Cultivating compassionate care
Introducing a toolkit

About the compassion project
This is a collaborative project between 3 Universities - Brighton, Surrey and Brighton and Sussex Medical School and 4 Health care organisations - Brighton and Sussex University Hospitals Trust, Coastal West Sussex CCG, Surrey and Borders Partnership NHS Trust and Ashford & St Peter’s NHS Trust

Aims
- To support the workforce in expressing their compassion values in their daily working lives
- To promote a culture of compassion within the organisation
- To complement existing values based activities in your organisation

What is in the ‘tool kit’?
The tool kit is for you to use and contains:
- Digital stories and
- Compassion indicators generated from your organisation
- ‘How to use’ cards to help you use the activities
- Mindfulness tapes for on the spot relaxation
- Information on compassion
- Links to local and national compassion networks
- Blog

Funding
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http://cultivatingcompassionatecare.wordpress.com