

#1 Love you. Love people.

#2 Everyone is valuable.

#3 Shared stories bring us together.

#4 You can build a healthy life for yourself.

## The Values

"We're working to connect people to the sense they are valuable, with something to contribute to the place they live. We learn about ourselves, neighbours and wider community when we share story. So we create situations where stories can be shared.

"When people see their own value, recognise the value of others, they can work together to create healthier, more connected lives.

"The Services put The Values into action, making opportunities for conversation. Shared narratives emerge - and transformation occurs, building relationships, restoring lives, changing behaviours, healing minds and bodies."



# The Services



## Listening Story Circles

Group sessions for 16-25s via local organisations offering much needed space to explore the impact of the pandemic and find peer support.

## GP listening

1:1 sessions based in GP surgeries offering "good neighbour" listening for those who are isolated and just need a space to share.

## Support Befrienders

1:1 support by phone or in person, to create local friendships and enduring connections.

## Compassion Cafes

Events within the Trust sites and beyond to give opportunities for group conversation and relationship building where everyone is welcome and comfort offered.

## Bereavement Bereavement Point

Events within the Trust sites and beyond to give opportunities for group conversation and relationship building where everyone is welcome and comfort offered.

## Bereavement Course

Online / in person training for organisations to become aware of how to offer effective support to grieving people.

## Death Cafes

Public events shifting the culture of silence around death and dying, normalising the subject.

## Respiratory Take a Breath

A 12-week self-management skills programme for COPD patients, reducing their social isolation and unplanned admissions.

## Ripple

A community support group for COPD patients that maintains their self-management skills and keeps them connected with community peers.

## Connecting Website

A beacon for communicating the values of Compassionate Rugby and signposting the means to get involved or receive support.

## Brand promotion

Sharing the values of Compassionate Rugby widely through many channels to create momentum.

## Town Charter

Generated by the town itself, a public declaration of support for the movement.