



Compassionate BUNBURY Charter

June 2023

We acknowledge the traditional owners of the land, the Wardandi Noongar people, and pay respect to Elders past, present and emerging. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of the City of Bunbury.

BUNBURY

is the heart of the South West

where living and dying is everyone's business

Everyone should have the opportunity to enjoy wellness and self-respect until the end of life, and be provided time and space to grieve.

This Charter represents the aspirations and intentions to **grow compassion** in our community so that Bunbury becomes an even more Compassionate City to live, work, play and die in.

It acknowledges that we each have the capability to step into more active, meaningful, caring and supportive roles when people are unwell, caring, dying and grieving.

This charter was developed in consultation with people living and working in Bunbury. It also draws on the experiences of Compassionate Communities around the world.

Ten key themes have been identified as central to growing Compassion and form the key action areas for the **Compassionate Bunbury Charter**.



The Charter is accompanied by a **Toolkit** of actions people, groups and organisations can undertake to grow Compassion within their families, workplaces and communities.

Building capacity to give and receive

Mobilising networks of care

We have a greater sense of being loved, cared for, listened to and supported.

We live in a community where people show kindness, understanding and compassion towards everyone.

We are a resilient community that can sit with our vulnerabilities.

What we would see and experience in our community:

We ask for help.

We are comfortable to offer help.

Practical care and emotional support is available.

Supporting good communication

There is good communication and information sharing in our community.

What we would see and experience in our community:

We are willing and comfortable to talk about caregiving, dying, loss and grieving.

Information is easy to find and easy to understand.

Respecting people's wishes

We adopt a person/family/community centred approach to illness, caring, death and grief.

What we would see and experience in our community:

An individual's wishes, choices and beliefs are respected and guide the journey ahead, including where and how they die.

We honour cultural diversity.

Fostering belonging and connectedness

We look out for each other.

What we would see and experience in our community:

We reach out to connect and build community.

We support accessibility and inclusion.

We stand with others as they grieve.

Providing opportunities to remember

People feel supported to grieve and remember.

What we would see and experience in our community:

Space and time is provided for people to grieve, talk and remember.

Nurturing creativity

Creativity is encouraged.

What we would see and experience in our community:

Art and creative processes are useful tools to connect and process emotions.

**BIG HEARTED
BUNBURY**

Artwork by Elli Moody



Leaders championing care and compassion

We take the lead in being kind and caring.

What we would see and experience in our community:

Our community and organisational leaders are kind and caring.

We can all take the lead in being kind and caring to others.

We advocate for others who need support.

Creating caring organisations

Growing more compassion in our businesses, schools, workplaces, clubs, community groups and institutions.

What we would see and experience in our community:

We take practical steps towards becoming Compassionate workplaces, schools, community groups and institutions.

Acknowledging compassionate acts

Compassion is celebrated.

What we would see and experience in our community:

There is public recognition of compassionate acts.

Serious illness, caregiving, dying and grieving are acknowledged as part of daily life.

COMPASSION. We respond with humanity and kindness to each person's pain, distress, anxiety or need. We search for the things we can do, however small, to give comfort and relieve suffering. We find time for those we serve and work alongside. We do not wait to be asked, because we care. (National Health Service, 2010)