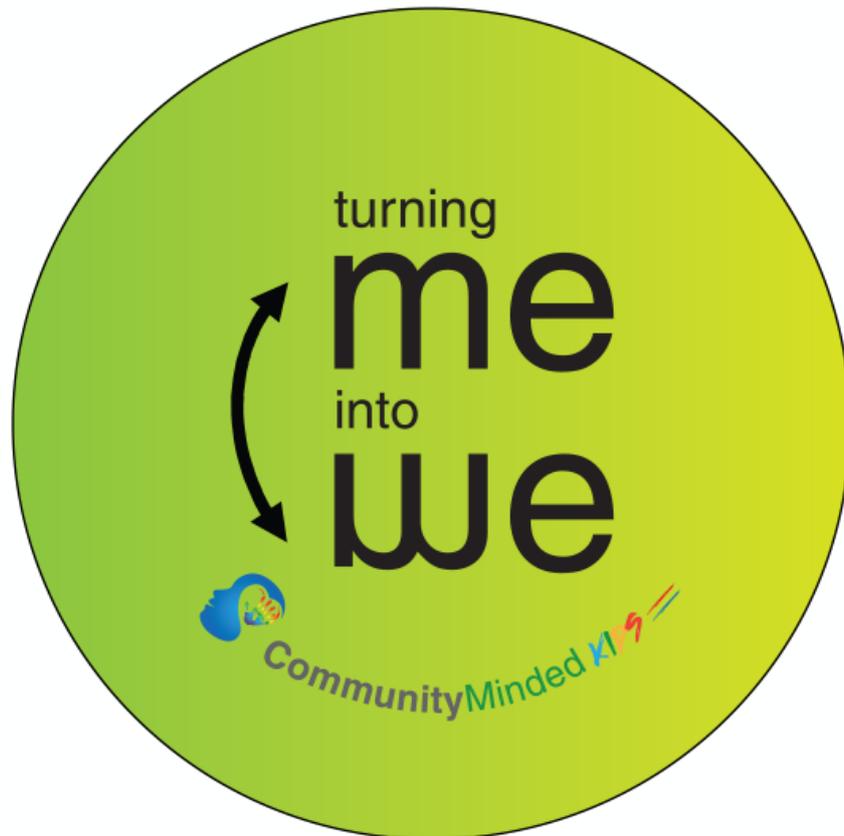




# Community Minds

Issue No. 7 | November 2021



## **Community Minded Kids - Turning a "Me" generation into a "We" generation**

### **How we do things at Community Minds**

At Community Minds, we aim to challenge deficit based thinking and traditional community development models by providing practical community development tools and approaches that aim to cultivate community assets, build on strengths, and identify opportunities, as opposed to

focusing on and starting with the community's deficiencies, needs and problems.

We do this by building the capacity of communities, through our unique programs, training, and consultative services. We also aim to shift people's perceptions and challenge outdated thinking that often does not serve our communities.

In all that we do, every day, we are constantly looking for ways to

inspire community minded thinking and actions. The work we do on the ground brings us closer to realising our vision in creating more connected, inclusive, and resourceful communities.

Collaboration is at the core of what we do. Nothing brings us more joy than working with others to strengthen communities.



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# CM News

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## The invitation

Because we love working with people and believe we are better and stronger together, we invite you to reach out to us here at Community Minds.

In 2022, we are looking to not only grow our programs, but we are also seeking to work with other community minded organisations, schools, and businesses to build better, connected, resilient and inclusive communities. We want communities to be vibrant places, a place where people feel safe and have a strong sense of belonging and connection to their community, especially if affected by pandemics, events, or natural disasters.

The Covid19 pandemic taught us a few lessons. One thing we learned was that we cannot switch communities on and off. Communities are a living organism and if not nurtured properly can affect communities in very ruinous ways, such as further exasperation of isolation and alienation. It is because of disasters like this that now more than ever we need to build the capacity of our communities to be more connected, healthier, and more resilient, without the sole reliance on services to save us.

In 2022, we want to work alongside you and together we can conquer anything! Community Minds Team.

## Are you a Community Minded Business?



CommunityMinded  
Businesses

Business is all about profit, sales, and market share! Or is it? Although these measures are at the core of it's commercial viability, can a business continue to do this in isolation of its environment and community?

All the way through the 20th century there were no community consultations or regard to the environment when businesses were mass mining, oil well drilling and spitting out high levels of emission and dangerous toxins into the air. This led to dangerous levels of carbon monoxide in our environment, soil poisoning, land subsidence and our waterways were being polluted at alarming levels. There have been significant changes made to our laws to combat the extreme degradation of our environment but almost a quarter into the 21st

century and we are still grappling with these same issues. It seems that many nations have simply exported their pollution to less developed countries and/or ones with limited or no regard to the environment.

One thing the recent UN Climate Change Conference in the UK has highlighted is that nations, and underlyingly businesses, are still at odds with how and when to reach zero emission targets. One thing is for certain, if we don't try to make this world a better place to live in we will continue to see adverse shifts in temperatures and weather patterns and the consequences that have included intense droughts, water scarcity, extreme fires and flooding.

The business of the future is a sustainably aware one. A sustainable business is a community minded business where profitability, concern with the environment and social commitment are in harmony. It understands that long term viability supersedes short term profiteering and that its future brand will be measured by its commitment to a better world to live in.

At Community Minds we are building a community minded model that will provide businesses with the map and tools to assist with its journey on becoming a sustainable business. We believe that businesses are real catalysts for world change.

Some ways a business can grow their community mindedness:

- Community Engagement & Footprint – how does our business effect our community? Access and enhance the way your business engages with its community. Get involved in your community's key projects and activities.
- Environment Impact Assessment – does any part of the business value chain have impacts on the environment? What are you doing to make things better and does your community and customers know about it?
- Employee Engagement – are your staff involved and committed to your community activities? Including your staff in your community engagement builds a stronger, more cohesive staff environment and lets your community and customers know that you are truly serious about community engagement.

Written by Bud Moses

To learn more about Community Minded Businesses, email us [businesses@communityminds.org.au](mailto:businesses@communityminds.org.au).



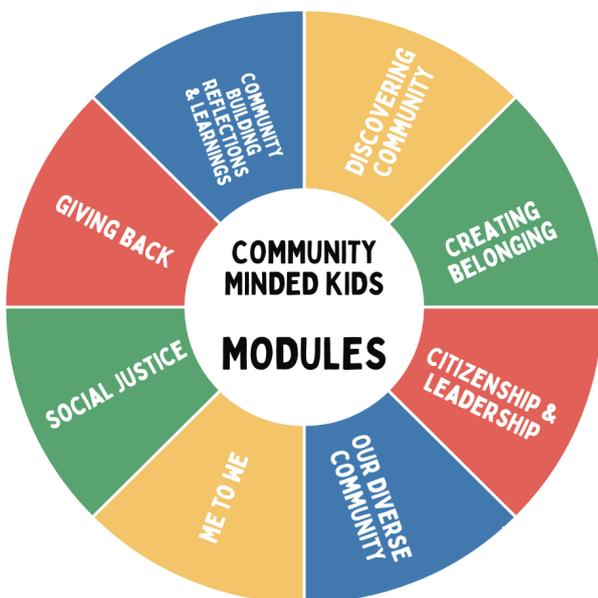
# CMK News

## Community Minded Kids

The recent Sydney lockdown allowed our team to spend quality time on redeveloping our program resources. We have expanded on the existing program by transitioning each community building lesson plan to a set of 8 modules. These modules are packed with innovative resources and activities which can be delivered face to face or online with support from our team of community building professionals.

Each of the modules aligns with the ACARA National Curriculum Standards, they're linked to the United Nations Sustainable Development Goals, they fit within the Australian Student Well-being Framework and are structured to complement our movement, Turning "Me" in to "We".

We are currently taking enquiries from schools and organisations nationally, including schools in the Parramatta local government area and Bankstown pre-amalgamation suburbs where funding has already been secured for 2022.



## Book your free consultation

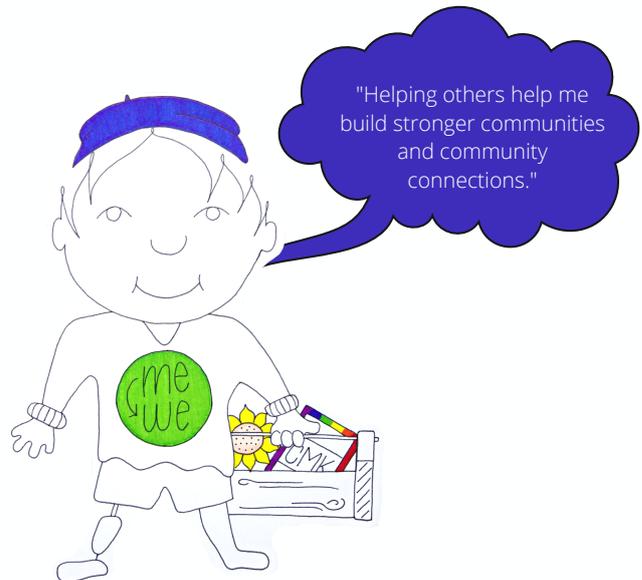
To book your free consultation, please complete our expression of interest form [here](#). Alternatively, email us at [kids@communityminds.org.au](mailto:kids@communityminds.org.au) or call 1300 264 637.

P.S. Our program can be modified to meet requirements of small organisations or not for profits. Modules can be split into separate entities to suit your needs.

## Introducing Muni



Local artist, Nicholas Waters is bringing these champions to life in his home studio - [nicholaswatersstudio.square.site](http://nicholaswatersstudio.square.site)



Above image: Muni holding his CMK toolbox, wearing his blue beret

Our Community Minded Kids program will soon be represented by 3 champions, the first being 'Muni', our CMK community warrior and Me to We ambassador. Muni is a freedom fighter, he dreams of global solidarity and strong, inclusive communities. His super powers include creating human connections and growing sunflowers to give to people as a symbol of hope. Muni and his friends wear blue berets when on community building missions.

You can learn more about Muni by visiting our social pages @communitymindedkids on Instagram or Facebook.



# CM News & Introductions

## 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'.

Activities provided have been designed to nurture what it means to be a connected community and create a sense of belonging that embraces people with diverse identities and lifestyles.

## Meet our CM Chairperson



Chris demonstrating his community superpowers with a local junior soccer team

Chris Planer is currently employed in the role of General Manager - Program Operations for Life Education in NSW/ACT. He is responsible for overseeing the scheduling and logistics for the delivery of our drug and health education program into more than 1200 Primary schools each year, as well as managing the operation of Life Education's Salesforce Customer Relationship Management tool.

Chris has previously been involved with community outreach programs that provide food and groceries to people in need. He has been coaching junior soccer teams since 2016 as he enjoys working with young Australian kids, helping them realise their potential, not only as soccer players, but also in their everyday lives.

**"These days I focus a lot of my time and energy lending support to those in the community struggling with substance addiction and mental health related issues. I currently hold the position of Chairperson for Community Minds NSW where I conduct speaking engagements to create awareness and raise funds for people affected by cancer."**

Chris is a lifelong supporter and football club member of the Bulldogs. "It's been a lean few years, but I know that great things are just around the corner."

My key tip would be to focus on something you are passionate about - that could be working with youth, DV victims, migrants and CALD people, people living with disabilities or mental health and/or substance addiction. Get involved with an organisation that provides services to those people. The impact of doing something good within the community raises your spirits and builds your self-esteem and will change your outlook on life. Speaking from personal experience, my journey back from the brink after a crippling substance abuse problem a little over 8 years ago started with volunteering as a fundraiser for Life Education, the organisation I work with today.



Thank you for your dedication, support and hard work at for Community Minds Chris!



# Inspiration corner



## The Sustainable Development Goals

Or, 'the Global Goals' are a collection of 17 interlinked goals, designed in 2015 to be a "blueprint to achieve a better and more sustainable future for all".

The Community Minded Kids program modules are directly aligned with numbers 3, 4, 5, 10 and 16. We are committed to growing into more goals through future work with the

program and inspiring change to meet the 2030 target date.

Which of these goals does your organisation/business meet? Share your SDG mission with us at [info@communityminds.org.au](mailto:info@communityminds.org.au).

## Bankstown

*A poem by Danielle Nguyen*

Sydney Bankstown is the city I call home  
Living a few streets away from the Dunc Gray Velodrome

Shopping, theatres and parks up the streets  
Fighting the torturous weather of the Sydney heat

Familiar faces everywhere you turn  
Marks left on the streets from all the tyre burns

Multiculturalism is what makes this place unique  
Life everywhere, including the Georges River Creek

Rubbish bins Tuesdays, early morning  
While all things in Bankstown tucked away, snoring

Bankstown Library and Sports Club common stops  
After a long day buying groceries at the Asian shops

Bangs, booms and pops late at night  
Causing all families, dogs and cats a fright

However, it is my city and I live here  
Where everything is local and things near

## Events



**2 day conference**

**May 2022**

**Diversity and Inclusion**

**"Cultivating and Celebrating Everyone's  
Role in Building Community"**

Community building that seeks to make the  
'invisible visible'. Visit the [Bank of Ideas](#).

## Appreciative Inquiry (AI)

**'Words create worlds'**

People construct their understanding of reality through language and conversations. Reality is therefore subjective, not objective. Here, the narrative one has of oneself often is resorted to in order to justify certain actions and beliefs about the world. In other words,

AI is said to "treat social-psychological reality as a product of the moment, open to reconstructions"

(Mishra & Jyotsna Bhatnagar, 2012).

If you would like to learn more about AI, Community Minds will gladly provide further information. Visit the [Consultancy and Training page](#) of our website or email [info@communityminds.org.au](mailto:info@communityminds.org.au).

**APPRECIATIVE  
INQUIRY**  
Are You Asking  
The Right Questions?

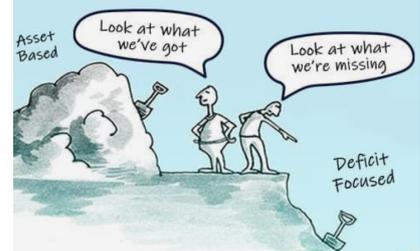


Image found on [Mind Journal](#)

