

Compassionate Clacton

Start-up Workshop - 4 May 2022

Compassionate Clacton is a network of local people and organisations, supported by St Helena hospice, with a shared vision to improve care and support for others at times of health crisis and personal loss.



Show and tell launch

A 'show and tell' launch event was held at Clacton Library on 4 May 2022, that enabled attendees to showcase their role in the community and also to learn about other activities, groups, projects and services.

Providing this opportunity to share and learn was identified as a 'must have' for future network workshops.



What matters at end of life

Discussion about the things that matter to people at end of life across the whole community was stimulated by questions asked by a series of Grave Talk cards.

Involving service users and providing community 'awareness & feedback sessions' were highlighted as critical steps to help the network better understand what matters.



Making a difference

It was unanimously agreed by attendees that Compassionate Clacton can really help make a difference to local people experiencing death, dying and loss, and that a follow-up workshop to identify network priorities and a forward plan was needed – St Helena hospice to coordinate a workshop in June.

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Compassion is recognising the suffering of others and then taking action to help – and everyone is able to help in some way.

"I am so pleased to see something positive like this happening for the community of Clacton and I think together we can make a big difference to the people who are isolated and vulnerable and really do need help and support."

Marjorie Appleyard, Health Forum

"We need to focus on what the patient wants, rather than what everyone else thinks the patient wants. This is crucial in tackling conversations nobody wants to have, but everyone ought to have."

Ian Dowson, St Helena Volunteer

You can help by..

You can be part of Compassionate Clacton by involving yourself and your club, school, shop, organisation, business, group or project. This could include attending network get-togethers, training and education, becoming a compassionate workplace or simply supporting others less fortunate in your community.

The people and organisations below have attended the Compassionate Clacton start-up workshop on 4 May. Regular 'open invitation' network workshops will be held in the future.

The next workshop on Weds 8 June, 10-12 at Clacton Library, will identify how a Compassionate Clacton network can help improve end of life care and bereavement support for the whole community as.

Everyone is welcome and we hope you can make it - just email to confirm at:

compassionatecommunities@sthelena.org.uk

Workshop Attendees

| | | |
|--------------------|---|--------------------------|
| Amy Moody | Palliative Community Nurse Clacton, SNEE Alliance | Web Link |
| Anita Gallehawk | Personalised Care Coordinator, St Helena | Web Link |
| Debbie Dyer | Advanced Clinical Practitioner, Community Hospitals, ESNEFT | Web Link |
| Greg Cooper | Head of Partnerships, St Helena | Web Link |
| Helen Wright | Social Prescribing Link Worker, CVST | Web Link |
| Ian Dowson | Volunteer, St Helena | Web Link |
| Jenni Homewood | Complementary Therapy Lead, St Helena | Web Link |
| Jo Thorne | Community Liaison & Communications, Home Instead | Web Link |
| Joanne Higgins | Palliative Community Nurse Clacton, SNEE Alliance | Web Link |
| Marjorie Appleyard | Volunteer, NEE CCG Patient Group, CVST Dementia Cafe | Web Link |
| Nicky Lancaster | Bereavement Co-ordinator, St Helena | Web Link |
| Phil Wix | Volunteer, St Elizabeth | Web Link |
| Rosalva Johnson | Cultural Awareness Manager, CVST | Web Link |
| Thomas Bell | Operations Manager Bereavement and End of Life, Age Well East | Web Link |
| Vickie Peters | Safe Harbour Project Manager, St Helena | Web Link |
| Wendy Johnson | Trustee, Coffin Club Colchester | Web Link |
| Wendy Pargin | SCSA, Clacton Library | Web Link |