



Jeder

INSTITUTE

Welcome

Welcome to this month's newsletter!

[Whilst we are all seemingly moving out of lockdowns and restrictions, it's an important time to remember to check in on each other, reach out to others when you need to talk and take some steps to look after yourself!](#) This is a priority at Jeder, for all our members, and we host weekly zoom catch ups and bi-monthly Culture Calls like the example you will see in this newsletter from the session hosted by member Freya Pearson on sleep hygiene.

This month we have also been involved in developing and hosting 2 international Unconferences; one for Asset-based Community Development practitioners and the other for Person-Centred Practices thought leaders! More information and outputs from these incredible sessions will be available to share over the next couple of months as the teams upload and transcribe recordings and sort the resources and tools!

As we head towards the end of the year and the sun is shining more brightly in the sky, remember to take a moment to check on your neighbours, ring a friend, take a nap, read a book and prepare for a summer of less restrictions and more community connection! Whichever order you do those in, please be mindful of each other's reactions to connecting and interacting; we are all living in this strange time together but are also in very individual contexts!

Remember to lead with kindness and compassion, for yourself, your friends and family, your neighbours and your world!

Yours in Community,

Jeder Institute

[VISIT OUR WEBSITE](#)

Getting to know our members...

Meet Victor Tyler



I am an educator and trainer I established and managed a tertiary college known as "Art and Pottery School". I established a primary and secondary school "Fern Valley Montessori School" I am a current Director of "Kieran and Matt's Place Ltd" a not for profit that manages a group home that uses self-management principles and focuses on Person Centered Practice and active support to achieve goals and outcomes.

I am a trainer in systems. I use I-CAN Facilitator Training; Trainer qualifications for DES Disability Employment Service as

an inductor of DES program to new employee; Personal Outcome Measures (POM's) with focus interviews and have trained all new staff entering services in IT systems. Systems include, human resources, rostering, and finance and case management.

Cont...

[Read more, or contact Vic here!](#)



Student Blog Spot!

Finding Purpose Through COVID

My name is [Steph](#), and all throughout the new Covid world I have been studying Community Services; first a Cert IV and now a Diploma. Following many conversations around the fire with my good friends [Cherish](#) and [Dee](#), I was encouraged to join Jeder and explore where a Roving Listener role could go in Bendigo, Vic. I joined with Jeder as a

member and am now undertaking the 400 hours of placement required to complete my Diploma in Community Services.

Since becoming a Jeder member I've been diving into the world of the NDIS and what a Roving Listener could be, as well as beginning a journey into Support Coordination with Kate Johnstone as my coach. I'm also excited to be assisting Jeder's Community Building team to deliver ABCD training in UK, as well as being a part of the recent global ABCD Unconference.

The [ABCD Unconference](#) - what a beautiful way to connect people and communities around the world! With Dee's incredible support, I was able to co-host a one-hour Coffee Conversation on the second day of the Unconference. It was called 'Tell Us the Truth!' and I had the privilege of picking the brains of some incredible community development workers from around the world. Even though I was late (too much sleeping after my very first day of Unconference - oops!), Dee held the fort while I scrambled to my laptop and made it in time to hear one of the best pieces of advice I've been given; "Do it your way. Find the people who will walk with you on the journey."

Even before the Unconference I had been sitting with this idea, thinking about how I can spend my life doing things that are meaningful and fulfilling. One of my biggest passions lies in songwriting and using music for my own self-expression and healing. What if I was able to support individuals and communities to discover their own creative expression? Whether it be through music, dance, painting, sculpting or a combination of several things, being creative is so central to our human nature.

This likely will not be the last time I write, I'll leave you with another piece of advice that was said during the Tell Us the Truth! coffee conversation: "Set boundaries around your centre. We need to protect ourselves in a world that conflates our value with productivity."



Song 'Six Points' by Steph Bitter

"I wrote this song a few years back thinking about the journey of life and trying to find a place in the world. I chose to share it with this post because it echoed where I am in life at the moment: learning, diving deep to try and figure out what it is I'd like to spend my life doing and how I'd like to do it."

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



Info Share

Cynicism Alert!

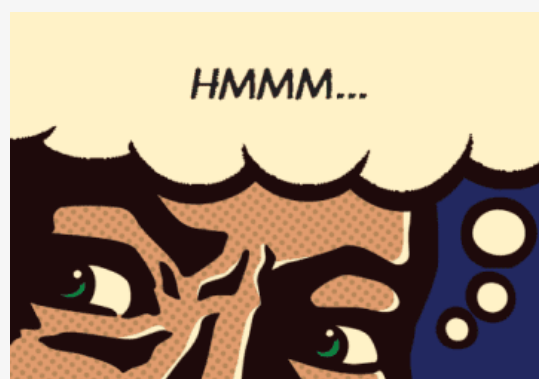
by [Michaela Kennedy](#)

This month NDIS released the draft legislation of the new NDIS Act for feedback. If you wanted to provide feedback, opps sorry, too late,

consultations closed on 7th October. 4 weeks was given to read through the draft and provide feedback or you could have attended the 4 briefing sessions on offer. Consultation is such an important part, why is it done so quickly?

The below Analysis done by DSC is more optimistic. While I agree with the intention of the reforms it is hard to trust that what is said will be done. As Sara Gingold states the devil is in the details and if you want to wade through the detail go to [Engage DSS](#).

While there is such a huge distrust between LACs, Planners, participants and families a lot more is needed than a change in legislation. Details about how the changes will be implemented is needed. People are getting burnt out, broken and downright drained from building the plane as we fly it.



Please don't get me wrong, there are many well intentioned, amazingly talented people involved in building and flying this plane. I truly hope these changes bring all they promise.

Click here for the [Analysis: Draft NDIS Act](#) (DSC).

Behind the scenes...

Introducing our... QLD TEAM!

Our little and still pretty new Sunshine Coast/QLD team has been meeting monthly at various Sunshine Coast locations - always beautiful. Great food is shared (GF, VG and no single use plastic of course!), good company and we share knowledge and local information, but we don't write any songs (yet)☹.

We are collectively supporting a growing number of people with Support Coordination and Behaviour Support in our local areas and beyond.

Our Simone (BIS) is missing in this photo taken at our latest meeting.



Image: (left to right) [Julie Carrington](#), [Michaela Kennedy](#), [Kaeleen Hunter](#), [Renee Davies](#). Our [Simone \(BIS\)](#) is missing in this photo taken at our latest meeting.

ABCD UnConference SNAPSHOT

There was fun, there was laughter, there was "Zoom ghost's", stories and connection. This little harvest comes from our Steph and Dee who hosted a café conversation "Tell us the truth! A students learning journey into community development. I hope you enjoy it, I enjoyed it and am grateful I could capture some of it to share with the world.

Scroll down for more ABCD UnConference 2021 news...

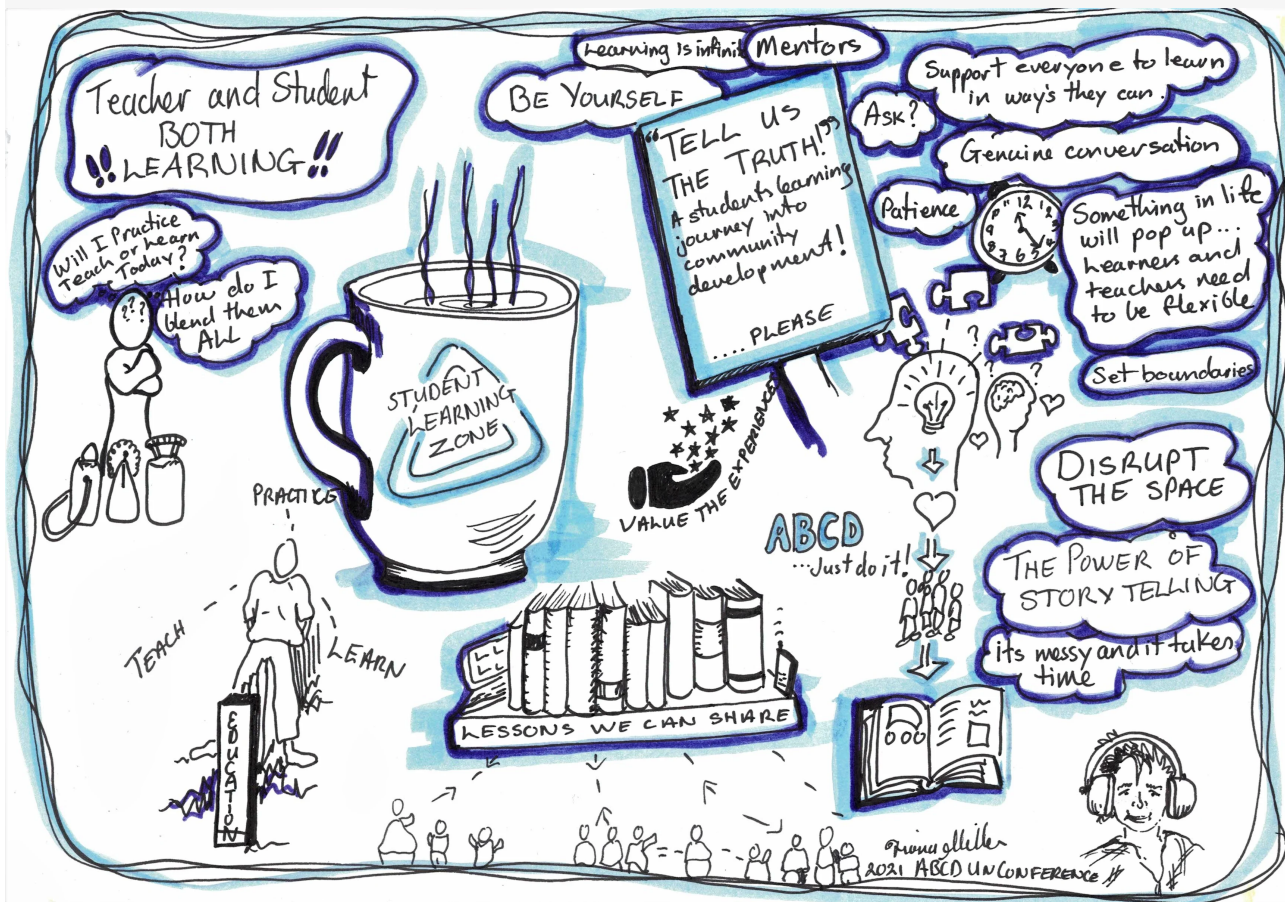


Image drawn by ABCD and Graphic Facilitator [Fiona Miller](#) during an ABCD UnConference 2021 session 'Tell Us The Truth!'.

- Good Sleep Hygiene -



Get outdoors during the day.

Exposure to daylight stops the production of melatonin, the brain chemical that promotes sleep. This will make it easier for your body to release melatonin in the evening, helping you to fall asleep more soundly.



Choose foods rich in tryptophan.

An amino acid the body uses to produce serotonin, a brain chemical which is converted into melatonin. Tryptophan rich foods include bananas, dates, dairy foods, chicken, turkey, oats, and rice.



To help your brain associate the bedroom with sleep, avoid having a TV, computer, or other digital devices in the room.

Watching an action-packed TV program or using a digital device before bed can overstimulate your brain and make it harder to switch it off. TV and computer screens emit bright lights that decrease the production of melatonin.



Exercise encourages your body temperature and metabolism to increase.

Not engaging in regular physical activity can cause sleep problems and restlessness. However, exercise should be avoided 2-3 hours before bed. Exercising too late in the evening can have the opposite effect, because the body temperature may still be raised at bedtime.



Don't drink coffee after 2 p.m.

The stimulant effects of caffeine can last for hours. While drinking half a cup of



Wind down before bedtime

for hours. While tea contains half as much caffeine, it's best not to drink near bedtime, including green tea. Herbal teas, such as fennel or chamomile, are caffeine free and a great alternative.



Soak in a warm bath at bedtime. Your temperature increases slightly with the warmth and then falls, helping you to drop off. Add in a few drops of calming essential oils, such as lavender;

Wind down before bedtime. Develop a regular routine in the evening. Avoid screens 60 minutes before bed. Listen to relaxing music, read a book, meditate or take a warm Epsom salts bath.



If mulling over problems or a busy schedule the next day prevents you from falling asleep, try writing down your concerns or write out a plan for the day ahead before you go to bed.

- helpful tips from -
- Freya Pearson - Clinical Nutritionist -

Jeder Institute

Training | Workshops



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

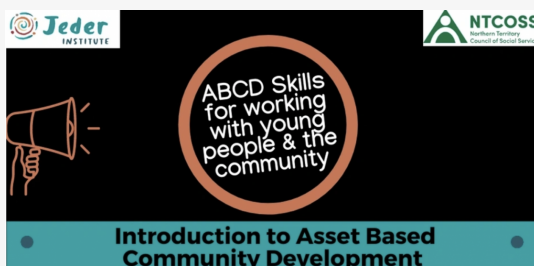
Book in for different sessions, or sign up for all 8!

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!](#)



ONLINE WORKSHOP

Introduction to Asset Based Community Development

When: 28th October 2021 - 9:20am - 12:30pm ACST

How much: Young People (15 to 25 years) | Free
NTCOSS Members | \$99

Not for Profit | \$119

Government / Corporate | \$229

[Jeder Institute](#) is excited to be partnering with [NTCOSS](#) 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 and our communities.

"Every single person has skills, abilities and gifts". John McKnight

This training is interactive and participatory, where you get to use the tools and resources which you are learning about. These tools and resources can be used directly with the communities who you work with.

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

ONLINE

ABCD: Stories & Practical Action

30th November

Two Timezones:

- 9AM – 3PM (SAST – SOUTH AFRICA TIME)
- 5PM – 11PM (AEST – AUSTRALIAN TIME)

How much: R500 Students and NFP | R800 Government and Private Sector
Prices in Rand - contact us if you need registration support from other countries .

HOW CAN STORIES ENCOURAGE COMMUNITY MEMBERS TO GROW STRONGER TOGETHER?

WHAT MIGHT COMMUNITY STRENGTHS IN ACTION LOOK LIKE WHEN WE ACT COLLECTIVELY?

Join a team of global ABCD practitioners as they share stories and practical action to help orientate you to the ABCD approach.

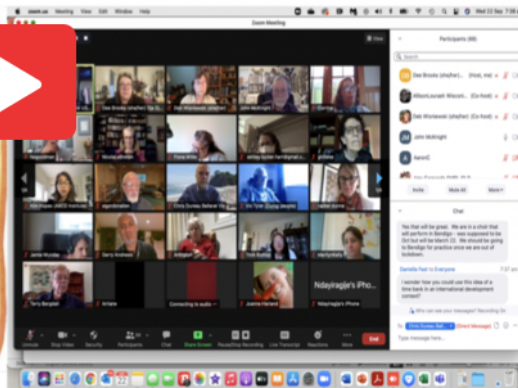
[For more info, and bookings, click here!](#)

ABCD:
STORIES &
PRACTICAL ACTION
30TH NOVEMBER 2021

ABCD UnConference Spotlight...



Opening Plenary: John McKnight, Deb Wisniewski & Allison Lourash
88 Attendees
18 Countries



Opening Plenary ABCD UnConference 2021

Opened by ABCD Institute co-founder, John McKnight, the ABCD UnConference has finished for 2021 with an incredible 32 hosted participatory sessions and 11 hosted coffee chats being led by ABCD practitioners, leaders, teachers and community members from around the world!

Through the amazing efforts of dozens of volunteers and the donation of time and platforms from both Qiqo and APACMS, the whole gathering was appreciated and warmly received by hundreds of people! The recordings of the sessions will be available over the next couple of months so, please, watch this space and let us know if you would like to join the planning team for 2022!

Watch other sessions!

Session 12 ABCD Asia Pacific Network: the original story and beyond -

<https://youtu.be/hZmoQfjwyyQ>

Session 30 Trauma Informed Community Building - <https://youtu.be/eKKJfMF5X8>

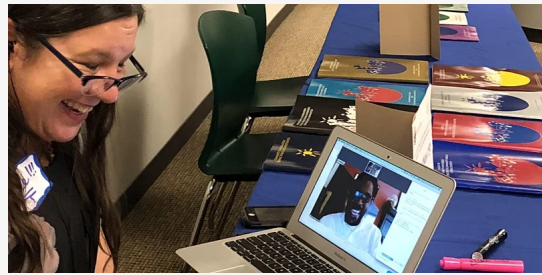


Image of global participants to the ABCD UnConference 2021!

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 11, 18, 25 and Monday November 1, Wednesday November 17 and Friday November 19. 5:00pm - 8:00 pm CST

Australia – Tuesday, October 12, 19, 26 and Tuesday November 2, Thursday November 18 and Saturday November 20. 9:00 am – 12:00 pm AEDT

Where: This will be a virtual training via Zoom.

Note - Dates have changed since the last publication.

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.

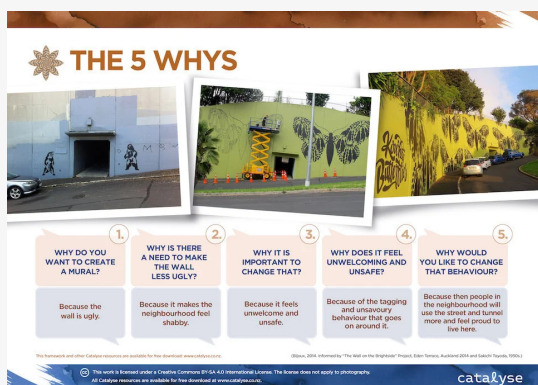
The Convention's innovative approach will include rigorous discussions and panel presentations with local, national and international perspectives to reflect on the past and to explore the future of a just, equitable, and reconciled Australia.

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!](#)

Tips and Tools

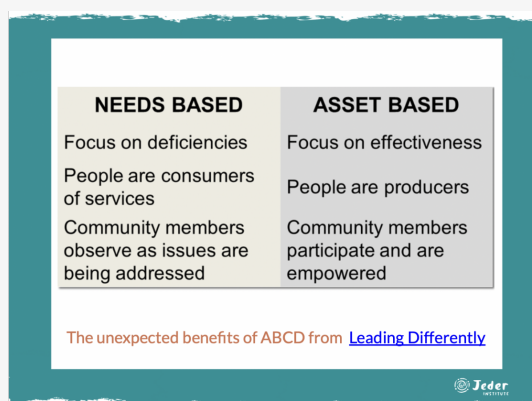


Tool

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 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.



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 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.

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

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



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