself can't get over to see her at the moment due to my low immune system so really your service was a God send, my mother is a very independent lady and before this lockdown she would go down to Morrisons twice a week but as you know that's impossible at the moment, so once again we both thank you from the bottom of our hearts for the sterling work that all doing for the community and surrounding areas God bless each and every one of you." 

"I burst out crying as soon as the lady dropped off the food & toiletries from the bottom of my heart I am eternally grateful"

"God bless all of u xxxxx " 

"I have been fortunate to have receive 2 of the back to home boxes from you's in the last year. I was and still am so Grateful for them. What you's guys do must be so time consuming but I don't know how I would've coped if I never got them and I'm sure there's lots of people in same situation. Keep up the good work compassionate Inverclyde "" 

FEEDBACK: HIGH 5

“It makes you stop and think more about how you feel and how you see things around you”

“Very useful techniques of help to participants”

“This course has given me a confidence to help more people instead of walking past”

“It allows you to really focus on what’s important in life and not to get caught up with the little things”

“I enjoyed the course – made me reflect more and transition negative thoughts into more positive ones”

“Essential training for every organisation the simplest act of compassion and kindness supports your team”

“It allows you to appreciate and then focus on things that make a difference to others. This also makes me notice things now. The course also highlights areas to improve and connect”

“I would definitely recommend as I have found it useful to reflect on how I behave, and how to have a more positive, calm and kinder outlook and actions. I have found myself speaking about these values to my immediate family and friends”

“On the face of it the concepts are straightforward, but actually taking time to do it and discuss it was valuable. Never done any meditation before which I felt was really good. I have a lot to be thankful for so I am glad I now take more notice”

“Taking time out to reflect on some important aspects of life and me as a person and reflecting on what I could do better”

“It provided a reminder to take time to appreciate life and its many joys. It also let me know it is normal to get satisfaction from helping others”

“Absolutely for the benefit you personally get in participating but also the onward wider benefit to society”

WHERE WE ARE NOW

- Became a SCIO in September 2023
- Established a new Board
- Having a launch event on 09th October 2024
- Funding from the Big Lottery for 2 years
- Have 3 part time members of staff
- New office





- https://youtu.be/x4HR_TfoHvU