Starting with what's Strong

"Making the invisible, visible"

not full enough

half-full

Cormac Russell

What Makes Us Healthy
- ACCESS TO CARE 10%
- GENETICS 20%
- ENVIRONMENT 20%
- HEALTHY BEHAVIORS 50%

What We Spend On Being Healthy
- 88% MEDICAL SERVICES
- HEALTHY BEHAVIORS 4%
- OTHER 8%

"4 x more likely to find work through friends than through Job Centre"

Brook, K Labour Market Participation, the influence of social capital. ONS/Labour market trends

"Stronger neighbourhoods have significantly less crime"

Sampson, R (2013) When disaster strikes, it's survival of the sociable. New Scientist 2016 (May)

"Living in a supportive community increases our chance of good health by 27%"

Gilbert, K. Quinn, S. Goodman, R. Butler, J. and Wallace, J. (2013) A meta-analysis of social capital and health: a case for needed research. 5 Journal of Health Psychology 18 (11) 1385 99.

"Across the whole of Somerset emergency hospital admissions rose by 29% during the three years of the study. In Frome (the site of the project to combat isolation) they fell by 17%"

The town that's found a potent cure for illness – community Monbiot, G. The Guardian 21/3/18

Social Connectedness

The key to "subjective well-being"

Our UK Learning Sites

- Our Learning Sites in the UK include Bristol, Croydon, Kirklees, Leeds, Gloucestershire, Thurrock, Lichfield, North West -Manchester, Wirral, South Ayrshire and Fife and many more.

- Outside of the UK we have a strong presence in The Netherlands, Scandinavia, N America, Australia, Singapore, and in East Africa: Kenya, Rwanda, and South Sudan. We have also worked in South Africa, UAE and many other countries around the world.
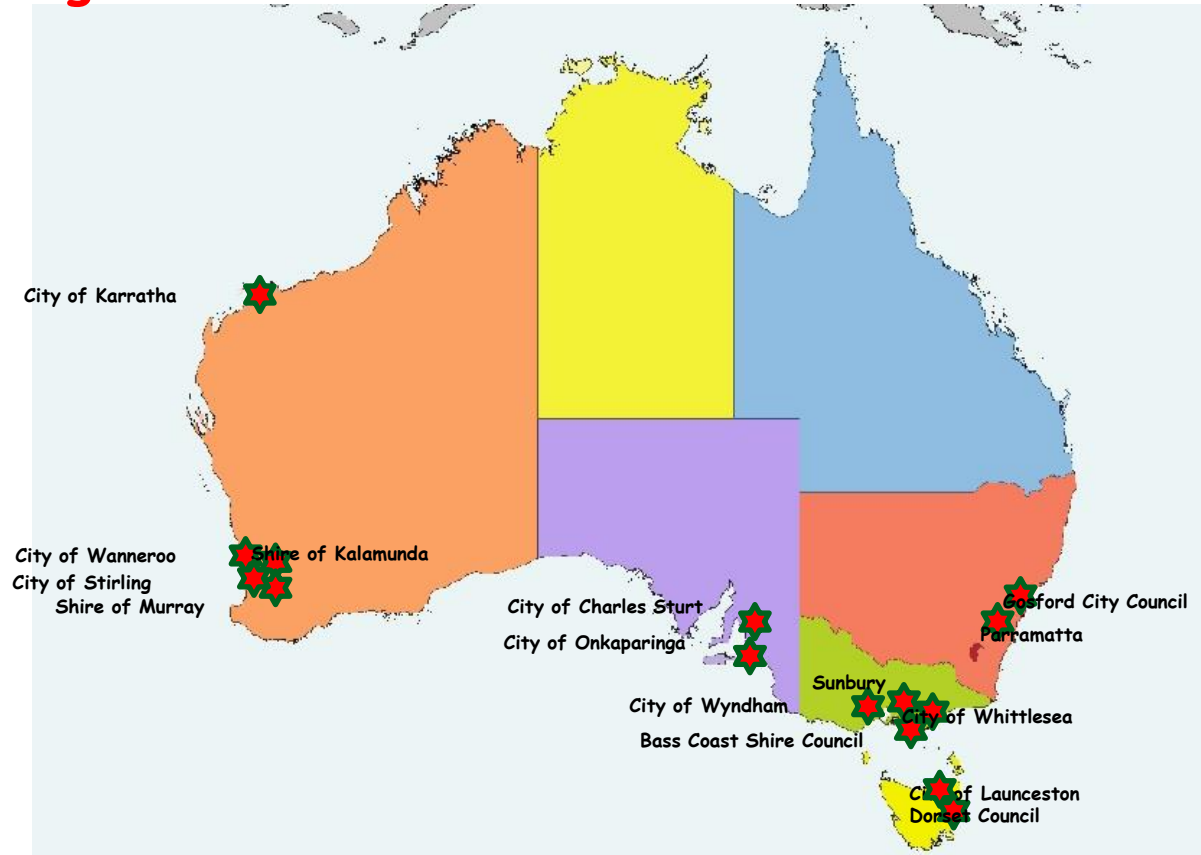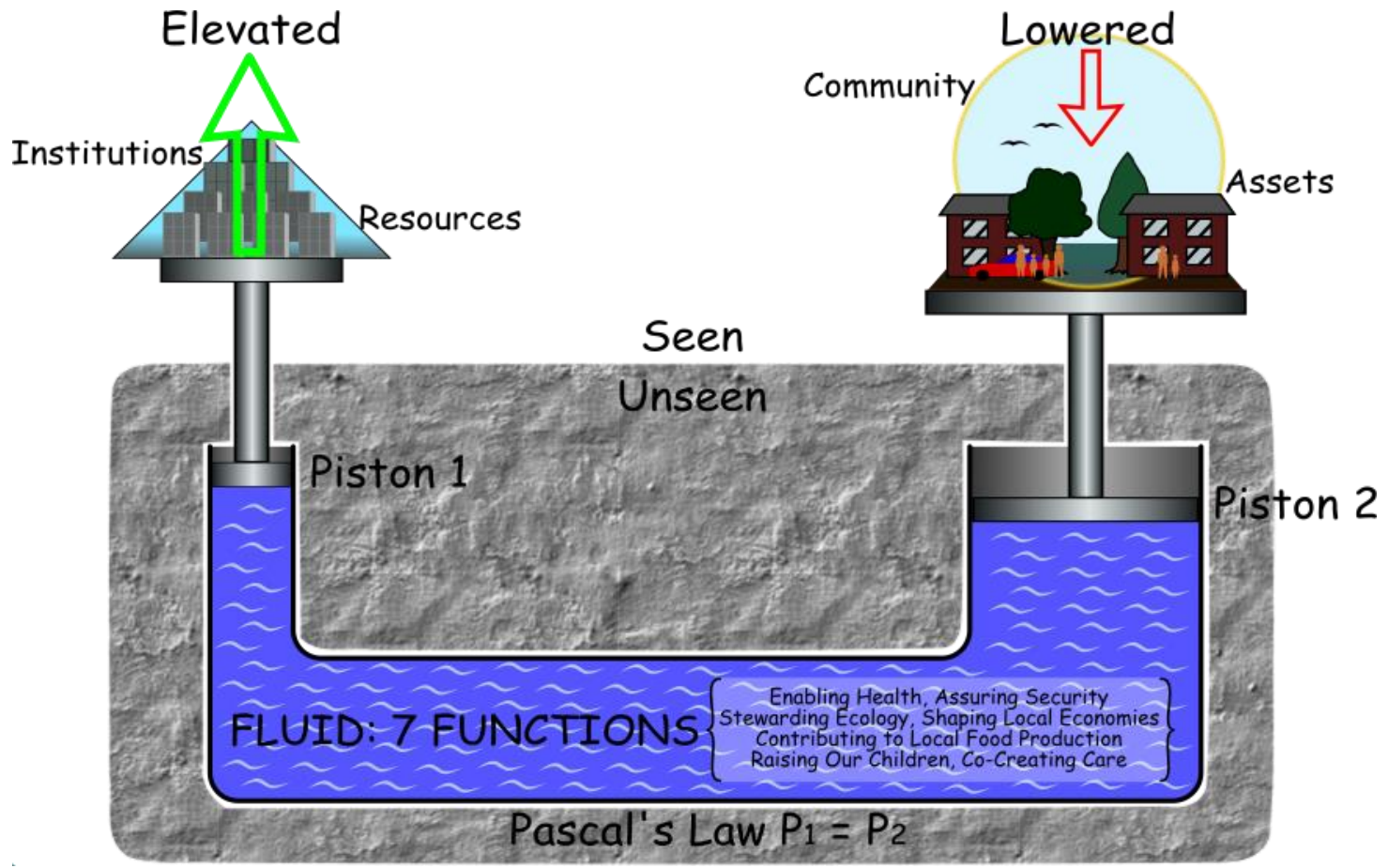
What is a Nurture Development Learning Site?

Neighbourhood areas that become local community-led examples of ABCD in action.

1. Ayrshire & Arran
2. Bristol
3. Fife
4. Gloucestershire
5. Kirklees
6. Leeds
7. Lichfield
8. North West (Trafford)
9. Thurrock
10. Torbay
11. West Croydon
12. Wirral

National Network of ABCD Community Building Learning Sites

Elevated

Lowered

Institutions

Community

Resources

Assets

Seen

Unseen

Piston 1

Piston 2

FLUID: 7 FUNCTIONS

Enabling Health, Assuring Security
Stewarding Ecology, Shaping Local Economies
Contributing to Local Food Production
Raising Our Children, Co-Creating Care

Pascal's Law $P_1 = P_2$

Associational Life

Citizen organisations/groups/networks where members do the work and are not paid

PARENTS GROUPS & SCHOOL ASSOCIATIONS
- School governance groups
- Toddlers groups
- Parents friendship groups

OTHER COMMUNITY & CIVIC GROUPS
- Cultural associations
- Service clubs
- Voluntary services

HOBBIES AND SOCIAL CLUBS
- Collectors groups
- Artistic & musical groups
- Card playing groups

OTHER INFORMAL SOCIAL GROUPS
- Pub quiz teams
- Supper clubs
- Dating clubs

WOMEN'S GROUPS
- Women's civic groups
- Feminist groups

GROUPS FOR OLDER PEOPLE
- Pensioners groups
- Veterans groups
- Lunch clubs

ENVIRONMENTAL GROUPS
- Social cause groups
- Animal Welfare
- Conservation groups

GROUPS FOR CHILDREN & YOUNG PEOPLE
- Youth organisations
- Youth Clubs
- After school clubs

POLITICAL GROUPS
- Political party membership
- Active citizenship
- On-line forums and discussion groups

LOCAL COMMUNITY & NEIGHBOURHOOD GROUPS
- Resident associations
- Community support groups
- Community media

PROFESSIONAL ASSOCIATIONS
- Business organisations
- Professional associations
- Trade unions

MEN'S GROUPS
- Men's service groups
- Working Men's clubs
- Fathers support groups

ADULT EDUCATION GROUPS
- Study groups
- Book clubs
- Students union

RELIGIOUS GROUPS
- Practicing faith groups, churches, mosques etc.
- Faith based social, or voluntary services groups

SPORTS & EXERCISE GROUPS
- Official sports clubs
- Country clubs
- Local 5-a-side/skittles teams

HEALTH, DISABILITY & WELFARE GROUPS
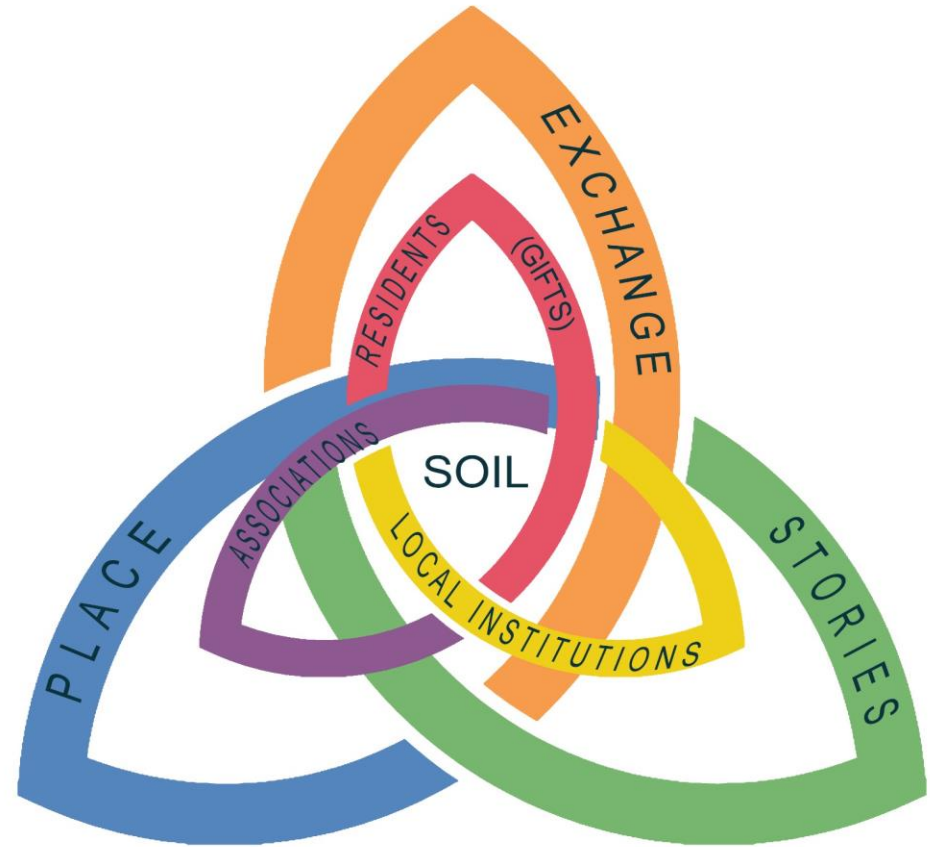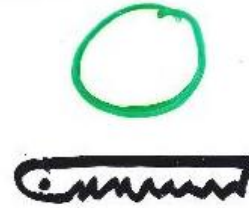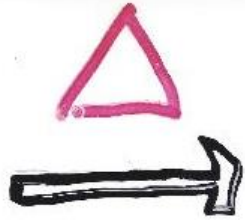- Support & recovery groups
- Health related support groups

Six Building Block of Healthy Communities

- Contributions of residents
- Resources of associations
- Community-building capacities of local institutions
- Built & Natural Environment/Ecology
- Economic & non-monetary exchange
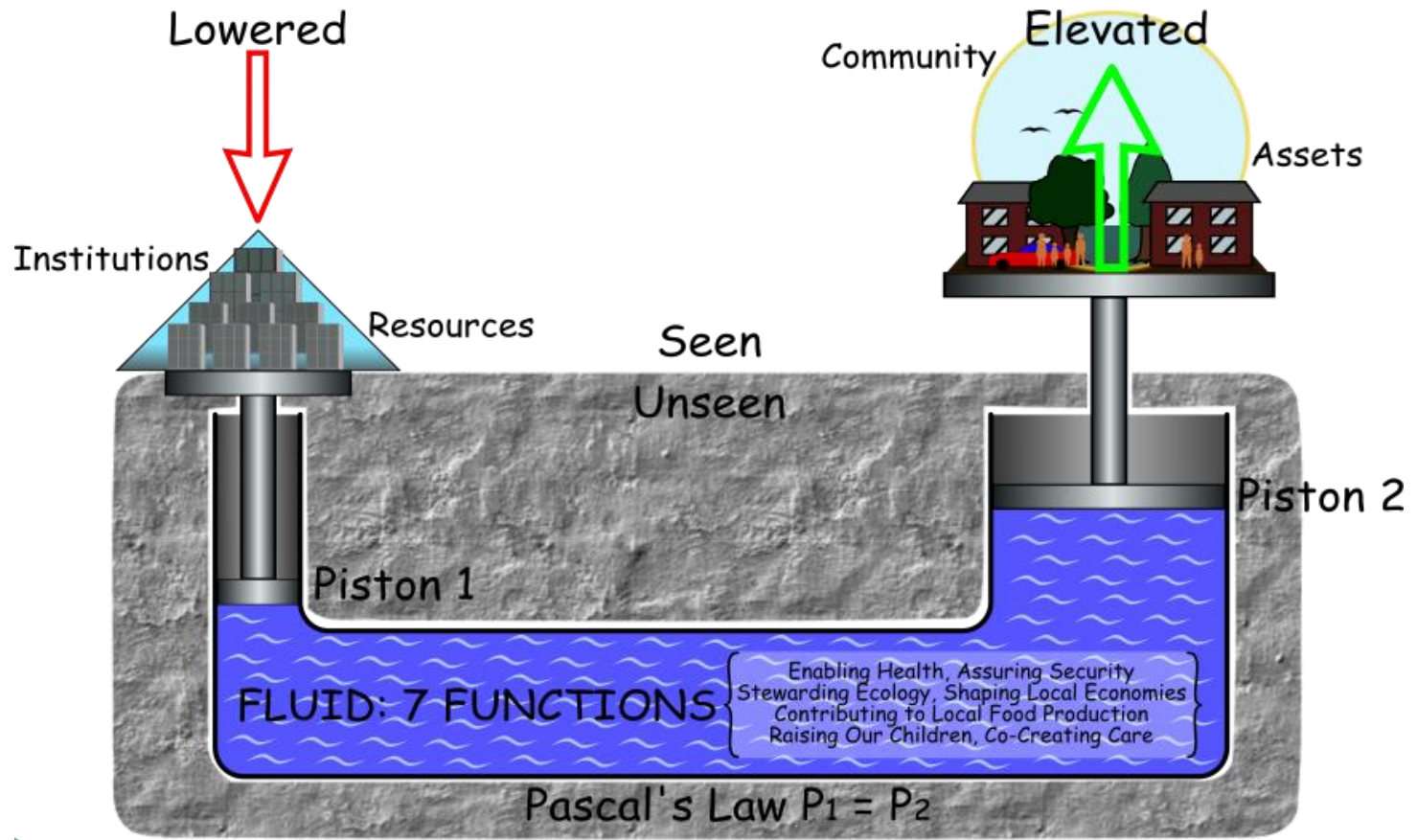- Stories, shared heritage, and cultural diversity

CONTROL	CHOICE
PRODUCTION GOODS SERVICES	CARE
CLIENTS CONSUMER	CITIZEN
NEEDS	CAPACITY

abcd INSTITUTE®

Our Solutions are often not fit for purpose

Seven Functions of a Healthy Community

- Enabling Health
- Ensuring Security
- Stewarding ecology
- Shaping local economies
- Contributing to local food production
- Raising our children
- Co-creating care

Health grows in places where people care for each other and their surroundings.

INDIVIDUAL
Culturally Relevant Support
Mind, Body & Spirit
Health & Well-being
Leadership Development
Active Participation
Opportunities to influence
the organization

POLICY & SOCIO POLITICAL
Technical Assistance
Sharing Culturally Specific Topics
Organization collaborations
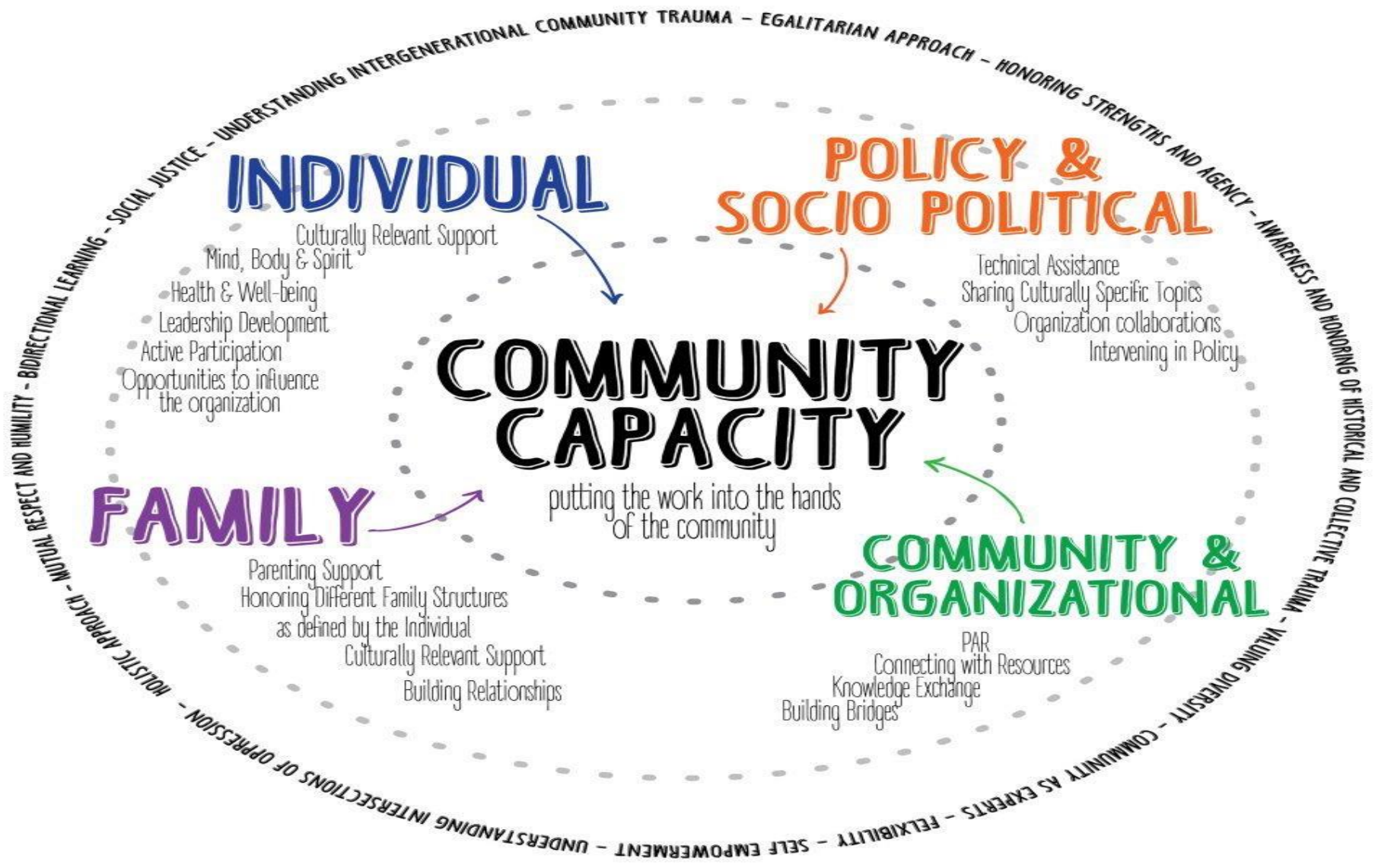Intervening in Policy

COMMUNITY CAPACITY
putting the work into the hands
of the community

FAMILY
Parenting Support
Honoring Different Family Structures
as defined by the Individual
Culturally Relevant Support
Building Relationships

COMMUNITY & ORGANIZATIONAL
PAR
Connecting with Resources
Knowledge Exchange
Building Bridges

UNDERSTANDING INTERGENERATIONAL COMMUNITY TRAUMA – EGALITARIAN APPROACH – HONORING STRENGTHS AND AGENCY – AWARENESS AND HONORING OF HISTORICAL AND COLLECTIVE TRAUMA – VALUING DIVERSITY – COMMUNITY AS EXPERTS – FLEXIBILITY – SELF EMPOWERMENT – UNDERSTANDING INTERSECTIONS OF OPPRESSION – HOLISTIC APPROACH – MUTUAL RESPECT AND HUMILITY – BIDIRECTIONAL LEARNING – SOCIAL JUSTICE –

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