



Compassionate Communities Active Learning Programme 2020

Session Thursday 17th September 2020

Empowering, supporting & sustaining volunteering activity

Laura Turney, Scottish Government, and George Thomson, [Volunteer Scotland](https://www.volunteerscotland.net), co-facilitated a dynamic session designed to reflect on how to enable, test and sustain a compassionate community from the perspective of volunteers.

'Creating the space for organic interactive dialogue'

Laura reflected on learning from her work on volunteering policy during Covid 19 and signposted us to Volunteering For All: Our National Framework.



Volunteer Scotland developed Radio V to support the community of 35,000 people who responded to the national call to volunteer. Check out Radio V at:

<https://www.volunteerscotland.net/radio-v/>

You can listen via Apple podcasts and Spotify

Compassionate Communities are all the people who are leading the movement, those who want to give of their time, those who respond to call outs and shout outs, those who are benefitting from and those who are giving the gift of their time and energy.



All CC ALP resources and recordings are available at:
IFIC Compassionate Communities Special Interest Group:

<https://integratedcarefoundation.org/global-network/groups/compassionate-communities-sig/about-13/>

Radio V captured the experiences of volunteers and the impacts on volunteers, on those receiving support, and on their communities through a series of 12 short inspirational stories : <https://vimeo.com/showcase/7526015>

Three stories framed:

- * Drumchapel United
- * Gairloch Community Care Scheme
- * Breathe Easy

'Very thought provoking'



Access the session's presentation, stories and rich reflective dialogue whilst learning about the 5C's:
Recording and resource list at: <https://vimeo.com/469834933>



We reflected on the three stories using the 5 C's & what this might mean for our practice.

- **Context:** consider the circumstances, what do we think about, what do we hear, what do we think might be needed?
- **Capacities:** consider the strengths of people, communities of place and communities of interest.
- **Creating:** space to see the potential in others, understand what might be needed, and invest time to build relationships.
- **Communication:** the communication fits the need, fluid, agile, appropriate space for meaningful interactions, space to express feelings, opportunities to make a difference.
- **Changes:** what has happened? What's been the result? Benefits? Improvements? Transformation?

Participants reflections

The impact of stories
– they are direct and
authentic

Power of peer support:
See, Identify, Reach out

There has to be
chance for magic
can happen

Its all about relationships
Human connections and
friendships

Holistic outcomes:
quality of life for the
giver and the receiver

- ◆ (Volunteering) is different from services
- ◆ We are all leaders and can create space. This could be the path when you are taking your neighbours bin out

Useful resources and links

Volunteering for All, Our National Framework:

<https://www.gov.scot/publications/volunteering-national-framework/>

Volunteer Scotland:

<https://www.volunteerscotland.net/>

<https://www.volunteerscotland.net/for-organisations/guidance/all-guidance-and-templates/>

<https://www.volunteerscotland.net/for-organisations/>

Radio V: <https://www.volunteerscotland.net/radio-v/>

Radio V Stories <https://vimeo.com/showcase/7526015>

Other resources and links

Carnegie Kindness: <https://www.carnegieuktrust.org.uk/project/kinder-communities/>

Talk of the Town, Carnegie Trust UK

<https://www.carnegieuktrust.org.uk/project/talk-of-the-town/>

The Practice of Kindness: Learning from KIN and North Ayrshire

<https://www.carnegieuktrust.org.uk/publications/the-practice-of-kindness-learning-from-kin-and-north-ayrshire/>