

Caring – Compassionate – Committed

St Catherine's  
Compassionate  
Communities

# Compassionate Communities:

Building community confidence and resilience in talking about death and dying, and strengthening bereavement support in Central Lancashire

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St Catherine's Hospice*

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# Overview

- Why do we need a new approach?
- What are 'Compassionate Communities'?
- Central Lancashire experience
- Q&As and discussion

# The medicalisation of death





# Ambitions Framework

- 01 Each person is seen as an individual**  
*I, and the people important to me, have opportunities to have honest, informed and timely conversations and to know that I might die soon. I am asked what matters most to me. Those who care for me know that and work with me to do what's possible.*
- 02 Each person gets fair access to care**  
*I live in a society where I get good end of life care regardless of who I am, where I live or the circumstances of my life.*
- 03 Maximising comfort and wellbeing**  
*My care is regularly reviewed and every effort is made for me to have the support, care and treatment that might be needed to help me to be as comfortable and as free from distress as possible.*
- 04 Care is coordinated**  
*I get the right help at the right time from the right people. I have a team around me who know my needs and my plans and work together to help me achieve them. I can always reach someone who will listen and respond at any time of the day or night.*
- 05 All staff are prepared to care**  
*Wherever I am, health and care staff bring empathy, skills and expertise and give me competent, confident and compassionate care.*
- 06 Each community is prepared to help**  
*I live in a community where everybody recognises that we all have a role to play in supporting each other in times of crisis and loss. People are ready, willing and confident to have conversations about living and dying well and to support each other in emotional and practical ways.*

## **Ambition 6:**

“I live in a Community where everyone recognises that we have a role to play in supporting each other in times of crisis and loss. People are ready, willing and confident to have conversations about living and dying well and to support each other in emotional and practical ways.”

# What are Compassionate Communities?



“Compassionate Communities UK has been **developed to work with communities to build compassion as a major value in life**, manifesting in the way we treat each other and the world around us. Compassionate Communities is built on a combined ethos of a Public Health Approach to Palliative and End of Life Care and Community Development.” *(Compassionate Communities UK)*



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# The 95% rule

A pioneer of the Compassionate Communities approaches, Professor Allan Kellehear, identified the 95% rule.

A person living at home with a life-limiting illness may come into contact with statutory services up to 5% of any day.

He asks the question, ***“As a community, what can we do to occupy that 95%?”***



# Central Lancashire Experience: What can we do to occupy the 95%?



Activities

Asset Based Community Development

Community-based and led

Outcomes

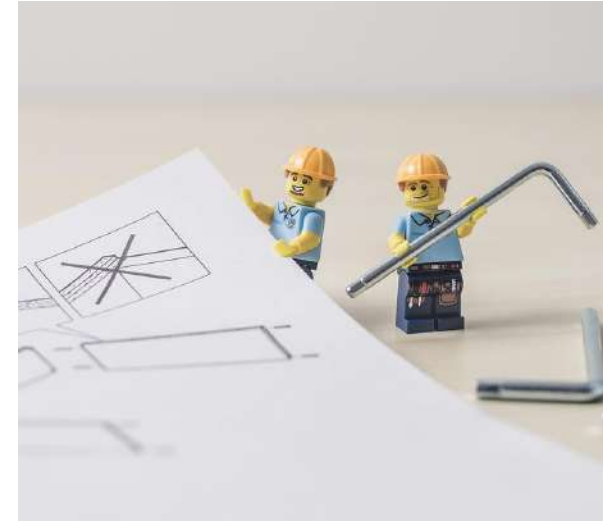
Increase in conversations about  
death and dying

Increase in community resilience and  
confidence in PEOLC and bereavement



# Community Development: Our Compassionate Communities Toolkit

- Join networks, make contact, reach out, **listen**
- Community mapping
- 'Talkin Tables' chatty café scheme
- Chorley pilot – a church, council and social prescribers
- Bereavement Cafes
- **Compassionate Conversations**
- **Last Days Matter**
- Living Well Hub
- Mapping community and bereavement support: an internal and external resource



# Collaboration and Partnerships

- Three local authorities (two borough and one city council)
- Social prescribers
- Charities
- Community groups
- Networks
- Places of Worship
- GP surgeries
- Social workers
- Public services (Lancashire County Council and Lancashire Constabulary)
- NHS Community Prevention Engagement Team
- Central Lancashire Bereavement Group Network (new!)
- Two local Health and Wellbeing Partnerships (Preston, and Chorley and South Ribble)(new!)



# Community Support: Connecting People

- Develop peer-support to reduce social isolation and loneliness
- Key priority for many local authorities
- Find what's out there; promote it, support it, build on it

**Talkin' Tables** at The Mill

St Catherine's Compassionate Communities

All welcome!

**WHEN?**  
Every Tuesday  
10am-11am

Meet with local people for friendly conversations in a warm and welcoming environment.

THE MILL

Beating loneliness and building friendships one table at a time

Bereavement Cafe CHORLEY

St Catherine's hospice care

EVERYONE welcome

A warm, friendly and safe place for grieving people to connect with others and find comfort.

Second Wednesday of the month,  
2pm-3.30pm

St Laurence's Church, Union Street,  
Chorley, PR7 1EB

St Catherine's Compassionate Communities

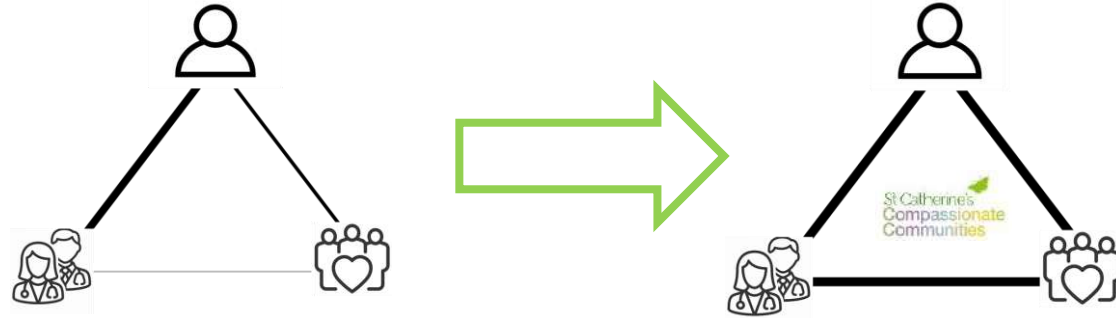
"I feel lifted after talking here today with you all"

"This has done more good than seeing my GP"

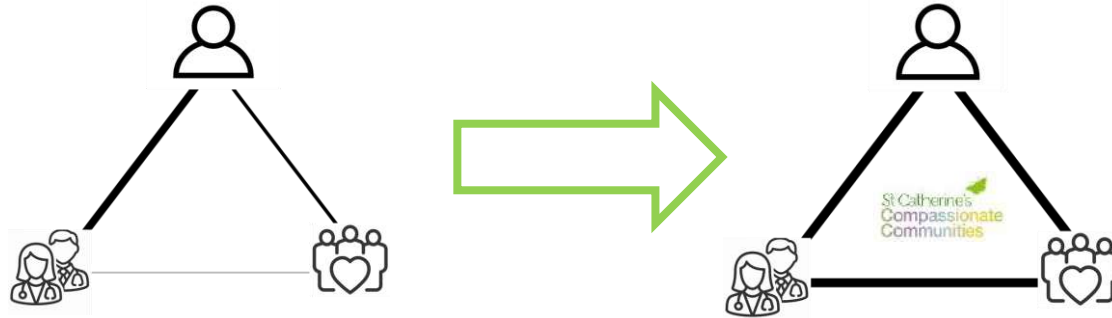




# Multi-Agency Partnership Working: EoL Social Prescribing



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**Talkin' Tables at The Mill**

St Catherine's Compassionate Communities

EVERYONE WELCOME

Every 1st Tuesday 10am-11am

Meet with local people for friendly conversations in a relaxed and welcoming environment.

THE MILL

For details please email: [compassionate@stcatharines.co.uk](mailto:compassionate@stcatharines.co.uk)

**Bereavement Cafe** St Catherine's

CHORLEY

EVERYONE WELCOME

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Second Wednesday of the month, 2pm-3.30pm

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**Last Days Matter** St Catherine's

A free half-day session Open to all

The session aims to walk you through what happens at the end of life, to help you and your loved ones to discuss death and dying, make future plans and share wishes.

There are five short films followed by group discussions, led by our hospice teams, on planning for the future, how to support and accompany someone towards the end of their life, saying goodbye, organising the signs of dying and finding the "new normal" after someone has died.

Please note, this is an emotional session with sensitive content. Sessions can also be held in your home to suit your needs, or for more information please contact us.

St Catherine's Hospice, 42-72 Airedale, Luton & Mill, Preston, Lancashire PR1 3JQ  
www.stcatharines.co.uk

St Catherine's Compassionate Communities

St John's Hospice, 100-102 St John's Road, Chorley, Lancashire PR7 5JG

**Living Well Hub** St Catherine's

for people living with serious illness

A monthly drop-in offering free advice and information

First Wednesday of the month, 10am-11.30am  
Uxstall at The Mill cafe, St Catherine's Park, Loobock Hall, PR5 5XU

Free legal, financial, benefits, funeral, wills, safety and wellbeing advice and guidance from our hospice teams and local professionals

St Catherine's Hospice, 42-72 Airedale, Luton & Mill, Preston, Lancashire PR1 3JQ  
www.stcatharines.co.uk

St Catherine's Compassionate Communities

For more information, please get in touch with the Compassionate Communities team on 01772 42317 or email [compassionate@stcatharines.co.uk](mailto:compassionate@stcatharines.co.uk)

## Resources

To see more useful resources for everyone in our community - particularly carers or the bereaved, please [click here](#)

<p><b>Preston social support groups</b></p> <p>Information and contact details for social support groups in Preston</p> <p>Find out more</p>	<p><b>South Ribble social support groups</b></p> <p>Information and contact details for social support groups in South Ribble</p> <p>Find out more</p>	<p><b>Chorley social support groups</b></p> <p>Information and contact details for social support groups in Chorley</p> <p>Find out more</p>	<p><b>Local bereavement support and support groups</b></p> <p>Information and contact details for bereavement support and support groups open to all in Preston, South Ribble, and Chorley</p> <p>Find out more</p>
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# Hospice to Hospice Collaboration



# Partnership and Collaboration

## 1. Compassionate Communities Network Meeting



## 2. UK Hospice Community Engagement Network Group



Training  
Events  
Resources  
Successes  
Failures  
Ideas  
Peer-support


## 3. Compassionate Communities UK






# Chorley Bereavement Café: a Pilot

**St. Laurence's  
Wellness Hub**



**MIND  
BODY  
SPIRIT**

The Parish of Chorley  
Saint Laurence



**St. Laurence's is here  
for the whole community.**

**Prayer for Healing**  
Each Thursday at 12.15pm we hold a Eucharist with special prayers for Healing. Once a month this is replaced by a Healing Service at 6.15 pm with the laying on of hands and anointing. Please come along if you would like us to pray for you, or if you would like us to pray for someone you love and care for.

**Bereavement Café**  
This group meets monthly to provide a safe, non-judgemental, space for people to gather with others who have been bereaved and who know how difficult living with loss can be. The group meets every 2nd Wednesday of the month at 2pm.

**Emergency Food Parcels**  
If you are struggling for food we do not want you to go hungry. If you call 07763 226 275 we can arrange a short-term emergency food parcel to be delivered to you.

**Parish Nurse Ministry**  
Our Parish Nurse is part of the team, sharing in our health ministry. Parish Nurses analyse local health needs and then focus on improving, maintaining and regaining health through education, advice, advocacy and referral. This ministry is particularly aimed at people who may have difficulty accessing their local GP.

**Mindfulness**  
With so much pressure and anxiety impacting on day to day life, it's important that we find time and space for ourselves. The group meets Mondays at 9.30 am. Please contact The Hub for dates.

**Healthy Healing Hub**  
We believe when churches engage in the healing ministry, they will be fulfilling the command of Jesus to grow the church. This is because the healing ministry is not just about a 'healing service', it is about creating an atmosphere of welcome to God's suffering people and the proclamation that God heals through sacrament, pastoral ministry and outreach.

**Monday Open Table**  
5pm each Monday  
A free, hot meal for those in need of food and/or company.

**CAP Debt Centre**  
If you are struggling with debt, then do not struggle alone. Our Debt Centre Manager, Rachel Gilkes, will be pleased to meet with you and see if CAP can support you. Call 07745 334 027 to arrange an initial conversation. There are also courses to help you manage money. If you become a client of CAP you have a befriender who will support you on your journey to being debt-free.

**Taste Café**  
Inspired by a verse from the Psalms: "taste and see that the Lord is good" we are open 11am – 2pm Tuesdays to Fridays serving coffee/tea, home baked cakes, home made soup and filled rolls. We do not charge for this but donations are welcome.

**Stepping Stones**  
A light programme designed to help people take the 'next step' and gain confidence and experience to apply for jobs. We can offer mentoring, practical work experience opportunities and guidance and also practical help like clothing for interviews etc.

**Wednesday Walk & Talk**  
We will meet monthly at the Sensory Garden in Astley Park for a gentle stroll together, finishing off with brews and cake in St Laurence's.

**Mental Health Support Group**  
This group is open to all who feel that they would like to meet with others who face mental health struggles. This is a confidential space where people can say as little or as much as they wish and find comfort knowing that they are with other people who understand what they are going through.



# Chorley Bereavement Café: So What?

- Over 40 visits in six months
- Supported by four volunteers
- Church volunteers trained in Compassionate Conversations
- Sustainable – handed over to church after six month pilot



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# Our Ask

- Promote the Living Well Hub
- Promote Last Days Matter
- Promote Bereavement Cafes
- Suggest Community Groups/Volunteers for Compassionate Conversations
- Update us of local Bereavement Support
- Work in Preston? Get involved
- *Join the worldwide movement to empower communities to support people to care for each other at the end of life and loss*



# Summary

- With the advent of Integrated Care Partnerships we need to ensure the needs of dying and bereaved people are prioritised
- Compassionate communities is an excellent vehicle for community development, with an End of Life focus
- *“As a community, what can we do to occupy that 95%?”*



# Questions and Answers



## Reflection and discussion

### **Jenny England**

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[www.stcatherines.co.uk/compassionate-communities](http://www.stcatherines.co.uk/compassionate-communities)