



Compassionate Communities Action Learning Programme 2020

Session 1: Thursday 18th June 2020

Nurturing compassion, wellbeing and resilience in self and others

The session offered an opportunity and space to explore self compassion, resilience and kindness.

The aim was to learn and share together, listen with fascination, contemplate and reflect as we continue on our Compassionate Communities journey.

Session check in highlighted the importance of time for self and family. Spending time appreciating nature – the beauty of a bird song and the strength of nature’s colours. *‘learning new things’ ‘stop to appreciate and unplug’* Rikke Oversholt, Director, Iriss

The power of silence, superbly guided by Alison Bunce, Compassionate Inverclyde, supported participants to reflect on their own self compassion and resilience.



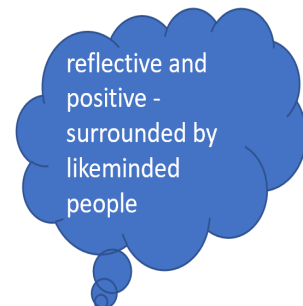
Madeleine O’Brien, Leadership Consultant shared thoughts on **Reframing for resilience: responding, resetting, restarting and recovering.**

Link to Madeleine O’Brien’s presentation: [here](#).
Zoom password: 8D!vg64D

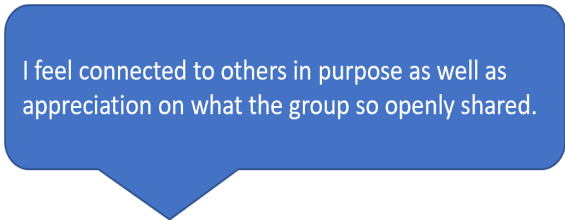


Participants reflections:

- Kindness, generosity of communities filled the gaps = grassroots organisations.
- COVID created the need for new ways of working; e.g. home working, new ways of connecting; It shone light on the need to remain connected and the innate kindness and generosity in communities;
- Ability of groups to step into gaps left by other services is critical in keeping people going and maintaining resilience
- COVID allowed space for innovation as risk taking regarding community development has become acceptable
- We need to value this way of working, which is wholly inclusive, compassionate and inspiring
- Going to start to look at connecting virtually with the community that was interested in compassionate communities prior to COVID19 to move things forward
- Rapid community responses - happening organically. On the ground at micro level.



‘Stories are about 22 times more memorable than facts alone’
Jerome Burner, Actual Minds, Possible Worlds (1987)



Additional materials from Session 1 can be found on the Compassionate Communities [Special Interest Group](#)

Useful resources and links

Dr Kristin Neff, Self Compassion: <https://self-compassion.org/>

Revolution 5.0: A Social Manifesto 10-12-2019: <https://www.hilarycottam.com/wp-content/uploads/2019/12/Social-Revolution-5.0- dec19.pdf>

Helen Clayton: Leading with Love: <https://helenaclayton.co.uk/leading-from-love/>

The 5 Side Effects of Kindness: <https://drdavidhamilton.com/the-5-side-effects-of-kindness/>

COPE Scotland individual intervention toolkit: <https://www.cope-scotland.org/>

Iriss Co-production Project Planner: <https://www.iriss.org.uk/resources/tools/co-production-project-planner>

Theory U Presencing Institute: <https://www.presencing.org/>

Queen's Nursing Institute Scotland (QNIS) Resource Hub: <https://www.qnis.org.uk/resource-hub>

Health and Social Care Alliance Scotland (the ALLIANCE): <https://www.alliance-scotland.org.uk/>

- ❖ Humans of Scotland: <https://www.alliance-scotland.org.uk/humansofscotland/>
- ❖ Community in Action: <https://www.alliance-scotland.org.uk/blog/news/community-in-action-a-call-for-stories/>
- ❖ Self Management and Co-production Hub: <https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/>

“NHS Day at the Life 2.0 Virtual Conference on: stress-resistance and resilience through challenging times”: <https://the.3pconference.live/nhsday/>

Q Network blog post 14th July 2020: Wellbeing during COVID: what have we learned?

(Zoom outcomes: <https://q.health.org.uk/blog-post/wellbeing-during-covid-what-have-we-learned-zoom-outcomes/>)