



Media Release

Date: Friday 13th October 2023

South Australians are invited to celebrate World Hospice and Palliative Care Day 2023 with 12 free morning tea and conversations.

Compassionate Communities are networks of support for people experiencing a serious illness, ageing, disability, dying, grief, and caregiving. This November, local South Australians are invited to attend free morning teas and compassionate community conversations across the state.

The Compassionate Community Conversations morning teas will focus on the principles of 'compassionate communities', which is the theme for this year's World Hospice and Palliative Care Day on 14th October 2023.

"This will be the largest series of compassionate community conversations that has ever been held in the State. Everyone is invited and it's a chance for everyone to discuss and consider individual and collective strategies for nurturing compassionate communities in everyone's neighbourhood," said Adjunct Associate Professor Shyla Mills, CEO of Palliative Care SA.

"Everyone will know someone who experiences a serious illness, ageing, disability, dying, grief, or caregiving. It might be a family member, friend, colleague, schoolteacher, or neighbour. It is a normal part of life, but it usually is something people find difficult to talk about or to know how to help."

These events are led by Palliative Care South Australia (PCSA), in collaboration with Carers SA, funded by Country SA PHN and Adelaide PHN, supported by Government of South Australia SA Health and The Hospital Research Foundation Group – Palliative Care is the proud event sponsor.

The sessions will be held in November at locations in Woodville, Marion, Modbury North, Mount Barker, Victor Harbor, Port Lincoln, Mount Gambier, Whyalla, Murray Bridge, Berri, Port Pirie, and Kadina.

"Twelve free morning teas and one-and-a-half-hour compassionate community conversations will be hosted in November. This will enable us to develop true insight into local networks of support across South Australia and in March 2024 we will provide everyone who attended a collated state-wide report," said Adj. Assoc Prof Mills.

Conversation participants will receive information and resources about services that support open conversations about becoming a more compassionate neighbor and building local compassionate communities.

“Country SA PHN is proud to fund and support Palliative Care South Australia through Compassionate Communities activities to assist our South Australian country communities to support each other at the end stage of life”, said Mark Hartigan Chief Executive Officer Country SA PHN. Caring for someone is not only about their medical care; community groups, friends, and colleagues all play an essential role in supporting each other.”

Ms. Michelle McKay, Chief Executive Officer of Adelaide PHN, said “these events are for everyone, including community members, health professionals, carers, business owners, community groups, local councils, health, and community professionals. Everyone experiences this space, all personally, but many professionally as well. We can all be a part of the networks of care which support each other during these times.”

Carers are critical. “Supporting carers is often one of the best ways to be a compassionate neighbour. The caring role can often take its toll emotionally, physically, socially, and financially. In many cases people don’t realise that someone they know is caring for a family member or friend and simple helping tasks such as checking in on your neighbour or offering compassionate words may make that carer’s day,” said Mr. David Miltz, Chief Executive Officer of Carers SA.

“The Hospital Research Foundation Group – Palliative Care is committed to ensuring all South Australians have access to quality palliative care, no matter where they live. Facilitating opportunities for education and conversations through these sessions is an important step forward in achieving that.” said Fi Abraham, Program Director at THRFG Palliative Care.

Everyone is invited. This is an important conversation for the whole community.

RSVP HERE: <https://palliativecaresa.org.au/compassionate-communities-sa/>

Notes to Editors:

- **World Hospice and Palliative Care Day 2023**
 - o Theme: Compassionate Communities: Together for Palliative Care
<http://thewhpc.org/world-hospice-and-palliative-care-day/about-2/>



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Media are welcome and encouraged to attend the events.
Palliative Care South Australia will be the spokesperson for these events and is available for interview.

Event Information - Compassionate Community Conversation locations and dates

Victor Harbor – 1st November Wednesday

Venue: Recreation Centre, Inman Room **Time:** 1000-1130am

Woodville – 2nd November Thursday

Venue: Woodville Town Hall **Time:** 1000-1130am

Mt Barker – 3rd November Friday

Venue: Laratinga Pavilion **Time:** 1000-1130am

Marion –9th November Thursday

Venue: Marion Cultural Centre **Time:** 1000-1130am

Mt Gambier –10th November Friday

Venue: The Commodore **Time:** 1000-1130am

Whyalla –15th November Wednesday

Venue: Westland Hotel **Time:** 1000-1130am

Port Lincoln –16th November Thursday

Venue: Marina Hotel **Time:** 1000-1130am

Murray Bridge –20th November Monday

Venue: Bridgeport Hotel **Time:** 1000-1130am

Berri –22nd November Wednesday

Venue: Berri Hotel **Time:** 1000-1130am

Tea Tree Gully –23rd November Thursday

Venue: Burregah Recreation Centre **Time:** 1000-1130am

Port Pirie –29th November Wednesday

Venue: Port Pirie Sports Precinct **Time:** 1000-1130am

Kadina –30th November Monday

Venue: Copper Coast Sport and Leisure Centre **Time:** 1000-1130am

To register visit: <https://palliativecaresa.org.au/compassionate-communities-sa/> or phone 08 8271 1643