



Jeder

INSTITUTE

Welcome

This month's newsletter sees a lot of our members back in lockdown! As an organisation who is location-free, most of our members were already working from home although we are keeping in touch more regularly through member calls in case anyone is feeling the pinch of isolation a bit more this time!

Our disabilities and NDIS support members are excelling in their service to people during these tough times, as can be attested by the strong letters of support that we have recently had sent to our administration, which are also highlighted in this newsletter!

Our community building and ABCD team are keeping extremely busy with online workshops, trainings and conference facilitation and are still working internationally in this way! This year they have supported the training needs of local government in both Australia and England and have more already booked in for later in the year!

There are many exciting opportunities coming up over the next couple of months to connect with us through online events so, come say hi, register for one of the Unconferences or let us know what would be useful for you and we can create something bespoke!

As always, your Jeder members are here to offer their skills, abilities and passions and to put their best foot forward, no matter the circumstances!

Until next month, enjoy the read!

Yours in Community

Jeder Institute

[VISIT OUR WEBSITE](#)

Getting to know our members...

Meet Abigail Brown



Abigail is a Registered Nurse by background with clinical and case management experience in supporting people with an Autism Spectrum Disorder, intellectual disability and/or mental health and complex psychosocial challenges.

Using a person-centred approach Abigail supports people to develop their knowledge, skills and confidence they need to effectively manage and make informed decisions about their own support arrangements to suit their strengths, needs and goals with the assistance of their

families, friends, carers and advocates.

Originally from Scotland Abigail now lives in the Northern Rivers locality in NSW.

[Contact Abby here!](#)



Our own Missus Browns Go to Town

Somehow, without noticing, a crass BBC show, Mrs Brown's Boys, became the centre of comedic viewing! Much like our Northern River's members [Alex Brown](#) and [Abby Brown](#); one minute they were new members, next they are having praised heaped on them by Mental Health Rehabilitation Coordinator, Guy Dayhew

from NSW Health, who said they have been "instrumental in [his] achievements."

Like an unrehearsed panto, these incredible Northern Rivers women just get on with it! Something happened, (sight unseen, if you weren't looking) that is now showing in reflection, that Alex and Abby with their heads down and derrieres up took their commitment and practice to another level, just like the BBC show's meteoric rise; these women are on fire and they are a firm and proud part of the Jelder furniture!

I'm sure there are times that like Mammy, these ladies are oft times mooching about their own kitchens complaining about the "eejits" who are out panic buying and muttering multiple "feck's" under their breath but it certainly doesn't hold them back from doing amazing work and becoming legends in their own lunchboxes, as Guy attests, "Abby and Alex are both highly skills practitioners with a depth of background in working with complex psychosocial individuals." Just as Mammy does...

So, Alex, Abby, maybe go and shout yourself a new cardigan or settle in with a cup of tea and take a moment to think about what you've done!

Then, keep up the incredible work!

That's nice.

Feedback for Aleks Jovanovic

Mark de Jong, Director, Coordinating Independence Services,
Dharawal Country

"I'm just going to write this to you directly in support of the wonderful work that Aleks has been able to do."

"Aleks initially came on board to assess and review a [participants] behaviour support needs."

"We were able to secure Behaviour Support, and Aleks is building a Behaviour Intervention and Support Plan."

"The general consensus is that this is among the best-developed plans we have seen in our experience."

"The contents of the plan are supported by a bonafide understanding of the [participants] supports."

"We look forward to continuing with building the [participants] support and I just wanted to extend my sincere to Jeder for having such a great staff member on their team."

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Info Share

Mental Health & Wellbeing during lockdown

A mentally healthy workplace is good for business productivity and employee health and wellbeing.

A mentally healthy workplace is one where:

- mental health is everyone's responsibility
- mental health policies and practices are integrated and embedded across the organisation
- support (interventions) are tailored to each work group
- continuous evaluation and improvement is visible.

[Click here](#) for information on FREE coaching and training programs provided by [Black Dog Institute](#) via the NSW Government website.



Behind the scenes...

Jeder Membership Wisdom & Knowledge Map

Part 1: Jedis & Jedlets

The Jeder membership is all about self-organising, supporting each other, asking for what you need and offering what you can!

Each member chooses the Jedi they would like to have their core experience in and they are able to join any others that interest them.

A Jedlet is a "piece of work" undertaken by a main Jedi and usually (not always) consists of members of that Jedi.



Risk Jedi

Had my first experience of this gathering of members to see how we are all experiencing and feeling at this time. The check in asked us to express our insight into what are our dominant thoughts over the last 4-5 weeks and [Margaret](#) started us off from the get go with a heartfelt sense of concern. There was real concern for the well being of not only self but also of our communities, families both close and far, isolation and separation and the deep sense we are in for a long haul.....

The intention behind Jeder philosophy was acknowledged as the heart of gatherings in a safe space for us to express and we all agreed the feeling of connection and sharing is something we all benefit from and take away from the space.

Another united sense was that we all - as one - are in for the long haul of dealing with the reality of Covid19 into the future. We spoke of the divisions and the 'sides' along with the talk of social media as a 'dangerous' place to spend time but also the confusion of rules, the divisive politics from state to state – communities divided by borders and the opposing views amongst families and friends – so much unprecedented division.

We had a diverse group from different localities as I am in Qld and Abigail in Nth Rivers, Chontelle in Newcastle and Aleks & Margaret in Sydney Metro and we covered several aspects of working within Jeder which offered different insights with some great shared stories and talk of impact to the young in our midst and how we hold that space for them.

Alek shared an excellent story of his work with the local soccer team that it continues online – inspiring and innovative coaching. Another interesting comment brought up by Chontelle that was affirmed by others was that people are choosing to not speak publicly about personal positions because of the potential impact of responses on personal mental health and it's important to choose your safe space to speak individual truth – whatever it is.

Discussion went on to the vaccine passports, the general consensus was NDIS will eventually follow the direction of Aged Care workers mandating vaccination and already

there are indications and concerns how this impacts participants and their choices and questioning how it will play out in our working space.

Get along people – it was heart warming connection and a very real, safe and welcoming space – a calm in the storm – THANKS Aleks for bringing this into being.....

[Kaeleen Hunter](#)



Creative Jedi

The Creative Jedi has re-discovered their purpose!

“Creativity is the ability to manifest one’s imagination...” Drew Rogers, Creative Jedi member

The Creative Jedi is a community of Jeder members who strive to synergise their creative skills and talents to create and support the Jeder cause with publications of video, art, and immersive practices for inclusion. Members who attend offer their imagination, creative gift, are often multi-disciplinary creatives and often do not see themselves as a creative but have a gift to share!

The pieces of work that Creative Jedi members might be involved in cross many areas such as; co-creating videos, icons, templates, providing content to Jeder’s newsletters and supporting member proposals, requests and projects.

Everyone is welcome at the Creative Jedi!

[Dee Brooks](#)

ACTIVE HOPE: CONNECTING WISDOM AND STRENGTHS ACROSS OUR LANDS SEPTEMBER 2021

The **ABCD**
UNCONFERENCE
A Participant-Driven Gathering



LAUNCH TIME:

9AM 22ND SEPTEMBER 2021 NEW ZEALAND
(21ST SEPTEMBER 4PM US CDT 10PM UK TIME)



Podcast

The Neighbour Next Door

Dee Brooks: Let the Dog Go

What if we could impact the world by connecting with the people who live nearest to us--that is our neighbors?

It turns out, we can. In this podcast we interview awesome neighbors to learn from them and be inspired by them. We also share occasional neighboring tips. And sometimes we play folk music! So come on over and join us on the front porch.

"This week Matt and Adam are joined by Dee Brooks, ABCD Asia Pacific Trainer and Facilitator for the Jeder Institute and ABCD Asia Pacific Network. She is a world-wide connector for Asset Based Community Development and we are thrilled to have her on the podcast!



Dee shares inspirational stories and ideas that will make you want to get up and go out to interact your neighbors- just get out and "let the the dog go." We are encouraged to turn what may be seen as a challenge into an opportunity for growth and development."

Note: The link below opens to Spotify.

To listen, click here!



Info Share

ABCD Asia Pacific Network 2.0

In 2007 the ABCD Asia Pacific Network was founded in Melbourne, Australia at the Bank of IDEAS Power to the People Conference by 8 practitioners and delivered workshops and training across Australia for the next few years. In 2008 and 2010, two conferences were hosted by

the Family Action Centre at the University of Newcastle which showcased community-led work, projects and initiatives from around the Asia Pacific region.

With 400 members, the Network slowed down when two of the founding members left the Family Action Centre and the Network became more of a touchstone, or contact site, for people who were seeking information, connections and resources although, continue to support global initiatives like the online ABCD Unconference and the upcoming ABCD E-Book.

This year, in 2021, another 8 practitioners (including one founding member) decided to breathe new life into the Network and relaunched the ABCD Asia Pacific Network 2.0 by becoming incorporated and voting in a Board of Management.

Please watch this space and get in touch if you are keen to be involved! We are excited to see where this new phase will take us all!

For more information, email abcdasiapacific@gmail.com

For more info on ABCD Asia Pacific Network, click here!

Feedback for Fran De Paula

From Nicola Latsinos (OT) – Everyday Independence Liverpool



"I have been working collaboratively with Francisco with two participants and I can see the progress these participants have made because of his input."



"Francisco has provided a great capacity building approach for these families."



"He has done this in a very sensitive, non-judgmental and professional way."



"Through working with Francisco, I have also learnt a lot and he has built my capacity in several ways regarding behaviour support."



"Fran has been a pleasure to work with and I feel that he is brilliant at what he does, making a difference to people's lives! "

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Jeder Institute

Training | Workshops

WICKED WEDNESDAYS:
OVER THE HUMP SERIES

SEPTEMBER & OCTOBER 2021

HOW DO WE REKINDLE PERSON
CENTRED PRACTICES IN A POST
PANDEMIC WORLD ?

HOW DO WE REMEMBER THE SOUL OF
OUR WORK?



ONLINE WORKSHOP

Wicked Wednesdays!

Over the Hump Series

8th September - 13th October

1 session weekly - 3 times offered

How much: The events are ALL free although **Donations** are welcome to support inclusion and accessibility.

How do we rekindle person centred practice in a post pandemic world?

How do we remember the soul of our work?

Join us for a series of discussions and sharing of ideas at our **Person Centred Practice Unconference 2021**.

Has Person Centredness become systematised and lost its' magic?

How do we shift injustices and design quality of life?

How do we build the bridge from serviced client to valued citizen?

And more...

Join our planning

You are welcome to join the hosting and planning team. For more information, or to express your interest, email info@jeder.com.au

Call to Action

Come be part of an International Person Centred Community of Practice

[Book AM session \(AEST\)](#)

[Book PM session \(AEST\)](#)

[Book AM session \(EDT\)](#)

ONLINE

Conscious Care & Support

Discussion Series

19th October - 7th December
Weekly sessions - 9:30am - 11am

How much: \$10 - \$50 per session - Pay what you can
Book in for different sessions, or sign up for all 8!

CCS applies practical research from the disciplines of including but not limited to mindfulness, neuroplasticity, social neurobiology, emotional freedom therapy, nutrition, gastrointestinal health, and sensory regulation.

The first four sessions will unpack sections of the Conscious Care and Support best practices framework providing education along with practical examples and ideas for implementation. The following four sessions will explore us more deeply as supporters by discussing the “human predicament”, building emotional self-regulation through B-FIT mindfulness, and increasing our capacity to bring optimal, skilled, and compassionate support to those we support.



[Book here!](#)

Participant Spotlight...



SAM MCPHERSON
PHOTOGRAPHY

EARTH, AIR & WATER

A Photographic Exhibition

Sam McPherson Photographic Exhibition: Earth, Air & Water

My name is Sam McPherson and I am a 4WD, outdoor adventure enthusiast and wildlife photographer. For me adventure and photography go hand in hand, each is an excuse to go out and do the other. My 4WD ute can take me anywhere the road leads and is the ultimate freedom. I often go exploring the national parks and forests here in the Northern Rivers and love to go on camping trips further afield. I take photos of the beautiful places I go and want these pictures to help people connect with nature even when they can't get there themselves.

I have a great team who supported me with the exhibition, [Meredith](#) who co-ordinates my funding. Mia who is my regular support worker and photography mentor. Sigrid who helped with logistics and made the brilliant slide show that played in the gallery. My brother in law Jacob who is a music producer created a sound scape of his bird and nature recordings which really helped set the mood. Claudie who owns the Arch gallery and curated the show. Uptown picture framing who printed and framed all of the pieces so beautifully, Geoff the web designer who made it possible to have the raffle tickets and gift shops sales all be available online and of course my mum Hilary who brings the whole team together.



Taking the photos is the fun bit, but choosing the best ones is harder. I use Adobe Lightroom to edit and organise my photos, a good way to separate the good ones is to use the rating system. I mark each image 1-5 as I scroll through them and then only edit the ones with a high rating, it saves on time and I find a quick gut decision is usually best. The other way I choose images for the website and especially for the exhibition is to ask friends and family what they like best. It is always really interesting to see which images jump out to different people.

It is pretty daunting to put on a big event, especially when showcasing your creative work. You can worry about how many people will show up, will they like it, will I make any sales? But in the end we had a great turnout and I sold 7 pieces! It was really important to make the event accessible, we had Auslan interpreters and a huge outdoor area for people to mingle (socially distant of course) and kids to play as well as the local gelato shop Space Bars brought a cart to serve everyone one of my favourite treats.

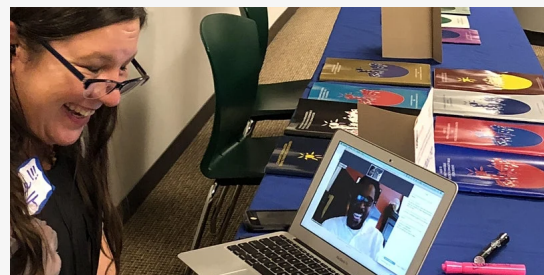
What's next? At the moment I am working on a new series of photos and am happy to see that I am getting sales through the website too. There is always a list of new camping and camera gear that I am saving up for and hopefully I can go on a trip to Uluru next year.



Around our neighbourhoods...

ONLINE

ABCD Institute Online Training Workshop



Calling All Connectors: ABCD for
Common Wealth & Other Tales of Wonder

When: North America – Monday, October 4,11,18, 25 and Monday November 8 and Friday November 12. 5:00-8:00 pm CST

Australia – Tuesday, October 5, 12, 19, 26 and Tuesday November 9 and Saturday November 13. 9:00 am – 12:00 pm AEDT

Where: This will be a virtual training via Zoom.

You are invited to a series of conversations over 6 sessions exploring principles and applications of Asset-Based Community Development in the community. We will engage in conversations around the many challenges we are facing today and the power of connection. This is an 18-hour series focused on building community resilience and a belief that what we need, is here.

Workshop Leaders: Your storytellers will be three experienced ABCD Stewards affiliated with the ABCD Institute at DePaul University – [Dee Brooks](#), [Michelle Dunscombe](#) and [Joe Erpenbeck](#).

Registration Fees:

Institution Based Practitioner (organizations with budgets over 1 million dollars: \$800

Institution Based Practitioner (organizations with budgets under 1 million dollars): \$600

Community Based Practitioner (individuals not affiliated with institutions): \$450

A limited number of partial scholarships are available and will be reviewed through an application process. Contact Kim Hopes, khopes@depaul.edu, for more information about scholarship applications. Please do not let finances stop you, if you want to be here - we want to have you!

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



15th - 16th November

Australian Reconciliation Convention

The 2021 Australian Reconciliation Convention is a once in a generation event, the first national reconciliation gathering in more than 20 years.

Delivered over two days both in-person at the International Convention Centre Sydney and virtually via EventCast, an award-winning, immersive and interactive event platform, the Convention will be a vibrant and historic landmark event in Australia's reconciliation journey.

The Convention's innovative approach will include rigorous discussions and panel presentations with local, national and international perspectives to reflect on the past and to explore the future of a just, equitable, and reconciled Australia.

It will also include interactive sessions, storytelling, and performances, covering the breadth and depth of how we are moving from safe to brave.

2021 marks twenty years of [Reconciliation Australia](#) and almost three decades of the Australian formal reconciliation process.

[To learn more, or to register, click here!](#)

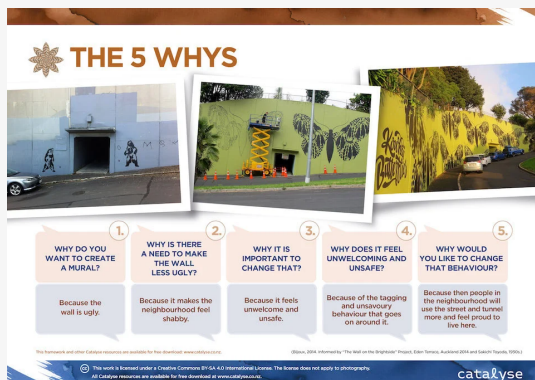
ABCD-EBOOK READY FOR LAUNCH

WE NEED YOUR STORIES & RESOURCES

- Join the monthly writing sessions on the first week of each month at 9am & 9pm AEST
- Email any questions to the ebook team at abcldebook@gmail.com



Tips and Tools

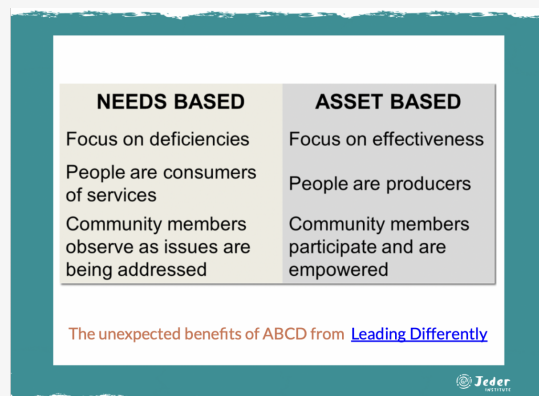


Tool

The 5 Whys

Developed from Sakichi Toyoda's work from the 1930s, this tool is a simple way to reveal root causes.

The 5 Whys technique is very simple: when



Needs versus Assets

We can tend to look at communities view a view of identifying deficits, gaps or needs but we must not stop there. To balance the picture and understand what STRENGTHS are available that could address the needs is so important. ALL communities have

a problem occurs, you drill down to its root cause by asking "Why?" five times. Then, when a 'counter-measure' becomes apparent, sometimes before you have asked why five times, you follow it through to prevent the issue from recurring.

Visit our NZ friends at [Catalyse](#) for more resources!

[Visit Catalyse here for more resources...](#)

strengths and assets. In many cases the mobilising of these strengths we address the needs of a community.

An asset based approach is about identifying, connecting and mobilising these strengths to create opportunities.

Image from [Leading Differently](#).

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 FORWARD EMAIL

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