



CommunityMinds
Global Reach, Local Thinking



WHAT'S ON?

NOVEMBER

- November: 'Movember' - Men's Health/Mental health Awareness Month
- NAIDOC Week
- CMK Schools Book Competition
- CM Website Launch (cont. on page 4)

"The staff at Community Minds would like to acknowledge and pay our respects to the Eora people, the Traditional Custodians of the land on which our work takes place."

CEO WELCOME

BY ZIZI CHARIDA

A big warm welcome to the first edition of the Community Minds Newsletter!

We aim to inform and inspire you with great community stories and interviews with community minded change makers. Our newsletter will share exclusive updates from our Community Minds programs and other great initiatives that businesses, schools and community organisations are involved in. Our aim is to help create a more community minded world!

This newsletter will be released monthly, keeping you up to date with community events and professional development conferences, training and workshops that we are involved in or initiating. Community Minds would love to hear from you and share some of the wonderful community projects and campaigns that you are involved in.

Thank you for supporting us and subscribing. We are excited to share our 'Global Reach, Local Thinking' stories with you each month.

In Solidarity,

Zizi

COMMUNITY MINDED KIDS

Community Minded Kids (CMK) is a primary school-based program designed for Year 5/6 students (ages 9-12).

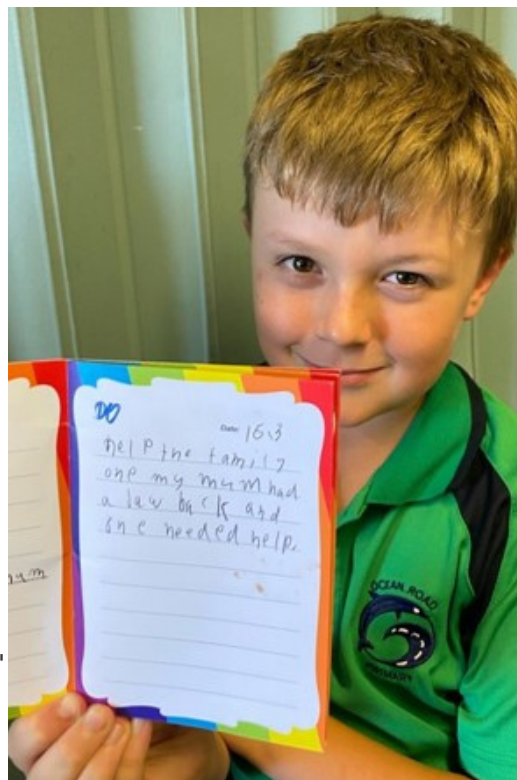
The program aims to build community minded thinking in children by fostering collaborative relationships between the student, school, family and community to promote civic participation and community well-being.

The in-class component is a series of eight lessons running from 30-45 minutes each. The lessons address integral themes of community development such as Diversity, People Power, Pay it Forward, Social Justice and more.

In hope to encourage students to be active participants in their community, each week, they take part in out of school activities. The students learn and complete their studies by two focal techniques, 'Discover' and 'Do'.



"CMK aims to inspire a movement in shifting a 'Me' generation to a 'We' generation."



noticed that students have become more aware of local services and facilities. We have witnessed students with a new sense of belonging, new interest in volunteering and ways in which they are able to contribute. **CMK aims to inspire a movement in shifting a 'Me' generation to a 'We' generation.**

CMK is offered at all primary schools across Australia and is suitable for children with all learning capacities including those who suffer from a disability. If you would like your school to take part in this unique program, ask your teachers to contact us!

These photos were provided from a group of Western Australian schools of year 5 and 6 students. In total there were 390 students who graduated the CMK program from these schools throughout 2020.

By enabling students to go out into the community, they can identify positive aspects and contribute their time and efforts to community minded activities.

In recent evaluation of the CMK program, we have





COMMUNITY MINDED BUSINESSES HIGHLIGHT

At Community Minds, we pride ourselves on working with community minded businesses. Our work bridges a gap and steers businesses away from acting out of

"Turning your traditional business sponsorship model from transactional to transformational."

obligation to acting with integrity. The program allows for relationships to form between community and business.

We believe that when a business interacts positively with its local community, the emotional value enhances the brand and image of the business.

Each month, we will be speaking to and featuring a community minded business. Last month, we spoke to Jeannie-Marie from The Secret Ingredient (pictured above).

Jeannie runs interactive online cooking sessions with talented chefs from her kitchen to yours.

"Participants cook-along in real time with the chef via a livestream and can use the comments thread to engage with each other. It is a great way

to have a shared cooking experience, have a good laugh and feel a sense of connection and belonging."

The Secret Ingredient is a community building initiative as Jeannie aims to foster connection, bring joy and improve wellbeing in people's lives. Jeannie writes, "Communities play a big role in my sense of well-being and help to aid my feelings of personal agency. My communities help me feel grounded, supported and less alone in the world."

As a Community Minded Business, The Secret ingredients will donate 10% of profits to help resource Community Minded Kids Program. All you have to do is reference us for any bookings made with The Secret Ingredients.

If this sounds like something that you would like to participate in, you can contact Jeannie at the-secret-ingredients.com.

If you believe that your business is community minded and you would like to connect with our organisation, please contact us.

Fun Fact:

Did You Know?

Family Feastings is a Community Minds initiative established back in 2015. It was designed to celebrate diverse faiths and palettes through exploration of cultural food, wisdom and knowledge, finding ways to mix ingredients together to create delicious, nutritious, meals for your family.



WHAT'S ON IN NOVEMBER?

NAIDOC WEEK 8-15 NOV

In celebration of NAIDOC week, the Community Minds Family Feasting initiative have put together 15 Bush Tucker food packs to deliver to families in the local Canterbury Bankstown council areas later this week. Recipe cards, ingredients and a copy of Young Dark Emu by Bruce Pasco have been included.

If you are one of the lucky families who secured yourself a pack, please be sure to share your experience with us via words and images.

"The Canterbury-Bankstown Bulldogs have a vision of community cohesion and this program enables our community to be united. The CMK program prompts the kids of our community to think beyond themselves and to discover life from another person's perspective. CMK empowers kids to have empathy and to act upon that by helping those around them in their own unique way."

- CANTERBURY-BANKSTOWN BULLDOGS FOOTBALL CLUB



MEET A TEAM MEMBER

ANGELA CRICHTON

My name is Angela, photographer and emerging doula running my own business called Moon Mother Chronicles (moonmotherchronicles.com). I am a passionate activist, writer, lover of animals and collector of stories.

After creating a space called 'The Heart of Bankstown' with the intention to connect with local people, document the streets and learn tales of the city that I grew up in, I found that a period of absence had left me out of the loop.

When I heard about Community Minds and all of the incredible work that is bridging a gap here, I was thrilled at the opportunity to become part of such an integral team now working as a Program Coordinator in the CMK space and documenting stories for this newsletter each month, keeping the community connected.

COMMUNITY MINDED KIDS SCHOOL BOOK PACK COMPETITION

Community Minds have a current competition with a chance for your school to win \$150 worth of kids community themed books by Australian and International authors. We would like to give a special thanks to Xary Lawyers who funded a book pack when they heard about this exciting opportunity. If you would like to enter your school, please contact kids@communityminds.org.au Or call us on 1300 CMINDS (264 637) - entries close soon!

MOVEMBER

November is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's mental health (Source: wikipedia). Find out more at <https://au.movember.com/>

**WE ARE EXCITED TO INTRODUCE YOU TO OUR NEW AND IMPROVED WEBSITE
- LAUNCHING SOON - WATCH THIS SPACE: WWW.COMMUNITYMINDS.ORG.AU**