



Compassionate Communities Active Learning Programme 2020 - 21

Session Thursday 19th March 2021

Reflections on our Compassionate Communities' Journeys

The session created an open space to reflect on our individual and collective compassionate communities' journeys in the last twelve months. A gift of time and space to be curious, reflect, explore potential promises to self, others and / or our communities, and shape the future direction of the programme.

Madeleine O'Brien, OD Consultant asked us all:

- ◆ What's bringing you energy and joy right now?
- ◆ What's going on, inside and out, for you today?

The Programme has given me a depth of understanding and tremendous confidence. Networking with other participants was great, we have made friends not colleagues – it is a safe space with kindred spirits.



Having the community around me all the time is a joy – it doesn't change from day to day.

What brings me joy is knowing my family is safe and also sitting here with the sun shining around me.

All CC ALP Flash Reports with links to session recordings are available at: [IFIC Scotland Hub](#)

The presentation are available from IFICs Compassionate Communities [Special Interest Group](#)

Madeleine shared a sample of quotes from participants in 1:1 interviews

Nowhere else is compassion the focus of the agenda	Uplifted and inspired by the inputs and resources offered	Has enabled a sense of permission to care & foster this amongst communities	The space held was restorative, safe, positive, timely, shared values "we all get it"	Enabled me to feel more confident and courageous in adopting a compassionate approach
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Helen Rainey, UWS and Sarah McGhee, Scholl Academic Centre shared key highlights from the online CC ALP evaluation survey:

- ⇒ Richness of the programme
- ⇒ Person-centred perspective
- ⇒ Supports changes in ways of thinking
- ⇒ Communication and co-production can achieve results
- ⇒ Permission to build on what we are doing
- ⇒ Recognises the value of self care
- ⇒ Builds networks



Organic space and not having a manual helped

Through the Compassionate Communities Active Learning Programme we are building much more.

Learning sessions were invaluable in helping to establish a compassionate community

Our diverse group brought experience and skills and all of us took away different things either in specific and / or generalist ways. I have not seen this before – everyone taking something. This speaks to the organic nature of the Compassionate Communities Active Learning Programme.

Hilda Campbell, COPE Scotland, invited participants to complete a 'Postcard to self' reflection. Here is a sample of reflections in response to some inquiry questions:

NHS work is so embedded of my professional role and work. Being part of the Compassionate Communities Active Learning Programme (2020-21) freed me up from this. You can do this work without agenda setting. This needs something different.

To me a compassionate community.....

- ◆ cares about and for everyone
- ◆ is filled with kindness, shared values and action
- ◆ leaves no one behind

Looking at Compassionate Communities' sometimes the most important aspect is.....

- ◆ Have kindness at the heart of who I am, what I do and learn to create space for myself and others - slowing down to listen and help
- ◆ Be more courageous
- ◆ Learn not to break promises to me as I try hard never to break them to others
- ◆ Always be my authentic self and remember self in everything I do
- ◆ Be kind to myself and learn to be vulnerable
- ◆ Just remember to take a step, even one is important
- ◆ Strength, Hope, Love, Kindness and Wisdom

Looking forward.....

- ◆ I have hope we can build a kinder fairer world for all
- ◆ to a better world full of hope and compassion
- ◆ be brave, bold and refuse to see the fences, just use them for a wee rest when I need it!
- ◆ find creative and inclusive ways to listen to the voices in the community
- ◆ believe in myself and my community that anything is possible

