



## Working Together We Are Better

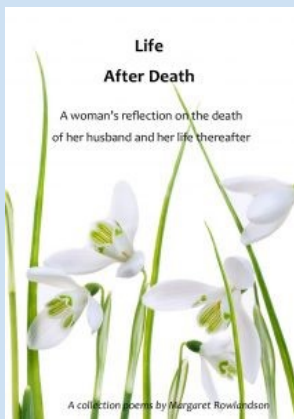
Together through raising awareness, education and grassroots initiatives we are:

- Advancing community involvement to improve the palliative care experiences of people with advanced or terminal illness and frailty
- Increasing community capacity and resilience to support people living with death, dying, loss and bereavement

## Raising Awareness

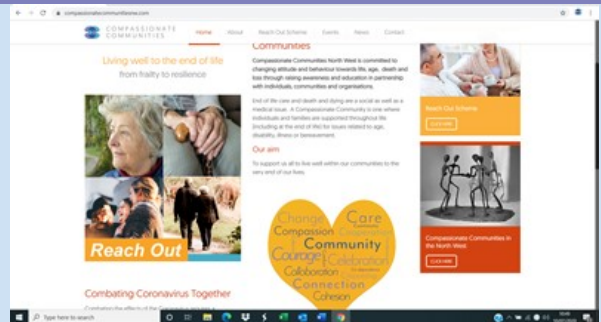
To date the project has:

- Hosted or contributed to 88 events
- Engaged with over 14,000 people



We got creative in raising awareness! With the help of our volunteers, through interviews and the arts, we have brought talking about death, dying and bereavement to the fore.

For more information please visit our website [www.compassionatecommunitiesnw.com](http://www.compassionatecommunitiesnw.com)



Using online platforms and media channels the project has continued to raise awareness and champion compassion and kindness in the local community and further afield.

The project now publishes on line a regular blog tackling the challenges we all face in dealing with our mortality and that of others.

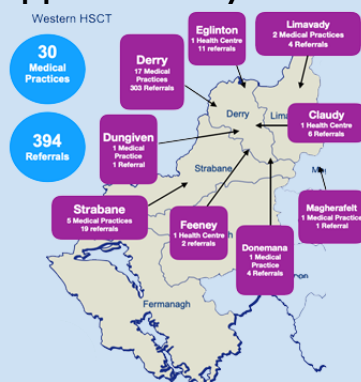
## Dying to Talk Cafés

Our commitment to normalising death and dying through conversation will continue in café events delivered in communities. These events are a wonderful way to take time out to reflect and explore ideas about what is important to you in life and end of life. To share these thoughts with others connect us in a profound way.



## Grassroots

To date the Reach Out Scheme has received approximately 400 referrals from 30



The impact of Covid-19 on Reach Out has meant that face-to-face contact was replaced with telephone contact, regardless our Compassionate Neighbours maintained their commitment.





## Compassionate Collaboration

During the first lockdown the project collaborated local business restaurant business Moji and Studio 2 to provide free cooked meals to the most vulnerable. An early example of compassion in action the service helped to support vulnerable people self-isolating and shielding against Covid-19.

## 2021

Covid-19 has brought into sharp focus the care provided by family to loved ones living with advanced illness and frailty. How our community supports them alongside palliative care services enables social inclusion and quality of life. This is the message we will carry into 2021 *'together we are better'*.

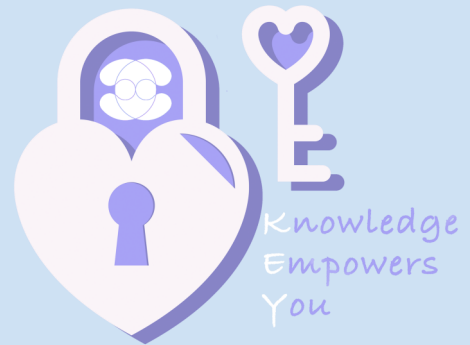
### Reach Out

Social support, in the wake of the pandemic, will be more important than ever. Therefore, we plan to open volunteer recruitment and referrals to Reach Out as soon as is safe to do so.

Until then, we encourage everyone to offer someone who is feeling isolated, your time to simply listen or offer some practical support.

### Educational Workshops

Our educational workshops planned for 2021 will raise awareness. Through increased awareness we aim to enable early identification for palliative care and to empower people to request the support needed.



## Compassionate Cities Charter

Our city over the last year has seen the power of solidarity within communities. Acknowledging our personal responsibility to look after the most vulnerable in our community has motivated citywide acts of compassion.

Together with Derry City and Strabane City Council and other partners we want to continue to build on this momentum and establish **Derry~Londonderry** as a **Compassionate City**.