



Compassionate Communities Active Learning Programme 2020

Session Thursday 10th December 2020

Christmas Carousel of Kindness

Our session brought us together at the end of a strange year creating the space and opportunity to reflect and share our own and collective Compassionate Communities journeys through the the four themes of advent:

Hope **Peace** **Love** **Joy**

Mandy Andrew, Associate Director, the ALLIANCE facilitated the *check in*: Looking back on 2020 how are you feeling?

Gratitude, thankful, connections with family, friends and community came through strongly



I like to think I am resilient – but not all the time – (think of) a resilient mindset

Grateful for this being online as it has supported me to participate

It has reinforced the importance of connecting with others and valuing friendship, family and health

Compassionate Communities is a circle of networks – holding things together



Session Reflections

Alison Bunce, Programme Lead, Compassionate Inverclyde (CI) introduced the spirit of advent as: **waiting, watching, preparing, surprise and light in darkness.**

Hope: Sarah shared information on Radio 4s 2020 Reith Lecture by Mark Carney: *How We Get What We Value* and the 8th World Happiness Report in which UK is placed at 13 using stats available for all countries.

The report found 4 key social and institutional variables mattered for happiness:

- ◆ having someone to count on
- ◆ generosity
- ◆ freedom to make life choices
- ◆ and absence of corruption

Listening today gives hope – look at the big picture

Love: We were reminded of the Dalai Lama's quote:

'Be kind always, be kind whenever possible. It is always possible'

We heard how the power of listening, experiencing and walking along another's path has supported a change of practice in south Scotland. And how a local supermarket developed a 5 year old's design into a charity Christmas card. We listened to the impact of the Back Home Boxes and cards designed by Inverclyde Primary School pupils.

Find the word love and use it –

Love is the heart of the future

CHOOSE kindness

Peace is what's happening everywhere.

Compassionate Inverclyde brings a lot of peace to people and to the community. Through NODA families can relax as they know their family member is cared for. Back Home Boxes are a way of peace.

Compassionate Inverclyde brings peace to me – I have made friends where there is mutual harmony and I can be me.

Hope people in other communities find peace

Joy: we have taken small steps in north Tayside. *You (CC ALP participants and faculty) have become my compassionate community. This is restorative for me.*

Warm, compassionate women – (I) get so much from coming (to the monthly sessions) 'I need to come'.

As I listen to you speak, my ears catch the sound, but my heart absorbs the message, and I allow myself to be changed by your words. In this way listening is a gift to you, but it is equally a gift to me (CC ALP participant shared, December 2020)

Instead of concentrating on the bigger picture it has allowed me the time to really appreciate absolutely the people who do things for people every day and for me, to just be grateful and appreciative that I have these people in my life, that want to get up and make a difference to another person in a day

Access December 2020 presentations and resources [here](#)



