

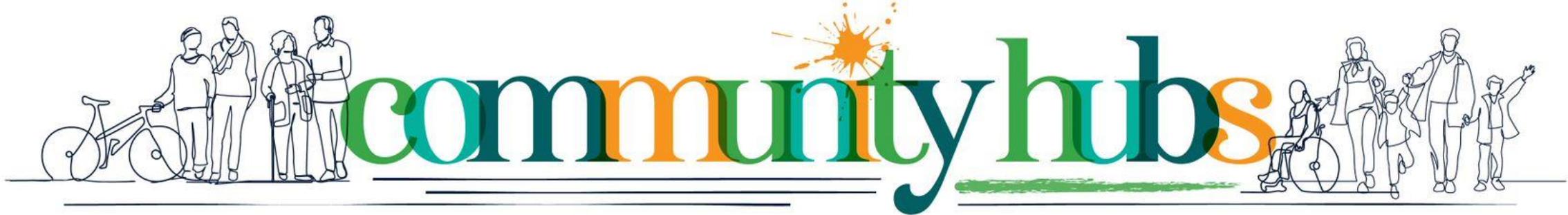


**aims to create inclusive, resilient communities that can support mental, emotional and physical health and wellbeing for everyone.**

***Community – people with Common Unity - experiential, geographical, social, cultural, systemic.***

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## 8 great reasons why public bodies should prioritise commissioning the community sector to run services.



# Investment in community capacity creates long-term sustainable change

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...where each investment opportunity develops

- ♡ Skills
- ♡ Resources
- ♡ Confidences
- ♡ Knowledge

For subsequent opportunities to build on. It is generative, not extractive.

# Communities understand their community better than anyone else

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- ♡ They are already doing lots of stuff there
- ♡ Have relationships and connections with those who need support already
- ♡ Will get it right first time

So they can get going and make great change happen quickly.

# Communities have many ways to meet people's needs

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...where these are

- ♡ Interwoven and complex
- ♡ Can be met all at once
- ♡ Person and community-led

Rather than services that focus on specific or singular issues.

# Community leaders know what is needed to help people overcome barriers

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- ♡ Through their own lived experience
- ♡ Through seeing the reality of the barriers for people
- ♡ Through experiencing and seeing them change and shift over time

So they can support people with the most complex and difficult barriers to participation.

# Common unity is the strongest driver for people to participate

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...in activities that improve their situation, their health and well-being, around

- ♡ Common interests
- ♡ Common purposes
- ♡ Common experiences
- ♡ Sharing good times

# The most effective work takes place during activities that interest people, side-by-side



...and it is

- ♡ Place-based
- ♡ Relationship driven
- ♡ Reliable and long-term

It meets people where they are, geographically, emotionally and socially.

# People want interdependence, not independence

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...where this means

- ♡ Connectedness
- ♡ Friendship
- ♡ Loving relationships
- ♡ Sharing interests
- ♡ Good company

Rather than living alone, isolation, paying for help, relying on services to meet core needs.

# Community Sector Organisations are able to flex, respond and re-configure

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...to meet the changing needs of people, with an uncertain future, across many domains

- ♡ Political
- ♡ Social
- ♡ Economic
- ♡ Environmental
- ♡ Systemic

# What it can look like, for young people

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Access Bike – boys and young men who would not participate in mental-health support, sexual health support, and are at risk of exclusion or offending, connect with the support they need through participation in activities they love.

[The BIG little Bike Race Ep.2 - YouTube](#)

Creative Camping – socially excluded disabled young people overcome depression and isolation, experience the joys of interdependence, friendship and physical challenge, through participation in nature based residential activities alongside their non-disabled peers.

[Creative Camping in Brecon Beacons - YouTube](#)

KWMC – young women overcome barriers to participation in things that are important to them with support that understands their wider needs, including mental health and anxiety, and creates a safe place for mutual community support and shared experience.

[The Story of Future Legacy Project on Vimeo](#)

Music Works – young people coming together to explore their issues through music, ongoing and at their own pace, but with clear understanding of what can be achieved in a guided, supportive place that allows them to freely express themselves alongside peers.

<https://youtu.be/JUVQE3wvxU>