



SOUTH WEST
Compassionate
Communities
NETWORK



Western Australian Forum on Compassionate Communities

*Let's Build a
Compassionate & Connected WA*

Saturday, 7 August 2021
Bunbury Regional Entertainment Centre
8.30 am to 5.00 pm

Community - Compassion - Connectedness



Government of Western Australia
Department of Health



PalliativeCare
WESTERN AUSTRALIA



GOVERNMENT OF
WESTERN AUSTRALIA



SOUTH WEST
DEVELOPMENT COMMISSION

South West
GRIEF & LOSS CENTRE

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WELCOME

Compassionate Communities is an international movement. It recognises that care for one another at times of crisis and loss is not just a task for health and social services - it is everyone's responsibility.

The South West Compassionate Communities Network, the host of this statewide event, has been leading the way in mobilising community members to volunteer and better support people who are caring, dying and grieving. Its aim is to have a better, socially-connected community contributing to the overall health and well-being of everyone, making the South West a better place to live and die.



This forum brings together community members, health and community service providers, local government, researchers and policy makers to share best-practice examples and hear from national and international speakers on how to:

- *Grow a compassionate community and be prepared for the challenges.*
- *Build partnerships with palliative care and other health services*
- *Build partnerships with local government.*
- *Develop a compassionate city charter.*
- *Expand the role of the community in supporting the bereaved and improving grief literacy.*



Attendees will be given the knowledge, skills and resources needed to establish more compassionate communities throughout Western Australia.

We gratefully acknowledge the financial and in-kind support of all our sponsors, who are featured on the back cover. Without them this event would not have been possible.

We wish all attendees, speakers and sponsors a very enjoyable and productive day and encourage you to participate in the activities planned before and after the forum day.

We look forward to knowing about more compassionate communities being established throughout the metropolitan, regional and rural areas of WA.



*Prof Samar Aoun
Chair, South West Compassionate
Communities Network*

PROGRAM

Let's Build a Compassionate & Connected WA



REGISTRATION: 8.30 AM TO 9.00 AM

SESSION ONE

9.00 am to 9.40 am	Welcome to Country Welcome to Forum Opening address by Mayor of Bunbury Forum address	Leanne O'Shea, MC Mayor Gary Brennan Prof Samar Aoun and Lana Glogowski
9.40 am to 9.55 am 9.55 am to 10.10 am	Why a Compassionate Community is important? The challenge of establishing a Compassionate Community: Lessons from the Groundbreakers' Initiative	Prof Allan Kellehear Jessie Williams
10.10 am to 10.30 am	How to develop a Compassionate Community: A start up toolkit and sustainability guide	Bonnie Tompkins

MORNING TEA: 10.30 AM TO 10.50 AM

SESSION TWO

10.50 am to 11.10 am	Working with local government - example from Victoria	Dr Andrea Grindrod
11.10 am to 11.30 am	Working with palliative care/health services - The Connectors Project, example from WA	Prof Samar Aoun
11.30 am to 11.45 am	Tony's Story (video)	Great Southern Compassionate Community
11.45 am to 12.05 pm	What is a compassionate city charter?	Mayor Dennis Wellington and Lesley Pearson

LUNCH: 12.05 PM TO 12.45 PM

SESSION THREE

12.50 pm to 1.10 pm	Compassionate Schools presentation	Laurissa Knowles, Megan Burvill and Janelle Connell
1.10 pm to 2.00 pm	Grief literacy - stories of lived experiences - Shannon's Bridge - LionHeart - What helped in my grief experience	Jeremy McKnight Shelly Skinner Nadia Mitsopoulos
2.10 pm to 2.25 pm	Volunteers and grief support	Rosie Brown
2.30 pm to 2.45 pm	Compassionate Communities and grief literacy	Adrian Barrett
2.50 pm to 3.05 pm	Compassion and grief support	A/Prof Bruce Rumbold
3.10 pm to 3.50 pm	Q and A Session	Speaker Panel
3.50 pm to 4.00 pm	Sponsors' recognition and closing address	Hon Donald Punch, MLA

WINE & CHEESE AND NETWORKING: 4.00 PM TO 5.00 PM

SPEAKERS

Let's Build a Compassionate & Connected WA



Prof Samar Aoun, *Professor of Palliative Care Research, Perron Institute and La Trobe University*

Samar adopts a public health approach to models of care and advocates for person-centred health and social care. Her research programs on supporting family caregivers at end of life and the public health approach to bereavement care have informed policy and practice at the national and international levels. She co-founded the South West Compassionate Communities Network in 2018, is the current chair and is leading the Compassionate Connector Project in partnership with the WA Country Health Service. In 2018 Samar received the medal for excellence from the European Society for Person Centred Healthcare.



Adrian Barrett, *Funeral Director, William Barrett & Sons*

Adrian is a fourth-generation funeral director in his family business and the President of the Australian Funeral Directors Association. With more than 20 years' experience in the funeral industry, Adrian is passionate about grief education and ensuring the families he serves have access to, and knowledge of, support systems in his community. Adrian and his wife, Taryn, are active members of the South West Compassionate Communities Network and keen to be a part of its growth in the years to come.



Rosie Brown, *CEO, Busselton Hospice*

Rosie has over 35-years' experience as a clinician, educator, manager, communicator and leader in the health industry in Australia and the UK. Whilst starting her career in Perth, Rosie moved to the UK in 2001 managing a busy outpatient department before taking up the position of Online Learning Manager at the Royal College of Nursing. Returning to WA in 2013, Rosie played a key role in the induction and orientation of staff to the new Busselton Health Campus in 2015. Rosie joined Busselton Hospice Care Inc. as the Hospice Volunteer Manager in 2017 before taking up the role of CEO in January, 2020.



Lana Glogowski, *CEO, Palliative Care WA*

Lana Glogowski has 30 years experience as a community service professional with management roles in Federal, State and Local Government as well as the not-for-profit sector. She has served as a Local Government councillor as well as on a number of Boards. For the past six years her successful consultancy business, Progressing Priority Projects, has provided project management, strategic planning and training services across WA. She is also CEO for Palliative Care WA and during her tenure has grown this peak organisation and secured State Government funding.



Dr Andrea Grindrod, *Research Fellow and Projects Manager, Public Health Palliative Care, La Trobe University*

Andrea is an international leader in public health approaches to palliative and end of life care. Her focus on end of life combines research and evaluation, policy and program development and a systems approach to support practice in the local government, disability and neighbourhood sectors.. She is the founder and developer of the Healthy End of Life Program (HELP) which is being used to progress Public Health Palliative Care (PHPC) practice and research in Australia and internationally. HELP is featured in the World Health Organization's Global Atlas of Palliative Care. Andrea is a member of the PHPC International Council.



Prof Allan Kellehear, *Clinical Professor, College of Nursing & Health Sciences, University of Vermont*

Allan founded the 'new' public health movement in palliative care – variously known as 'health promoting palliative care', or 'public health approach' to palliative care, or the 'compassionate communities' movement. He is also Associate Director of the charity 'Compassionate Communities UK' and a Fellow of the Academy of Social Sciences. Allan has authored 25 books in this field including *Compassionate Cities: public health and end of life care* (2005), *The Inner Life of the Dying Person* (2014), and *Visitors at the End of Life: Finding meaning and purpose in near-death phenomena* (2020).



Jeremy McKnight, *Co-founder Shannon's Bridge*

Shannon's Bridge is a charity and volunteer run Compassionate Community organisation. Its vision is that family and friends have the knowledge and confidence to help achieve and respect people's end of life wishes. Shannon McKnight (Jeremy's daughter) was diagnosed with a rare leukaemia when she was 17 and spent the next two years in hospitals having intensive treatments. When the treatments no longer worked, Shannon wanted to be home when she died. Local communities stepped in to bridge the gap and to connect Shannon and her family with support to help make her wish of staying home to die a reality.

SPEAKERS

Let's Build a Compassionate & Connected WA



Nadia Mitsopoulos, *Journalist, ABC Radio*

Nadia is a journalist and broadcaster with almost 30 years' experience in radio and television. She hosts the Mornings program on ABC Radio. After completing a Bachelor of Arts degree, Nadia worked as a journalist at GWN and Ten Network, and then joined Associated Press in London as a Producer. On her return she became the State Political Reporter for Nine News. Nadia moved to ABC Radio in 2013, working initially as a producer before presenting the Focus and Breakfast programs. Nadia is a board member of Lifeline WA, the number one ticketholder for West Coast Fever and a passionate advocate for suicide prevention.



Leanne O'Shea, *Deputy Chair of the South West Compassionate Communities Network and Director of the South West Grief and Loss Centre.*

Leanne is passionate about the importance of grief literacy and awareness for building compassionate communities and finding comfort in the discomfort of death, dying, grief and loss. The Grief and Loss Centre was developed to build community connection and encourage conversations around death and dying.

Leanne specialises in grief, bereavement and end of life. She works part time at the Busselton Hospice Care and does contract work in the private, community and health sector.



Lesley Pearson, *Regional Manager-Great Southern, WA Primary Health Alliance*

Lesley has over 40 years' clinical experience within the primary health sector throughout regional, rural and remote WA. One of the most exciting achievements in Lesley's primary health career has been the allocation and co-location of staff and resources to the City of Albany for the Aged Friendly Charter and Compassionate Communities Projects. The formation of these new collaborative partnerships between the community, health services and local government has created the opportunity for a collective impact on the social determinants affecting the health and well-being of our communities.



A/Prof Bruce Rumbold, *Director of the Public Health Palliative Care Unit at La Trobe University, Melbourne*

The Unit works collaboratively with health services, community groups and other academic programs in a number of community capacity building projects on end of life care. Bruce's multidisciplinary interests are supported by postgraduate qualifications in physics, practical theology and health social science. Prior to joining La Trobe University, he was foundation professor of pastoral studies at what is now the University of Divinity, Melbourne. In 2005, he was awarded an OAM for services to palliative care and pastoral care, particularly as an educator.



Shelly Skinner, *CEO, Lionheart Camp for Kids*

With a passion and commitment to working with children and their families following the death of a loved one, Shelly is committed to working towards building a community where grief is seen as a healthy and positive response to death and life challenges and where everyone is taught the skills to grieve in a healthy and safe way. As the recipient of the 2020 John Curtin Medal, Shelly strives to raise awareness of the importance of providing children with the opportunity to speak about emotions and death and to practice these skills in preparation for life's challenges ahead.



Bonnie Tompkins, *Public Health Professional, Pallium Canada*

Bonnie's work mobilises Compassionate Communities across Canada and focuses on the community and their role in supporting those experiencing serious illness, caregiving, dying, and grieving. Bonnie has led community-level initiatives across Canada and is an active contributor to Compassionate Communities work internationally. She is a council member of the Public Health Palliative Care International Association and contributor to CancerandWork.ca. Her interest in palliative care developed through personal experiences as a caregiver to her late partner who died while completing her public health degree.



Jessie Williams, *CEO Groundswell*

Jessie has been with GroundSwell since 2012 in various roles and as CEO since 2019. The GroundSwell Project works in healthcare, neighbourhoods and workplaces to build compassionate communities that support people through their toughest times of health decline, ageing, dying and grief. They are a social change organisation that encourages people to talk about death and dying and care in their own ways. After losing her first born son in 2006, she experienced post traumatic growth thanks to her community. She invites everyone to be a part of the collective change around death and dying in Australia.



Dennis Wellington, *Mayor of Albany*

Dennis has 20 years' experience in Local Government, serving his third term as Mayor until 2023. He is passionate about the Albany community and leading it into a sustainable and prosperous future.

ACTIVITIES FOR DYING TO KNOW DAY

If you are unable to attend a booked activity, please notify the host so another person can take your place



THURSDAY, 5 AUGUST

1.30 PM TOUR OF CREMATORIUM AND MEMORIAL GARDENS, BUNBURY CEMETERY

Hosted by Bunbury Cemetery Board.

Duration: 1 - 1.5 hours.

This is a walking tour and has uneven surfaces. Enclosed shoes must be worn and an umbrella may be needed if it is raining.

Meet at Bunbury Cemetery Board Administration Office located behind the Crematorium, Hales St, Bunbury.

Numbers are limited, bookings essential.

Email bycem@bunburycemetery.com.au or phone 9721 3191.



FRIDAY, 6 AUGUST

2.00 PM MEMORIALS THROUGH TIME AT BUNBURY CEMETERY

Hosted by Hancock Memorials.

Duration: 1 - 1.5 hours.

This is a walking tour and has uneven surfaces. Enclosed shoes must be worn and an umbrella may be needed if it is raining.

Meet at the main cemetery gates, Forrest Avenue, Carey Park

Numbers are limited, bookings essential.

Email consult@hancockmemorials.com.au or phone 9726 2794.



5.00 PM DEATH, BUBBLES AND BITES WILLIAM BARRETT & SONS, WELLINGTON ROOM 17 SPENCER STREET, BUNBURY

Hosted by William Barrett & Sons and South West Compassionate Communities Network.

Duration: 2 hours

Enjoy some bubbles and bites and chat about death and related topics. This is not a grief or counselling session, it's a group discussion on your worries, concerns, thoughts, experiences, curiosities and fears. All welcome in this safe place.

No formal RSVP is required, but to be kept up to date register your interest in the event on facebook (www.facebook.com/barrettfunerals or www.facebook.com/comcomnetworkssw).



ACTIVITIES FOR DYING TO KNOW DAY

SUNDAY, 8 AUGUST

10.00 AM TOUR OF WILLIAM BARRETT & SONS CARE CENTRE 5 ZAKNIC PL, BUNBURY

Hosted by William Barrett & Sons.

Duration: 1 hour.

See inside one of Australia's newest and most advanced funeral care centres. Find out what goes on behind closed doors on this respectful and informative tour.

No formal RSVP is required, but to be kept up to date register your interest in the event on facebook (www.facebook.com/barrettfunerals or www.facebook.com/comcomnetworkssw).

10.00 AM TOUR OF WELLINGTON DAM LIVING LEGACY FOREST 1 WELLINGTON DAM ROAD, WORSLEY

Hosted by Living Legacy Forest.

Duration: 1 hour .

This is a walking tour and has uneven surfaces. Enclosed shoes must be worn and an umbrella may be needed if it is raining.

Numbers are limited, bookings essential. Email chantelle@livinglegacyforest.com or phone 6333 0352 .

11.00 AM TO 4.00 PM OPEN DAY AT THE CITY OF BUSSELTON 2 SOUTHERN DRIVE, BUSSELTON includes Death Cafe at 2.00 pm

A walk-in information sharing day about the services the City of Busselton provides regarding burials, ashes interments and memorialisation in their Cemeteries.

Includes a Death Cafe at 2.00 pm hosted by South West Compassionate Communities Network. Grab yourself a cuppa and chat about death and related topics. This is not a grief or counselling session, it's a group discussion on your worries, concerns, thoughts, experiences, curiosities and fears. All welcome in this safe space. No need to book, just join in.

11.30 AM HOW TO TALK ABOUT SUICIDE 9 RAMSAY STREET, BUNBURY

Hosted by Shining Hope.

Duration: 1 hour.

Counselling will be available.

No need to book, just come along.

1.00 PM TOUR OF WELLINGTON DAM LIVING LEGACY FOREST 1 WELLINGTON DAM ROAD, WORSLEY

This is a repeat of the earlier session at 10.00 am. See above for details.

MONDAY, 9 AUGUST

10.00 AM TOUR OF CREMATORIUM AND MEMORIAL GARDENS BUNBURY

This is a repeat of the session on Thursday, 5 August. See above for details.



THANK YOU TO OUR SPONSORS



PalliativeCare
WESTERN AUSTRALIA

Palliative Care WA is a member-based, not-for-profit organisation committed to a vision of ensuring all Western Australians have access to quality palliative care services. They work to engage and empower the community by increasing awareness and understanding of all end-of-life issues. Facilitating the establishment of Compassionate Communities across WA is one of their key priorities and thanks to the generosity of The Richard Lockwood Charitable Foundation it has been made possible.



Perron Institute for Neurological and Translational Science is WA's longest established medical research institute for neurological conditions. They are committed to translating research findings into outcomes that will improve the health and wellbeing of the community at all stages of life and encourage and support this important WA state forum.



Government of Western Australia
Department of Health

The End of Life Care Program (EOLCP) in WA Department of Health is committed to ensuring the highest quality end-of-life and palliative care for all Western Australians. The EOLCP provides strategic, state-wide coordination, collaboration, and direction on initiatives under the workstreams of Advance Care Planning, End-of-Life and Palliative Care, and Voluntary Assisted Dying.



SOUTH WEST
DEVELOPMENT COMMISSION



The South West Development Commission (SWDC) partners with communities, government, business and industry to identify and support projects that benefit the region. Economic development is a major focus for SWDC, which takes a holistic approach to ensuring the South West is a region of first choice, also working to improve quality of life, enhance liveability and maximise the unique qualities of the region.



WILLIAM BARRETT & SONS
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Since 1897, William Barrett and Sons has served families of the South West over four generations. They remain family-operated and offer an unparalleled range of facilities and services, including a state-of-the-art Care Centre. They support the local community through sponsorship, grief education and after care. William Barrett and Sons is also a proud and active member of the Australian Funeral Directors Association.

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Retravision has been a leading electrical and appliance retailer in WA since 1961. Retravision is committed to being involved with a variety of community groups, charities and events and is delighted to be able to support the Compassionate Communities movement.

Hon Donald (Don) Punch, MLA

Mr Punch is the Minister for Disability Services; Fisheries; Innovation and ICT; Seniors and Ageing. Prior to entering politics in 2017, Don spent almost two decades as the CEO of the South West Development Commission. His long experience in this role provided him with unique insight into the needs of the community and opportunities for growth.