

# hush

foundation

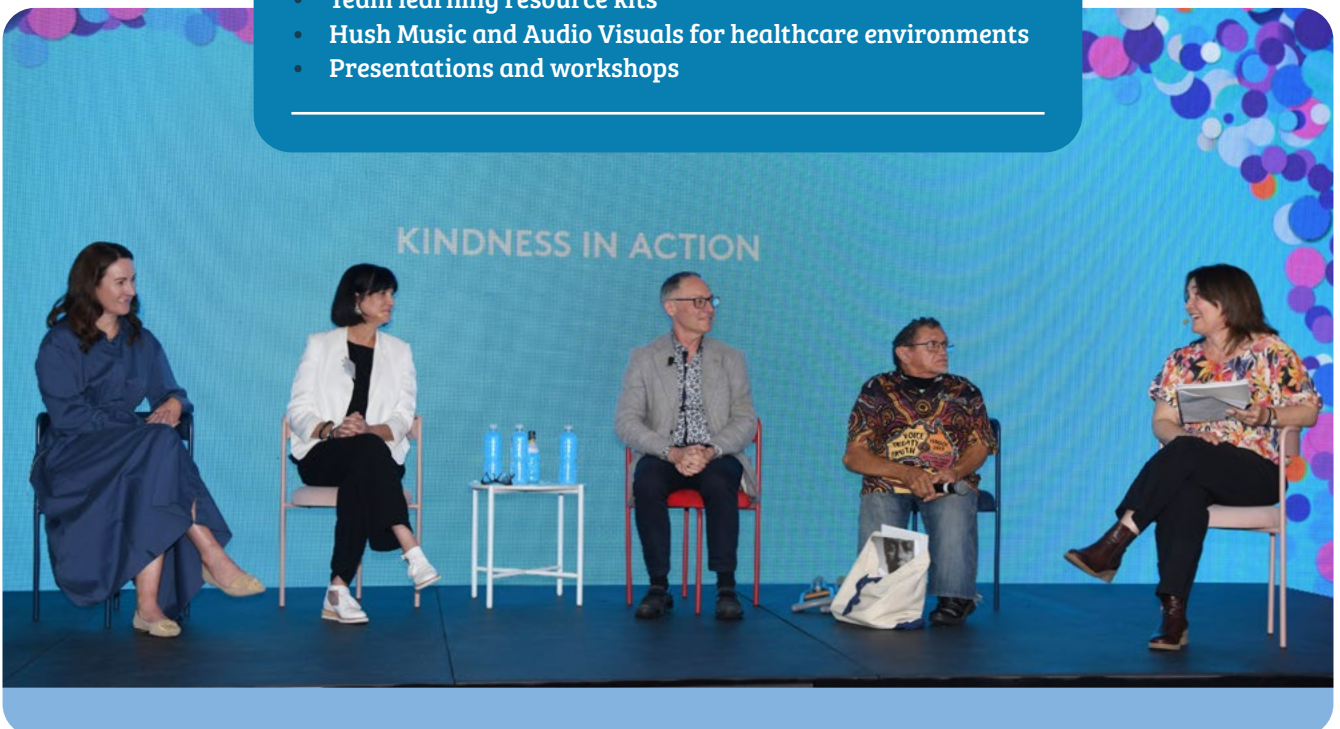
Reimagining and inspiring a better healthcare experience for all

---

## Programs and Packages 2023

**A suite** of offerings to support organisations year round.  
Including:

- Hush Health Plays for education and culture change
- Gathering of Kindness events
- DIY Gathering of Kindness event kits
- Team learning resource kits
- Hush Music and Audio Visuals for healthcare environments
- Presentations and workshops



# Hush Foundation

Reimagining and inspiring a better healthcare experience for all

The Hush Foundation does things differently. For over two decades, we have harnessed the power and influence of the arts to ignite kindness and reframe care.

Through our pioneering use of creative tools including theatre for education, music, literature, dialogues and events, we support the transformation of health and care cultures that prioritise kindness, respect and wellbeing for staff, patients, families and carers.



**“Fostering** a culture of kindness enhances collaboration among team members. This leads to a reduction in errors, improved staff safety, wellbeing and retention and ultimately improves quality and safety for patients and their families. I use it and see it every day in my work.”

**Professor Catherine Crock AM,**  
*Physician and Founder of Hush Foundation and Gathering of Kindness*



## We know it works

Research shows that prioritising positive goals like kindness, safety and wellbeing for everyone leads to meaningful change. Focusing on positive aspirations creates a more optimistic and productive work environment and more successful solutions to complex issues such as bullying, burnout and poor culture.

**“When** we’re kind to each other, we open our bandwidth and we help people to perform at their very best. There’s a ton of evidence on that. Kindness pays. It pays for ourselves. It pays for our patients. And it pays for our teams and our organisations as well...boy, is it worth it.”

**Dr Chris Turner (GoK 2022 presenter),**  
*Consultant in Emergency Medicine and advocate for Civility in Medicine, UK*



caring listening kindness joy integrity creativity

# Offerings

Hush Foundation presents

## Gathering of Kindness

Reframing quality and safety

Our annual Gathering of Kindness event has inspired a movement of change agents and has grown to become a key Australian Healthcare event that addresses the interlinked issues of workplace wellbeing, quality and safety and human experience. Our year-round resource packs help teams embed the insights and change with bite-sized learning and practical actions.

- Subscribe to our Gathering of Kindness Across the Year resource kits
- Host Your Own Gathering during World Kindness Week
- Join us online, wherever you are, wherever you are
- Join us in person



Learn more about our tailored organisational passes and subscriptions, including discounts and access to additional resources and support. [www.gatheringofkindness.org](http://www.gatheringofkindness.org)

### Feedback from previous Gathering of Kindness events:

- “You have created an amazing program and a platform to get to the core of health care. What an inspirational two days!”
- “I have already taken key insights back into my workplace and have begun noticing and highlighting acts of kindness as key performance criteria when giving feedback to my team.”
- “Not what I expected! Amazing. Definitely recommend this to everyone.”
- “I had no idea what to expect from this gathering and have been completely blown away by the content and ideas, feeling very inspired.”

## Music and audio visual screens

for waiting rooms, staff rooms, treatment rooms and operating theatres

Research shows that music can increase empathy, compassionate emotions and information retention. The Hush Foundation has produced 20 albums featuring some of Australia’s leading composers and musicians, which were purpose-made especially for health and care settings as a way to create calmer and more relaxing care environments that benefit everyone.

Our music is available on its own or against a backdrop of beautiful natural images suited for waiting rooms, staff rooms, treatment and operating rooms, and other healing spaces. Live music performances with visiting musicians are also possible.

Hush Music is available as CDs via our website and for streaming on all music platforms. To purchase CDs, digital downloads or for more information, visit: [www.hush.org.au](http://www.hush.org.au)



caringlisteningkindnessjoyintegritycreativity

# Hush Health Plays

Hush Foundation's Healthcare plays tackle the biggest issues in the culture of health care today – patient safety, communication and staff interactions. Written by award-winning playwright, Alan Hopgood AM, the plays use real stories to highlight the challenges faced by patients, families and staff in health care. Hush Health Plays have been performed all over Australia and internationally to thousands of people and can be performed in any venue - from the staffroom, to the board room and the large scale conference arena.

Our plays can be accessed three different ways:

1. In person with live actors and a facilitated discussion / Q&A session
2. Radio plays with a remote facilitator or facilitation notes.
3. Short films of key scenes from the plays, with facilitation notes.

For more information, visit:

[www.hush.org.au/our-healthcare-plays](http://www.hush.org.au/our-healthcare-plays)



**“The** play ‘Hear Me’ is a firm fixture in the Melbourne Medical School’s curriculum. The play engages its audience at both cognitive and emotional levels to give patient safety real immediacy, inspiring a deeper understanding of the patient experience in an hour than I could hope to in a year of traditionally taught curriculum.”

**Professor Stephen Trumble**

*Head of the Department of Medical Education in the Melbourne Medical School, University of Melbourne*

## Narrative Workshops

Our narrative workshops empower doctors, nurses, allied health and support staff to integrate the cornerstones of patient centred care and self care into their work, while providing the tools to make communication more effective and efficient with staff, colleagues and patients. The primary goal of these workshops is to further develop personal and professional interior lives through short reflective writing on specific topics.

Based on the work of The Narrative Initiative, USA, our trained facilitators employ innovative and educational research-proven techniques to help healthcare professionals use their own stories to transform the healthcare experience for themselves, their colleagues and patients.



caring listening kindness joy integrity creativity

# Keynote Presentations and Consultation Services

The founder of the Hush Foundation and the Gathering of Kindness, Professor Catherine Crock AM, and Engagement Manager and author Lucy Mayes, are available to provide tailored presentations for any audience size.



Together they can work with you and your team to improve communication skills, leadership development, wellbeing promotion, coaching and in-depth consultancy services for culture change.

## Dementia Videos

Hush have partnered with the team at PocketMedic to share their innovative and award winning series of 10 films about the daily challenges of people and carers living with dementia. The films feature the parents of Creative Director Kimberley Jenkins, both in their 80s and living with dementia. The films

were made using eye tracking technology and facial recognition, and with a strong dose of humour and love, aim to help viewers empathise with people living with dementia, and understand how to communicate with and care for them.

## Music, books and merchandise

Embed the message and experience of kindness into your organisation with our ARIA Award winning music, our #KindnessWorksHere and Gathering of Kindness wearable ranges and signage, as well as our assortment of books designed to inspire and stimulate conversations and positive change.



**By purchasing our products, you are supporting our mission to transform healthcare cultures with kindness. You can order our music, merchandise and dementia films directly via our website - [www.gatheringofkindness.org/shop-hush](http://www.gatheringofkindness.org/shop-hush)**

**If you're interested in placing a large quantity order of any of our products, please contact us at [info@hush.org.au](mailto:info@hush.org.au)**

## The way forward

Please feel free to contact us to discuss your team and organisational needs.



### Contact

For general enquiries and healthcare play bookings: [info@hush.org.au](mailto:info@hush.org.au)

For tailored solutions, contact Lucy Mayes, Engagement Manager: [engagement@hush.org.au](mailto:engagement@hush.org.au)



caringlisteningkindnessjoyintegritycreativity

Reimagining and inspiring a better healthcare experience for all



**"Your** Hush playlists have kept me sane during three months of drama and I THANK you for this precious room in my life."

Mother of a young patient with T1 Diabetes

**hush**  
foundation

---