

The Truacanta Project



Helping each other with death, dying, loss + care

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[Truacanta] adjective

/tru:əkaenta/ from Scottish Gaelic

Compassionate; having, feeling
or showing compassion

The Truacanta Project is an exciting new compassionate communities initiative hosted by Scottish Partnership for Palliative Care and funded by Macmillan Cancer Support. It aims to support local communities across Scotland to improve experiences around death, dying and bereavement.



Why Truacanta?

"Though health and social care services play an important role, they are only part of the picture... if we truly want to improve people's experiences we need to look at wider society and explore what can be done to foster more open and supportive attitudes and behaviours relating to death, dying and bereavement." A Road Less Lonely, SPPC & GLGDGG, 2018

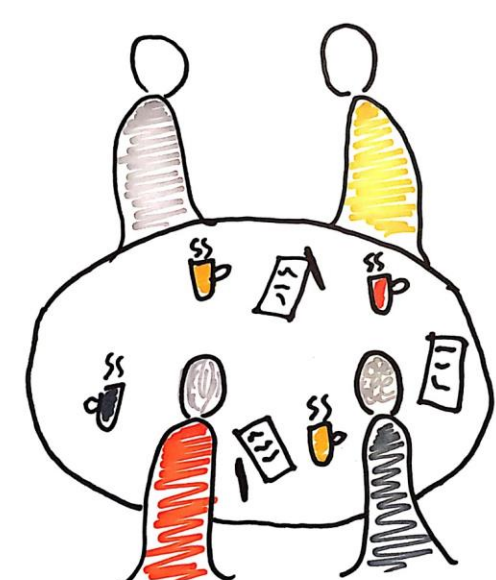
It is clear that communities have an important role to play in supporting people through the difficult times associated with ill health, dying, loss and care. However, in many ways, communities have become ill-equipped to provide this supportive role.

Good Life, Good Death, Good Grief, a Scottish Partnership for Palliative Care initiative, have launched a community development programme to support local communities to enhance their ability to deal with death, dying, loss and care. The Truacanta Project is so named to reflect the fact that while the project is grounded in Scotland's unique communities and culture, it builds on learning from the international Compassionate Communities movement.

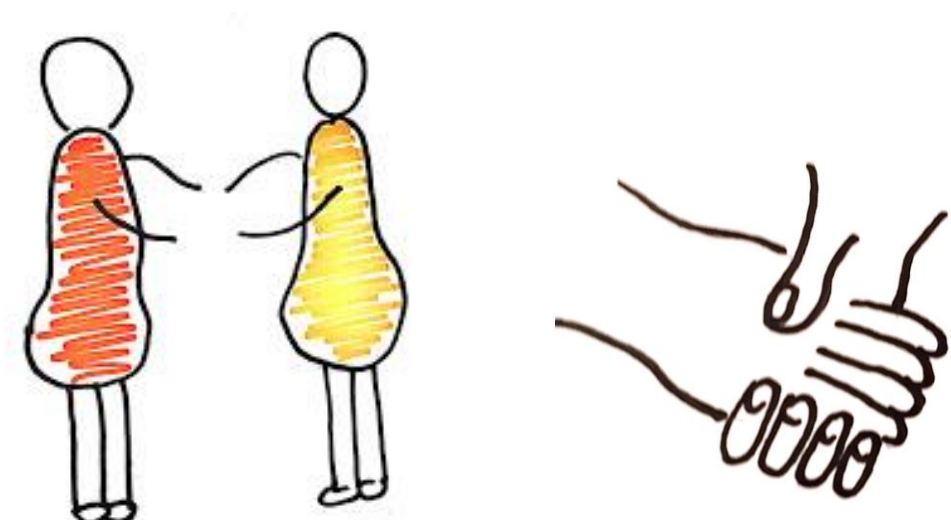
What is a Compassionate Community?

"Compassionate Communities is a whole of community approach to end of life care where caring for one another at times of need, loss and/or crisis becomes the task and responsibility of everyone." *The Groundswell Project, Australia*

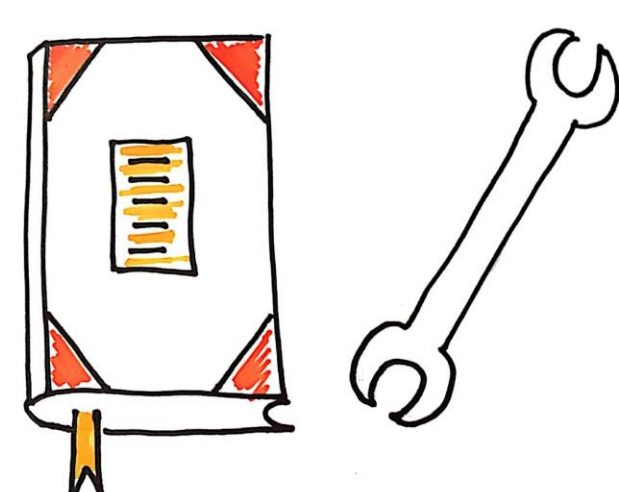
There isn't a single template for a compassionate community – each community is unique and will follow its own path. However, Good Life, Good Death, Good Grief has created a collection of resources offering ideas and information that will be of practical use. This Compassionate Communities Toolkit has three strands:



talk
+
plan



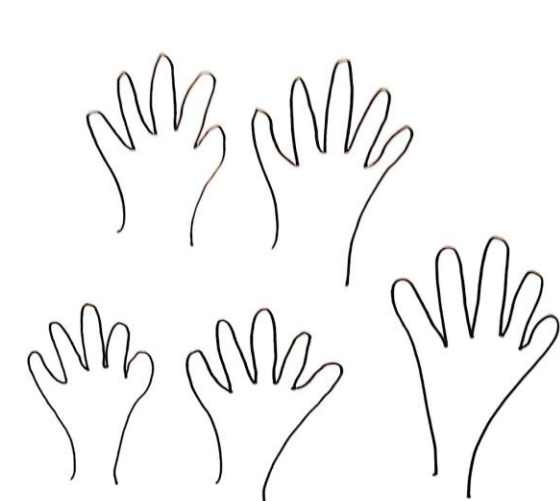
supportive
environments



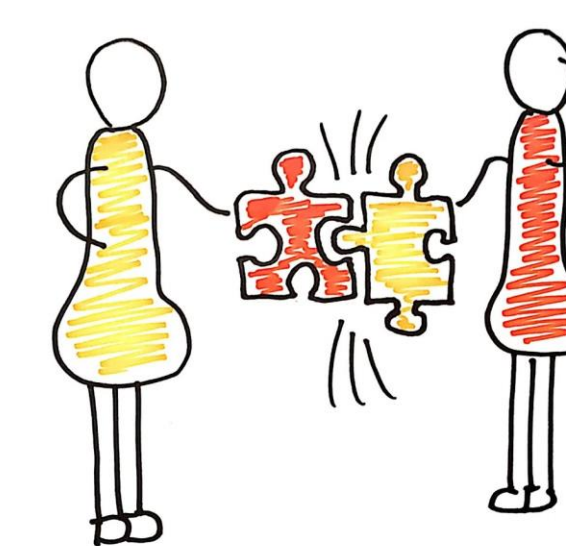
increase
knowledge
+ skills

What is Community Development?

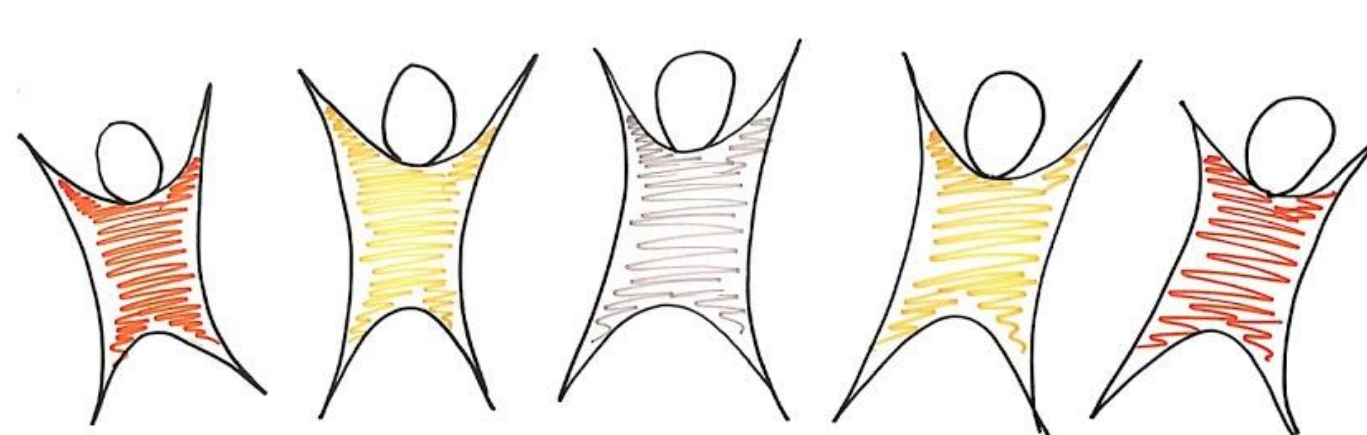
Community Development is underpinned by four main principles.



self
determination



working + learning
together



empowerment



collective action

The Truacanta Project Manager will help communities to explore how they can best use their community's assets - the strengths, knowledge, experience, skills and resources that already exist in their community - to improve people's experiences of death, dying, loss and care.

Truacanta + The Right to Health

The Right to Health means the right of everyone to the highest attainable standard of physical and mental health; this includes when they are dying, caring and grieving. A community development approach means The Truacanta Project will support communities to reach the most vulnerable and marginalised people and tackle health inequalities from a grassroots level. Increasing awareness and knowledge of services and support available, encouraging supportive environments, and creating opportunities to talk about death, dying, loss and care can help improve people's experiences of these difficult times, and in turn improve their physical and mental wellbeing.

What's Next?

Eleven communities around Scotland have been shortlisted to put together a detailed application to be a part of The Truacanta Project. The Truacanta Project Manager is working with these communities to build their vision for change. Up to four communities will be selected to be a part of The Truacanta Project from March 2020 and will receive dedicated community development support and advice for two years.



Short listed Communities

More
Information

www.goodlifedeathgrief.org.uk/content/thetrucantaproject



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