

# End of Life Compassionate Network Bulletin

Issue 3: March-April 2021

Caring Compassionate Communities across Plymouth, South West Devon, South Hams and East Cornwall

Do you want to make a difference in your community?

Here's how some of our Compassionate Friends have helped those in their communities who are living with a life-limiting condition, affected by loss or experiencing loneliness.



Workplace Wellbeing Champions from Plymouth City Council trained as Compassionate Friends!

"I pledge to take the time to listen to my team members who might be going through a difficult time"

The [Compassionate Workplaces Scheme](#) will relaunch in May 2021. Contact us to find out more.

**"I am so very grateful to have a Compassionate Friend to connect with"**

## COMPASSIONATE FRIENDS COVID-19 RESPONSE

Thank you to all of our Compassionate Friends who have made a difference during the pandemic. Reaching out to others not only reduces feelings of loneliness and isolation, it helps meet the needs of those who wish to be cared for in place of choice and stay within their communities.

In this clip <https://www.youtube.com/watch?v=u7LWhmubOZs>, Marcia talks about the worries she had at the start of lockdown with her illness. Despite having a very supportive family, the extra emotional support and practical help given by her Compassionate Friend has been invaluable to her .

Are you **caring for someone** in their last months of life? Do you need support?

Does the person who is caring for you need **more support**?

Do you have some **spare time**? Could you or your volunteering group help someone in your community who is a carer or has a **life limiting illness**?

Contact the **Compassionate Communities Coordinator** via **St Luke's Hospice Plymouth Community Hub** by telephoning **01752 964200** or emailing [community@stlukes-hospice.org.uk](mailto:community@stlukes-hospice.org.uk).

A member of our Community Support team will speak to you to discuss what support you already have and what additional support you might want or need. They will then connect you with local Compassionate Friends who may be able to help. Free Compassionate Friends training available. If you have a story of how you **LEND** a helping hand or listening ear or how you have received great support from your community, please email or call us.



@StLukesCommDev

#CompassionateFriends



Plymouth Compassionate City

[www.plymouthcompassionatecity.co.uk](http://www.plymouthcompassionatecity.co.uk)



## **NORTH PLYMOUTH COMPASSIONATE FRIENDS NETWORK - A new Compassionate Friends Network in Plymouth**

We now have new Compassionate Friends Co-ordinators stepping up to take on the organisation of a newly formed Compassionate Friends Network in north Plymouth. Welcome to Denise and Angela! Having completed Compassionate Friends training and being involved in their communities through Glenholt Community Good Neighbour Scheme and Relay for life, Denise and Angela came along to training on Zoom to find out more about the role of a co-ordinator.

Since completing their training they have set up a [North Plymouth Compassionate Friends Network](#). The network brings together Compassionate Friends from Glenholt, Derriford, Widewell, Belliver, Southway, Tamerton Foliot,

Estover, Thornbury, Leigham and Mainstone to work alongside St Luke's and other health and social care professionals to lend a helping hand or provide a listening ear to those at end of life and those close to them who are affected by loss.

Angela, a civil servant for over 25 years said " I have wanted to get involved in something more local for some time and know from personal experience how much the right support can make a difference. Some don't always have loved ones close by or get the support they need and it is those that I really want to help"

Denise, organiser of the [Glenholt Community Good Neighbour Scheme](#) which was formed a year ago during lockdown, said "This will be a great extension to some of the work we are doing locally and we would love to hear from those living in and around that might be interested in joining the network"

Thank you to those that have come forward so far. If you live in or around the areas listed above and think you would like to get involved, contact Denise Mills by emailing [dmills568@hotmail.com](mailto:dmills568@hotmail.com).

## **COMPASSIONATE SCHOOLS**

When we each share our own stories of grief, we can help others going through bereavement to feel less anxious and isolated.

Annabel, a student at Notre Dame School in Plymouth (which two years ago became our city's first Compassionate School), knows first-hand what it is like to lose a parent at a young age.

She is using her experience of heart-breaking loss to encourage open, honest conversations about death, dying and bereavement among people of all ages.

Have a read of her excellent, thought-provoking article <https://generationplymouth.com/2020/06/18/the-big-d>, which asks, "Are you ready to start the conversation?" and reveals the results of her Instagram poll. Well done, Annabel, for helping others through your words.

The [Compassionate Schools Award](#) is due to restart in September 2021, with priority to complete schools that have started the award but have been unable due to the pandemic.

## **COMPASSIONATE CARE HOMES**

Relaunch meeting Thursday 29 April 2021 on MS Teams.

For [more information](#), contact Paula Hine via [education@stlukes-hospice.org.uk](mailto:education@stlukes-hospice.org.uk)

# Want to get involved?

## COMPASSIONATE FRIENDS AROUND THE YEALM

We are forming a Compassionate Neighbours Network starting with Yealmpton in the South Hams.

**Join us!**

Live in Yealmpton and want to know more?

Contact local Compassionate Friends Coordinator

Terry Milam

**Email:** [terrymilam@tjmilam.com](mailto:terrymilam@tjmilam.com)

**Tel:** 07727 266979

## ENHANCING END OF LIFE CARE FOR ARMED FORCES PEOPLE

Thanks to grant funding from the [Armed Forces Covenant Fund Trust](#), the End of Life Military Compassion project will help ensure the community is a kinder place for both current military personnel and veterans whose time is running short. The project, newly launched by St Luke's, will also support their families.

We are looking for local **veterans to become Compassionate Friends**. Military Compassionate Friends; training dates below.

Please click here to find out more about this fantastic initiative | <https://bit.ly/3bOaUoH>

Getting involved is easy! Give us a call or join the [End Of Life Compassionate Network](#) and select your interest. We particularly want to hear from COVID-19 community response groups who want to continue to make a difference beyond lockdown.

## Being a Champion

Are you already a Compassionate Friend? Why not train to be a Champion. A Compassionate Friend Champion learners to deliver Compassionate Friends Awareness sessions.

To book your place today please click [HERE](#) or give us a call to find out more

## Important Dates

<b>Wednesday 14 April</b> 9.30am– 12pm	Compassionate Awareness Friends
<b>Tuesday 20 April</b> 10am– 12pm	Compassionate Friends Coffee and Chat A forum for Compassionate Friends supporting patients and carers Contact: <a href="mailto:education@stlukes-hospice.org.uk">education@stlukes-hospice.org.uk</a>
<b>Wednesday 21 April</b> 1.30pm– 4pm	Military Compassionate Friends Awareness Session For Military, Veterans, their families and support organisations/ groups
<b>Wednesday 28 April</b> 10am– 11.30am	Livewell's Wellbeing at Work Conference in partnership with Devon Chamber. To book click here <a href="http://www.wellbeingatworksouthwest.co.uk">www.wellbeingatworksouthwest.co.uk</a>

**Due to pandemic, all course are being delivered via Zoom.**

**To book your place today please click [HERE](#)**