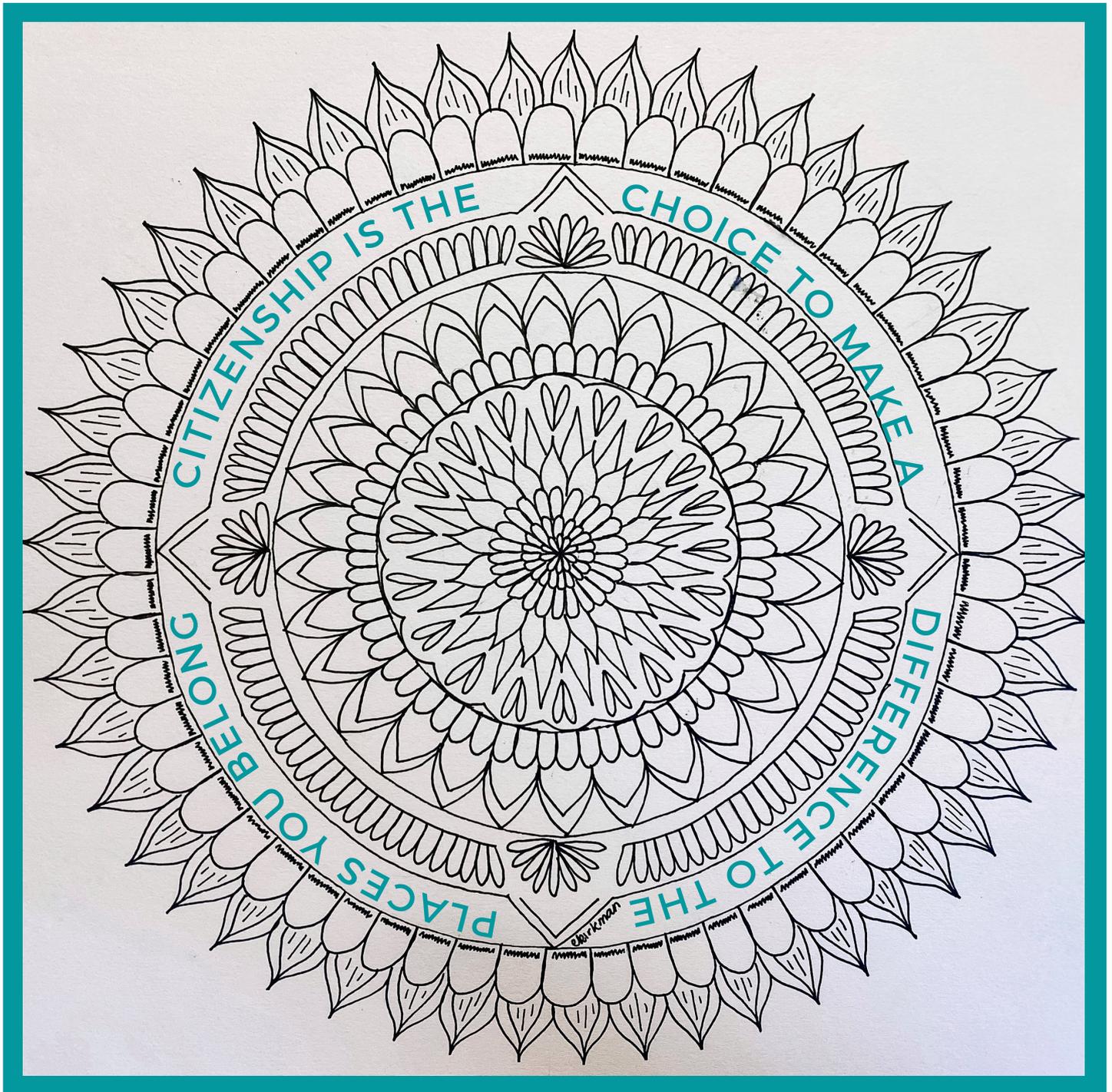


Welcoming you to a new decade of solidarity through the growth of our community.

In this issue:

- Community Minded Kids
- Our Story Series (Part 1)
- Businesses Changing the World
- Meet a local Artist
- Community Events



Artwork: 'Bloom' by Eliza Kirkman; Quote: 'Citizenship' by Charles Handy



"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."



Community Minded Kids

Is your school Community Minded?

Community Minded Kids (CMK) is a program that allows children in Primary schools across Australia to access community development lessons. Our focal goal for 2021 is to grow this movement and look at how we can support your school or home classroom in becoming more community-minded. We believe that in the current climate of the world, it is time to look out for our neighbours, find ways to contribute and get more involved in our communities.

Our program provides teachers with 8 detailed lesson plans, all of which have been carefully designed to meet existing primary school curriculum requirements. Each lesson plan includes practical resources and activities with the notion of shifting a "ME" generation to a "WE" generation.

Kids will also be encouraged to take part in out of school "Discover and Do" activities within their local community. These extra activities help solidify



Pictured: The growth of the CMK passbook from the very first hand made copy on the right to our current 2021 version.

"Most people try to make a better world for our children when what they should be doing is making better children for our world."

- Carlos Slim

completed lessons and allow children the space to get creative about their personal community engagement.

We encourage teachers, and parents to consider our program as a development opportunity. Teaching children about community building is not extra-curricular it's a duty we must fulfill.

Learn more about practical and creative ways we can engage children in community (contributing, participating, building).

Email enquiries to

kids@communityminds.org.au or phone **1300 264 637**.

Our Story Series

CMK Passbook Origin

Our passbooks travel through the CMK program with our participating students. This is where kids record their community 'Discover and Do' activities, this is the true foundation of the program. The passbooks were born back in 2017 when Zizi Charida, (CEO of Community Minds) asked herself 'What are kids consistently doing out in the community?' The answer was 'Nothing'.

"Things are happening to and for our kids but they aren't necessarily doing things on their own. It's not enough to just do, we need to see our community and discover it through different lenses. Discoveries create an appreciative mindset, actively Doing things teaches via experience and open Dialogue solidifies what we have learned."



Businesses Changing the World

Community Minds Masterclass Series

Community Minds are very excited to announce the launch of our Businesses Changing the World (BCW) masterclass series. On **Tuesday 13th April**, Simone Dowding (CEO of Storytowns and Entrepreneur) will join us at Bankstown Sports Club for our very first masterclass.

Simone founded and lead an award-winning coffee and wholesale distribution company with 50 staff and six sites across Australia. Simone is a consultant business lecturer for Melbourne University and Monash. She is also a national speaker on social impact, sustainability, and innovation.

What will you learn in this Masterclass?

- How to build a social movement around your brand by using storytelling and community engagement
- Learn effective storytelling techniques to capture your customer's imagination and build a loyal tribe organically
- Learn what the missing ingredient is to ensure customers return again and again
- Understand how you can gain immediate competitive advantage by implementing social benefit and community engagement strategies
- Understand your purpose and transform your business into a meaningful place and watch your staff thrive!

For more information or ticket sales, forllow this [link](#) or scan the QR Code below.



Other dates for the diary 2021 -

BCW Masterclasses:

- Tuesday 15th June 2021
- Tuesday 17th August 2021
[Further details to follow]

Power to the People Conference

(in partnership with The Bank of I.D.E.A.S)

- August [Dates TBC]

BCW Conference:

- Friday 24th September
[Further details to follow]

Community Artists

An interview with artist, Eliza Kirkman

2020 was a year full of uncertainty leaving many people without work, prompting some to lean into their creative skills and build their own empire. Eliza Kirkman did just this when she realised her passion for drawing was something she could share by creating unique artworks.

"I have relied on pen and paper my whole life, finding incredible comfort in writing and drawing. I have always loved doing for others which meant I often found myself in jobs that left me drained emotionally, mentally, and physically. For this reason, I am taking a leap of faith and prioritising my art."

Eliza began drawing in 2015 whilst keeping her nan company. Like many artists, Eliza has struggled with a lack of confidence. She recalls becoming embarrassed when people would compliment her scribbles and fussing over tiny details resulting in unfinished works.

"When I am drawing, I feel a sense of quiet and calm. I can be very particular in life, I don't enjoy chaos or change. When I draw, I just put pen to paper and draw whatever comes into my head. In those moments, I let go of the rigidity that causes me stress and anxiety."

When Eliza spoke about her greatest inspirations she mentioned a handful of people including some of her very community minded family members.



Eliza in her creative element

"My nan. She was an incredibly strong, intelligent woman. She taught me things each day and is the reason behind my love of reading and crosswords. My parents for their hard-working and generous approach to life, always nurturing our passions and encouraging us. A primary teacher who looked out for myself and others as she knew we were struggling with confidence. When I finished year 6, she gifted me 'Oh the places you'll go', a book by Dr. Seuss with a handwritten message inside. That book is displayed on my bookshelf and I still return to that inner page to remind myself of her words to this day."

Eliza's drawings vary from animals with intricate designs to beautiful mandalas. Her works are mindfully created passion projects stemming from an idea to reality. Eliza's art including uniquely designed merchandise [See Left: Kids T-shirt on the beautiful Liliana] can be viewed on her [website](https://elizakirkmancreative.square.site/).

In the future, Eliza would like to collaborate with like-minded businesses that encourage people to do what they love and provide creative outlets for those who are working on their health and wellbeing. Eliza aims to generate income by creating products that are not generic or mass-produced. Witness her story unfold at elizakirkmancreative.square.site/.

What's on in February?

Local and National Events



Community Minds loves an initiative that promotes Paying it Forward which is why we are in full support of Feel Good Feb."

Feel Good Feb (FGF) was created to encourage and inspire people to initiate random acts of kindness for their fellow community members. There has been extensive research to prove that 'giving out good' not only benefits the receiver but also increases the happiness of the giver. There are mental happiness and physical benefits for all involved. It is a win-win situation!"

This month, we will be sharing some ideas and resources promoting kindness across our social media accounts (see below mentions to follow). An act of kindness is free and can be given or received by anybody, anywhere. We would love to hear about your experiences during Feel Good Feb and we will share any posts that tag Community Minds on their social accounts.

Other:

- Bankstown Arts Centre February Art Classes &
- Bankstown Arts Centre Creative Communities Challenge: <https://www.cbcity.nsw.gov.au/arts-centre/whats-on>
- National Sustainable Living Festival Month
Aiming to provide and inspire solutions to the sustainability and climate challenges we currently face both now and into the future. A series of online events are being offered [here](#):
<http://www.slf.org.au/>. Email angela@communityminds.org.au for a free printable activity designed to inspire kids to think more about their environmental actions this month

Meet a Team Member:

Faten Charida



Faten has been with Community Minds for 4 years taking care of our accounts and administration. She also coordinates community events like our Family Feastings.

Faten is a yoga instructor at **Willow Tree Yoga** teaching in the local Bankstown area. Through her yoga, she is hoping to spread the importance of health and wellbeing.

When she is not spending her time with Community Minds or instructing yoga, Faten dedicates herself to raising her son and daughter.

Follow us on Social Media:

 @COMMUNITYMINDS

 FACEBOOK.COM/COMMINDS/

 @COMMUNITYMINDS_