

Compassionate Harwich

Start-up Workshop - 5 May 2022

Compassionate Harwich 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 Harwich Library on 5 May 2022, that enabled attendees to showcase their role in the community and to learn about other activities, groups, projects and services that are making a difference.

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



What matters most 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 the presentation 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.



Achieving better outcomes

It was unanimously agreed that 'Compassionate Harwich' can help achieve better outcomes for local people experiencing death, dying and loss.

A follow-up workshop to identify local priorities and a shared action plan was agreed, with further 'open invitation' network events to be coordinated.

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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.

“The barriers to entry (to key services) through lack of knowledge is just heart-breaking and that’s why I’m so passionate about Compassionate Communities.”

Thomas Bell, Live Well East

“There are people and groups within the community that we can really listen and learn from, people who do compassion better, whether that’s from a family or cultural perspective. There is a lot of common ground and so much room for us all to work together.”

Phil Wix, Volunteer

You can help by..

You can be part of Compassionate Harwich 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 listed below attended the Compassionate Harwich start-up workshop on 5 May.

The next workshop on Thurs 16 June, 10-12 at Harwich Library, will identify how a Compassionate Harwich network can help improve end of life care and bereavement support for the whole community.

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

compassionatecommunities@sthelena.org.uk

Workshop Attendees

Andrew Hampton	Director, Harwich & Dovercourt Independent Funeral Directors	Web Link
Anita Gallehawk	Personalised Care Coordinator, St Helena	Web Link
Claire Scargill	Reverand & Ministry Adviser for Colchester Archdeaconry	Web Link
David Wing	Managing Director, Ramsey Care Home	Web Link
Emma Mazerolle	Community Clinical Nurse Specialist, St. Helena	Web Link
Gill Ogle	Family Advisor, Citizens Advice Bureau Tendring	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
Julia Davey	Breathlessness Senior Staff Nurse, St. Helena	Web Link
Kay Kington	Senior customer services assistant, Harwich Library	Web Link
Kirsty Emerson	Reverand, Harwich Peninsula Benefice	Web Link
Nicky Palmer	Community Nurse Harwich, SNEE Alliance	Web Link
Phil Wix	Volunteer, St Elizabeth	Web Link
Sally Brooks	Breathlessness OT, St. Helena	Web Link
Sarah Wilson	Fundraising Manager, St. Helena	Web Link
Sharnell Wyatt	Operations Manger, Radfield Home Care	Web Link
Terry Walker	Chaplain, St. Helena	Web Link
Thomas Bell	Operations Manager Bereavement and End of Life, Age Well East	Web Link