Compassionate Communities

Families who live with and care for children with life-limiting illness; or who have experienced the death of a child face many significant challenges in their lives.

Many of these challenges are inevitable, however some additional difficulties are more recent and result from the way that illness, disability, death and grief can be misunderstood (or even avoided) in contemporary society.

In the 21st Century, families facing serious illness and death often find their world becomes over-medicalised; at the expense of their social and community connections. This over-medicalisation also extends to grief and bereavement with many families reporting their grief becomes 'diagnosed' as mental health disorder, rather than as a painful, but very natural part of life when faced with loss.

All these challenges can understandably leave many community members thinking grief is too complex, too difficult or too painful to talk about outside of a therapist's or doctor's office.

This in turn leaves many grieving people feeling isolated and lonely in grief.

But what if it hadn't always been this way?

What if we could do things differently?

We humans have been caring for the ill, the dying and grieving for as long as we have been humans.

Could it be that communities have held a much more central role in caring for both young and older people who are sick, dying and grieving than we currently do?

Could it be that all the community has some role in supporting re-learning these important life-skills?

If these sensitive but heartfelt matters matter to you – we encourage you to come along to this compassionate communities workshop:

Saturday 22 October

10am - 1pm

Bargara Cultural and Community Centre
Hughes Road, Bargara

Complimentary refreshments provided

RSVP to 4130 4158 or
email comdev@bundaberg.qld.gov.au

Featuring:

- Practical Strategies for supporting carers and grieving people in your community from professional caregivers.
- Words of wisdom from parents and carers with lived-experience.
- Opportunities to reflect and connect with other people in your area considering these important matters.

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