

# The Truacanta Project

## Helping each other with death, dying, loss and care

The Truacanta Project is a new initiative being launched in May 2019. The project will support local communities across Scotland who are interested in taking community action to improve people's experiences of death, dying, loss and care.

Up to four communities will receive community development advice and support from The Truacanta Project for a period of two years.

Would you like to be part of the Truacanta Project? Interested community groups and organisations are invited to express their interest in being part of the project by 15 June 2019.

### Timescale

The Truacanta Project will have two initial phases.

#### *Phase 1: Expressions of Interest (June 2019)*

First, we'd love to hear from anyone who might be interested in getting involved. It doesn't matter what stage your idea is at right now, as long as it centres around improving people's experiences of death, dying, loss and care in your local community. Simply fill in this expression of interest form and share your ideas with us. The deadline is 15 June 2019.

#### *Phase 2: Detailed application forms (December 2019)*

From the expressions of interest we receive, a number of communities will be shortlisted and invited to complete more detailed applications. The Truacanta Project Manager will work with shortlisted communities from June - December, helping them to develop their ideas and work them into an application by December 2019 to become part of The Truacanta Project. (Deadline for applications 6 December 2019.)

### Who can get involved?

We welcome expressions of interest from any individual, organisation or community group in Scotland interested in taking community action to improve local people's experiences of death, dying, loss and care.

This includes:

- those who are already active in this area, including groups, organisations, charities or individuals who are already running or involved in a relevant local project and would like to

do more, engage more widely in their community, and be part of a national project with access to networking and evaluation support.

- those not currently active in this area but who have ideas and enthusiasm to make change happen.

Examples of the types of people or groups who might be interested in getting involved are:

- Local community projects
- Health projects
- Individuals
- Faith groups
- Hospices, NHS and social care organisations interested working alongside communities and empowering community action.
- Local support groups
- Charities

### **What will it mean to be a part of The Truacanta Project?**

The focus of a local project and the actions taken will be determined by the community themselves. However, being part of The Truacanta Project will give local community projects access to:

- community development support and advice
- networking and learning opportunities
- support with evaluation
- community development support

Community development is a process where people come together to take action on what's important to them. Communities that become part of The Truacanta Project will be able to access community development advice and support over a two year period (March 2020-March 2022).

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 existing in their community - to improve people's experiences of death, dying, loss and care.

The specific support given will be tailored to each project. For example, communities might find it helpful to have support thinking through and planning the project, practical advice on how to get different parts of the community involved, or the opportunity to chat through ways of responding to difficult situations. As well as some face-to-face contact, communities will have ongoing access to support and advice via email and phone. Small amounts of funding may be available to support local development work.

**Networking:** Communities that join the project will become part of an active Truacanta Project Network, with opportunities to learn from and problem-solve with others in Scotland facing similar challenges.

**Evaluation:** Evaluation is an important part of the Truacanta Project, and communities involved will receive support evaluating the impact of their work. There are plans to publish evaluations of the Truacanta Project, adding to the international body of literature relating to public health approaches to palliative care.

### **What might a local project look like?**

We are interested in supporting local initiatives that:

- are focused on improving people's experiences of death, dying, loss or care in some way
- are devised, led and implemented by communities themselves
- involve organisations, groups or individuals from across different sections of the community.

### *Aims*

We are open to considering a diverse range of projects, but it is important that projects are clear about their aims - what aspect(s) of death, dying, loss or care do you want to change or improve?

We are particularly interested in projects that aim to:

- Increase people's knowledge, skills and access to information relating to death, dying, loss and care AND/OR
- Create more opportunities for people to talk about, plan for, offer and receive support relating to death, dying, loss and care AND/OR
- Encourage more supportive environments and cultures relating to death, dying, loss and care.

### *Activities*

At this stage, we're only looking for expressions of interest, and it isn't necessary to have fully thought through your proposal yet.

However, when you're ready, the Scottish Compassionate Communities Toolkit is a resource that might help you to think through some of these issues, and gives a number of examples of types of activity you could consider. You can find that here:

[https://www.goodlifedeathgrief.org.uk/content/toolkit\\_homepage/](https://www.goodlifedeathgrief.org.uk/content/toolkit_homepage/)

You might be thinking about taking part in a festival of remembrance, working with employers to encourage more bereavement-friendly workplaces, introducing End of Life Aid Skills for Everyone

public education courses, setting up a No-one Dies Alone project, or something completely different!

Whatever the activity, the aim should be that your community becomes more connected, and better equipped to deal with and help each other with death, dying, loss and care.

### **What if my application is not successful?**

Unfortunately, The Truacanta Project can only support a maximum of four community projects for the full two years.

However, all those shortlisted will be supported by the Project Manager from June - December 2019 to develop sound and feasible proposals, so even if you don't become part of the Truacanta Project, you will still have solid foundations on which to build your project.

All applicants are welcome to join the Scottish Compassionate Communities Network which is run by Good Life, Good Death, Good Grief and is a place to share information, ideas and learning with like-minded people across Scotland. You can find more information about that here:

[https://www.goodlifedeathgrief.org.uk/content/compassionate\\_communities\\_network/](https://www.goodlifedeathgrief.org.uk/content/compassionate_communities_network/)

### **Who runs The Truacanta Project?**

The Truacanta Project is an initiative of the Scottish Partnership for Palliative Care (SPPC), and funded by Macmillan Cancer Support. You can find out more about Macmillan here:

<https://www.macmillan.org.uk/>



The project is part of the SPPC's ongoing Good Life, Good Death, Good Grief initiative, which promotes more open and supportive attitudes and behaviours relating to death, dying and bereavement in Scotland. You can find more on their website here:

<https://www.goodlifedeathgrief.org.uk/>

The Truacanta Project is being led by Caroline Gibb, Project Manager, whose background is in community development work. More information about Caroline is available in her blog:

<https://www.goodlifedeathgrief.org.uk/blogs/truacanta/>.

### **Apply to be part of The Truacanta Project**

We welcome expressions of interest from all groups, organisations and individuals until 15 June 2019.



All we need at this stage is a little bit of information about you and what you think you'd like to do as part of The Truacanta Project. Don't worry if you haven't worked up a detailed proposal yet - there will be time to do that at the next stage.

To apply, simply fill in the application form which you can download from our website here: [https://www.goodlifedeathgrief.org.uk/content/truacanta\\_apply/](https://www.goodlifedeathgrief.org.uk/content/truacanta_apply/). There are also guidance notes there which give you more information about filling out the application.

## Frequently Asked Questions

*Is there funding available?*

There will be a small amount of money available to successful applicants, to cover low level costs incurred by their project development. However, funding is extremely limited, and the aim of The Truacanta Project is to provide advice and support to help develop a self-sustaining community project.

*What does 'truacanta' mean?*

Truacanta is a Scottish Gaelic word with meanings relating to 'compassion', 'merciful' and 'humane'.

The name reflects 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 do you mean by 'community'?*

For the purposes of this project, the 'community' in question could be a geographical community or a community of interest. What is important is that the members of that community are participating in and benefiting from the planned activity.

## Contact details

Please email your completed application form to [caroline@palliativecarescotland.org.uk](mailto:caroline@palliativecarescotland.org.uk) by 15 June 2019.

Alternatively, post it to: Caroline Gibb, Project Manager, The Truacanta Project, Scottish Partnership for Palliative Care, CBC House, 24 Canning Street, Edinburgh EH3 8EG

You can find all this information online at

<https://www.goodlifedeathgrief.org.uk/content/thetruacantaproject/>

If you'd like to chat further about this or have any questions please call Caroline on 0131 272 2075

We aim to respond to all interested parties by 30 June 2019.