

We are grateful for the generosity of our community, who have donated time, space and resources to support our Dove Cafés

Hospice Community Outreach Initiative - Dove Café

(a welcoming, safe place, to be heard)



BACKGROUND

Kilbryde Hospice recognised a gap in the South Lanarkshire community terms of safe, welcoming spaces where individuals affected by bereavement, caring responsibilities, life-limiting illness, or frailty could feel truly heard and supported.

In response to this need, the authors created the Dove Café, a compassionate initiative designed to offer information, emotional support, and connection for those navigating grief and loss. Many community members were experiencing anticipatory or ongoing grief and were seeking reassurance that their feelings were valid and understood.

The Dove Café promotes a public health approach (Kellehear, 2020) to educate the community about death literacy. In turn, the Dove Café creates a foundation for both personal and community growth.

The approach fosters resilience, kindness, and compassion toward our fellow human beings. In addition, it helps reduce isolation and strengthens supportive networks within the community.

AIM

To extend hospice care beyond its walls by embedding support within the community. The goal is to nurture compassionate communities and encourage open conversations around death, dying, and bereavement.

INTERVENTION

The authors, along with experienced hospice volunteers, engaged with existing community partners, to introduce the concept of the Dove Café with a focus on targeting some of the more deprived areas as defined in the Scottish Index of Multiple Deprivation (2020). The concept was warmly received, leading to the launch of the first Dove Café in Rutherglen, South Lanarkshire.



CONCLUSION

There are now seven Dove Cafés operating in community settings across South Lanarkshire. The initiative continues to grow, with plans to establish more locations and deepen its impact.



CHALLENGES

Despite advertising on Social Media and Community Websites, cafes in collaboration with community groups in other areas have not attracted as many visitors as we had hoped.

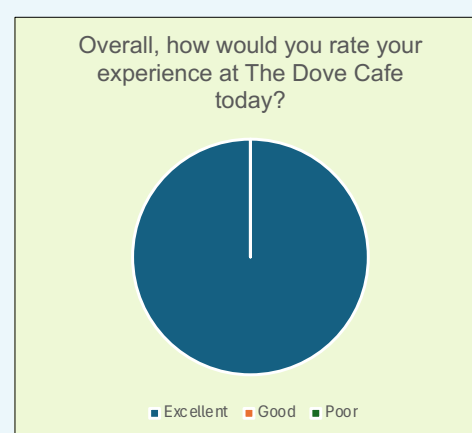
To address this, we are exploring new ways, including non electronic ways, to engage the community and raise awareness of the Dove cafes.

RESULTS

Ultimately challenges were overcome. The Dove Café groups fostered meaningful friendships and strengthened community connections. Through open and heartfelt conversations, participants found comfort in knowing they were not alone in their grief.

SURVEY

It is pleasing to note that ALL attendees at the Dove Café found the sessions 'Excellent'



IMPORTANT to PARTICIPANTS

- Talking about the death of a family member.
- Very Interesting.
- Getting things about myself and other members.
- Great compassion for loss.
- Lovely company.
- Talking about the loss helps.
- Listen well.
- Gave time to tell our story and gave advice.
- Friendly.
- Talking about death.
- Peoples loss.
- Hospice.

ACHIEVEMENT

Five of our café attendees went on to attend our End-of-Life Aid Skills Course (EASE). A public awareness course produced by Good Life, Good Death, Good Grief Scotland

REFERENCES

Scottish Government, (2020). Scottish Index of Multiple Deprivation (SIMD).
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Kellehear, A. (2020). Compassionate Cities: global significance and meaning for palliative care. Prog. Palliat. Care 28, 115–119. doi: 10.1080/09699260.2019.1701835



AUTHORS

Sine MacDonald | Compassionate Lanarkshire Coordinator
sine.macdonald@kilbrydehospice.org.uk

Laura Cunningham | Compassionate Lanarkshire Link worker
laura.cunningham@kilbrydehospice.org.uk