



Community Minds Newsletter

"Together, we will get through this."



Mosaic artwork located in Paul Keating Park, Bankstown NSW

The new normal

Considering what's next...

WE ARE STRONGER TOGETHER

Community connectedness is the key to collective recovery.

Community Minds invites you to share Good News and Stories of Kindness with us so that we can continue to inspire others to focus on what is strong, not what is wrong.

info@communityminds.org.au

There is much talk in the media about 'the new normal' and 'learning to live with it' but this has different meanings for all of us. These are complex notions in a world of unknowns, however, historical trends allow us to measure collective thinking in times of hardship.

If we consider our language as the measurement guide, it is important to recognise the trends and uses of words that are **connected** or **individualistic** such as Me, We, and any newly created words or terms that fit either of these categories.

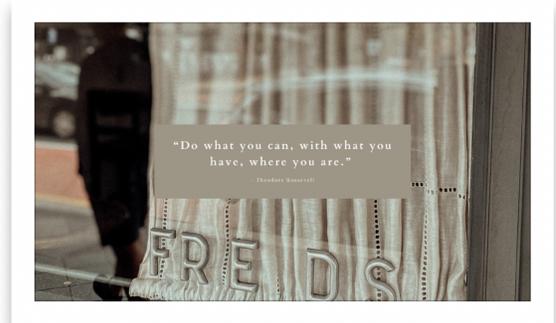
In their book, *Reconnected*, Andrew Leigh and Nick Terrell discover that throughout the 20th century, 'we' was most commonly used in Australian literature compared to the 21st century where 'me' is now as frequently used. It was during the 1940s, around the time that the world was suffering through the impacts of WWII, that 'we' peaked in our books. This trend saw a decline in years to follow and in 2010, our literature took a turn for its most individualistic language of all time.

When we consider our current world, how do we want to document and remember the times of 2020-2021?

Kindness can always be found!

Community Minds hope that everyone returns to their new normal with a sense of connectedness. In light of this, we have created some inspirational desktop and mobile backgrounds that are available for free download.

Click on any of the images below or go to communityminds.org.au + News and Media page.



Inspiration: *Together Apart*

Some local thinking initiatives with global potential

#NSWRocks

Children and adults are painting and decorating rocks to hide in their communities for others to find. The initiative is called NSW rocks and is brightening the lives of many children and families during lockdown. Some are collecting and swapping their rocks not just in NSW, also Australia wide. You can learn more about [NSW rocks here](#).



Rocks found in Oatley, NSW



Spoonvilles:

Spoonville's are cropping up all over the world, keeping children far and wide creative and connected through lockdowns. You can start your own Spoonville or search for one close by via social media.

You could also start a Spoonville of your own.

Some of the things you might need include:

- Wooden or biodegradable spoons
- Glue
- Permanent marker
- Scissors
- Felt/scrap fabric
- Assorted craft items which might include pipe cleaners, ribbons, googly eyes, feathers, sequins, plasticine, yarn, beads, paint



Image via Twitter

Community Minded Colleagues...

We need you!

Community Minds are conducting 2 online surveys mapping school-based programs and services in Granville, Auburn & Bankstown areas and organisations running programs or project in schools in those areas. The purpose of this survey is to map organisations that deliver services with school-aged students within the Bankstown, Auburn, and Granville areas, in:

- Diversity training
- Wellbeing programs
- Life education
- Interfaith bridge building
- Intercultural understanding education
- Personal growth programs

The survey takes around **6-8 minutes to complete**. If you are one of thirty surveys returned by 17 September 2021, we will send you a **\$20 e-gift voucher** for your time! (Maximum two \$20 e-gift vouchers per school/organisation). Conditions are that all relevant questions are answered and you meet the criteria regarding geographical locations and cover at least one of the above-mentioned topic areas.



SURVEY LINKS:

Services & Org's Survey:
<https://lnkd.in/gPdf9mvR>

Schools Survey:
https://lnkd.in/g_p2DBK9

For further information,
contact us:

Email:
info@communityminds.org.au

Phone: 1300 264 637

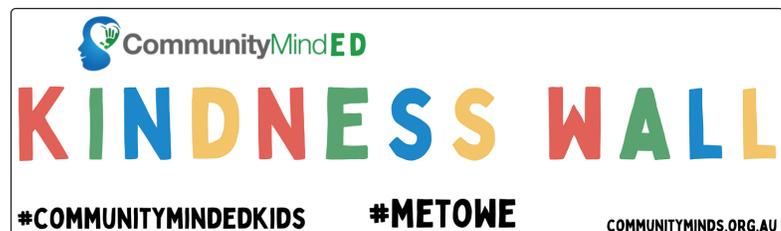
Community Minded Kids

School call-out

Community Minds are excited to announce that we have allocated funding to run the Community Minded Kids program in the **Parramatta and Canterbury Bankstown local government areas** in 2021-22. Our team is currently working hard whilst in lockdown transitioning our lesson plans to modules that complement the ACARA national curriculum and they each touch on a United Nations Sustainable Development Goal. We are seeking primary schools in these areas that are looking to further explore their connections to community and build on the ways that students interact with and collaborate in citizen-driven community efforts.

Our new modules are:

- Discovering Community
- Creating Belonging
- Citizenship and Leadership
- Our Diverse Community
- Giving Back
- Social Justice
- People Power
- Me to We



All expressions of interest (EOI) can be sent to kids@communityminds.org.au. Each EOI submitted by teaching staff will receive a bonus Community Minded Kids banner (example above) for your classroom with activities designed to complement and introduce students to our program. If your school is not in these listed areas, please send us an email and our team will be in touch to discuss how we can work together.

Community Minds have been working closely with the Canterbury Bankstown Bulldogs to bring you:



Bulldogs Creating Belonging

The Canterbury-Bankstown Bulldogs are located in one of the most culturally diverse communities in Australia and one thing they love to do is celebrate this richness. To complement this, we have extracted activities and concepts from our Community Minded Kids program, partnering with the Bulldogs to bring you a community engagement piece called, 'Bulldogs Creating Belonging'.

Together, we have been designed a series of children's activities to nurture what it means to be a connected community and create a sense of belonging that embraces people with diverse identities and lifestyles.

These activities uphold the pillars of '**The Bulldogs Effect**'

- *Actively engaging and celebrating diversity*
- *Actively showcasing diversity and inclusivity across the Bulldogs region*
- *Upholding the idea of 'the Bulldogs effect' by creating a harmonious community*
- *Provide resources and acknowledge community organisations promoting Community Cohesion*

And are in line with Community Minds Movement, '**Me**' to '**We**'

Children are encouraged to display gratitude and shift their thinking by exploring the history, culture, and lifestyles of others, and create visual representations of belonging to diverse communities through discover and do activities

Competitions and prizes will be up for grabs for most Community Minded Kids. The launch will take place in the coming weeks, follow us on social media to stay in the loop (see social media links on final page).

Community Minded Kids Library

A new direction

Our CMK library is filled to the brim with exciting adventures and discoveries for children delving into the world of community development. Each of the books touches on our learning modules and may be used for developing ideas or for further studies. We highly recommend you download your own FREE copy [here](#) or visit communityminds.org.au + Resources page



In other exciting news, our library is gradually moving online - just in time for the Spring holiday period! Our dedicated staff have been busy recording book readings for children to follow in class or at home, in their own time. Follow us on social media to witness the launch!





Sharing hope, kindness and inspiration

A community minded story

Message in a Tea Cup

Message in a Tea Cup is a locally founded community organisation based in the city of Fremantle, WA. Our very own Community Minded Kids state representative, Maureen Maher, is the woman behind the idea. We recently spoke to Maureen about her inspiring work which embodies mindfulness and well-being.

The idea is to share kindness by bringing the community together, each creating a teacup planter and later paying it forward anonymously or, to somebody you know. The recipient will find their beautiful gifts with a kind message attached, and they have the option of discovering the maker via the teacup numbering system on the website messageinateacup.org where they are encouraged to leave a thank you note.

Each workshop participant receives all the tools to create their planter, including a teacup, soil, and plants. You can find upcoming workshops here: events.humanitix.com/message-in-a-teacup-workshop

“ Our workshops are for everyone, particularly those who might be feeling disconnected from their community. These gatherings are a fun and simple way to make a difference in the lives of others. Not only are people learning new skills, but they are also socialising and getting their hands dirty whilst designing something unique that can brighten someone's day, building connections and creating a sense of belonging.

"Oh my goodness what a beautiful surprise to find on our doorstep! Tomorrow is my birthday so the teacup arrived in perfect divine timing! Thank you thank you for spreading such joy and magic around the neighbourhood! I hope your day is filled with endless blessings and love and sunshine."

x Lily



Learn more about Message in a Tea Cup:

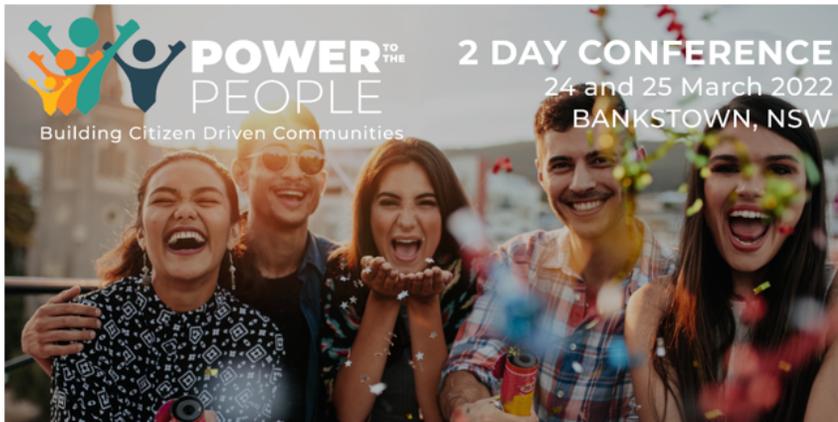
✉ messageinateacup@gmail.com

📷 [instagram.com/messageinateacup/](https://www.instagram.com/messageinateacup/)

📘 [facebook.com/Messageinateacup/](https://www.facebook.com/Messageinateacup/)

What's On?

Upcoming Events



Community Minds offers: AI workshops

Why choose an AI workshop?

- Appreciative Inquiry is a strengths-based approach to creating change
- AI can be used by individuals, teams, organisations, and communities. AI helps create a shared vision by engaging others in strategic innovation. AI is based on the assumption that every community has something that works well and those strengths can be the starting point for creating positive change.

Some examples of when AI has been applied:

- Community development and community assets mapping
- Strategic planning
- Collaborative (project) planning
- Strengthening partnerships

Asset Based Community Development Training

- Introduction and exploration of ABCD
- Online training

If you are interested in booking an Appreciative Inquiry or Asset Based Community Development workshop email info@communityminds.org.au. Our qualified facilitators can run tailored sessions online.

POWER TO THE PEOPLE CONFERENCE

Power to the People - Bankstown, NSW, 24-25 March, 2022

With the impacts of Covid-19 we have unfortunately had to postpone this year's Conference. We are working towards developing a place-based and virtually delivered program.

The Conference Program is currently being finalised. We have an exciting mix of presenters sharing ideas and lessons from their work and experiences in creating and celebrating diverse and inclusive communities and we are excited to share these with you very soon!

[Tickets available here.](#)

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au.linkedin.com/company/community_minds



www.youtube.com/channel/UCqqYEZ4dSoTecLiN5ugm_w/featured

