|  |
| --- |
| **Mountains of meaning: Health promotion to the end of our days**  |
| What does it take to light a fire for cultural change about the way we do death, dying and bereavement in our local community? What if, by bringing together people from within the health system, local institutions and community members we could create a more connected, more compassionate end of life system; one that is transformative for individuals and communities?! This workshop will take a deep dive into how one community is using a health promoting social approach to unite citizens to do just this. Working for top-down and bottom-up change, Compassionate Communities can increase knowledge, skills and networks, and holds that every person, regardless of age, race, socio-economic status has the right to live well right to the very end. In 2018 the Nepean Blue Mountains Primary Health Network partnered with The Groundswell Project to engage health professionals, and community members to co-design a model for end of life care in the Blue Mountains NSW, where it was discovered the fire was already lit, needing only a catalyst to bring people, their passion and ideas together. That catalyst was an innovative blend of community development and health promotion. This workshop will present real time evidence of and tools for increased capacity, stronger community connections and better pathways between health and other areas of the community.This workshop uses a combination of presentations, conversations and community development tools, providing attendees the opportunity to reflect upon their own practice and role in developing more compassionate responses to end of life care. By the end participants will know more about: * Compassionate communities as a social approach, incl. examples around the world and early findings of research conducted by Western Sydney University in the Blue Mountains
* Working with local health providers, their networks and other leaders from all walks of life
* Community development and health promotion responses to social change at end of life
* How to talk about health promotion without talking about public health.

Participants will leave the workshop engaged and armed with tips on creating ripples in their own community no matter how well resourced and connected they are. People will be able to make small, immediate changes, identify next steps and feel confident to be a part of the growing International movement.  |