



Compassionate
Albany Charter

Photo: Carol Duncan



Compassionate *Albany* Charter

“ I belong to a community where everyone recognises we all have a part to play in supporting each other during life’s toughest experiences, especially during times of hardship, illness, loneliness, death and grief.

“ We are all touched by these challenges at some point in our lives.

“ Let’s have conversations about living well and dying well and supporting each other emotionally and practically along the way.

This charter represents the aspirations and intentions from across the community to make Albany a more compassionate place to live. It was developed with the people of Albany who attended community workshops in 2019/20.

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Compassion comes from the heart and starts with me.



Shared Humanity

A community where people show kindness, understanding and compassion towards everyone.

“More understanding about the different ways people cope with loss - some talk, some are quiet, some like distraction.

We are not all the same.”

Participant - Youth Focus Group

“Listening in an open way, don’t judge quickly our differences and tell us to ‘just get over it’. Respect our beliefs and connection to country, be open to learning a different way of seeing.”

Participant - Noongar Focus Group

Communication and Information Sharing

Information is easy to find and easy to understand.

Providing clear information on all aspects of support for hardship, illness, loneliness, death and grief for all ages and abilities.

“A compassionate community is a community that is connected, where people talk to each other face to face. There is so much on social media and online which doesn’t actually connect all of the community from young to the old..”

Participant - Community Workshop

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Let’s Listen,
Let’s Ask, Let’s Talk,
Let’s Share.



Compassionate Organisations

Growing more compassion in our businesses, schools, workplaces, clubs, community groups and institutions. Recognising and rewarding compassionate action.

“We need to be more inclusive outside of our clubs or organisations and think of the wider community and what we can do.”

Participant - Business and Sporting Clubs Workshop



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Let's grow, recognise and reward

Leadership and Advocacy

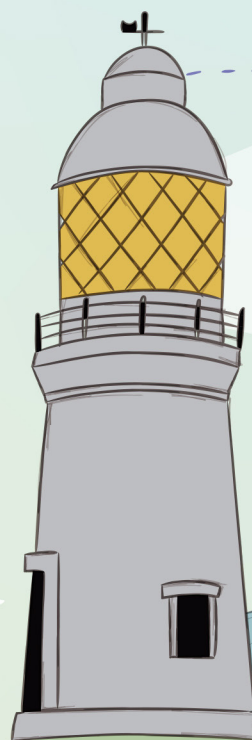
We are willing to be bold and be the change we want to see. Leadership is about compassion, inclusion, care and respect.

“Everyone can be a leader - Everyone that knows about it [supporting people compassionately through loss] can spread the word - it's too much for one person, it's got to be a community responsibility.”

Participant - Community Workshop

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Let's lead by sharing what we've learnt and listening with our hearts



Community Mindedness

People creating opportunities every day to:

- Ask are you OK?
- Stop to listen
- Offer and accept help
- Be kind

“It’s the little things. It’s the help that doesn’t cost people a lot of time – taking the bin out or the cooked casserole or sitting in with someone so they can go and get their hair done. This means the world to a carer; to give them the opportunity to get out or do what the average person can do.”

Participant - Community Workshop

“Let’s ask, what can I do for my community?”



“Let’s use our places and spaces more to connect and belong”

Compassionate Places and Spaces

Create a sense of belonging in all the places we meet, work and play.

“Not everyone has a sense of belonging, they don’t have family or contact with different groups on a day to day basis - it’s just important to have that sense of belonging within your community.”

Participant - Business and Sporting Clubs Workshop



What can I do to make the *Albany* Charter a reality?

Together we are making great progress towards a more compassionate Albany, but there is more to be done. Here are some of the ways you can help:

Volunteer at an Aged Care Facility, Albany Health Campus or Albany Community Hospice or any of the other organisations that help people who are experiencing hardship.

Start up a compassionate network to support someone you know is having a difficult time.

Share your personal story about the compassionate help and support you have experienced, tell friends and family, share it on social media – it might help others.

Talk to your children about dying and death, as openly and honestly as you can.

Talk openly about your future care wishes and complete your Advance Care Plans.

Create and support artistic events that get people talking about death, dying, loss and bereavement.

Go to a Death Café meeting.

Identify someone in your workplace or club who is a good listener and is comfortable with conversations about death so that anyone affected by loss or bereavement feels they have someone to talk to.

If you are affected by hardship, dying or loss, accept help when it is offered and remember it is okay to ask for help.

Join in memorials or hold your own ritual of remembrance for someone you have loved or cared for who has died.

Host events at your home, club or place of worship to support those who are experiencing loss, death and bereavement.

For more information visit: www.bit.ly/compassionatecommunities

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