

WHAT HELPS PEOPLE CONNECT TO COMMUNITY? WHAT'S WORKING?

- Community activities- street parties, repair café or park get togethers
- Meeting needs
- Using skills
- Community events- Christmas carols or sporting
- Shared causes
- Sharing resources
- Walking dogs
- Food- eating together
- Dealing with disasters or trauma
- Celebrating together
- Everyone cares about something
- Just participating- park run
- Community champions
- Public art
- Community gardens
- Food trucks
- Markets
- Sport
- Befriend/Meetup groups
- Mum's groups
- Men's shed
- Facebook local community groups
- Street libraries
- Opportunities to contribute

WHAT DO WE NEED TO STOP DOING OR CHANGE?

- Change our sense of entitlement
- Realise just one of us can make a difference
- Change the way we deal with mental health
- Money should be last issue
- Become more aware of what is happening in communities
- Cutting red tape
- Educate/enable/empower more
- Watch less television
- Stop glorifying isolation
- Stop turning blind eye to loneliness, homelessness and disability
- Stop saying no
- Stop passing the buck- all contribute
- Short term program funding
- Less initiation of local government ideas and more community led
- Ask people in community what they need
- Stop asking people to come to us
- Stop relying on social media
- Rethink “essential” hiring criteria to create variety in workplace- place too much importance on qualifications rather than experience
- Over “professionalising”
- Stop labelling and separating based on demographic
- Stop controlling everything
- Stop perpetuating fear
- Work with local business more
- Stop working in silos
- Stop service provision mentality

WHAT ELSE CAN WE DO/INNOVATIVE APPROACHES?

- Provide a list of “can do” rather than can not’s
- Remove the structure – make it less formal and simple
- Make sure there is someone there to talk to
- Community projects and activities (free) aim for to include all
- “Face to face” rather than rely on social media/flyer drop “chat” seats in shopping centre's
- Chatterbox tea van
- Activating spaces with activities
- Netherlands- checkout chat aisle in supermarket
- Conversation starters on table with questions or object for discussion
- Tram tour of local community
- Share skills in community
- Free market- -sharing free stuff
- National “hello” day
- Change 38 hour work week to 32
- Effective support for people who have barriers to participate
- Promote its ok to have an opinion
- Create a safe space
- Educate young people how important connection is and what inclusion is
- Rejuvenate parenting
- Composting- one person on street that everyone contributes to
- Turquoise movement- coffee conversation starters
- Pop up community
- Smile more
- Honey pot concept- open to all ideas like Dog Park, chess table etc.
- Increase bump in spaces
- Get to know neighbours- gather and play on streets
- Adopt a grandma
- Sharing stories
- Power of simplicity- just meeting for a swim, a coffee, just saying hello
- Bring back the corner shop
- Social prescribing
- More internship after school and compulsory community service
- Search global innovation projects- Nordic countries
- Dementia Café
- Garden party collective
- Get politicians to be bipartisan on important issues such as
- social reinvestment



RECONNECTING LIVES

Date: 22 October 2019
Time: 8.30 am to 4.30 pm
Venue: Bendat Community Centre

OPEN SPACE SESSION

LONELINESS- REGIONAL AND RURAL

- Empower community to come together
- Create intergenerational opportunities
- Linking community engagement to community events
- Beer and blood pressure- having doctor at pub/club

CONNECTING LABELLED PEOPLE TO A PLACE TO BELONG

- NDIS forces people to be labelled but we need to rethink language and to not label
- Asking what is in your way and working to remove barriers. Training staff and inclusive workspaces
- Creating welcome spaces
- Be creative with different ways to connect with people
- Educate children so they understand, begin shifting all of society's perceptions
- Check in within your unconscious bias, aboriginal people don't feel like they can be part of/safe in community
- Treat people as human beings
- Homeless people are unseen- there is power in stories, create couch conversations in community

HOW CAN WE FOLLOW PORTUGAL AND DECRIMINALISE DRUG POSSESSION?

- Public need to understand why people take drugs
- Understand that prison/power not an effective response
- Incarceration reinforces damages and alienation is deepened
- Discuss legislative council report when it is released
- Alcohol the most dangerous drug but we don't prohibit it



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HOW DO WE REACH THE “HARD TO REACH”?

- Safe spaces led by community
- Local champions and community led projects to bring community together
- Finding the corner store/hub in everyday locations- Shops, café, doctors surgery etc
- Always being aware of culturally appropriate activities
- Transport services for isolated people
- Making council meetings/places more community and diversity friendly
- Chat caravan going out to people, pop up communities
- Support businesses as “honey pots” of community connection

GROWING PAINS

- Clear expectations of all participants
- Be inclusive
- Check in and adapt
- Retain core values but allow evolution
- Develop and shift with the community
- Clear vision statement/mission for new members

WHAT ARE WAYS OF BUILDING INTERGENERATIONAL CONNECTIONS?

- Repair cafes
- Shared meals, invite a neighbour
- Opportunity groups for skill and knowledge sharing
- Social visit connections- schools, day care and aged care
- Teaching mentoring opportunities
- Community gardens
- Talking places



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HOW DO WE ENCOURAGE NEIGHBOURS TO COME TOGETHER IN THEIR STREET?

- Start with small steps
- Asking a favour of someone(give them opportunity to contribute)
- Contact list from door knocking
- Street trailer to share gift and produce
- Placing musicians in peoples places, having house concerts
- Put a BBQ on the driveway and get people to contribute
- Consider cultural and language barriers
- Finding common interests- like dogs or children
- Movie nights
- Use local businesses
- Letterbox dressing project
- Buddy system

MOVEMENT TO END LONELINESS

- Movement for belonging, connection but also to embrace loneliness
- Understanding loneliness vs being alone
- Sit in your vulnerability, you're ok here and loneliness is part of a fully human experience
- Create spaces where everyone feels like they can contribute
- Loneliness is closely related to worthlessness
- Be better friends/team leaders

DEATH AND DYING

- Giving choice back
- Language around dying- don't hide it
- Talking about death well before it happens



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HOW DO WE MAKE OUR OLDER PEOPLE IN COMMUNITY MORE VISIBLE AND RELEVANT?

- Map skills to create positive employment/volunteering placement
- Advice and sharing wisdom
- What are you good at
- What do you do with your hands
- What are you passionate about
- Community notice board
- Facebook group page
- Bring generations together



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