



Welcome

Welcome! We hope you've had an abundant start to 2021!

We hope you managed to have a great festive season and are safe/well and are ready to use the skills and abilities you learned from the wild ride that was 2020!

The team at Jeder Institute will be offering some engaging workshops and trainings throughout the year, with many of them being delivered online or with the option to. We'll keep you informed through our Jeder Yarns, our socials and our website, so keep an eye out and we hope to see you there!

Our NDIS Support Co-ordination and Behaviour Intervention support team continue to grow in New South Wales, Queensland and Victoria with new initiatives and projects on the horizon.

This month we welcome Tess Pollard and Shane McLachlan to the Jeder team!

If you are looking for support or project management for your community projects, please contact our Community Building Team.

Connect with us via our [contact page](#).

Please note below that we have updated our formal business address to;

PO Box 5652 Wagga Wagga BC NSW 2650.

We will be redirecting our mail from the St Clair PO Box to the Wagga PO Box over the next three months and then cease the redirection.

Until next month, please enjoy our Jeder Yarns.

Yours in Community,

Team Jeder

Please e-mail info@jeder.com.au for any further enquiries.

[VISIT OUR WEBSITE](#)

Getting to know our members...



Meet Vanessa Locke

Vanessa has previously worked as a support worker for adults with intellectual and physical disabilities. This was an area that she felt confident in as she grew up with her younger brother who has Autism, developmental delay and epilepsy.

Vanessa is one of our wonderful Support Coordinators, located in South Sydney.

[Contact Vanessa here!](#)

Latest News!

breathe. notice. now.

**Mondays and Fridays
5:00 pm - 5:45 pm (EDT)**

Monday February 8 to Friday February 26, 2021

Join us on Monday and Friday afternoons as we explore and practice a skill set that has been internationally proven to offer many benefits to enhance and improve levels of overall health and wellness.

Just some of the benefits of practicing mindfulness include increased:

- levels of memory, concentration and focus;
- experiences of happiness and less stress;
- flexibility with thoughts and feelings;
- satisfaction in relationships both personal and professional; and
- sense of compassion and kindness for self and others.

NO REGISTRATION REQUIRED

**[Click Here Every Session to Join](https://zoom.us/j/93730756637)
<https://zoom.us/j/93730756637>**

Have questions
about your
practice or want to
learn more about
mindfulness?



Join **Peter Marks**
CEO, A Centre for
Conscious Care and
co-founder of B-FIT
Mindfulness on
Friday February
26th for a 30 minute
Ask Me Anything
Q & A session.



For more information email
adriana@clwindsor.org

Training | Workshops

ONLINE WORKSHOP

2 day Participatory Community Building Workshop

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

Monday 8th & Tuesday 9th February 2021

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.

[More Information and to Register](#)



ONLINE WORKSHOP

ABCD: Discoverables, not Deliverables

Tuesday 8th, 15th and 22nd June 2021 from 9am - 11am AEST or

Tuesday 13th, 20th and 27th July 2021 from 7pm - 9pm AEST

How much: \$100 per session | \$50 volunteers | \$30 young people plus GST

We aim to make our sessions financially available to everyone, please contact us if money is a barrier

Many of the current challenges faced by individuals and communities require transformational change! How does asset-based community development (ABCD) build communities from the inside out by tapping into the gifts and strengths of everyone?

Join us on this journey of discovery as we offer a series of three (3) highly immersive and interactive sessions which will introduce participants to a range of asset-based community development (ABCD) practices and processes for creating powerful actions and outcomes.

[Register for JUNE](#)

[Register for JULY](#)

ONLINE WORKSHOP

ABCD: Measuring What Matters!

Is anyone better off?

**Tuesday 8th, 15th and 22nd June
2021 from 7pm - 9pm AEST or**

**Tuesday 13th, 20th and 27th July
2021 from 9am - 11am AEST**

How much: \$100 per session | \$50 volunteers | \$30 young people plus GST

We aim to make our sessions financially available to everyone, so please contact us if money is a barrier.

During these 3 week series we explore asset based community development and participatory evaluation tools (using the Results Based Accountability™ (RBA)



framework), to measure the social impact of local initiatives. Join us for 3 immersive and interactive sessions that will introduce you to the fundamentals of asset-based community development (ABCD) and how participatory evaluation can measure community actions and outcomes.

Register for JUNE

Register for JULY

Purposeful Community Building

The principles and actions that underpin our asset-based community development and participatory leadership engagement and development work

Community engagement: discovering purpose

Embrace broad inclusion & diversity

- Invite a myriad of community voices into early discussions

Use clear language

- Speak your truth, even if your voice trembles

Intrinsically believe that everyone has something to offer

- Discover the strengths, passions and assets of individuals

Go slow, to go fast

- Take the time to have conversations; small is the new big

Community development: intentionally co-creating purpose

Build capacity transparently & effectively

- Openly share professional knowledge and skills for the long term

Build and honour authentic partnerships and relationships

- Leave competition and ego at the door in pursuing the common good

Leave the building

- People are place-based, go there

Look for what's strong, not what's wrong

- Identify community strengths and assets instead of needs and deficits

Participatory community building: aligning and mobilising purpose

Lead by stepping back

- Dance with the ebb and flow of a community

Be purpose-driven and say no to easy fixes/money

- Develop an allergy to drive-by community engagement

Encourage ownership and high participation

- Discover what people care about, enough to act on

Do no harm, above all else

- Be mindful of the impact of the work on people's everyday lives



Around our neighbourhoods...

Healthy Change Village



Check out our friends over at [Healthy Change Village](#).

"the Village" is a new online health and wellbeing support network for people of all ages, intellectual and physical abilities.

The Village website features video activities from qualified trainers and health professionals.

Categories of capacity building activities include games, exercises, cooking and mindfulness sessions. New content and presenters are added every week.

All videos (including wheelchair accessible activities) have subtitles and go through a strict approval and grading process by [Healthy Change Challenge](#) program coaches and are designed for people of all ages, intellectual and physical abilities. The Village website has an accessibility widget which reads text and can change font and colour settings to assist people with vision impairment and dyslexia.

If you have any questions please visit the frequently asked questions (FAQs) and contact page of the Village website [HERE](#) to get in touch.



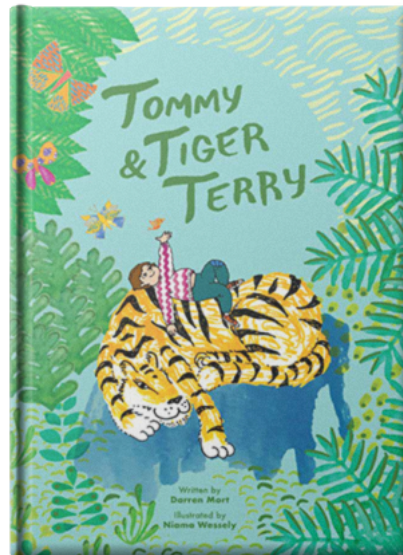
Tommy & Tiger Terry

Tommy is a kid like so many from separated households: he loves his Mum; he loves his Dad. On his wish list, he would like them to reconcile – but, that is not going to happen.

Importantly, Tommy believes it's all his fault. To address his feelings of conflict, Tommy has an imaginary friend, Tiger Terry, who relieves Tommy's anxieties and confusion. Playfully, Tiger Terry travels on adventures with Tommy and provides him with avenues of escape, so that he can better understand his parents and his family situation.

A compelling book for children and parents and a useful resource for any separated family to assist children to make sense of it all. The aim is easy – as we all want our kids to grow up into well balanced and psychologically healthy adults.

Tommy is just the read to help kids understand that they are not alone.



[More information or to purchase...](#)

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

Blog Spotlight



New wheelchair beaches in Australia

Written by Leisha Wray

To enhance the beach-going experience for people with disability, beach wheelchairs are now available at a number

of new locations. They provide and improve access to the beach and ocean, with both children and adult-sized options to allow children, in particular, have access to and be included in a range of activities such as playing in the waves and exploring rock formations usually found at the ends of a beach.

Each Summer IDEAS are happy to learn of additions to accessible beach facilities as new equipment becomes available and destinations strive to be inclusive.

[Continue reading...](#)

Let's not go back to 'normal'! lessons from COVID-19 for professionals working in childhood disability

Authored by Peter L. Rosenbaum , Mindy Silva & Chantal Camden

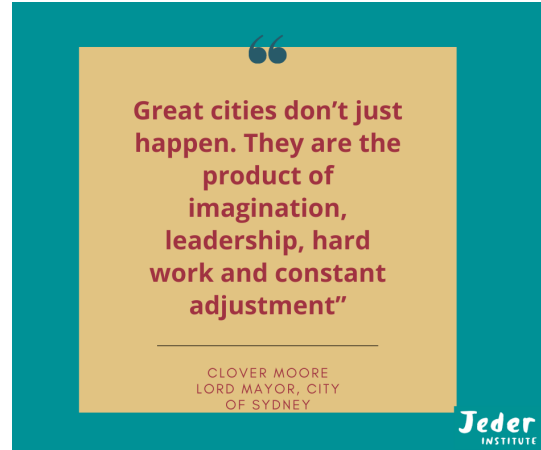
The worldwide COVID-19 pandemic has changed almost all aspects of our lives, and the field of childhood disability is no exception.

This article is based on an invited lecture by the first author at a conference—the eHealth Summit (“Pediatric Rehabilitation in a Digital Space”)—organized by the other authors and their colleagues in May 2020.



The first author offers his own experiences and perspectives, supplemented by comments and observations contributed by many of the 9000p attendees at this talk, as curated by the second and third authors.

Continue reading...



Tips and Tools

A Step by Step Guide to Person Centred Frameworks



Song: MX321_24 – Positive Outlook-13858

Artist: Gil Talmi, BMI|Andrew Gross, BMI

Album: MX321 Campaigns And Elections 2

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