



# Jeder INSTITUTE

## Welcome

### **We have some super exciting news to share with you.**

At this month's ABCD Institutes Board meeting in Chicago, USA, our very own Dee Brooks was voted onto the board. Dee becomes the first international member to be elected on to the board and we are extremely proud of her achievement.

Keeping the good news rolling, Jeder Support Coordination & Behaviour Support Practitioner, Katrina Loukas, received recognition from Justice Advocacy Service for her support of people with cognitive impairment in the New South Wales criminal justice system.

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Our community building team are celebrating the removal of border restrictions across the country. The teams work has been restricted with these restrictions. The team is looking forward to getting out and about in 2021 supporting community development work across the country. Please reach out to the team if you are looking for support for local social change through increased community engagement and participation. The teams aim is to engage, inspire and activate your organisation &/or community to produce the following outcomes:

- Skills and tools to support a connected community
- Community members who are empowered by strengthened relationships
- A shift in organisational and community mindset to one of positive discovery

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November saw us host our annual Gathering, the second time in 2020 we've come together online, with approximately 30 members attending over the course of 2 days. We have become very adept at hosting online gatherings, training and conversations this year.

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Dee & Michelle recently completed a pilot course with good mates, Kathy Jourdain & Jerry Nagel on Worldview Intelligence, "Worldview Intelligence is a skills framework that gives you the power to consistently transform differences into an actionable advantage." They have also been invited to join the inaugural global group to further this powerful framework's influence around the world – find more info about WVI here:

<http://worldviewintelligence.com>

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Dee Brooks recently presented at the NENA – New Economy Work in Progress Conference 2020 on how ABCD offers a powerful and productive way of identifying and connecting the wealth of strengths and assets in communities. For more info on NENA, click here: <https://www.neweconomy.org.au/conferences/2020-conference/>

Earlier this month, we completed a successful Art of Hosting & Harvesting (see the harvest image by Fiona Miller below) online training with 18 participants. The online environment has been teaching us all year and it was good to give back in a supportive and effective way. You can also find tips for online workshops and conferences through our blog here:

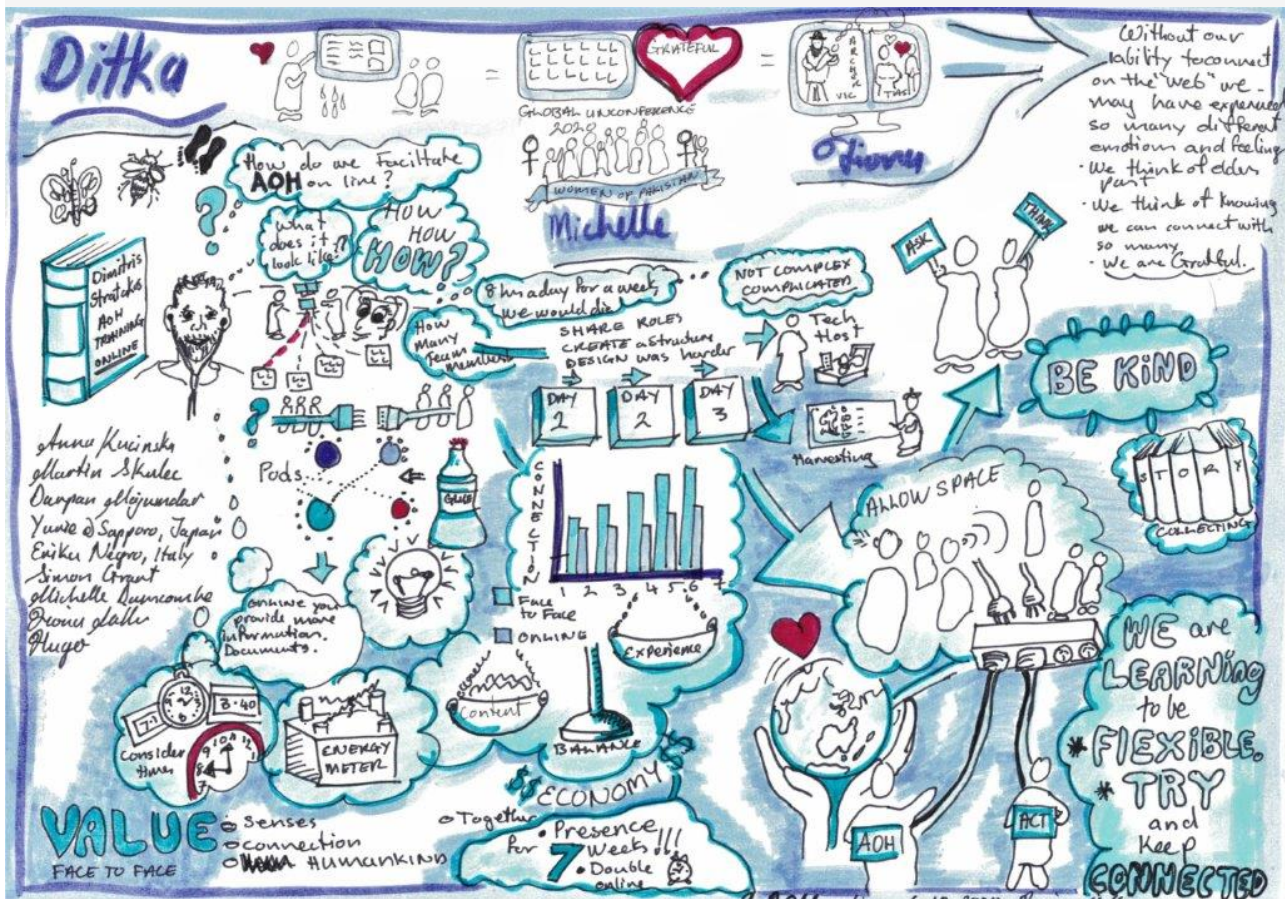
<https://www.jeder.com.au/tips-for-online-facilitation-lessons-from-a-pandemic/>

Until next month, please enjoy our Jeder Yarns.

Yours in Community,

Team Jeder

VISIT OUR WEBSITE



## JEDER MEMBERS

### Meet Lynn Lennon

Lynn has worked within rural communities for most of her working career, recently making the sea change to the Northern Rivers where she is now calls home.



Lynn has a background in counselling, youth and family work and business management, transitioning to disabilities 6 years ago; spending much of that time educating and bringing awareness to families on how to make the most of the NDIS.

Looking outside the box, is one of Lynn's strengths, which is much needed living in rural and remote communities. Operating from a strength based, person centred framework is what excites Lynn's work – allowing for more opportunities and

growth than initially perceived, with the ultimate goal of inclusion for all.

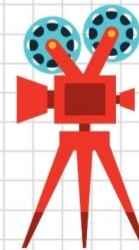
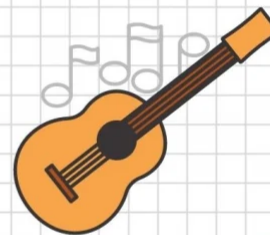
[Contact Lynn](#)

## Latest news!

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# **CALL FOR STORIES: ASSET-BASED COMMUNITY DEVELOPMENT (ABCD) EDITION OF IACD'S PRACTICE INSIGHTS MAGAZINE**

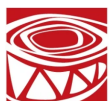


*You can share a...*

- Written story / article
- Poetry, prose or music
- Videos, short videos, minutevideos, animations
- Images, graphic recording, photography, infographics



**Please share your story or idea in  
200 words or less by Friday 4th  
December, 2020 to  
[dee.brooks@iacdglobal.org](mailto:dee.brooks@iacdglobal.org)**



**DRUMBEAT**

BUILDING RESILIENCE THROUGH RHYTHM

**DRUMBEAT**

DRUMBEAT workshops can enhance your next team building and development day as it engages people quickly through music, provides a sense of connectedness with self and others and is physical, non-competitive and fun!! The Joder Institute has a working relationship with Holyoake DRUMBEAT and our facilitator can provide the east coast of Australia with DRUMBEAT workshop options.



# Person Centred Lifestyle Planning - January to March 2021

## ONLINE Sessions

### Are you planning for a Good Life not just a good NDIS plan?

Why is planning important?

We have learned from working within the NDIS planning and implementation that only planning with the NDIS is not enough to create a good life. We need to focus on visioning a good life and implementing good supports.

Developing a Person Centred Lifestyle plan will:

- Support the NDIS planning
- Ensure people supporting the person has the information they need to do their job and achieve positive outcomes
- Help you get the support you want / need
- Change the mindsets of supporters to a strengths-based practice
- Enhance the good work of supporting people in a person centred way

We are inviting individuals with disability / mental health, their family members and their supporters to participate in this course. NDIS funding can be used to participate in the workshops.

This **Person Centred Lifestyle Planning** course is an interactive program that brings people together regularly to experience a hands-on approach to developing a Person Centred Lifestyle Plan for themselves, their family member experiencing disability or mental health or someone they are supporting. In between sessions participants will be able to complete actions to implement the plan, share what they have learned with others that know and care about the person and gather further learning.

Workshops are facilitated by family members with experience in Person Centred Planning and Self-Directing supports as well as experienced disability/mental health professionals.

**When:** 9 Session Course – 10am-1pm

Starting Friday 29 Jan 2021 and concluding Friday 26 March 2021

**Cost:** \$100.00 per day plus GST – NDIS claims available through cores supports or improved daily living categories

[More Information and to Register](#)



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## TRAINING

### 2 day Participatory Community Building - Online

### HOW DO WE BRAVELY STEP INTO CREATING CHANGE TOGETHER?

This 2 day Participatory Community Building training is underpinned by asset based community-led development (ABCD) and participatory leadership practices, patterns and processes in a participatory co-design framework. These approaches have been used effectively in community, business, government and non-government contexts worldwide to enable the inclusion and connection of diverse perspectives for deeper outcomes.



This is an opportunity to learn and share in new ways of working to co-create action in our communities.

Across the two days, attendees will learn a wide range of helpful and innovative practices and processes, as well as ways to implement them in a participatory and positive manner.

### Who is it for?

Anyone & everyone who wants to explore the power of collective creativity & collaboration with each other & within their communities

- Business leaders, social entrepreneurs, community & not for profit leaders, community organisers and their teams
- Next generation leaders and young activists
- Department leaders, policy officers & program managers.

[More Information and to Register](#)





**When:** 10 Session program (online)- 3 hrs each 27 Jan – 31 Mar 2021

10.30am-1.30pm

**Cost:** \$1,000 + GST - NDIS Claims available Downloads and all materials included

Immunizing supporters and leaders against the 4 Outs to mindfully support individuals “to be all they can be”

### **A Centre for Conscious Care's Guiding Principles**

To optimally meet the holistic support needs of individuals with autism and other developmental disabilities, and / or a mood / mental health disorder

- Core Competencies
- Traditional Support Practices
- Behavioural Management Strategies; and
- Accountability Systems

Are ESSENTIAL **BUT ARE JUST NOT ENOUGH - EQUALLY ESSENTIAL IS THAT SUPPORTERS AND LEADERS MUST HAVE:**

- Mindful presence
- Personal & professional emotional maturity e.g. emotional self-regulation skills
- An uncompromising commitment to wanting to help others
- Authentic compassion for all others even when we don't feel like it
- The most current evidence-based prevention and management interventions\* necessary to compliment valuable however incomplete strategies

### **WHAT IS THE FOCUS**

This highly interactive workshop will have two main themes that will result in:

- Supported individuals improved inclusive quality of life including effective non-behavioural interventions to prevent and rapidly de-escalate behaviours of concern.
- Enhanced supporter job satisfaction, safety plus meaning and fulfillment in their roles.

The objectives will be achieved through:

#### **1. Development of workers and leaders mindful emotional maturity**

1. Emotional competence

2. Mindful self-regulation skills

3. Self and others awareness

4. Empathy / unconditional respect and kindness

5. Meaning, purpose and heart i.e. clarifying reasons for commitment

#### **6. The most current evidence-based support strategies:**

1. Sensory integration – how to assess and meet needs

7. Gastrointestinal (GI) health – essential nutritional and supplement requirements

8. Post-traumatic stress disorder, healing and recovery

9. Brain coherence to power up the brain to higher levels of cognition

**10. Mindful development of unconditional compassion**

## What are Our Friends up to?



Community Development at the  
Cutting Edge

**Have you subscribed?**

**Quarterly Journal for Social  
Justice, Sustainability,  
Community Development and  
Human Rights**

New Community Quarterly – Australia's only Journal fully devoted to Community Development – is the 'successor' of Community Quarterly, which appeared for seventeen years since 1983 and went temporarily into 'hibernation' for over two years, early 2000.

New Community hope to contribute to the ongoing debates and mutual learning of all those interested in the theory and practice of Community Work in Australia and further a-field.

To subscribe or learn more visit the New Community website <https://www.nc.org.au/>



### **The New Local - Building Resilient and Regenerative Places**

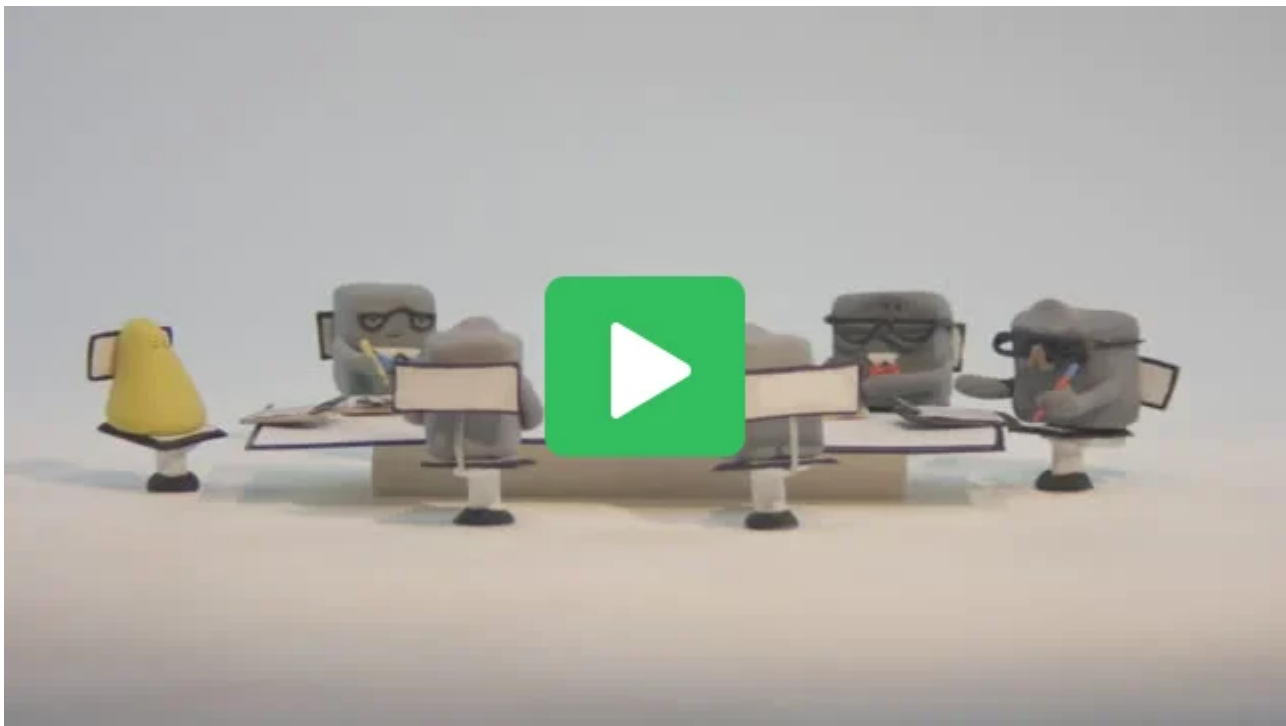
Michael Shuman and Gilbert Rochecouste, two of the world's leading voices in creating stronger, more resilient places and communities, will share a new roadmap to restart, renew, and reboot your communities and local economies to put people, place and planet first.

The next series of The New Local is coming up! and there's still tickets available for this unique, intimate webinar event taking place in December and January. If you're interested in participating in the classes, [please book tickets via TryBooking HERE](#). Tickets include the three live webinars and access to the ten half-hour videos we prepared on each New Local principle.

This video co-produced by Time Banking UK retells the story from Edgar Cahn's book "No More Throw-Away People". This animated story shares the importance of co-production.

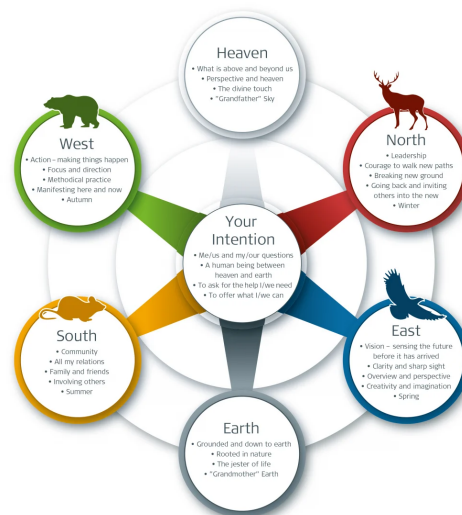
## Parable of the Blobs and Squares



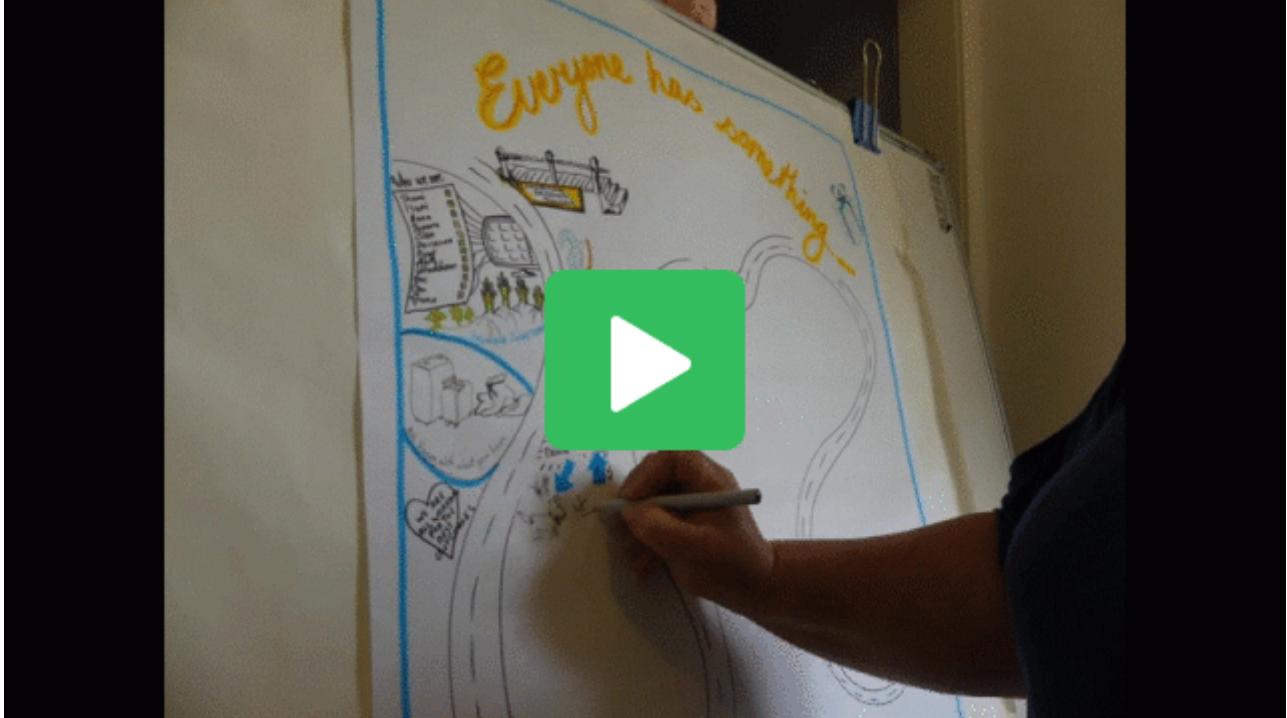


## Flow Game

The Flow Game is a process designed as a board game that creates a space for individual and collective consciousness and intelligence to emerge through reflection, dialogue and interactive learning. It is played in groups of between 4-6 players and is hosted by a flow host, just as suited for groups or teams that wish to explore a collective as well as a personal intention. The Jeder Institute has 3 Flow Game facilitators.



[More Information and to Register](#)



## Everyone Has Something: a Strengths Based Approach to Refugee Settlement

Thank you to Jeder Community Building team member, Fiona Miller for capturing the harvest for the Everyone Has Something: a Strengths Based Approach to Refugee Settlement workshop on Tuesday 24th November 2020.

Reach out to [Fiona](mailto:fiona.miller@jeder.com.au) if you are looking for a graphic harvester for your next event - [fiona.miller@jeder.com.au](mailto:fiona.miller@jeder.com.au)

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### Blog Spot

#### STORIES FROM THE FIELD

#### Matthew's Story: How a family downsized their house and upsized their lives

*Permission has been given to use \*Matthew's real name*

Michaela from the Jeder Institute started working with \*Matthew in 2017, when he was 17 years of age. He had a plan allocated, with a poor budget and no support coordination, so Michaela initially came in to help the family sort that out.

Matthew loves animals, plays Bocce at a state level, enjoys being with people,

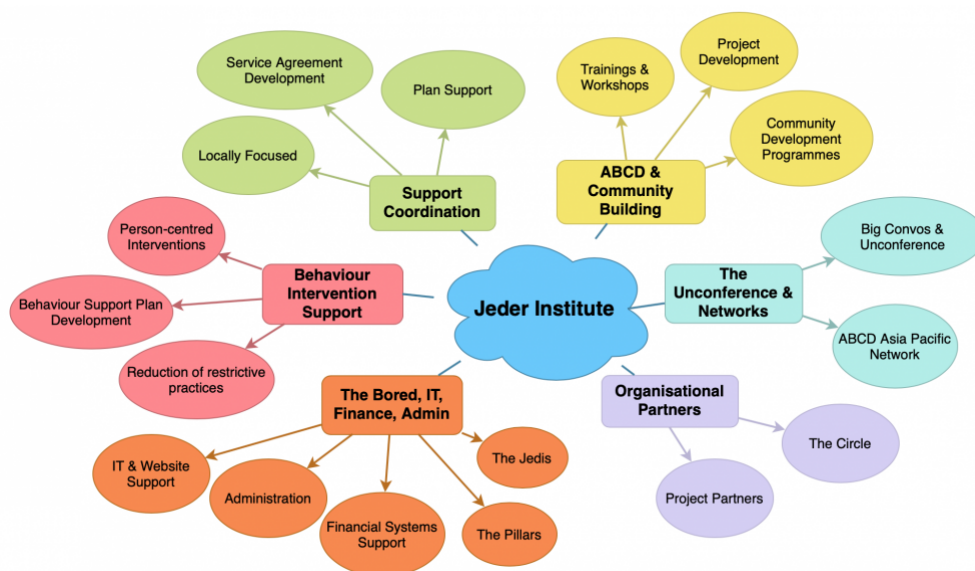


watching movies and footy and finding interesting places in the community to visit. He loves going on holidays with his parents and prior to COVID they would do an annual trip overseas for 4-6 weeks every year.

Dad is a lift mechanic electrician and Mum is a very organised school teacher who shared Matthew's story amazingly well and by 2018 we had a new plan which, although it funded him better, was still missing a lot of requirements as Matthew uses a lot of equipment; electric and manual wheelchairs, lifters and hoists, shower/hygiene equipment and he also needs oxygen and food through the night to supplement his diet.

During this period of time they were living in the western suburbs of Sydney in a 6 bedroom family home. Most of Matthew's equipment wasn't funded well from the beginning and needed replacing and servicing and we struggled for a long time to get the funding needed for his equipment.

[CLICK HERE to read the full article](#)



## What does Jeder Institute do?

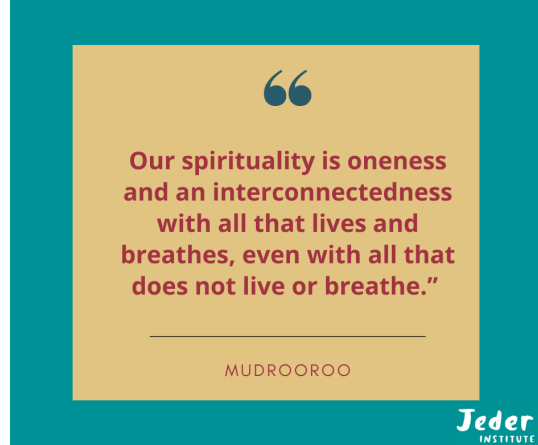
We hope this graphic gives you an insight into the diversity of the work we do.

## ABCD Global E-Book Initiative

Join calls every 2 weeks

- CO-CREATE THE WORLD'S BIGGEST MULTILINGUAL, ABCD FOCUSED, E-BOOK
- SHARE STORIES, TOOLS, KNOWLEDGE AND EXPERIENCE IN AN INTERNATIONAL, CROSS-CULTURAL CONTEXT
- EXPLORE ACCESSIBLE, INTERACTIVE TECHNOLOGIES
- ENGAGE THROUGH MULTIPLE ENTRY POINTS

For more info email:  
[abcdasiapacific@gmail.com](mailto:abcdasiapacific@gmail.com)



## Community Building Tips and Tools

### TIP

#### 3 Steps to Asset Mapping

Asset mapping is a vehicle for community to identify, discover and connect with each other. It's not the only strategy to empower communities but it is more than a tool; it connects people through the sharing of stories and the identification of mutual strengths. We have found there are 3 key steps to asset mapping:

- Discover (identify) the assets
- Connect the assets together
- Create opportunities to mobilise these assets to be **productive and powerful together**



In conclusion, ABCD is committed to some guiding principles that can be covered in 4 questions, as follows:

- What functions can community residents perform by themselves?
- What functions can community residents do with some additional help from government and agencies?
- What functions must government and agencies perform on their own?
- What functions must government and agencies STOP doing?

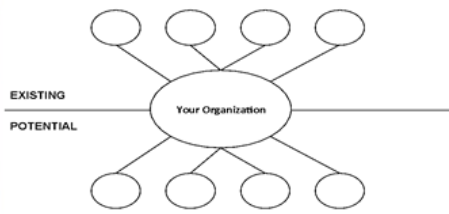
**Above all else, when mapping the strengths and assets of a community, make sure you connect, don't just collect!**

### TOOL

#### Mapping existing and potential partners

Working with your team, list all the community groups and networks you have

Connections to Community Groups & Networks (Associations)



JEDER *Institute*

a connection with and those that you could connect to. Imagine how these existing and potential partners could come together to create collective change.



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SHARE ON TWITTER



FORWARD EMAIL

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