



## Welcome

Welcome to the next edition of Jeder Yarns!

As the restrictions and borders come down all over Australia, our members are reflecting on what's next? What does this mean for our work? Will those of us who usually travel for work be back on the road? Will we travel as much? How many members will start booking in their holidays? Will we have the capacity to cover each other, as a self-organising organisation?

This month's newsletter shows the power of creativity, connection and action through participants stories and member reflections! We hope you enjoy the stories and find some wisdom or comfort in the personal narratives of some of the incredible people we serve!

During the lockdowns, no lockdowns, restrictions, stuck-ness between states, countries, friends and families we have still managed to stay well connected and tap into our creativity when possible, as you will see from the featured terrarium from the Creative Jedi! Combine that with warmer weather, opened borders, international flight commencements and it's no wonder that people are feeling a mix of emotions; hopeful yet wary, excited and unsure... we believe that it's more important than ever to check in with each other, hold space for one another and be kind to ourselves and others, always!

Which is also why throughout this pandemic, every May and November when we have our Bi-Annual Gatherings, we still welcome the space to learn, teach, share and grow from each other online! Our next November Gathering is next week and although we haven't been able to be together physically since 2019, we are feeling confident that we will finally all be together in May 2022!

Until the next Yarn, stay safe, wash your hands, wear your mask, be kind, show compassion and tell someone you love them!

Yours in Generosity and Kindness

The Jeder Members

[VISIT OUR WEBSITE](#)

# Getting to know our members...



## Meet Freya Pearson

I have a background as a clinical nutritionist (BHSc-Nut Med) – with a focus of my practice being mood and mental health. My practice is holistic which considers the whole person: mentally, spiritually, physically and emotionally.

I have a strong belief and understanding in the power of lifestyle and diet on a person's entire wellbeing and ability to function to the best of their abilities and to be able to achieve their true potential.

I have passion for helping people achieve the things they have their heart set on and believe that given the right resources, support and encouragement we are all capable of absolutely anything, no dream or goal too big.

Cont...

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

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## Behind the scenes...

### Rise Up Heal the Land

**Rise Up Heal the Land** – a project facilitated by LVM [www.livevibemusic.com](http://www.livevibemusic.com) in Tennant Creek NT for MIFA – [www.mifant.org.au](http://www.mifant.org.au)

This is a Mental Wellness Intervention Project working alongside case workers using creative arts to empower and encourage expression with Youth during the School Holidays July 2021. This year NAIDOC was focused on 'Heal the Land' and this inspired this particular clip.

LVM explore multi-media, technology, visual art, film, song writing and recording to catch and produce clips – some are interviews talking of their experiences, challenges, inspirations and goals in life.

This mob have made stacks of clips & interview outcomes so check them out on our website = an insight to life in a remote community.

LVM is [Kaeleen Hunter](#) (Creative Cossie) & Angelika Heinrich



## The Creative Terrarium!

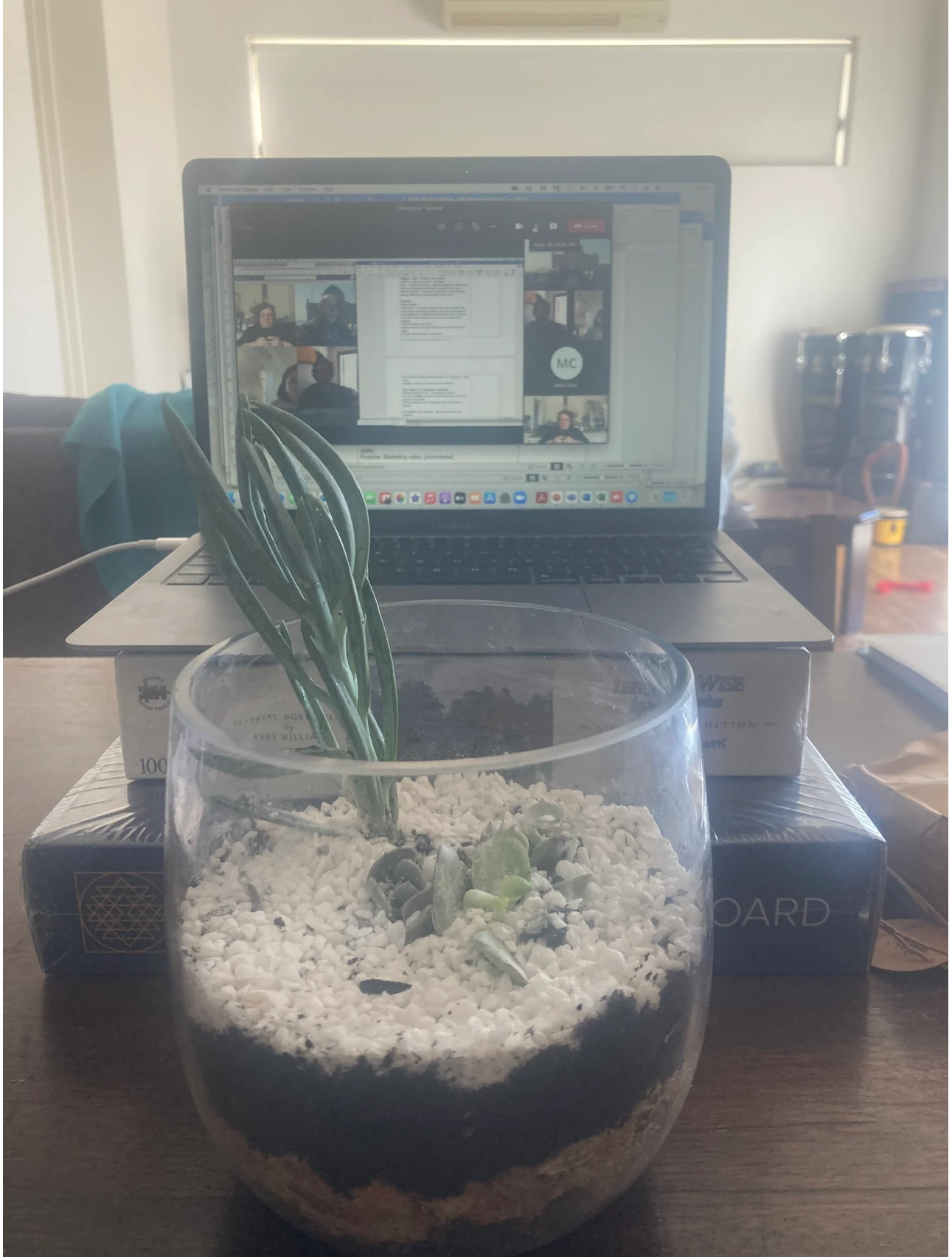
by [Dee Brooks](#)

The terrarium showed up on my doorstep on the day I was on zoom for our Creative Jedi (our fortnightly member group)! My extremely thoughtful daughter-in-law knew that I had been building a potted garden in my daughter's courtyard during the pandemic to keep me busy and make our space comfortable so, the absolutely best next step was to build it whilst on the Creative Jedi call!

I was able to show the layers I was adding as each member checked into the space and I was even able to ask our resident moss expert, Jasmine, about what type of moss I had received and the best way to wet it down without a spray bottle! (you plunge it in water and then pat it down with paper towel, by the way) and it was so cool to sit there "creating" whilst we talked about all things creative and it was an amazing feeling to hold up my finished project near the end of the call and receive a whole lot of "oohs" and "aahs" and applause!

What an incredible organisation this is!





## Reflective Practice Sessions!

by [Cristina Massia](#)

I am super thrilled to announce that the Online Reflective Practice sessions have started as part of an initiative from the Wellbeing and Growth Jedi.

The sessions are an opportunity to practice self-reflection in a group setting and learn from each other's experiences.

This is not a group intending to give people advice but rather encourage critical thinking in a nurtured environment.

All Jeder members are invited. Come along!



Alex's reflection after the trial Reflective Practice session:

*I was given the role of the Facilitator of the session. My role was to ask the questions from the Reflective Practice Model. I noticed that I felt the compulsion to "be useful". To do it well to "fix" the issue being presented for reflective practice. After the session when we were reviewing the process, it became clear to me that the Reflective Practice model and the learning it offers is best facilitated by taking my default setting to "fix" or to "perform (EGO)" out of it. The Reflective Practice model offers a great process if the Facilitator can be just that – the Facilitator – of a process that works well due to the questions that generate reflection. Reflective Practice offers us learning no matter where we are situated in the process.*

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### Participant Spotlight!

## Barry Carter Creations!

by [Bernie Melder](#)

Barry Carter, my participant, resides in SIL with Coffs Harbour Support Services. Barry is supported 3 times a week by a wonderful man named Fred. Every 6 weeks Barry goes and has a holiday at Fred's Farm. Barry has been doing this for many years now and has a beautiful relationship with Fred, his wife Corrine and their two children.

Barry is able to do everything he enjoys on the farm. Barry looks after the animals, gardens and his favourite pass time is to create art. The photo here is of Barry and his latest work.

So special!



# 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](mailto:abcldebook@gmail.com)



### Participant Spotlight!

## Big Birthday Surprise!

by [Emily Wold](#)

One of my young people Dillon Hinder, who has aged out of care, had his 23<sup>rd</sup> birthday on 4/10/21 and he and his worker went down to Yamba to go fishing.

They went out deep sea fishing on the day and he caught not 1, but 2 massive Tailor on the same line! This was huge for Dillon as he hadn't been deep sea fishing before, had never caught a Tailor before and managed to catch 2 on the same reel.

He was absolutely stoked!

*Congrats Dillon! And Happy Birthday!*



### Participant Spotlight!

## Bounce Exhibition!

Submitted by Linda Bailey (Jeder CoS)

In 2020 Chris Salter started to attend Riverina Community Colleges Art Factory. NDIS social and community participation under the NDIS.

[The Art Factory Studio](#) applied for a Arts Micro grant funding from Eastern Riverina Arts. The micro grant afforded the opportunity for Chris and Kerrie Rudd to together create works for resale.

The funding provided all the artistic supplies, with any future sales of artwork





to be evenly split between Chris and Kerrie.

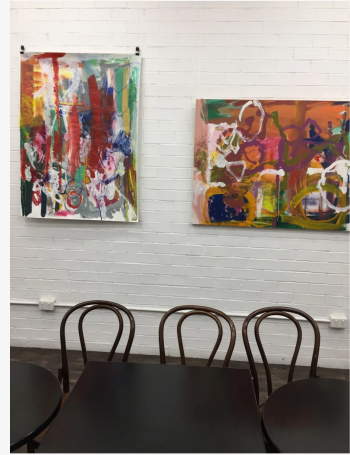
In August 2021 early on Saturday morning Kerrie and Chris began their work on their Bounce Exhibition.

The official exhibition opening was held on 1<sup>st</sup> of October with 24 people in attendance, in accordance with Covid safe practices at [The Curious Rabbit](#) a local Café/Art Galley Studio.

The works are currently displayed and for sale until the end of October.

Chris has an unconstrained, unrestricted practice which is entirely about colour and mark making.

Chris is a significant artist in the Art Factory, his continued presence within the studio we feel, is extremely important to both the art studio and Chris.



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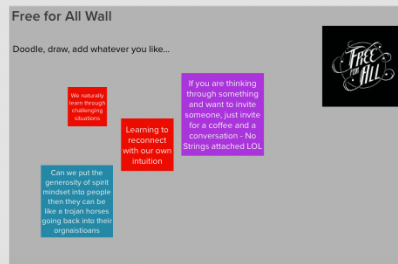
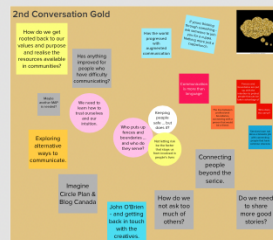
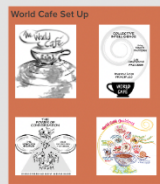
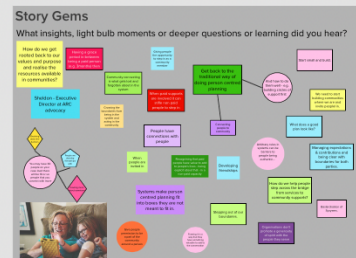
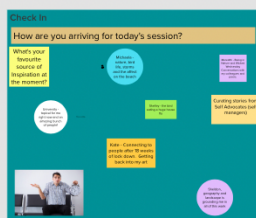
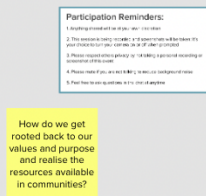
Sept 201 – October 2021

## Wicked Wednesdays!

### Over the Hump Series

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

**HOW DO WE REMEMBER THE SOUL OF OUR WORK?**



Written by [Meredith Baylis](#)

As part of the Unconference, Jeder Institute & Our Partners - *Purple Orange*, *WAIS*, *Starfire*, *Imagineer*, *The Learning Community*, *Helen Sanderson & Associates*, *A Centre for Conscious Care & Support*, *Future By Design*, *In the Company of Others*, *SDA*, *Am I Flying Yet*, *Inclusive Solutions*, *Zukunft's Planning*, *Citizen Network* - engaged in 16 conversations with 16 Storytellers and discussions across 6 different time zones from Australia, UK, USA, NZ, Canada, Germany, India!

We came together as part of forming an International Person- Centred community of practice to share stories and discuss how we remember the soul of our work. We had a number of People with a Disability share their stories and participate in deeply meaningful & robust discussions based around “Has Person Centredness become systematised and lost its magic?”

Our conversations included Families taking the power back to create inclusive communities & shifting the power away from government and back to people and families to create real lives and how people with a Disability, their families, supporters and communities are already doing this.

We explored “How do we build the bridge from serviced client to valued citizen?”

Building expectations that people can and will shape their own future - Taking control of my life, doing my own thing with strong advocates and supporters. Reclaiming the heart, soul and purpose of Person- Centred Work and Planning including hearing from Linda Perry and her 30 years of experience of creating Microboards.

Finding Purpose and Meaning During the Pandemic with Lessons from Jeremy with Patti Scott and Sheldon Schwitek, Shelley Nessman and Kara Anderson shared stories with us around “How do we create equal and respectful relationships/partnerships for everyone involved?”

There was a rich array of stories told & learnings had. What was obvious is our local issues are also global issues & the importance of connection. Having global conversations and connecting with others who are in similar circumstances was shared feedback from those who joined us each week.

With great thanks and appreciation to our Hosting Team & Storytellers who all generously donated their time, wisdom and skills with us.

**Hosting Team** - Bob Sattler, Celine Muller, Liz Leach Murphy, Michael Steinbuck, Patti Scott & David Hasbury, Sandra Fietkau, Shelley Nessman, Sheldon Schwitek, Sherrie Anderson, Stefan Doose, Valmae Rose, Michaela Kennedy, Dee Brooks, Meredith Baylis.

**Storytellers** - Sheldon, Schwitek, Michaela Kennedy, Hanns Meissner, Carol Combs, Bronia Holyoak, Valmae Rose, Karime Baylis, Michael Smull, Linda Perry, Patti Scott, Shelley Nessman, Kara Anderson and Liz Leach Murphy.

Jeder Institute

## Training | Workshops

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

### ABCD: Stories & Practical Action

**30th November**

**Two Timezones:**



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

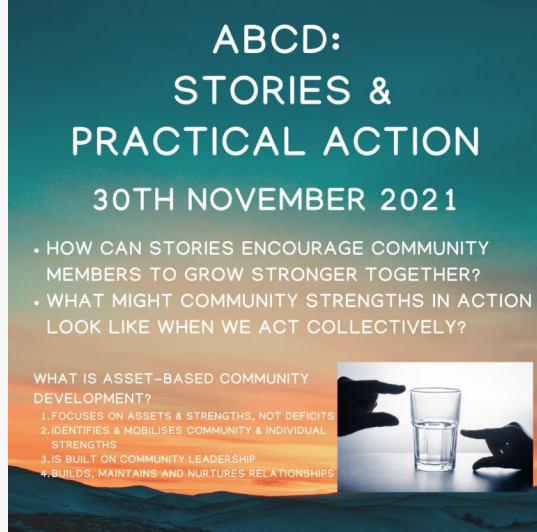
**How much:** R500 Students and NFP | R800 Government and Private Sector  
Prices in Rand - contact us if you need registration support from other countries .

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!**



## Breathe.Notice.Now.

**FREE Online Weekly Guided Mindfulness Sessions**

**NO REGISTRATION REQUIRED**

**Monday Mornings – 11:00 am – 11:45 am (AEDT – Sydney Time)**

**November 8 to December 13, 2021**

Click Here Every Session to Join <https://zoom.us/j/98484141617>

FREE Weekly Online Guided Mindfulness Sessions

breathe.  
notice.  
now.

Monday Mornings  
11:00 am - 11:45 am (AEDT- Sydney Time)  
November 8 - December 13

with a 60-minute **Ask Me Anything Session**  
on Monday December 13, 2021

Join us on Monday mornings 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.

NO REGISTRATION REQUIRED

[Click Here Every Session to Join](https://zoom.us/j/98484141617)  
<https://zoom.us/j/98484141617>



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 Monday  
December 13th for a  
60 minute  
**Ask Me Anything**  
Q & A session.



For more information  
please email  
[adriana@clwindsor.org](mailto:adriana@clwindsor.org)

## ANNOUNCEMENT!

June 20-22, Ureki, Georgia

### WORLD COMMUNITY DEVELOPMENT CONFERENCE 2022

Inclusion, Challenges,  
Opportunities



The 2022 World Community Development Conference is being co-organized by the [International Association for Community Development](#) and the [Inclusive Practices Network](#) whose headquarters are in Georgia. We are proud to represent Georgia, a small country on the eastern coast of the Black Sea with the biggest, warmest and proudest heart in the world. Being the cradle of the eastern European civilization, Georgia has a history and culture that goes back thousands of years and a diverse, carefully protected nature.

## Conference Vision

The need for human connection, contact and empathy has never been as high as now, when humanity as a whole has been faced with incredible hardship, sorrow and loss. As the world continues to struggle with the ongoing Covid-19 pandemic and the changes it has brought to the way we all live, work and connect to each other, community development practice finds itself in a unique position to explore the multitude of opportunities that diversity and inclusion provide in bringing people together to face those challenges in a post pandemic world.

Since the start of the pandemic, it became obvious that community development agencies and practitioners had some of the expertise to help those who had been hit the hardest – the disadvantaged, the marginalized, the elderly, ethnic minorities, the disabled. While international agencies like the WHO, national governments, medical and research institutions did their part to provide support, vaccinations and medical care, they were often unable to provide emotional support, comfort and the sense of belonging, a feeling that you are not alone, as well as means for joining together as we enter a post-pandemic world also challenged by climate change and increasing inequality.

We are not out of the pandemic woods yet, but the way is clearer now. WCDC2022 brings us all an opportunity to come together to reflect upon the ways in which we, community development practitioners, educators and researchers, can support disadvantaged and vulnerable communities become stronger as we face a post-pandemic world.

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



## **WORLD COMMUNITY DEVELOPMENT CONFERENCE 2022** **Inclusion, Challenges, Opportunities**

**20-22 June 2022 | Ureki, Georgia**

<http://wcdc2022.online> | [info@wcdc2022.online](mailto:info@wcdc2022.online) | [#WCDC2022](https://twitter.com/WCDC2022) | [@WCDC2022](https://www.facebook.com/WCDC2022)

## Around our neighbourhoods...



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!](#)

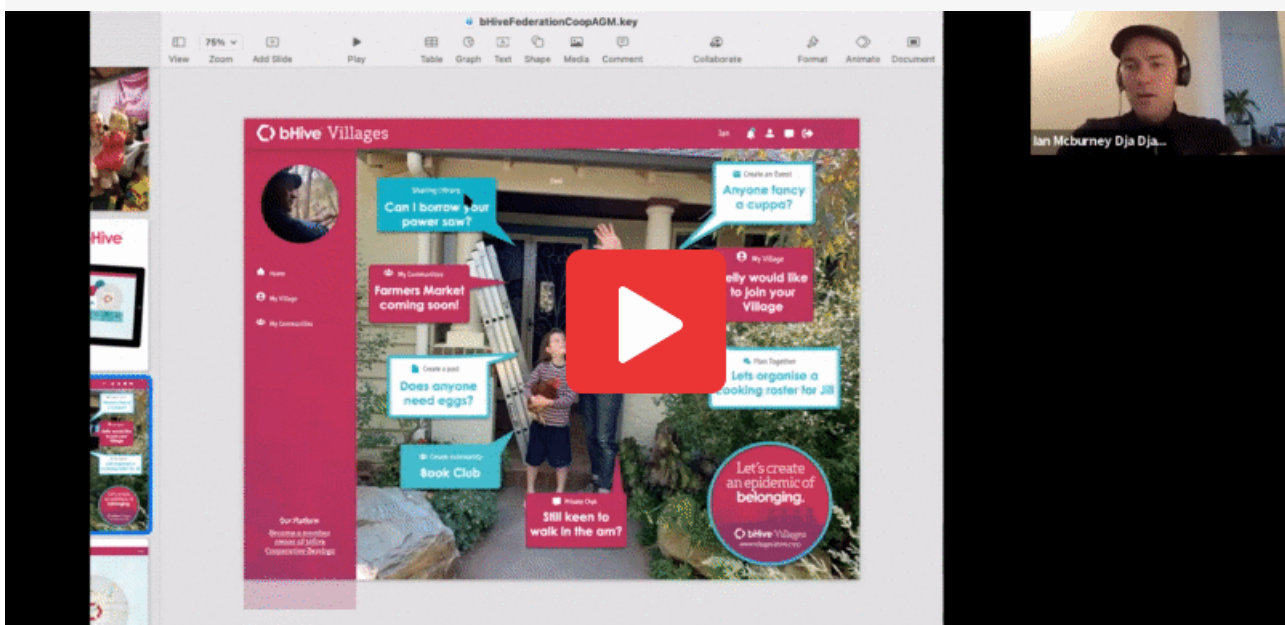
ONLINE

## IACD Oceania Members Catch up



On the first Friday of every month, all IACD members are invited to attend online discussions with our Regional Directors for Oceania, Dee Brooks, Michelle Dunscombe & Denise Bijoux and IACD member Fiona Miller.

Watch the recording below from the last IACD Oceania Members Catch up - Ian McBurney, [bHive Coop](#) CoFounder, led the discussion on, "A cooperative, digital platform: community development for a new economy."



As an International association, we have made a commitment to certain ethical positions. In 2016 we reinforced these longstanding values in our definition of Community Development by highlighting that we are committed to promoting participative democracy, sustainable development, rights, economic opportunity, equality and social justice, through the organisation, education, and empowerment of people within their communities. If you share these values then we invite you to join IACD.

## Tips and Tools

BUSINESS	GOVERNMENT & NON-GOVERNMENT
VOLUNTEER	LIVED EXPERIENCE



### Tool

#### Top 100

1. List **everyone** you know, in your community, in each quadrant
2. Identify the Top 3 people who you have a close relationship with or know well
3. Craft the “ask” – approach each person and tell them about the project but don’t ask for a commitment to attend straight away but ask for a commitment for a second meeting
4. Revisit those people at the agreed second meeting time and ask them to come along to a community conversation

*(Originally based on an exercise from the Tamarack Institute)*

[Click here for more info...](#)

### Tip

#### Online Facilitation: Lessons from a Pandemic

##### Pre-event

A range of roles, many of them which will emerge throughout the planning sessions, are required to “hold the space” for your event. It’s important to build relationships throughout these teams and start to meet regularly well before the event.

##### For Hosts:

- Multiple hosts needed for various roles:
  - Process Host (facilitates the process)
  - Tech Host (runs the tech/breakout rooms)
  - Harvester (graphic recorder, google doc note taker or other)

[Read more here...](#)



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