



Compassionate Communities Active Learning Programme 2020

Session Thursday 18th February 2021

Being brave, bold and ready to pivot - one story of a compassionate community during COVID

This month Clare Cable, Queens Nursing Institute Scotland, was in discussion with Alison Bunce, Compassionate Inverclyde, exploring Compassionate Inverclyde's response to the pandemic.



Setting the context, Clare reflected that pivoting and change had been a recurrent theme through the session's check in.

We have brought together our own learning and collective wisdom, listening to one another's stories to make a difference across the UK and to learn together in our journey to a kinder, greener, fairer world from where we are.



All these things (Compassionate Inverclyde) changed overnight – in a heartbeat it stopped

Clare checked in with the group by introducing the International Futures Forum (IFF) online Kit Bag cards. Each participant chose a card and shared its personal meaning and relevance.

Check in:
The owl and wisdom represent a turning point for Scotland



The Lockdown Girls

Alison was joined by five Compassionate Inverclyde volunteers and formed the 'Lockdown Girls'

Alison went to the Back Home store to explore what had to be done differently to adhere to Covid-19 restrictions – though at this time she thought it would only last a number of weeks.

Recognising that some people were still isolated and lonely in the community the volunteers started 'isolation calls' – these continue today, and some have led to ongoing supportive friendships.

The hospital nurses highlighted there were people in hospital in need of night wear and toiletries as no visitors were allowed. The team called out to the community with a great response of freely donated supplies

Life turned on a Sixpence



Session Reflections

- ⇒ I think in words and the words that jump out are: Freedom, Failure and Frustration.
- ⇒ This is a whole new level of deepness and learning for us and others.
- ⇒ People taking own responsibility and through this nurturing other relationships is rich learning.
- ⇒ Gentle reminder to go back to what matters and refocus – its a pivotal moment for me and thank you for sharing.
- ⇒ Building on the words Freedom, Failure and Frustration. There is another one Faith, faith that everything is going to work out.

Every single one of us has a powerful story, we are all valuable and our stories are valuable, no matter what the story is. I have had the great opportunity of sharing a small bit of my story and there is power in the story telling.

If we sat and listened to any one of us – every single one of us would have a powerful story that each of us would learn from.

Through adapting Compassionate Inverclyde:

- ◆ 49 NODA Companions started making isolation calls
- ◆ Collected and delivered nearly 400 prescription
- ◆ Back Home Boxes continued and evolved into Isolation Boxes
- ◆ High Five training continues with volunteers and Hospice

Access January 2021 recording, presentations and resources [here](#).



Useful resources and links

- ⇒ Compassionate Inverclyde evaluation and short videos:
<https://ardgowanhospice.org.uk/how-we-can-help/compassionate-inverclyde/>
- ⇒ International Futures Forum Kit Bag:
<https://www.internationalfuturesforum.com/p/iff-kitbag-online>
- ⇒ International Futures Forum: <https://www.internationalfuturesforum.com/>
- ⇒ During our session Alison shared she has commenced Capacitar training supported by QNIS. The word 'capacitar' is a Spanish verb meaning to empower, to encourage, bring to life. More information and practical examples can be found at QNIS Capacitar practices for wellbeing:
<https://www.qnis.org.uk/wellbeing-practices/> and at <https://capacitar.org/>

Resilience

- ⇒ White Paper Resilience at Work A Framework for Coaching and Interventions:
<https://workingwithresilience.com.au/wp-content/uploads/2018/09/Whitepaper-Sept18.pdf>
- ⇒ Winwood, P. C., Colon, R., & McEwen, K. (2013). A practical measure of workplace resilience: Developing the resilience at work scale. Journal of Occupational and Environmental Medicine, 55(10), 1205-1212.
https://journals.lww.com/joem/Abstract/2013/10000/A_Practical_Measure_of_Workplace_Resilience_.12.aspx

Personal Resilience

