



# Community Minds Newsletter

*"All in this together"*



## WE'RE ALL IN THIS TOGETHER!

Stay Safe,  
Stay Connected.

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](mailto:info@communityminds.org.au)

## Open Up!

*Let's flip the script -*

We want to share some ideas on how each of us can change the narrative throughout these trying times by encouraging you to open up.

- Become more present, available, or accessible (not just limited to physical accessibility)
- Become open to change and embracing change
- Open your heart and raise your awareness (up) in regards to people who may be doing it a bit tougher than you
- Open up to your surroundings by becoming more present: to appreciate things we take for granted and enjoy the quality time with ourselves, loved ones, pets or plants



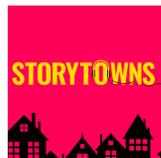
## We'll go first -

*We asked our team to keep their eyes peeled for acts of kindness in the community during lockdown, this is what they came up with:*

- There is a fresh batch of Oranges, outside a neighbours house each day in a basket with a sign "Free". A roll of bags and hand sanitiser are also available so people can safely transport their fruit home.
- A local lady has been walking her elderly neighbours dogs free of charge. The lady walks 3 dogs from separate households, and often calls her neighbours afterwards to share a story about something that happened on the walk.
- A local organisation 'Bankstown Sports' has recently donated perishable food items to a charity ready for distribution to families in need.

## Recap: Businesses Changing the World Masterclasses

*'Grow your business through the power of Storytelling' with Simone Dowding from Storytowns*



Our BCW masterclass series was launched earlier this year at Bankstown Sports Club. Simone from Storytowns shared the key to a successful business, which consists of 3 simple tactics: **"Connect, Inspire, Make a Difference"**

By building genuine connections and meaningful relationships with customers, businesses will establish places that feel familiar and comfortable to visit and engage with.

When businesses deeply know or feel passionate about their service or products, they are able to educate their consumers through storytelling and transparency, inspiring them to become passionate about their purchases.

Making a difference goes hand in hand with knowing your customers and what is important to them. Businesses can use their platform to problem solve and create impactful change, evolving with communities rather than acting as a lone entity.

**"Self-absorption in all its forms kills empathy, let alone compassion. When we focus on ourselves, our world contracts as our problems and preoccupations loom large. But when we focus on others, our world expands. Our own problems drift to the periphery of the mind and so seem smaller, and we increase our capacity for connection - or compassionate action."**

Daniel Goleman

## Masterclass 2

*'The Crowdfunding Formula' with Tom Dawkins from Start Some Good*

Our second masterclass took place at Mount Lewis Bowling Club. We were looked after by club manager, Barbara, the service was outstanding!

Tom from Start Some Good shared some of the tools required to successfully raise funds for a community/small project.

Project proposals should reflect the 5 C's: Clarity, Credibility, Community, Channels and Courage! Each of these points deserve attention, all need to be thoroughly investigated for an effective approach.

Craft your stories with clarity and ensure there is a compelling message that resonates with the values, needs and desires of your prospective donors!



**"Storytelling is the heart of cause-based crowdfunding; learn how to do it well and it will benefit you for years to come."**

# Community Minded Kids

What we've been up to...



Mandurah Primary School, WA graduation in June 2021 featuring out state representative Maureen (right)

## CHECK IT OUT ONLINE:

Our program evaluation has been uploaded to [Community Minds website](https://www.communityminds.org.au) for public viewing.

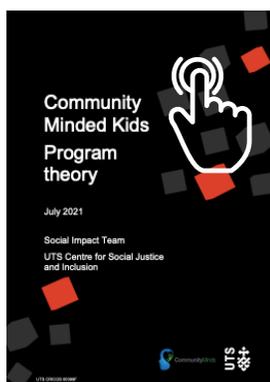
Please email [kids@communityminds.org.au](mailto:kids@communityminds.org.au) if you would like to learn more about the program.

## CMK & UTS

*Our program evaluation conducted by the Social Impact Team*

In 2021, Community Minds engaged the University of Technology Sydney Social Impact Team to develop an evidence-based framework to support evaluation of the relevance, effectiveness, and impact of Community Minded Kids (CMK). As a critical foundation to the development of this evaluation framework, the Social Impact Team and Community Minds worked collaboratively to co-design a formal program theory including a theory of change and program logic. This theory of change is intended to articulate how and why CMK contributes to outcomes for students, families, schools, and community.

It was a great experience to co-design the evaluation framework and theory of change with the Social Impact team. A big thank you to Dr Gautam Pingali, PhD and Dr Clare Netherton from the UTS Centre for Social Justice and Inclusion, for helping Community Minds in this very important piece of work. It's an important milestone for us!





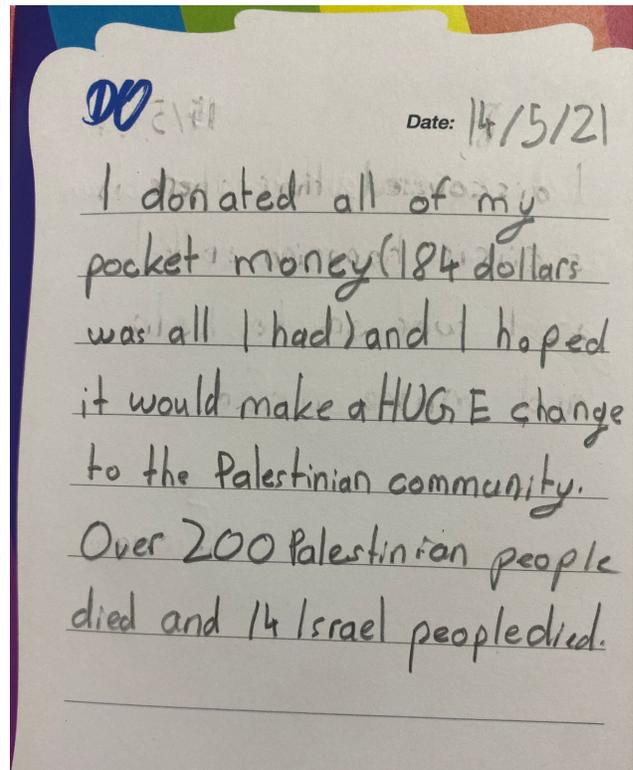
## Updates from NSW & WA

Congratulations to the following schools on their recent student CMK graduations:

- Al Hikma College, Lakemba NSW
- Chullora Public School, Chullora NSW
- Mandurah Primary School, Mandurah WA

In celebration, we thought we would share some of our favourite student learnings and teacher's feedback.

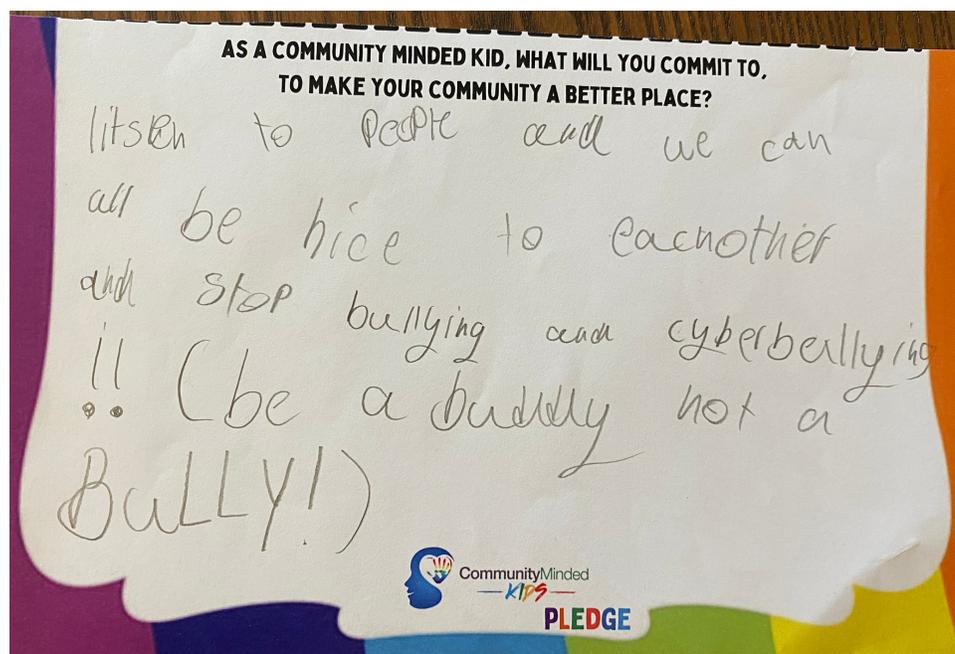
"Our students come from diverse backgrounds and live in a multicultural society, therefore these skills and knowledge are essential for lifelong learning."



A very generous example of a "Do" activity complimenting the program from a CMK student at Al Hikma College

"Students loved discovering their local community that they never discovered before."

**“ Children are a part of the community. It is important to set them up for the future as they will be leading and looking after our communities. ”**



A CMK student Pledge that we loved from Chullora Public School

# CMK is going Online

*You asked, We listened!*

By 2022, the Community Minded Kids program will be entirely accessible online. This allows all schools across Australia and others globally to participate in the program.

Would you like your school to participate in CMK in 2022? Register your interest now by emailing us:

[kids@communityminds.org.au](mailto:kids@communityminds.org.au)

## Appreciative Inquiry (AI) Corner

*Have you heard about Appreciative Storytelling?*

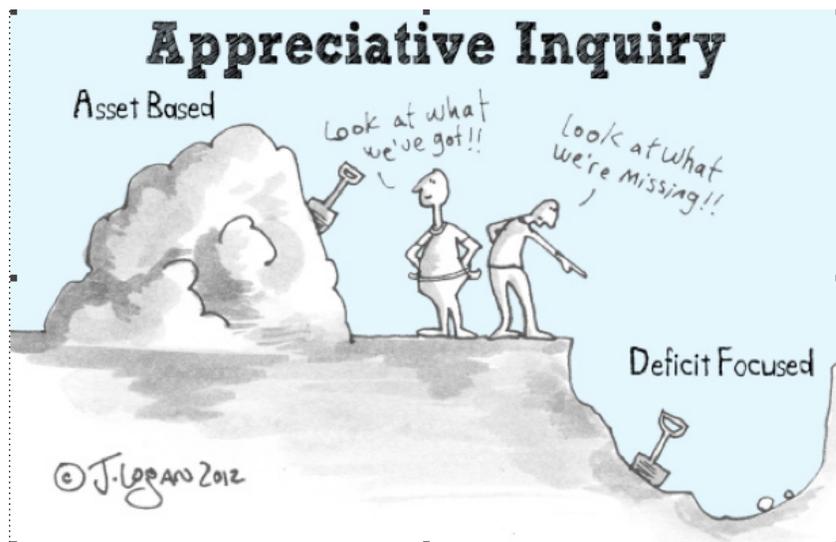
"Appreciative Storytelling is a tool which encourages participants to take a positive perspective by rediscovering and reorganising what is going well rather than focusing on problems."

Storytelling allows people to share their personal experiences, taking complex theories and turning them in to relatable scenarios. Sharing stories can inspire others do the same, and the outcome is a healthy community who have a sense of cohesiveness and are able to motivate each other during challenging times.



### FREE RESOURCE:

Schools that register their interest will receive a FREE Community Minded Kindness wall banner with recommended reading and activities to get your students talking and thinking about shifting their mindset from 'Me' to 'We'.



## 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

If you are interested in learning about booking an Appreciative Inquiry workshop email [info@communityminds.org.au](mailto:info@communityminds.org.au). Our qualified facilitators can run tailored Appreciative Inquiry sessions online.

## A community minded story

Featuring Gemma Clarke

During the 2020 Covid 19 lockdown, Gemma felt that there was too much sadness and negative stories in the news so she decided to do something positive for her local Canterbury Bankstown community.

**“ I worked on a big project to donate \$3000 worth of my travel wall art to 19 care homes in my local area (Canterbury-Bankstown). I wanted them to have something happy, colourful and positive to put on their walls and/or use in their activities with their residents.**



**As you know the residents in aged care homes have the highest level of restrictions and the isolation must be very hard. I tried to work out what I could do to help and providing this wall art was the best I could do right now. When the restrictions ease I hope to visit each of the aged care homes and talk to the residents and staff about each of the photos I have taken from all over the world!”**

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Gemma has been 'Gemma Clarke Photography' for 14 years now but is currently transitioning into community development with her first project focusing on diversity in the Canterbury-Bankstown area. We cannot wait to see what she achieves in the years ahead as a passionate Community-Minded citizen!

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# What's On?

## Upcoming Events



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## POWER TO THE PEOPLE CONFERENCE

Due to the current lockdown in NSW, this conference may be postponed to 2022. Please watch this space for updates.

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## Dates for the Calendar:

*Even during a pandemic, you can take part in community initiatives. We will be sharing posts to our social media channels and providing you with ideas and inspiration of how you can take part and stay connected.*

- 30 July – UN International day of friendship: “Sharing the human spirit through friendship”
- 01 August – National Tree Day
- 01 August – 31 October - Great Northern Cleanup
- 01 - 07 August – National Homelessness Awareness Week
- 04 August – National Aboriginal and Torres Strait Islander Childrens Day
- 9 August – UN international day of the worlds Indigenous peoples
- 12 August – UN International Youth Day
- 13 August – Left handers day
- 14 - 22 August - National Science Week
- 19 August – UN World Humanitarian Day
- 21 -27 August – Book Week
- 23 August - UN International Day for the Remembrance of the Slave Trade and Its Abolition

## Asset Based Community Development Training

- Introduction and exploration of ABCD
- Online training

Enquire by emailing:

[info@communityminds.org.au](mailto:info@communityminds.org.au)

*“The future of every community lies in capturing the passion, imagination, and resources of its people.”*

- Ernesto Sirolli