

The Compassionate Communities approach encourages people to support one another in order to reduce isolation and improve the health and well-being of members of their local community.

Bereavement Information Hubs Evening Sessions

Following on from the success of our Bereavement Information Hubs, offering advice and support for people who have experienced grief and loss, we have increased our offer to include evening sessions at both our Bilston and Perton hubs. It is hoped the later sessions will help to expand the reach to more people who are perhaps unable to attend a session held during the day.

Hosted in community venues across Wolverhampton and South Staffordshire, the hubs offer a drop in service where those experiencing loss can speak with trained volunteers who are able to listen without judgement and, where needed, signpost to other support services. Numbers have steadily increased since the hubs were launched in July 2018.

Sessions will be held at the following times and dates:

Bilston Peoples Centre, Excel Church, Wolverhampton Street, Bilston, WV14 0LT
Last Wednesday of the month, 10am–12pm and Third Tuesday of every month 6.30-8pm

Perton Library, Severn Drive, Wolverhampton, WV6 7QU
Second Friday of the month, 2pm–4pm and Third Thursday of the month 6-8pm

Gloucester Street Community Centre, Whitmore Reans, WV6 0PT
Second Wednesday of the month, 10am–12pm

Wombourne Library, Church Road, Wombourne, WV5 9EZ
First Monday of the month, 1.30pm –3.30pm



Conversation Roadshows -What does good care mean to you?

The Community Development Team recently delivered a number of Conversation Roadshows to speak to people out in the community about planning for the future.

The team asked people what good care looks like to them and gave them the opportunity to find out more about the work of Compton Care and its services.

The next Conversation Roadshow will be held on **Tuesday 25th June** from 10am–4pm at Wednesfield High Street.

Compassionate Communities Ambassadors and Champions

We are looking for friendly, approachable and Compassionate people to become a Compassionate Communities Ambassador or Champion.

These roles are vital to helping increase awareness within local communities about the care and support Compton Care provides.

For more information about the roles available please contact Maz Kull on mazkull@comptoncare.org.uk or call 0300 323 0250.

Monthly Feature—What is a Life Café?

A Life Café is a series of creative activities, to encourage thinking and to prompt conversations about what people find meaningful in life and in care.

The sessions are all designed to start conversations in a fun and interactive way, enabling people to talk openly about sensitive and difficult topics.



Compton's Community Development Team run these group sessions across our dedicated sites and out in the community. The sessions prompt thought-provoking discussions about maintaining independence, changing relationships and what our participants would like from their future care.

Feedback suggests those who attend these sessions have found them to be uplifting and helpful and we look forward to running more of these sessions in the future.

For more information please contact the team by emailing compassionatecommunities@comptoncare.org.uk

Dementia Action Week 2019

Last month the Community Development Team held a week of activities to mark Dementia Action Week which were enjoyed by patients, their families, staff and volunteers both at our dedicated sites and out in the community.



Patients in our Day Therapies Centre enjoyed taking part in a life café facilitated by Maz Kull, Community Engagement Co-ordinator, which supported conversations about living well and planning for the future.

There were also playlist for life sessions where patients, staff and volunteers shared and explored the songs that mean the most to them and a seated Bhangra dance class for people to enjoy. Meanwhile Dr Karan Jutlla, Senior Research Associate, held sessions providing advice and support to those caring for someone with dementia at the Bob Jones Community Hub in Bilston.

The team also hosted a Dementia Friends session during which staff from various departments gained an insight into the condition and the things that they can do to make a difference to the lives of those affected by dementia in our local community.

Café Neuro—change of venue

Our last Café Neuro at Action 4 Independence will be on Thursday 20th June 2pm to 4pm.

We are currently in the process of confirming a new venue for this group although the time and date will continue to be the third Thursday of every month 2-4pm.

Care for All - Birmingham Pride 2019

On Saturday 25th May Compton Care joined our palliative care colleagues from across the Midlands to host the 'Hospice Pride' float at this year's Birmingham Pride.

Research has shown that people who identify as LGBT are more likely to have poorer health outcomes and are less likely to engage in healthcare for fear of discrimination, stigma and isolation. And so, this was an opportunity for Compton Care, alongside

Birmingham St Mary's Hospice, The Mary Steven's Hospice (Stourbridge), John Taylor Hospice (Birmingham), Marie Curie (West Midlands), St Richard's Hospice (Worcester) and St Giles Hospice (Lichfield), to unite and share the powerful message that 'our care is for all'.

The thousands of people who attended Pride embraced and welcomed the 'Hospice Pride' float with open arms, many



MND Get Together Coffee & Chat

Join us at Compton Care Day Therapies Centre

Compton Road West, Wolverhampton, WV3 9DH

(Follow signs to Day Therapies Centre)



Friday 2nd August	10.30am to 12.30pm
Monday 2nd September	2pm to 4pm
Friday 25th October	10.30am to 12.30pm
Monday 4th November	2pm to 4pm
Friday 6th December	10.30am to 12.30pm

Our aim is to give people with MND and their families the opportunity to come together in a relaxed atmosphere and a place to share your experiences.

Volunteers and staff will be on hand if you would like to chat.

For more information contact:

Jackie Dornford-May

Tel: 03453 751842

Email: jackie.dornfordmay@mndassociation.org

(Refreshments available)



MND Get Together Coffee & Chat

The next MND Coffee & Chat will be held on Friday 2nd August in our Compton Care Day Therapies Centre. The sessions are run by the MND Association and Compton is proud to be part of this event hosting it on their behalf as part of partnership working.

Our aim is to give people with MND and their families the opportunity to come together in a relaxed atmosphere and a place to share your experiences. Volunteers and staff will be on hand if you would like to chat.

The events are free to attend and are held on a monthly basis. Volunteers and staff will be on hand if you would like further information about MND or Compton Care's services.

For more information please contact Jackie Dornford-May on 03453 751842 or email: jackie.dornfordmay@mndassociation.org

The CCUES Project Update

Complex and Incurable Conditions: Understanding the views and Experiences of the South Asian Community in Wolverhampton

This month continues to see the Community Development Team going out to meet members of the South Asian community as part of the CCUES Project. In May and June, we were invited to talk about Compton Care and the Compassionate Communities approach to the men and women from elder Asian Disability Groups.

Senior Research Associate Dr Karan Jutlla presented to the group to find out more about their experiences relating to caring for those living with an advanced, complex or incurable condition. Their thoughts, views and opinions will inform and help Compton Care improve our reach and engagement within South Asian communities.

Dr Jutlla and Maz Kull, Community Engagement Coordinator, also attended a focus group at the Milan Day Centre and spoke to members of the Gujarati community about Compton Care services and the ways in which we can support them in accessing services for themselves and their loved ones.

We are now coming to the end of filming for the CCUES project. Further information for the date of the official screening will be released shortly.



The Milan Day Centre—Engaging with the Gujarati Community



Compton Care Chief Executive Claire Marshall being interviewed for the CCUES Project