

October 2014 Inspiring Communities National Newsletter.



## **Kia ora from Inspiring Communities**

The role of local communities in co-creating positive wellbeing is a powerful global trend. IBM has predicted that in five years, "[local will beat online.](#)" *Forbes Magazine* reported that the #1 hottest food trend in 2014 would be "[locally sourced everything.](#)"

The 'local' trend was highlighted at the international Community Development conference held in Glasgow in June 2014 under the theme "*Community is the Answer.*" 15 kiwis participated in, and contributed to this conference. This newsletter shares some of the powerful stories from the conference.

**There is much inspirational material in this newsletter, including details of an advanced 'Community Building' Auckland workshop by Jim Diers (21/22 October) and a one day Wellington seminar with Margaret Wheatley on 'Community is the Answer' (21 November). Enjoy!**

*Barbara, Denise, David, Peter and Megan from the Inspiring Communities Team*

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## Inspiring Communities News



## Community is the Answer

*Glasgow June 2014*

**500 people from 34 countries converged on the University of Glasgow to share and learn about community development.**

Organised by the International Association for Community Development (IACD) and the Community Learning and Development (CLD) Standards Council for Scotland, the conference explored three themes:

- Health
- Wealth
- Power.

It was great that 15 New Zealanders made the trip to Scotland for the conference and this newsletter shares some of their insights.

Mary-Jane Rivers who is a member of the Board of IACD and attended a Board meeting following the conference reported, “As you might imagine there was a lot of talk at the Board meeting about the Conference. NZ came in for special mention, the number of Kiwis who came to the conference, and our impact. Apparently there was growing comment over the three days that NZ seemed to be doing interesting things. The consistent feedback at the Board meeting was that NZ – our initiatives and the energy were seen as inspiring.”

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## Community is the Answer - Health.

**Sir Harry Burns MPH FRSC(Glas) FRCP (Ed) FFPH**

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Sir Harry Burns is Professor of Global Health at the University of Strathclyde in Glasgow. Until April 2014 he was the Chief Medical Officer (CMO) for Scotland, the Scottish

Government's principal medical adviser and Head of the Scottish Medical Civil Service.

Harry's input was a highlight for many as he wove academic research, and practical community wisdom with a deep compassion for improving the welfare for many.

***"What we need is a compassion that stands in awe at the burdens the poor have to carry, rather than standing in judgment at the way they carry it."***

### **Sir Harry's Key Points:**

- We don't necessarily need great, organised change, 100 small things that work, can have the same effect
  - Three factors that develop and sustain resilience (Emmy Werner) 1.) Personal attributes, 2.) Family, close bonds, trust and stability. 3.) Community, providing connection, meaning and important peer support.
  - Institutions have reached the limit of problem solving potential, they are stretched too thin.
  - Institutions are servants. Ask people what they need, offer help, step back, and create opportunity for action.
  - Relationships create community – change biology
  - A listening conversation is the way to discover what motivates people
  - Ask questions – as opposed to giving answers, invites stronger participation
  - People care about something – find out what motivates people
  - Leaders involve others as active members
  - Wellbeing is a complex system – how do we get to the causes of the causes?
  - Connection to community was consistently mentioned as a key factor in personal well-being
  - Co-production and personalisation are the key to a community-led development approach
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## Community is the Answer - Health.

***Vikram Patel - Mental Health for all - by all.***

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Vikram Patel is Professor of International Mental Health and Wellcome Trust Senior Research Fellow in Clinical Science at the London School of Hygiene & Tropical Medicine (UK).

Vikram is based in India and his book, "*Where There is No Psychiatrist*", (2003) has become a widely used manual for community mental health in developing countries.

### **Vikram's Key Points:**

- Health requires participation from all of the community, not just medicine
- The vast majority of people with mental disorders DO NOT receive care which can

greatly improve the quality of their lives – the treatment gap exceeds 90%

- Interventions are heavily medicalised and do not engage sufficiently with mobilizing personal and community resources.
- Interventions are often delivered in highly specialized and expensive settings, and use language which alienates ordinary people
- Low cost interventions can work eg befriending, lay interventions, self-help
- SUNDAR model
  - Simplify the message
  - UNpack the treatment/intervention
  - Deliver where the people are
  - Affordable and available human resource
  - Reallocation of specialisation and training

*The social and physical environment must be comprehensible, manageable and meaningful or individuals will experience chronic stress.*

*Aaron Antonovsky*



## Community is the Answer - Wealth.

### *Derek Mackay MP*

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Elected a Member of Scottish Parliament (MSP) in May 2011, Derek was appointed Minister for Local Government and Planning in December 2011, having served on the Finance Committee of the Scottish Parliament and as PLO (Political Liaison Officer) to the Cabinet Secretary for Parliamentary Business & Government Strategy.

#### **Derek's Key Points:**

- Empowering communities builds wealth
- Resourcing often goes to the infrastructure of government and services rather than to communities
- Funding constant projects has no sustainable impact
- Is money entering people's lives in a way that they can use it?
- Government needs to create the conditions where local communities can flourish e.g Transfer assets to the community or participatory budgeting (people can vote on what projects get funded)

- Language of Transformation
- What do we have that we can connect?
- What is the culture of humanity?
- Compassion in every relationship

## **Ingrid Burkett**

Ingrid Burkett, President of IACD.

### **Key Points:**

- Wealth equals richness of human, social and ecological capital
- Community infrastructure is NOT community (relationships are)
- Present problems:
  - identity based on 'consumption' not 'contribution'
  - structures designed for living in 'economy' not 'society'
  - revere 'individual' over 'collective'



# Community is the Answer - Power.

## *Margaret Wheatley*

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Margaret Wheatley has been a speaker, consultant and writer since 1973; she has been inside most kinds of organisations from the Girl Scouts to the US Army, from Fortune 100 companies to small town churches; she has lived and worked in many different cultures and countries.

### **Key Points:**

- We cannot change an existing culture – we have to start anew
- We have to invent new systems while we work in the old ones
- Emergent phenomena cannot be changed – chocolate chip cookie analogy (it's not going to be transformed by adding flour to it after it is baked)
- Pay attention to relationships, and avoid polarising dynamics and blaming the time
- Remember why you do your work
- Reclaim time to think
- Take time to reflect on the big picture
- Keep a sense of humour
- The Pioneer's Dilemma = tension to hospice the old AND midwife the new simultaneously
- Three Cups of Tea – Greg Mortenson. We drink three cups of tea to do business
  - The first you are a stranger
  - The second you become a friend
  - The third you join our family
- If you hope for a certain outcome you will experience fear that it won't happen.

**COMMUNITY**  
*is the answer*

 Inspiring  
Communities

# Community is the Answer

***A seminar with Margaret Wheatley and three communities sharing the wisdom and capacity of local diverse communities to grow their collective wellbeing.***

*The seminar will*

- Grow your knowledge of the effectiveness of diverse 'community-led' approaches in contributing to positive solutions
- Increase the understanding of the change of paradigm necessary for community led development to flourish.
- Strengthen a network of interested people and agencies keen to practice this approach

Friday 21<sup>st</sup> November

**Wellington**

9.00-3.30

**Central Wellington Location to be advised.**

Cost: \$155.25 (incl GST) for seminar, lunch and materials.

For further information and bookings

[Email](#)

Want to learn and apply strengths-based techniques including appreciative inquiry, community conversations and asset mapping & co-design real life?

**ADVANCED COMMUNITY BUILDING PRACTICE**

A masterclass with **JIM DIERS** & 3 Auckland communities

'The Ship', Cox's Bay: 21 and 22 October, 9:30- 5:00pm  
\$350/person, \$600/2 people, \$750/3 people  
Limited spaces! Scholarships are available, please enquire  
For more information contact [mandy@communitywaitakere.org.nz](mailto:mandy@communitywaitakere.org.nz)

For further information and bookings contact; [mandy@communitywaitakere.org.nz](mailto:mandy@communitywaitakere.org.nz)

## Last words on Glasgow

*Margy-Jean Malcolm and Mary-Jane Rivers*

Margy-Jean Malcolm

- There was some really useful big picture framing about what really sits at the heart of CLD. At a time when we are being challenged to shape clearer outcomes frameworks, these insights help define in our own words (not just what the contract says) the 'why' and the 'how' of our practice interventions.
- It was a great opportunity to showcase a lot of NZ work and we all got very positive feedback about the new perspectives offered. Concepts about growing leadership amidst the complexity of community-led development, which were strongly influenced by a collaborative inquiry with Inspiring Communities and expressed in my [PhD](#) found a lot of resonance with participants in our particular workshop.

- It was very interesting to see how Scotland has organised their Standards Council with a strategic initiative supporting a learning culture around 'Community Learning and Development'. I am keen to build a conversation here in NZ about what we can learn from Scotland's strategies to keep advancing a robust range of learning opportunities to support strong grassroots CLD leadership and learning.

### **Mary-Jane Rivers**

I was struck by some key differences in the NZ way, - more inclusive in the sense of multiple sectors having a part to play, less "them and us" thinking, and more pragmatic approaches.

The Scottish commitment to community development was very clear and unusual in the UK. At the time of the Conference there were a couple of things going on simultaneously in Scotland:

- legislation to support community empowerment was being introduced
- a parallel workshop to the conference, convened by Sir Harry Burns attracted 800 health-related practitioners. It was identifying community and health practices and activities - any sort, and any scale - exploring ways of connecting, supporting and growing these.