



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.

www.cscic.org

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



Investment in community capacity creates long-term sustainable change

...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

- ♡ 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

...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

- ♡ 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

...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

...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

...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

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/JUVQE3wvwxU>