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Born of our deep interdependence, compassion is essential to human relationships and to a fulfilled humanity. It is indispensable to the creation of a just economy and a peaceful global community. (from the Charter for Compassion)

www.compassionateballarat.com.au
To coincide with the City Council’s formal signing of the global Charter for Compassion1 over sixty compassion-based activities were offered in Ballarat from 20 - 27 October 2019. The guiding strategy for these events was framed around the issues identified at a number of Compassionate Ballarat forums.

Those compassion issues included: High suicide levels; Low literacy levels in some areas; High economic inequality; Growing number of homeless (including older women); Rapidly growing population; Current and historic Indigenous concerns; Ongoing impact of institutional child sexual abuse, and Youth disengagement.

The week of activities provided our residents opportunities to: give back and receive; be inspired; be nurtured; be resourced in the evidence base of compassion and empathy; and to contribute to a global compassion movement.

When planning this week Compassionate Ballarat:
- Recognised the work already underway across the city by connecting them e.g. the Shower Bus was connected with Hair-Aid and the Salvation Army;
- Augmented events e.g. with Ballarat libraries it ran book clubs for children and adults on the theme of compassion; and
- Created new activities e.g. Art and Empathy tours; Empathy training, Compassion Poetry Slam, and a Concert for Compassion.

Throughout the week very positive connections were made with both givers and recipients who all reported positive feelings. In addition organisational and city leaders were able to see how they could contribute to Compassionate Ballarat initiatives, and enthusiastically they did so.

The Charter of Compassion is a global movement established in 2008 by the writer and historian Karen Armstrong when she won the best TED talk. TEDX then gave her $100,000 to bring her wish into the world, and Karen wished for a more compassionate world.

The compassionate cities program is one of the Charter’s foremost programs. There are over 430 cities around the world that have signed the Charter.

At its Council meeting on 24 October 2019, the Ballarat City Council joined that global group of cities by formally signing the Charter. Compassionate Ballarat designed a week of events around that signing to demonstrate how the motivation of compassion can be applied across a city.

Humans are social beings who need each other – we have survived across the generations because we developed the social cohesion necessary for our mental and emotional health. But we also know that we can be very selective in who we connect with and support, so finding our common humanity is one of the main challenges of compassion – to move beyond our fractured tribes to extend compassion to everyone.

1 www.charterforcompassion.org
Compassion Ballarat (CB) is a network that connects the compassionate work occurring across our city and provides educational resources, organizing tools, and avenues for communication.

Over the past 18 months members of the CB Steering group have been working in areas of public policy, education, health, business, and the wider community. CB’s focus is on developing and nurturing our city’s social infrastructure.

The Compassionate Ballarat Steering group comprises:
- Ben Kelly, Executive Director, Acute Operations, Ballarat Health Services
- Superintendent Jenny Wilson, Western Region, Victoria Police
- Dr Lynne Reeder, Adjunct Research Fellow, Federation University Australia;
- Dr Mary Hollick, Adjunct Research Fellow, Federation University Australia
- Sam Luxemburg, psychologist
- Denise White, marketing.

Compassionate Ballarat aims to:
- Help Ballarat residents to see, notice and take compassionate action.
- Engage city leaders in applying compassion throughout their organisations.
- Contribute to the global charter outcomes by developing and trialing compassionate city measures.
- Provide a framework and resources for residents wanting to participate in Compassionate Ballarat.
- Create opportunities for the City of Ballarat to contribute to the work of the global Charter for Compassion.

The research literature defines compassion as the willingness and ability to see suffering, with the resourced capacity to alleviate that suffering. Therefore the guiding strategy for these events was to take the points of suffering identified at a number of Compassionate Ballarat forums and use them to frame the activities offered.

These forums, attended by over 350 residents identified the issues of specific unease for Ballarat as:
- High suicide levels
- Low literacy levels in some areas and its impact on children’s future opportunities
- High economic inequality
- Growing number of homeless (including older women)
- Rapidly growing population (new and old residents)
- Current and historic Indigenous concerns
- Ongoing impact of institutional child sexual abuse
- Youth disengagement.

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- Ongoing impact of institutional child sexual abuse
- Youth disengagement.

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2 Seppala, E; Simon-Thomas, E; Brown, S; Worline, M; Cameron C. D; Doty, J (2018) The Oxford Handbook of Compassion Science, Oxford Library of Psychology, Oxford

3 Australian Institute of Health and Welfare's Mortality Over Regions and Time (MORT) 2018 report shows that the suicide rate for Ballarat men is almost 30 per cent higher than for men across Victoria.
This week of events was developed with these community concerns in mind and provided residents opportunities to:
- *Give back and receive*
- *Be Inspired*
- *Be Nurtured*
- *Be resourced in the evidence base of compassion and empathy*
- *Contribute to a global compassion movement*

## 5. THE EVIDENCE BASE OF COMPASSION

The new evidence base of compassion seeks to understand not just the *problems* of the human mind, but the *positive qualities* of the mind and they include empathy and compassion.

This science is relatively new and multi-disciplinary and includes the disciplines of psychology, neuroscience, evolutionary biology and management theory. While compassion as a value has been with us for centuries, this new science asks us to better understand the workings of our minds, on the basis that the more we do so, the greater the chance we have to better understand ourselves and to improve our mental health.

There are several distinct components to compassion: awareness of suffering in another; feeling moved by that suffering; taking resourced action to alleviate that suffering. Compassion is always a positive state of mind because it encompasses a feeling *for* not feeling *with* the other — and while we can’t always be successful in alleviating another’s suffering, nevertheless wishing for the other to be free from suffering is still a positive mind state.

Compassion is not about being overwhelmed, or sinking into other people’s pain; it’s not about being superficially nice so people will like you; nor about feeling sorry for others, pitying or patronising others; and it’s not weakness, softness, or letting people off the hook when they cause harm.

And it is important to recognize that compassion is not a soft skill, Prof Paul Gilbert, Director, Compassionate Mind Foundation, UK says Compassion is one of the most important declarations of strength and courage known to humanity — indeed *compassion is the courage to descend into the reality of the human experience.*

This courageous feature of compassion is one of the main reasons that Superintendent Jenny Wilson, Western Division, Victoria police is an active member of the CB Steering group — she recognizes that her members are dealing with the ‘reality of the human experience’ every day.

Equally why Ben Kelly, Executive Director of Acute Operations, BHS is Chair. As a total service provider Ballarat Health Services deals with the full range of physical and mental health requirements of this city. And why Dr Lynne Reeder and Dr Mary Hollick from Federation University Australia are involved in the application of compassion research into areas of social policy, including health, welfare, early childhood education, public housing, etc.

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4 https://www.compassionatemind.co.uk
6. OUTCOMES FROM THE WEEK

The outcomes from the week are presented under the following headings: 1) Nature, 2) Connection, 3) Creativity, 4) Stillness and 5) Cities along with a rationale, some examples of these activities and their impacts on participants throughout the celebrating compassion week.

In all, over sixty compassion-based activities were offered in Ballarat from 20-27 October 2019. A full list of activities and of those involved is in the booklet (final type-set) at Appendix 1.

6.1 NATURE AND COMPASSION

Experiences in nature were included because many studies have found that green spaces in cities have a positive health effect, including less stress, improved mental health, and lower risk of cardiovascular disease, among others. A recent analysis of nine longitudinal studies involving seven countries and a total of over eight million people, provides strong evidence on the impact of increasing green areas on our physical and mental health.5

The nature events included:

- Compassionate Ballarat joined forces with Ballarat City council who grew the treelings and Ballarat Environment Network (BEN) who helped us source the trees and the location to plant trees. This project was linked to the global Compassion Tree Project6, the Green World Campaign and the Upper Emu Creek Landcare Group. 100 treelings were planted at the Mullawallah Wetlands. The aim of the global Compassion Tree Project is to link us together in a single global effort, connecting us all in our common humanity to take action about climate change.

- Cycling without Age Ballarat Chapter connects elderly residents of Nazareth House together with active volunteers and all ages, in a TRISHAW for a leisurely ride around the beautiful Lake Wendouree. The Wellness team at Nazareth conducted two, one hour Trishaw riding practice and information sessions for those wanting to support the elderly in Ballarat with being nature by the water. Some of those who took part did so on the basis that they had been unable to provide this experience for their own parents and welcomed the opportunity to support other elderly people in this way.

6.2 CONNECTION AND COMPASSION

Experiences in connection were included because human communities are only as healthy as our conceptions of human nature. It has long been assumed that selfishness, greed and competitiveness lie at the core of human behavior, the products of our evolution. It takes little imagination to see how these assumptions have guided most realms of human affairs, from policy making to media portrayals of social life. Recent scientific findings forcefully challenge this view of human nature. Compassion is deeply rooted in our brains, our bodies and in the most basic ways we communicate.7

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6 https://charterforcompassion.org/the-compassion-tree-project
7 Dacher Keltner, Professor of Psychology, UC, Berkeley - https://greatergood.berkeley.edu/article/item/the_compassionate_instinct
The connection events included:

- Ballarat taxis offered $200 worth of free taxi rides throughout the week – they gave $20 vouchers to 5 of their regular drivers and asked them to give these out to people in need while letting them know it was Compassion Week. The feedback received was that initially people were very surprised to receive these free rides, and then were pleased and appreciative of the small, but important financial boost it provided them many saying it had made their day. The taxi drivers also reported feeling good about being involved. Studies on why this occurs have been carried out by Michael Steger, a psychologist at the University of Louisville explains why people feel good when giving to others. In conducting a research survey he found that the more people participated in meaningful activities, the happier they were and the more purposeful their lives felt. ‘A lot of times we think that happiness comes about because you get things for yourself but it turns out that in a paradoxical way, giving gets you more, and I think that's an important message in a culture that’s pretty often getting messages to the opposite effect.'

- Superintendent Jenny Wilson gave a public lecture for parents on a compassionate approach to the turmoil that is part of adolescence, reminding parents they need to create compassionate connections with their children from the beginning of their lives, as adolescence is too turbulent a time to try and start then. During adolescence not only is the body undergoing physical changes, but the teen is also transitioning from dependence on his or her parents to substantial independence, which can cause psychological stress.

- Integration between our community and supervising organisations is important, and since Jenny’s talk CB member, Denise White organised a meeting between the Soup Bus, the Shower Bus, the Ballarat Community Register, and Victoria Police. Superintendent Jenny Wilson, in her roles as Divisional Commander, VicPol and Compassionate Ballarat steering group member met with Craig Schepis, Ballarat Soup Bus, Mike McCaw, Ballarat Shower Bus, and Bill Reynolds, Ballarat Community Register. Getting to personally know the people behind these services assists in these community services feeling supported and encouraged by its city leaders.

- Hairdresser Darren from HairAid and a band of others offered free haircuts and pleasingly throughout the week over 65 haircuts were provided to those who needed them. Local hairdressers also volunteered and from their feedback it was clear that their experience had opened their eyes to their assumptions about who could not afford a haircut, allowing them to see the person and not the stereotype – giving them a different perspective of what they imagined homeless people would be.

- Another aspect of this project was that McAuley House bought a number of women to a morning of the compassion week activities which included attending a meditation and then having a haircut and blow dry. It was a welcome and nurturing activity that they very much valued. McAuley Community Services support women and children who have faced family violence and homelessness to take control of their lives.

- Some of Ballarat’s largest businesses generously got involved Regent Cinemas offered the opportunity to show that people care by inviting a person who needed a reprieve from the stress of their lives – when one ticket was bought the other person received their ticket for free.

- To support children in their reading and literacy levels Big W set up a box to collect donated children’s books – over fifty books were collected and were subsequently distributed to grateful playgroups and kindergartens in Sebastopol and Wendouree.
Compassionate Ballarat was honored to have the Compassion and Care Category included in the 2019 Youth Awards. Ethan Sculley won this inaugural award for aiding people who were experiencing homelessness by collecting 500 pairs of new socks, for volunteering by making soup for the Soup Bus, and for entering a global short film contest to highlight homelessness as a growing problem.

6.3 CREATIVITY AND COMPASSION

Creativity was included because our creative selves opens us up to the wonder and awe that surround us. Studies of awe have revealed that experience of wonderment can make us feel part of something larger than ourselves and thereby focus more on our community than on ourselves. Art helps to foster empathy, the ability to understand or feel the experience of others. And there isn’t a single human culture on earth that has lived without music – including our indigenous cultures - the Wadawurrung culture around Ballarat included clap sticks in their corroborees going back thousands of years.

The creative events included:

- Ballarat Art Gallery designed and offered daily Art and Empathy tours that focused on art works capable of evoking emotion and inspiring empathy. Many of these tours were sold out and indeed were so successful that the Gallery will be offering them again in 2020.

- Jenny Bowler (whose father Jim Bowler found Mungo man and Mungo lady) and indigenous elder Alan Harris came up from Melbourne and created a special event that provided a deep sense of connection to learn about the Indigenous approach to compassion to harness those connections that reside within us all. We were very appreciative that Al Harris took the time to present at this local event, as he is also the Indigenous Advisor to the Australian Compassion Council.

6.4 The art philanthropist Ian George generously loaned his works from the internationally renowned artist Joseph Beuys at an exhibition held at Federation University’s Post Office Gallery. Beuys was the founder of social sculpture, an art form that combined art with public discourse. Beuys said that every human being is an artist, a freedom being, called to participate in transforming and reshaping the conditions, thinking and structures that inform our lives.

6.5 The week finished with a very special concert for compassion with Lior and Associate Professor Richard Chew presenting works from the Compassion Symphony and Stari Most. Internationally renowned film-maker Alex McEwen created the image story board that accompanies the Stari Most composition, and he generously flew out just for four days from London to specifically to oversee its projection — it was indeed a very special concert.

6.6 Prof Rick Chew and Alex McEwen also gave a public lecture that explained their collaboration on the ways in which they linked the images and the music. The Stari Most, also known as Mostar Bridge, is a rebuilt 16th-century Ottoman bridge in the city of Mostar in Bosnia and Herzegovina that crosses the river Neretva and

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10 http://starimost.co.uk/
connects the two parts of the city. The Old Bridge stood for 427 years, until it was destroyed in 1993 by Croat paramilitary forces during the Croat–Bosniak War. Subsequently, a project was set in motion to reconstruct it; the rebuilt bridge opened in 2004.

6.7 At the end of Rick and Alex’s talk a young women who had been in Bosnia at the time of that war and was responsible for identifying some of the remains of those killed came forward. She is currently living in Ballarat and working at BHS and had just happened upon the talk. She was close to tears saying that for the first time since she had moved to Australia she felt ‘at home’ and expressed her heartfelt thanks ‘for doing this for my country’. At the concert she presented Rick Chew and Alex McEwan with beautifully framed flower of Srebrenica which a group of grandmothers had crocheted and were very hard to come by. When Alex was presented with his framed gift he said he was overwhelmed as he had heard of these but was amazed that he was presented with this crocheted flower in Ballarat and not in London or Europe.

6.4 STILLNESS AND COMPASSION

Stillness was included because studies show that modern society has developed much faster than our ability as a species to evolve and respond to it, and so we are under nearly constant stress. This inhibits our ability to respond compassionately and shuts off our natural tendency towards this inherent state. Studies at Emory University have demonstrated that a regular compassion meditation practice reduces inflammatory and behavioural responses to psychosocial stress. Stephanie Brown, a professor at the University of Michigan has shown that the act of experiencing compassion and helping others actually leads to tremendous mental and physical well-being for us as well. Being compassionate also inspires others to be compassionate, affecting their wellbeing and creating a positive feedback loop.

The stillness-based events included:

- Meditations were offered on each day in a variety of locations around Ballarat and with a variety of meditation practices which included guided meditations, OM meditations and compassion meditations.

- Empathy training was offered by psychologist Sam Luxemburg on the basis that empathy is an active skill of listening to another person in order to better understand them.

- Shannon’s Bridge provided a reflective opportunity through its showing of the Life: Moving exhibition which explored the meaningful and honest experiences of those affected by terminal illness and share their work in supporting family and friends in caring for a dying person at home.

6.5 COMPASSIONATE CITIES

Cities-based initiatives were included because social infrastructure is important - when libraries, play grounds, and other public meeting spaces get degraded it has been found that people reduce the time they spend in public settings and their social networks weaken, and distrust rises.

11 The Flower of Srebrenica is a Sign of Remembrance. The association “Gračaničko keranje ” (crochet), three years ago developed a flower as a symbol of remembrance of the victims of the Srebrenica genocide. The flower has a message: white signifies innocence, green signifies hope, and eleven petals stand for July 11, 1995.
In reflecting on the ways in which our external environment impacts on our internal mindset, the town planner Jenny Donovan states: ‘...the ways our cities are designed, managed and are occupied embed messages in them that influence what we do and what we want to do. This matters. It impacts the trajectory of people’s lives’.12

Improving the levels of trust in our community is important because shared trust offers solid protection against the uncertainty of today’s world. Compassion helps build trust because it requires us to encompass everyone’s wellbeing.

**Compassionate cities support the wellbeing of residents by:**

- Offering them opportunities to form bonds across their diversity;
- Facilitate formal and informal networks;
- Create safe spaces for fun-filled and nurturing social activities
- Enable residents to see the suffering occurring in their communities, and inspire them to take action to alleviate it;
- Celebrate the individuals and groups who take that action; and
- Provide the compassion skills and resources needed to support residents in being able to connect with others without feeling overwhelmed themselves.13

**The city-based events included:**

- Mayor Samantha McIntosh signed the global Charter for Compassion on 24 October 2019 and in doing so reaffirmed the Council’s commitment to working with Compassionate Ballarat. At the Council meeting to debate this signing the Mayor, Cr Belinda Coates and Cr Des Hudson all spoke positively to the motion, and it was passed unanimously.

- The signing re-affirmed the partnership between Compassionate Ballarat and the Ballarat City Council.

- Dr Lynne Reeder, Lead Facilitator of the Australian Compassion Council with Terry Ayling, Lead Facilitator of the Australian Compassion Cities program - organised a Compassionate Cities forum which brought together people from around Ballarat, Melbourne, Bendigo, Wollongong, Castlemaine and Gold Coast in a discussion on how other cities across Australia could get involved in establishing their own compassionate city initiatives.

- It was pleasing that Mt Clear College, as part of its international program, sent a Senior teacher and two of its Year 12 students to participate in this forum.

- The forum was held in the Ballarat Town Hall and the Mayor and CEO attended the discussion. Dr Charles Barker, Chair of the global Charter Board of Trustees and Marilyn Turkovich, Head of the Charter’s Education Sector opened the forum via video from their offices in Fort Worth, Dallas and Bainbridge Island off Seattle respectively.

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12 Donovan, J (2018) *Designing the Compassionate City: Creating Places Where People Thrive*, Routledge, UK


Since it was established Compassionate Ballarat has been working in the areas of public policy, education, health, business and the community to provide education resources, promote and connect the compassionate work occurring across the city, and organising communication tools and avenues. Prof Paul Gilbert reminds us that if we want to have the minds and brains that are going to solve the complex problems of the world, then we need ones that are compassionate.

In order to inform our cities’ leaders Compassionate Ballarat has provided them with presentations by:
- Murray Paterson, Director, Potential Project (PP’s leadership model includes mindfulness, selflessness, and compassion).
- Prof Paul Gilbert, Compassionate Mind Foundation, UK (via video) on compassionate leadership.
- Ian George and Stephen Hanman, business consultants and company directors on new approaches to collaboration in business dealings.
- Kevin Tuerff, a consultant and global Charter Ambassador from the New York who’s story was the basis for the Tony award winning musical ‘Come from Away’.
- David Rumbens, Partner at Deloitte on its report ‘The Future of Work is Human’.
- Jennifer Nadel, a BBC reporter, barrister and the co-founder of Compassion in Politics, UK.
- Marilyn Turkovich, Executive Director, global Charter for Compassion.
- Jenny Donovan, Town Planner and author of the book: Designing the Compassionate City.

Compassionate Ballarat is a city-based initiative, and like other city-based initiatives such as Creative cities, Smart cities and Child-friendly cities, it offers global resources and a particular focus for Council’s consideration.

This compassion focus and research are an important resource for local governments in regional areas, where key social and health indicators such as homelessness, suicide rates, domestic violence, environmental disasters and poverty levels remain stubbornly high.

Australia is one of the most urbanized countries in the world, and in outlining the emerging challenges faced by local governments the Municipal Association of Victoria in its 2018 strategic report noted that the impact of climate change and related matters such as food security are becoming significant issues for local government, as is the governance required to manage Australia's two-track economy.

Better handling the ageing population, delivering affordable housing, cultivating the growth of children and young people, nurturing the mental health of residents, and designing safe spaces for women are all now on the agenda for this tier of government.

Whilst in the past local governments may have been restricted to rates, roads and rubbish, the MAV report concludes that local governments ‘have a unique mandate to support, represent and give voice to communities of place.'
It is this level of government that can provide an ideal platform for governments at all levels to strengthen their engagement with communities'.

These challenges require local governments to develop and maintain three distinct but interwoven forms of infrastructure - physical, economic and social. Compassionate responses are only one aspect of social infrastructure, but if they are done well they are a crucial aspect and potentially also have positive impacts on physical and economic infrastructure.

With the global resources of the Charter for Compassion and the new evidence base of compassion as a guiding motivation – Compassionate Ballarat commits to continue working with the City as it responds to change and rapid growth - nurturing all residents in this process, by building our community through compassionate connections.

This report was prepared by Dr Lynne Reeder and Dr Mary Hollick, both members of the Compassionate Ballarat Steering Group, and Adjunct Research Fellows at Federation University Australia.
Appendix 1

CELEBRATING COMPASSION – 20-27 OCTOBER 2019

COMPASSIONATE BALLARAT
creating a nurturing city

CELEBRATING COMPASSION – 20-27 OCTOBER 2019
The work of Compassionate Ballarat is overseen by a Steering Group, and in 2018-19 that group comprised:
(Chair) Ben Kelly (BHS); (Members) Superintendent Jenny Wilson (VicPol); Dr Lynne Reeder (FedUni); Dr Mary Hollick (FedUni); Sam Luxemberg (retired psychologist); and Denise White (marketing). (Secretarial support) Sam Holmes (BHS).
Compassionate Ballarat is focused on developing and nurturing our city’s social infrastructure i.e. the shared social arrangements that bind our community together. The new evidence base of compassion shows that, as a motivation, compassion can harness and strengthen the positive qualities of our minds.

We are a network that connects the compassionate work occurring across our city and provides educational resources, organizing tools, and avenues for communication. Compassionate Ballarat is part of the global compassion movement which is a cooperative effort to restore compassionate thinking and action.

The City of Ballarat will formally sign the Charter in this week and in doing so Ballarat will join the Global Charter of Compassion currently operating in over 50 countries and in over 430 cities around the world.

This special week of events has been developed by taking the issues of concern that were identified at a Compassionate Ballarat forum and those issues of concern include: High suicide levels – Low literacy levels – High economic inequality – Growing number of homeless (including older women) – Rapidly growing population (new and old residents) – Current and historic Indigenous concerns – Epigenetics of child sexual abuse and Youth disengagement.

This week of events has been developed with these community concerns in mind and so these events provide you with opportunities to:

- Give back and receive
- Learn
- Be Inspired
- Be Nurtured
- Be Resourced in the evidence base of compassion and empathy
- Contribute to a global initiative.

The flow of compassion continued as these events were being finalised – there are more events than can be added to this booklet at the time of printing - so please go to https://www.compassionateballarat.com.au/whats-on for those additional events.

THANK YOU BALLARAT!
OPENING CELEBRATION  
8.30AM - 10.00AM ALMEIDA PAVILION, LAKE WENDOUREE

Join us at Lake Wendouree to mark the beginning of Celebration of Compassion week. Music will welcome us and set the scene, after which an Acknowledgement to Country will be conducted. Key sentences from the global Charter for Compassion will then be read in range of cultural languages, spiritual and religious traditions. This will be followed by a short meditation led by Dr Lynne Reeder and afterwards we all can share in roasting marshmallows while Sweet Monas conclude this ceremony.

COMPASSIONATE STORYTELLING  
5.30PM – 7.00PM THE MALLOW HOTEL, SKIPTON ST

Join Anne E Stewart as she engages us to explore the nature of compassion through the craft of storytelling. Relax at the end of your weekend by sitting back and listening to a story as it’s told to you.  
COST: Free
MEDITATION
10.30AM-11.15AM - SPIRITUAL CENTRE, GROUND FLOOR, BALLARAT BASE HOSPITAL (STURT ST ENTRANCE)

Jan Alexander from Jackie Allen Yoga Studio is conducting a guided meditation to nurture ourselves with a deep mind/body relaxation, providing a counter balance to the busyness of life.
COST: Free

WORDS AND YOUR HEART
10.00AM -11.00AM SEBASTOPOL LIBRARY, 181 ALBERT ST, SEBASTOPOL

Bring your pre-schooler to a children’s Book Club where they can listen to a story and take part in an exercise exploring the positive and negative impact that words can have on us.

GIVING & RECEIVING – FREE HAIRCUTS
11AM – 1.00PM, UNITINGCHURCHBREAZEWAY, DANASTHILL

Local hairdresser Darren from HairAid and Eve Salon, and a band of others will be offering free haircuts to those in need. If you are a hairdresser and would like to help, just turn up with your cutting kit and get involved. If you have been putting off affording a haircut for other priorities, please come along and meet this dedicated team of volunteers.

ART & EMPATHY TOURS
2.00PM – 3.00PM, BALLARAT ART GALLERY, LYDIARD ST

Engaging with art helps to foster empathy, the ability to understand or feel the experience of others. As part of Ballarat’s Celebrating Compassion Week, the Art Gallery of Ballarat is offering groups in the community special tours which bring focus on specific works in the collection which may be capable of evoking emotion and inspiring empathy.
COST: Free but bookings essential – numbers are strictly limited.

A COMPASSIONATE APPROACH TO TEENAGE TURMOIL
6.00PM -7.00PM - PRESENTATION THEATRE, BALLARAT TECH SCHOOL, ALBERT ST

Superintendent Jenny Wilson will give a public lecture for parents on a compassionate approach to the turmoil that is part of adolescence. Jenny will provide ideas and recommendations for when you are dealing with the first time your child is the victim of crime – or a first-time offender.
COST: Free
SHARE A MOVIE WITH SOMEONE IN NEED – REGENT CINEMA

Regent Cinemas is offering you the opportunity to lighten the load for someone you know, and show that you care. If you invite a person who needs some nurturing and perhaps a reprieve from the stress of their lives, you will receive their ticket for FREE.
Go to the website for details – https://www.compassionateballarat.com.au/whats-on

GREENING THE WORLD - 15 TREE’S

Contribute to the global Compassion Tree project and Green World Campaign by partnering with local business, Fifteen Trees. Purchase a tree which will be planted locally during the 2020 planting season. Once your tree/s is planted, you will be contacted by 15 Trees, to see and read where and how it was planted.
Go to the website for details – https://www.compassionateballarat.com.au/whats-on

SUPPORTING CHILDHOOD READING - BIG W, CURTIS ST, BALLARAT EAST

In a city where literacy levels are low in some areas, you can help raise the level of literacy in young children by donating a book and placing it in the Compassionate Ballarat bin provided.

VOLUNTEER YOUR PRECIOUS TIME

Visit www.govolunteer.com.au and search the volunteer options available across Ballarat all year round—a wonderful way to give your time to someone who needs your help.
COMPASSION MEDITATION
10.30AM – 11.00AM TITANIC BANDSTAND PAVILION, STURT ST
Lynne Reeder will guide a meditation based on the work of Paul Gilbert, Director, Compassionate Mind Foundation UK.

GIVING & RECEIVING - FREE HAIRCUTS
12.00PM - 2.00 PM, SALVATION ARMY CAFÉ 102, 102 EUREKA ST, BALLARAT (CNR MAIN RD)
Local hairdresser Darren from HairAid and Eve Salon, and a band of others will be offering free haircuts to those who need it. If you are a hairdresser and would like to help, just turn up with your cutting kit and get involved. If you have been putting off affording a haircut for other priorities, please come along and meet this dedicated team of volunteers. We will see you there.

NAZARETH HOUSE CYCLING WITHOUT AGE
1.00PM – 2.00PM MEET AT RECEPTION OF NAZARETH HOUSE, 218 MILL ST, LAKE WENDOUREE
Starting in Copenhagen in 2012, the global movement of Cycling without Age is now represented in 42 countries worldwide. Cycling without Age Ballarat Chapter, puts elderly residents of Nazareth House together with active volunteers and all ages, in a TRISHAW for a leisurely ride around the Lake Wendouree. All return smiling from the wind in their hair, rosy cheeks and full of stories. The Wellness team at Nazareth is conducting a one-hour Trishaw riding practice and information session. All the family is welcome.

ART & EMPATHY TOURS
2PM – 3PM, BALLARAT ART GALLERY, LYDIARD ST
Engaging with art helps to foster empathy, the ability to understand or feel the experience of others. As part of Ballarat’s Celebrating Compassion Week, the Art Gallery of Ballarat is offering groups in the community special tours which bring focus on specific works in the collection which may be capable of evoking emotion and inspiring empathy. **COST: Free but bookings essential – numbers are strictly limited.**
INTO THE MAGIC SHOP
2.00-3.00PM - WENDOUREE LIBRARY - STOCKLAND

Book club discussion of a neurosurgeon’s true story of the life-changing magic of compassion and mindfulness. Copies of Into the Magic Shop are available at the Ballarat Central Library.

COST: Free

EMPATHY TRAINING
2.00PM–4.00 PM OR 6.00PM–8.00PM - BALLARAT BASE HOSPITAL, EDUCATION RESOURCE CENTRE, GROUND FLOOR, ENTER STURT ST

Empathy is an active skill of listening to another person in order to understand them. This workshop is an interactive opportunity to learn or improve your empathy skills through small groups providing practice and feedback. Sam Luxemberg is a psychologist experienced in delivering Person Centered Counselling (based around the skill of empathy).

COST: Free

SHARING WITH LOVE
7.30PM – 9.00PM ST ALOYSIUS PARISH CENTER, CNR LEITH & RIPON ST

Klibur Domin is a Timorese NGO in Timor-Leste, and in Tetum means ‘Sharing with love’. Come to listen to Kim Butler, Andrew Kennon and Brian Summers tell their stories about caring for the sick and disabled, through Klibur Domin’s health programs for TB, malaria, dental hygiene, gardening and water projects. Be inspired by their acts of compassion. Supper will be provided.

COST: Free
SHARE A MOVIE WITH SOMEONE IN NEED – REGENT CINEMA
Regent Cinemas is offering you the opportunity to lighten the load for someone you know, and show that you care. If you invite a person who needs some nurturing and perhaps a reprieve from the stress of their lives, you will receive their ticket for FREE.
Go to the website for details – https://www.compassionateballarat.com.au/whats-on

GREENING THE WORLD - 15 TREE’S
Contribute to the global Compassion Tree project and Green World Campaign by partnering with local business, Fifteen Trees. Purchase a tree which will be planted locally during the 2020 planting season. Once your tree/s is planted, you will be contacted by 15 Trees, to see and read where and how it was planted.
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SUPPORTING CHILDHOOD READING - BIG W, CURTIS ST, BALLARAT EAST
In a city where literacy levels are low in some areas, you can help raise the level of literacy in young children by donating a book and placing it in the Compassionate Ballarat bin provided.

VOLUNTEER YOUR PRECIOUS TIME
Visit www.govolunteer.com.au and search the volunteer options available across Ballarat all year round – a wonderful way to give your time to someone who needs your help.
MEDITATION - OM CHANT
10.30AM-10.50AM ALMEIDA PAVILION, (NEXT TO PIPERS) LAKE WENDOUREE

Group chanting of OM resonates through time and space, shifting and clearing, far beyond what we can see or imagine. Denise White will lead this 15-minute OM CHANT meditation during where we can chant together in our own tone and time – collectively.

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2PM - 3PM, BALLARAT ART GALLERY, LYDIARD ST

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COST: Free but bookings essential – numbers are strictly limited.

PERSISTENT PAIN PLASTICITY & REHABILITATION
6.30PM -7.30 PM, BALLARAT SPORTS EXERCISE REHABILITATION CENTRE, 131 ALBERT ST, SEBASTOPOL

It is difficult to feel and act with compassion when we, ourselves, are in pain. Compassionate Ballarat has joined with Grant McKechnie from Ballarat Sports Exercise Rehab Centre for a free educational evening on the science of pain, the nervous systems’ involvement, and what we can do to change our pain.

COST: Free

For further information and registration: https://www.compassionateballarat.com.au/whats-on

LIFE:MOVING - FILM EXHIBITION
10.00AM – 4.00PMSHANNON’S BRIDGE END OF LIFE HUB, 94 ALBERT ST, CRESWICK.

Life:Moving is a collaboration between academics, a filmmaker and John Taylor Hospice in Birmingham UK and Shannon’s Bridge is excited to be able to host the film exhibition in Victoria. The installation explores the power of the film to communicate the meaningful and honest experiences of those affected by terminal illness.

COST: Free
ANYTIME ON WEDNESDAY

SHARE A MOVIE WITH SOMEONE IN NEED – REGENT CINEMA

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COST: Free

GIVING & RECEIVING - FREE HAIRCUTS
12 – 2.00PM, SALVATION ARMY CAFÉ 102, 102 EUREKA ST, BALLARAT (CNR MAIN RD)

Local hairdresser Darren from HairAid and Eve Salon, and a band of others will be offering free haircuts. If you are a hairdresser and would like to help, just turn up with your cutting kit and get involved. If you have been putting off affording a haircut for other priorities, please come along and meet this dedicated team of volunteers. We will see you there.

NAZARETH HOUSE CYCLING WITHOUT AGE
1.00PM – 2.00PM MEET AT RECEPTION OF NAZARETH HOUSE, 218 MILL ST, LAKE WENDOUREE.

Starting in Copenhagen in 2012, the global movement of Cycling without Age is now represented in 42 countries worldwide. Cycling without Age Ballarat Chapter, puts elderly residents of Nazareth House together with active volunteers and all ages, in a TRISHAW for a leisurely ride around the Lake Wendouree. All return smiling from the wind in their hair, rosy cheeks and full of stories. The Wellness team at Nazareth is conducting a one-hour Trishaw riding practice and information session. All the family is welcome.
ART & EMPATHY TOURS
2PM – 3PM, BALLARAT ART GALLERY, LYDIARD ST

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**COST:** Free but bookings essential – numbers are strictly limited.

EMPATHY TRAINING - SAM LUXEMBERG
2.00PM–4.00 PM OR 6.00PM– 8.00PM - BALLARAT BASE HOSPITAL, EDUCATION RESOURCE CENTRE, GROUND FLOOR, ENTER STURT ST

Empathy is an active skill of listening to another person in order to understand them. This workshop is an interactive opportunity to learn or improve your empathy skills through small groups providing practice and feedback. Sam Luxemberg is a Psychologist experienced in delivering Person Centered Counselling (based around the skill of empathy).

COMPASSIONATE POETRY SLAM
7.00PM – 8.00 THE LOST ONES BASEMENT BAR, 14 CAMP ST

Come along and share your creative minds with an expression of Compassionate Poetry Slam. We are calling on everyone to take a moment to reflect and create a short poem with a compassionate theme and perform it in our SLAM.

**COST:** Free (Food and wine available to purchase)
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EVERY HUMAN BEING IS AN ARTIST, A FREEDOM BEING, CALLED TO PARTICIPATE IN TRANSFORMING ANDRESHAPING THE CONDITIONS, THINKING AND STRUCTURES THAT SHAPE AND INFORM OUR LIVES.

JOSEPH BEUYS
LIFE:MOVING - FILM EXHIBITION
10.00AM – 4.00PM SHANNON’S BRIDGE END OF LIFE HUB, 94 ALBERT ST, CRESWICK.

Life:Moving is a collaboration between academics, a filmmaker and John Taylor Hospice in Birmingham UK and Shannon’s Bridge is excited to be able to host the film exhibition in Victoria. The installation explores the power of the film to communicate the meaningful and honest experiences of those affected by terminal illness.

COST: Free

SOCIAL ENTERPRISE KITCHEN - SHARE A MEAL
12.00PM – 1.00PM, BALLARAT NEIGHBOURHOOD CENTER, TUPPEN DRIVE, SEBASTOPOL

Join in lunch at the Ballarat Neighbourhood Center. If you bring someone who needs the company or food, your guest will receive a free lunch. At the same time you will be supporting long term unemployed who are being retrained and reskilled in the kitchen of this wonderful social enterprise program. Please book and arrange voucher collection with the Neighbour Centre directly by phoning 53293273.

ART & EMPATHY TOURS
2PM – 3PM, BALLARAT ART GALLERY, LYDIARD ST

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COST: Free but bookings essential – numbers are strictly limited.

JOSEPH BEUYS: THE REVOLUTION IN US – EXHIBITION OPENING
6.30PM – 7.30PM, POST OFFICE GALLERY, SCHOOL OF ARTS, FEDUNI, STURT ST

Please join us at the Post Office Gallery for the exhibition opening of ‘The Revolution is Us (La rivoluzione siamo Noi) to showcase the work of German artist Joseph Beuys, one of the most influential Conceptual and performance artists of the second half of the 20th century. A member of the 1960s Fluxus movement, Beuys is known for his highly original and controversial ideas, themes and practices influenced by a ‘near death’ experience and encountering the work of German sculptor Wilhelm Lehmbruck, setting in-motion an art practice of public discourse through performance and actions.

COST: Free
SHARE A MOVIE WITH SOMEONE IN NEED - REGENT CINEMA, LYDIARD ST

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VOLUNTEER YOUR PRECIOUS TIME

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GREENING THE WORLD – TREE PLANTING EVENT,  
10.00AM – 12.00PM MULLAHWALLAH WETLANDS, LUCAS DRIVE. LUCAS

Compassionate Ballarat has joined forces with the global Compassion Tree Project, the Green World Campaign, Ballarat City Council and the Upper Emu Creek Landcare Group. We will be meeting at Mullah Wullah Swamp to plant 100 trees, propagated and nurtured by the Ballarat City Council Nursery. It is recommended to wear appropriate clothing for the day, sturdy footwear, sunscreen and hardy gloves. Everything else will be provided by the Upper Emu Creek Landcare Group. An activity for ALL the family.

COST: Free Numbers are limited

LIFE: MOVING – FILM EXHIBITION  
10.00AM – 4.00PM SHANNON’S BRIDGE END OF LIFE HUB, 94 ALBERT ST, CRESWICK.

Life: Moving is a collaboration between academics, a filmmaker and John Taylor Hospice in Birmingham UK and Shannon’s Bridge is excited to be able to host the film exhibition in Victoria. The installation explores the power of the film to communicate the meaningful and honest experiences of those affected by terminal illness.

COST: Free

JOSEPH BEUYS: THE REVOLUTION IN US – EXHIBITION  
12.00PM – 5.00PM PO GALLERY, SCHOOL OF ARTS, FEDUNI, STURTST

‘The Revolution is Us’ showcases the work of German artist Joseph Beuys, one of the most influential Conceptual and performance artists of the second half of the 20th century. A member of the 1960s Fluxus movement, Beuys is known for his highly original and controversial ideas, themes and practices influenced by a ‘near death’ experience and encountering the work of German sculptor Wilhelm Lehmbruck, setting in motion an art practice of public discourse through performance and actions.

COST: Free
SUPPORTING CHILDHOOD READING - BIG W - CURTIS ST BALLARAT EAST

In a city where literacy levels are low in some areas, you can help raise the level of literacy in young children by donating a book and placing it in the Compassionate Ballarat bin provided.

MEDITATION - YOGA NIDRA
2.00PM - 2.45PM JACQUI ALLEN YOGA STUDIO, 108 LEWIS ST, BALLARAT CENTRAL

Jan Alexander is conducting a guided Yoga Nidra to nurture ourselves with a deep mind/body relaxation, providing a counter balance to the busyness of life.
COST: Free

ART & EMPATHY TOURS
2PM - 3PM, BALLARAT ART GALLERY, LYDIARD ST

Engaging with art helps to foster empathy, the ability to understand or feel the experience of others. As part of Ballarat’s Celebrating Compassion Week, the Art Gallery of Ballarat is offering groups in the community special tours which bring focus on specific works in the collection which may be capable of evoking emotion and inspiring empathy.
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STARIMOST - A SYMPHONY IN IMAGES
3.00-4.00PM - HELEN MCPHERSON THEATRE, ARTS ACADEMY - OFF LYDIARD ST

Hear the story of how Assoc Prof Richard Chew and Alex McEwan created the images that accompany the Stari Most symphony and of its inspiration - the renewal of the Mostar Bridge following the Bosnian war. Assoc Prof Rick Chew will accompany some of the discussion with his beautiful piano playing. Be moved by the story and immersed in image and sound. Alex McEwan is based in London, but is coming to Ballarat specifically to oversee its projection at Sunday’s Concert for Compassion.
A CONCERT for COMPASSION

SUNDAY 27 OCTOBER 2019
JOIN THE SUNDAY SWEEP ARMY
7.00AM
Join the dozens of volunteers who comprise the 7am Sunday Sweep army, meeting every Sunday to clean a local public area of rubbish. Beautifying Ballarat, once area at a time. For details of the location for this Sunday visit: https://www.facebook.com/Sunday-Sweep/

MEDITATION
10.00AM-10.45AM - SPIRITUAL CENTRE, GROUND FLOOR, BALLARAT BASE HOSPITAL (STURT ST ENTRANCE)
Jan Alexander is conducting a guided meditation to nurture ourselves with a deep mind/body relaxation, providing a counter balance to the busyness of life.
COST: Free

INDIGENOUS DEEP TIME LISTENING
11.00AM - 12.30PM - BALLARAT ARTS ACADEMY MASTERFOODS THEATRE, CAMP ST.
Join Jenny Bowler and Alan Harris, to participate in an immersive experience where you will be introduced to a western method of expanding consciousness using classical music for insight and guidance. Create a deep sense of connection and learn about the Indigenous approach to compassion to harness those connections that reside within us all.
COST: Free
JOSEPH BEUYS: THE REVOLUTION IN US - EXHIBITION
12.00PM- 5.00PM PO GALLERY, SCHOOL OF ARTS, FEDUNI, STURT ST

‘The Revolution is Us’ showcases the work of German artist Joseph Beuys, one of the most influential Conceptual and performance artists of the second half of the 20th century. A member of the 1960s Fluxus movement, Beuys is known for his highly original and controversial ideas, themes and practices influenced by a ‘near death’ experience and encountering the work of German sculptor Wilhelm Lehmbruck, setting in motion an art practice of public discourse through performance and actions.

COST: Free

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2PM - 3PM BALLARAT ART GALLERY, LYDIARD ST

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COST: Free but bookings essential – numbers are strictly limited.

CONCERT FOR COMPASSION
6.30PM-8.00PM - PERFORMING ARTS CENTRE, LORETO COLLEGE, STURT ST

Finish this magical week by joining Lior and Richard Chew for a world class concert from two opuses – one the Compassion Symphony and the other Stari Most. These two poignant musical works offer you the pure voice of Lior, and an orchestra of 20, a choir of 40, and projected images that tell the story of the 16th-century Ottoman bridge in the city of Mosta. Alex McEwen who created the image story board that accompanies the Stari Most composition is coming out from London specifically to oversee its projection at this very special concert.
Compassionate Ballarat wishes to thank and acknowledge the following organisations for their support and contributions to creating Ballarat as a compassionate city. These include Ballarat Health Services, Victoria Police, The City of Ballarat and Federation University Australia.