

Living as well as possible until the end of our lives

#### **About Us**

Compassionate Communities connects with communities and organisations.

Together we work in partnership to help us to live as well as possible until the end of our lives.



#### **Our Mission**

To build community capacity so that communities are more resilient when dealing with a health crisis.

## **Compassion in Action**

Compassion has the power to transform lives and strengthen communities.

Our Compassion in Action Programme is dedicated to fostering a culture of kindness, support, and understanding.

Our programs support the importance of social support and community involvement in achieving health and wellbeing up to and including end of life through:

- Kindness and Compassion
- Active Citizenship
- Social Inclusion



More information & how to book a workshop is available on our website or via email 🦫













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### **Community Development**

We co-design community support that addresses the social and practical needs of those people impacted by a health crisis.

More Info | info@compassionatecommunitiesni.com



People living with advanced illness and frality **spend only 5%** of their time with healthcare professionals and **95% with family** and **friends**.





# Person living with life limiting illness/frailty



- GPDistrict Nurse
- Palliative Care Specialist



- 95%
- Best Friend Partner Cousin
- Uncle Sister Work Colleague
  - Spiritual Leader Neighbour

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or Scan the QR Code to Learn More

