



Jeder

INSTITUTE

Welcome

Welcome to our May 2021 edition of Jeder Yarns and with it the fresh, frosty breeze of Winter! Some of our members are looking forward to the arctic breeze coming along the east coast, while others not so much and the flexible work options that our Jeder members enjoy are encouraging them to rug up and work from the warmth of home.

In this edition you will find:

- Inspiring Participant Stories
- Information on upcoming workshops from Jeder Institute
- Workshops in partnership with amazing Australian AND New Zealand teams
- Stories from our neighbours and
- Tips and tools for you to put to practice with your workplace, friends and/or communities

Hope you're all warm and toasty, wherever you are.

Enjoy this months newsletter!

Yours in dressing gown and uggs,

Jeder Institute

[VISIT OUR WEBSITE](#)

Getting to know our members...

Meet Cristina Massia

Cristina is a General Psychologist registered with the Psychology Board of Australia (AHPRA).



Cristina has over 10 years experience in the Mental Health field with focus in Self-care practices, Person Centred approach, Trauma Informed Care practice as well as extensive knowledge on how to navigate the Mental Health System in the Northern Rivers Region, including the National Disability Insurance Scheme (NDIS).

Cristina is also skilled in supporting people with lived experience of mental illnesses such as anxiety, depression, bipolar disorder, post traumatic stress disorder, schizophrenia and others. Cristina strongly

believes that recovery is seeing beyond a person's mental health issues, recognizing and fostering people's abilities, interests and dreams.

[Contact Cristina here!](#)

Info Share

First Peoples Disability Network Australia

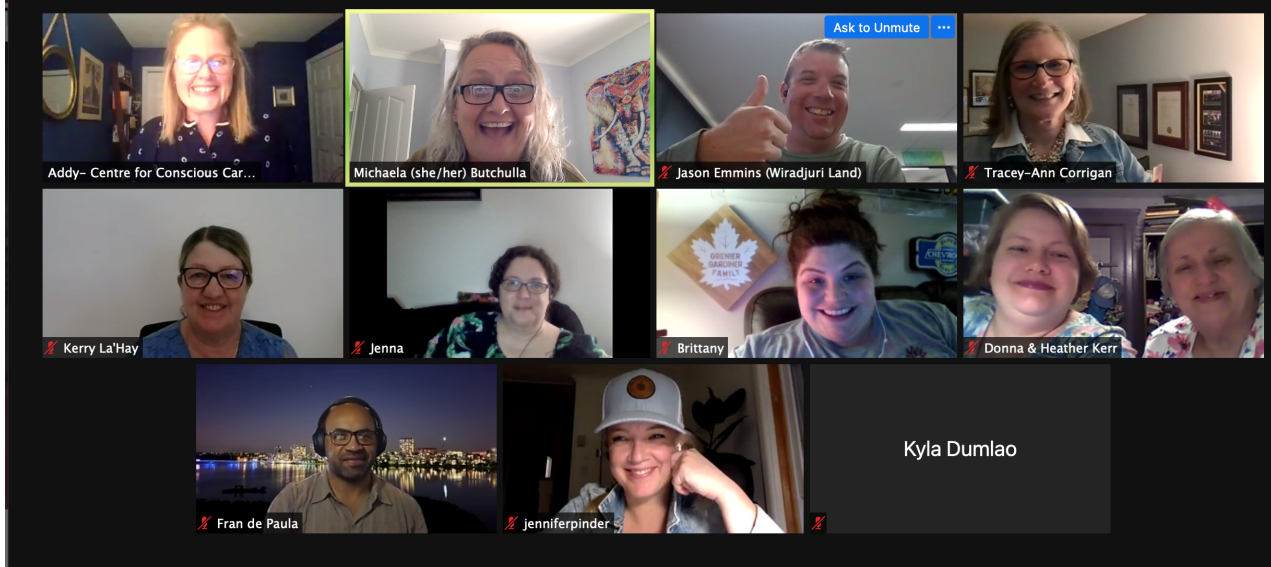
Coronavirus (Covid-19) – Community Information

The Vaccine warriors are loaded and ready to do battle with the COVID-19 virus to keep you and your mob safe. The COVID-19 virus is worried about the vaccine warriors. Now that everyone has the vaccine, the community and Elders are a lot safer as the vaccine protects everyone in community from the virus. Artwork By Uncle Paul Constable Calcott.



[Click here, for more COVID-19 resources for your mob](#)

In our backyard...



Brunch & Learn - Conscious Care Support training

Positive Holistic Behaviour Support

The Brunch & Learn: Conscious Care & Support (CCS) – Positive Holistic Behaviour Support training, facilitated by Adriana McVicker of A Centre for Conscious Care and supported by [Michaela Kennedy](#) and [Jason Emmins](#) of Jeder Institute, was recently completed with resounding success. Over 10 sessions delivered weekly, people from Australia and Canada met together on Zoom to learn more about how a positive, holistic approach can be applied when supporting people with Behaviours of Concern.

It was great to hear from different perspectives and what became clear was how similar the issues were across the globe for both people that have Behaviours of Concern, and those who love and care about them. The discussions revealed that there is a level of anxiety on both sides – people with a Behaviour of Concern and their families, carers and friends – all caught in how to understand, calm and respond to themselves and each other.

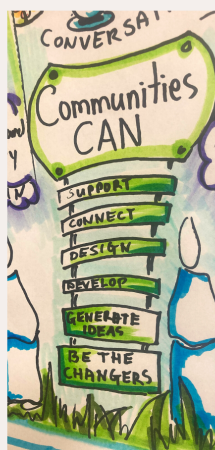
The first 4 sessions of the workshop focused on the person with Behaviours of Concern and how we can improve things for them, while the other 6 sessions focused on how we can help ourselves to be the best supporters we can be – when you're calm as a supporter, you can help calm others.

"CCS applies simple and practical research-based discoveries from the disciplines of mindfulness, neuroplasticity, social neurobiology, emotional freedom therapy, nutrition, GI health and biofeedback and integrates these sciences with what is relevant of conventional behavioural treatment and management"

The 10 sessions were a high- level introduction to Conscious Care & Support aimed at *families and carers, support professionals, leaders, therapists, and anyone with an interest in making a difference within the lives of others.* Though the sessions were brief, with each running for only an hour and a half, the training and discussions were detailed and unpacked a section of the CCS best practices framework. This also included providing examples and ideas for implementation.

This training will be expanded on with extended sessions times and taking a deeper dive into each of the needs areas and further details for supporters. Keep an eye on this space, our Facebook page or our website for future training dates!

[For upcoming events, click here!](#)



A B C D

1. What can communities do on their own?
2. What can communities do with a little government and/or service help?
3. What is it that **ONLY** government and services can do?
4. What do government and services need to **STOP** doing?

WWW.JEDER.COM.AU

Holding space, hosting and guarding the circle well...

Allows emergence, contribution and stories to be shared.

The shifting of leadership flows and the group creates safety for authentic wholeness.



Fiona Miller
Community Arts Lover
Trainer, Host, Facilitator
Graphic Harvester
Alpaca Mum



Jeder Member Story

Lisa Zulfiqar

Written by [Lisa Zulfiqar](#)

I have just completed my Mental Health First Aid – Youth. This was done via Western Sydney Recovery college. It was a face to face course over 2 full days and full accreditation. I have been undertaking several of their courses over the past few months - all Mental Health based – Recovery Languages, Personality Disorders, Self Care. They were mostly online short courses, 2hr sessions over 2 weeks.

I found them to be of benefit - they have small groups, face to face and they also offer online sessions. There is great knowledge from the presenters, and they run in conjunction with One Door Mental Health. It is open to anyone that is wanting knowledge/lived experience, though you need to support or live in Western Sydney.

Definitely recommend!



[Click here for the workshop program!](#)



Renee Farhart

Told by [Michaela Kennedy](#)

Written by [Cherish Page-Brooks](#)

I have been working with Renee Farhart since 2016. Renee is a young woman with a passion for life that is infectious. She is blind, deaf with an intellectual disability and is cared for by her family, primarily her mother, Adele. Before reaching out to us at Jeder, Adele had been doing all she could, including writing to politicians, to get Renee onto the NDIS. We met at a pre-planning workshop funded by ADHC. I was able to help and support Adele and Renee to finally get a plan. When we were first working together, Renee was attending a day program 5 days per week, we learned she was being neglected by staff and abused by other participants. It was decided to immediately move her and change service providers.

Throughout the next few years, we tried different day services while in the evenings Renee lived in the family home. Adele continued to get some much needed help for her own mental health, as their journey had been exhausting. We supported Renee to get funding in order to help her move into a home of her own. An apartment was trialled, with 24/7 support, but ultimately the family felt Renee was better off and safer to be closer to home. Renee's high sensitivity to sound and movement makes it difficult for her to live with others. Never to be deterred...

[Continue reading here...](#)

Participant Story

Alexia Harriton

Written by [Olga](#)

Shared by [Margaret Henville](#)

We have some lovely pictures of my daughter Alexia, enjoying the sun and her outings with Manaia Assist. She gets to go out every day and experience something new. The best way to learn about the world as a Deafblind person is through touch and smell. Alexia's low vision and hearing helps her to experience some things but it is the active support she receives that is making the difference in her life. The funding and flexibility of the NDIS has provided Alexia with opportunities we had only hoped would be possible.



Veni, Alexia's support person says 'Alexia loves the warmth of the sun on her skin. When she sits of the grass she turns from side to side to warm her face. The sensation of the

changes on her bare feet at the beach make her smile, although she was surprised at first. The sunlight is gentle on her eyes too. When travelling on the train Alexia feels the movement and senses the changes in her environment. At the movies the sound waves travel through the cinema and you can see her thinking about where the sounds are coming from.

Alexia is a very determined lady and adapts to the world around her. It is amazing to watch her figure out exactly what is going on. Deafblindness presents unique challenges to individuals, families and caregivers. For her support team...

[Continue reading here...](#)



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

Jeder Institute

Training | Workshops



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](#)



ONLINE WORKSHOP

ABCD: Discoverables, not Deliverables

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

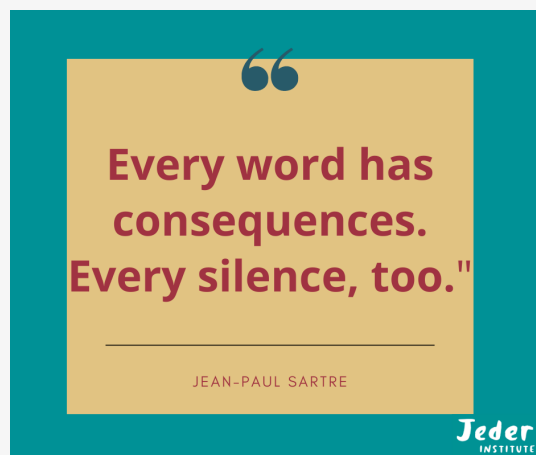
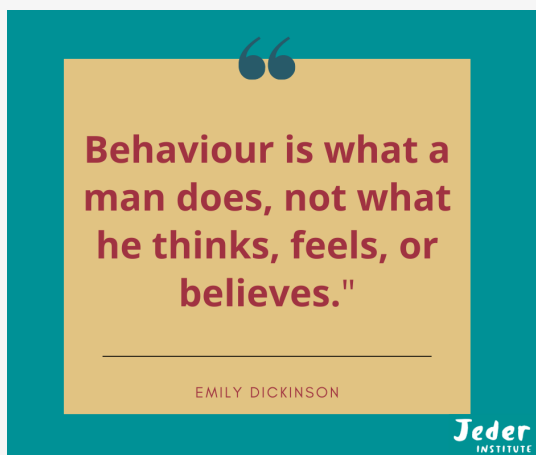
Tuesday 13th, 20th and 27th July 2021 from 7pm - 9pm AEST

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



In Partnership

Training | Workshops



ONLINE WORKSHOP

Core Gifts Series

Discovering your Gifts & Core Gift

Who am I?

Introduction to Core Gifts (1hr) - Thursday 10th June - 9:30am-10:30am AEST

Five Ways to Know Your Gifts (1 day) - Friday 9th July - 9am-3:30pm AEST

Core Gifts Master Facilitator Training (2 days) - Thursday 5th & Friday 6th August 9:30am-3:30pm AEST

Investment: Introduction FREE | Five Ways \$159 | Core Gifts \$369

We are excited to announce we are partnering with the [Core Gift Institute](#) to bring this great online series to our region at Australia/New Zealand friendly times.

This 3 part series is designed to give you the opportunity for expanding your understanding of the theory of gifts and why they are so powerful for individuals and community, and learning a variety of gift identification methods and more accurately naming your gifts.

Register for all 3 offerings or just join us for one.

Spaces are limited so register early.

Introduction

Five Ways

Core Gifts

Community Building Blocks

Come Together: Strengthening our communities



Thurs 10th June - 9.30am – 11.00am NZST

How do we Engage, Activate, Connect, Mobilise and Celebrate?

Do you want to dig deeper into what it takes to bring your community together? This Community Building Blocks session will explore how we can evolve general community engagement into a much richer form of community connectedness. You will learn how to identify and build on the strengths, talents and resources of locals to create thriving, equitable, and sustainable communities – using Asset-Based Community Development approaches (ABCD).

This session will provide you with practical tools and examples to keep your mahi rich and your kete full.

Co-hosted with our awesome Australian [Jeder Institute](#) colleagues [Dee Brooks](#) and [Michelle Dunscombe](#).

[For more information, or to register, click here!](#)



ONLINE WORKSHOP

Introduction to Asset Based Community Development

Youth Action in partnership with Jeder Institute

Thu 17th Jun 2021, 9:30 am - 4:30 pm AEST

Investment: Youth Action member \$99 | Non member \$119

Youth Action is excited to be partnering with the [Jeder Institute](#) for an Introduction to Asset Based Community Development workshop. This workshop will be focusing on how to utilise ABCD skills while working with young people.

This training is suitable if you work in most youth work settings.

Some examples of practice are:

- a youth-led group (e.g. a Youth Advisory Council, leadership group, youth advocates)
- a drop-in space
- creating programs to support youth-led community initiatives
- individual one on one support to connect young people to community setting

Upon completion, participants will receive:

- Membership to Jeder's online Participatory Community Building Learning Space
- Certificate of Participation.
- This training is endorsed by [ABCD Asia Pacific](#)

[For more information, or to register, click here!](#)

Around our neighbourhoods...

IACD

Virtual World Community Development Conference 2021

Community Development: Our Connectedness, Resilience and Empowerment

WCDC2021 will be a celebration of community development - a discipline and practice that seeks to nurture the enduring community spirit that holds communities together.

It is a fact that community life occurs within contexts that are promotive of healthy communities but equally that also have shocks and uncertainties which pose a challenge to meeting even the basics of life including hope. Yet communities through their enduring connectedness are constantly engaged in efforts to bounce back, and indeed, often do bounce back in spite of the adversities within vulnerable contexts- largely because of drawing from the wide range of resources and assets from within and without the community.

Every year, International Association for Community Development (IACDglobal.org) organises the World Community Development Conference, usually in partnership with a national Community Development network/association or a IACD member where the conference is to be hosted. In 2019 IACD Board resolved that WCDC2020 (now to be WCDC2021) will be held in Africa and subsequently Nairobi, Kenya was chosen as the host city...

IACD is the only global network for professional community development practitioners. We support development agencies and practitioners to build the capacity of communities to realise greater social and economic equality, environmental protection and political democracy.

Virtual World Community Development Conference 2021



Register today!
Abstract submission is ongoing -- all presenters should register by May 10th 2021

June 21 - 23 2021



ASSOCIATION OF
COMMUNITY DEVELOPMENT
PRACTITIONERS - KENYA



[For more information, click here!](#)



Triple A Project

Smallholder farmers in western Kenya are amongst the most vulnerable populations to climate change and variability. Experience from numerous projects indicates that intervention success, efficiency and sustainability is highly related to appropriate models, processes and tools taking relevant climate-smart and resilient practices to scale.

The Accelerating Adoption of Agroforestry in Western Kenya Project, also known as the Triple A Project, innovatively scales up the asset-based community-driven development (ABCD) approach in combination with best practices in agroforestry and agriculture.

Triple A aims for context-specific adaptation and mitigation options based on local identities, interests and preferences. It combines general capacity development with tailor-made best practice trainings selected by individual project groups and adapted to their respective concerns.

The project, implemented in parts of Kisumu and Kericho Counties which form the Nyando River Basin, has been running in pilot and proof of concept phases since 2011.

- World of Agroforestry website - [Triple A Project](#)

ICRAF ABCD videos - Agroforestry

Kindly find the links to our new ABCD videos from the Triple A project:

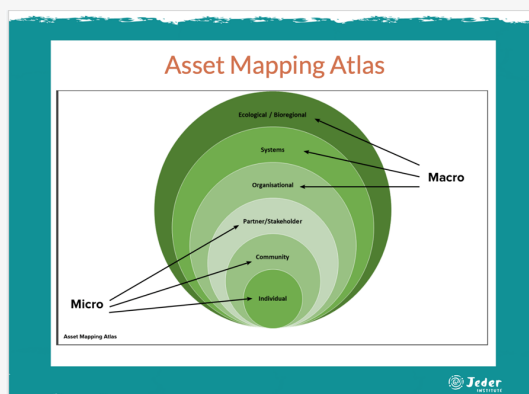
1. Asset-based community-driven development: Diversified livelihoods for climate change adaptation: <https://www.youtube.com/watch?v=OEzQFSe5EgI>

1. Start with what you have: The power of people coming together: <https://www.youtube.com/watch?v=CcKi8SjGhyo>

Lisa Fuchs - PostDoc Fellow and ABCD team leader - System Sciences Unit

[For more information, click here!](#)

Tips and Tools

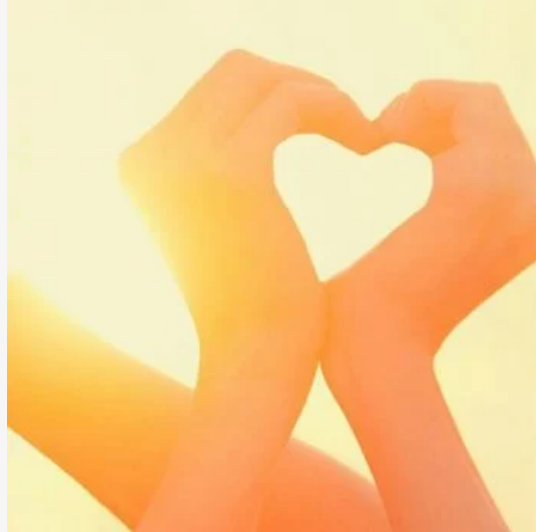


The Asset Mapping Atlas (Blog and Tool)

Asset Mapping is a journey of discovery and we need to be intentionally prepared, take our time, get an overview of the lay of the land, discover the borders and boundaries, explore the miscellaneous, co-design dialogue and listen deeply with the following in mind:

- Everyone has something to offer. Everyone.
- Communities are full of resources and networks.
- Stakeholders are just friends we have not yet partnered with.

[Read more here...](#)



Simple guide to discovering people's gifts!

Gifts I can give my community

The gifts of the head, hand and heart exercise can be adapted in many ways. Click the link to see some ways that people have used the exercise although, feel free to be as creative as you like in using the exercise to generate conversations between individuals, with groups or the larger community.

Overview of the gifts:

- Gifts of the Head
- Gifts of the Hand
- Gifts of the Heart
- Gifts of the Heel
- Gifts of Human Connection

[Read more here...](#)

 [SHARE ON FACEBOOK](#)

 [SHARE ON TWITTER](#)

 [FORWARD EMAIL](#)

Jeder Institute

PO Box 5652 Wagga Wagga BC NSW 2650
Australia

info@jeder.com.au

You received this email because you signed up on our website or attended one of our workshops.

[Unsubscribe](#)

