The following document was contributed to the Toolkit by ABCD Faculty member, Cormac Russell.

People Powered Change Game

Cormac Russell
www.nurtureddevelopment.ie
www.inclusion.com
cormac@nurtureddevelopment.ie
INCLUDED IN THIS PACK

ACTIVITY INSTRUCTIONS

REQUIRED FOR ACTIVITY

ACTIVITY INSTRUCTIONS

1. Lay out the Category Cards (1-12) and Citizen Cards (3) to form a grid.
2. Read out the Description Cards
3. Taking each Action Card (100) in turn, read out and place in the most appropriate place on the grid.
What can only citizens do?

What can only people do together with government & professionals?

What can only government & professionals do?

---

Health & Wellbeing

Safety & Security

Nurturing Local Economy

Caring for the Environment

Food consumption & production

Raising Powerful Connected Children

Aging Well
Building Community

Responding to Natural Disasters

Changing the World

Improving Democracy & Social Justice

Lifelong Learning & Sharing Wisdom

People Powered Change

www.nurturedevelopment.ie

www.inclusion.com
HEALTH & WELLBEING

Our health and wellbeing is mainly determined by (how long we live and how often we are sick) the extent to which we are positively connected to each other, our environment and local economic opportunities. These factors determine our respective health outcomes, more so than our level of access to professional health care, by a ratio of 9:1.

1

SAFETY & SECURITY

Increased police presence does not lead to enhanced safety and security in the same way that a connected community can. Knowing that there are other people, nearby, vigilant and sympathetic towards us, is more reassuring than the distant and delayed reactions of professionals.

2
CARING FOR THE ENVIRONMENT

Imagine what is possible if people become more intentional and collective about their decisions around transport, heating and lighting their homes and communities, and how they manage their waste. The report also charts a pathway towards scaling local solutions for mass impact. These actions are critical to saving the planet.

NURTURING LOCAL ECONOMY

Most enterprises start small and local, in garden sheds, attics and at the kitchen table. They are fuelled by people power, and local purchase power, and it is that same power that sustains entrepreneurs as they go from ideas stage to business development and implementation. In return they become the heart blood of local economies and one of the most reliable sources of employment for many communities.
FOOD CONSUMPTION & PRODUCTION

The local food movement reunites producers and consumers separated through a chain of processors, manufacturers, shippers and retailers. Local food chains reduce the time, distance and number of relationships in the supply of seasonal, cheaper and more nutritious food, in turn enhancing outcomes in the areas of health, environment and local economic wellbeing.

5

RAISING POWERFUL CONNECTED CHILDREN

Children need to believe in their families and community. When professionals inflate their own capacities, they inadvertently negate the power of families and communities to play a central role in raising powerful and connected children. Children do not grow powerful in institutions; their power grows the closer they are to the centre of family and community life.

6
AGEING WELL

Care is the freely given gift of the heart from one person to another; you can not manage it, nor can you buy it, it is not a service that you can package. The sort of care required is the kind that sees older people both for their gifts and needs, in that order. This kind of care is only located among communities of people who recognize that a community that does not have a central place for older people has a place for no one.

BUILDING COMMUNITY

Communities grow from inside out, evolving from the place where ‘I’ live to the community where ‘we’ grow. They can only grow through the deepening of human relationships, no outside expert can create this for us; instead we must learn to co-create our communities where we and everyone else can belong.
IMPROVING DEMOCRACY & SOCIAL JUSTICE

Civic action for social, environmental and economic justice provides the rudder for keeping governments honest and on tract, and democracy meaningful. Without civic action driven by people powered change, the promise of democracy rings hollow and the act of casting one’s vote becomes no more than handing your power over to another.

RESPONDING TO NATURAL DISASTERS

No where is people power more apparent than in the face of natural disasters; as human beings we pull together, self-organise and respond. One of the reasons people power becomes so apparent at such time is because natural disasters tend to strip away system supports and inhibit institutional responses, we are forced to turn to one another and draw on our own and each others’ strengths and compassion.
LIFELONG LEARNING & SHARING WISDOM

Knowledge and wisdom grows in everyday life and more particularly in associational life, not in educational, commercial or professional institutions. While knowledge may subsequently be curricularised and general access restricted, this does not change the fact that it was first co-produced by a community of citizens.

11

PEOPLE POWERED CHANGE
www.nurturedevelopment.ie
www.inclusion.com

CHANGING THE WORLD

“Change doesn’t happen because of how we invest our money. Change happens because of how we invest our human energy, and it always has since we came down from the trees. Everyone’s got a margin of discretionary energy –ten percent, twenty percent– that isn’t used up making their way in the world. That’s the energy that’s available for social change.”

Daniel Taylor –Future Generations

12

PEOPLE POWERED CHANGE
www.nurturedevelopment.ie
www.inclusion.com
Listen to children read after school to support at work parents

Start a Time Bank

Know your neighbours by name

Share resources with neighbours, e.g. gardening equipment

Support local elected members to convene meaningful community conversations that address injustice

Collective vegetable growing

Grants for arts-based community collaborations

Stimulate & support informal learning

Restore an empty or underused local space for community use

Maintain supportive relationships with local networks
Create well used community recycling facilities

Develop locally produced renewable energy schemes

Shop locally

Plant more trees in the neighborhood

Start a book club

Share stories of times when community has pulled together to face challenges

Stand for the local council

Provide appropriate, effective & inclusive schooling

Stimulate & support community-led ideas

Map local interests around consuming & producing local produce
New spaces for young people to design & manage

Peer mentoring for parents of young people

Re-integrate ex-offenders into the community

Start a walking group

Provide work experience for young people

Find out how to help local businesses retain employees/expand

Social prescribing, e.g. Timebanks & doctors collaborating

Design & build spaces for leisure & exercise

Design & maintain systems that support independent living

Recycle at home
<table>
<thead>
<tr>
<th>Contract for recycling &amp; waste management</th>
<th>Revise lending criteria in favour of local businesses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support community-led high streets by reinvesting percentage of rates</td>
<td>Local grants to support community initiatives</td>
</tr>
<tr>
<td>Make school spaces available to the community for use on their terms</td>
<td>Set &amp; enforce targets on carbon emissions</td>
</tr>
<tr>
<td>Organize work shadowing schemes</td>
<td>Save in a local credit union</td>
</tr>
<tr>
<td>Co-create opportunities to increase DIY environmental knowhow</td>
<td>Create opportunities for young people to take responsible roles in community</td>
</tr>
<tr>
<td>Co-design primary care services to marry assets of family, community &amp; health care</td>
<td>Design &amp; maintain effective &amp; efficient hospitals at clinic level</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Train doctors &amp; nurses, monitor industry standards</td>
<td>Stress test relevant policies to ensure human-centred approaches across the life course</td>
</tr>
<tr>
<td>Play &amp; have fun</td>
<td>Ensure robust regulations around gender equality &amp; public life</td>
</tr>
<tr>
<td>Check on your neighbour’s welfare regularly</td>
<td>Walking your dog</td>
</tr>
<tr>
<td>Create incentives for eco-enterprises &amp; green economy</td>
<td>Commission recycling &amp; waste management</td>
</tr>
</tbody>
</table>

For more information visit:
- [PEOPLE POWERED CHANGE](www.nurturedevelopment.ie)
- [www.inclusion.com](www.inclusion.com)
<table>
<thead>
<tr>
<th>Co-design &amp; lead schools</th>
<th>Take a lead in ensuring wider community participation &amp; engagement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safeguarding Policy to include the capacities of communities &amp; families</td>
<td>Co-create the means to involve older people in continued learning</td>
</tr>
<tr>
<td>Join a school lunch with a senior citizen's lunch</td>
<td>Neighbourhood Watch</td>
</tr>
<tr>
<td>Know your neighbours situations to help in case of emergency</td>
<td>Take a first aid course</td>
</tr>
<tr>
<td>Ensure the ambulance &amp; fire services are well trained &amp; adequately staffed</td>
<td>Well maintained street lighting/public utilities</td>
</tr>
</tbody>
</table>
Create opportunities for people considered disabled to contribute their talents

Organize summer programmes with neighbours including young people

Ensure rich & varied connections with neighbours

Star a Men’s/Women’s Shed: a place to make & repair stuff

Offer your number to a neighbour to call if they feel unsafe/lonely

Intergenerational learning & helping

Keep developing your ideas & talents as you get older

Support local food supply chains

Community fruit harvesting

Buy local food
Lift over-regulation that suppresses local food production

Change procurement processes to level playing field for local businesses

Implement World Health Organization recommendations for aging well in place

Maintain a healthy lifestyle

Friendly connected local police

Collective vegetable growing

Review and maintain equitable criminal justice system

Ensure more balance between participatory democracy & representative democracy

Co-creation of new systems which work to prevent social injustices & inequalities

Create new opportunities for local citizens to collaborate with local government
Provide training, support & equipment for citizens to act in an emergency

Legislate for country-wide citizen-led Neighbourhood Planning (localism)

Design local response plans for natural disasters

Intergenerational skill sharing

Hold regular community celebratory meals & street parties

Stewarding small actions towards critical impact beyond the local

Turn the local library into a collaborative community learning resource

Develop & share asset maps which include all capacities

Trust people

Ensure all public-facing professionals have good community building skills training
12 DOMAINS
FOR PEOPLE POWERED CHANGE

ACTIVITY INSTRUCTIONS

INCLUDED IN THIS PACK

<table>
<thead>
<tr>
<th>Category Cards</th>
<th>Citizen Cards</th>
<th>Description Cards</th>
<th>Action Cards</th>
<th>Safety Pins</th>
</tr>
</thead>
<tbody>
<tr>
<td>12x</td>
<td>3x</td>
<td>12x</td>
<td>100x</td>
<td>0x</td>
</tr>
</tbody>
</table>

REQUIRED FOR ACTIVITY

<table>
<thead>
<tr>
<th>People</th>
<th>Chairs</th>
<th>Table</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-20x</td>
<td>2-20x</td>
<td>1x</td>
</tr>
</tbody>
</table>

ACTIVITY INSTRUCTIONS

1. Lay out the Category Cards (1-12) and Citizen Cards (3) to form a grid.
2. Read out the Description Cards.
3. Taking each Action Card (100) in turn, read out and place in the most appropriate place on the grid.

Symbols from The Noun Project

NURTURE DEVELOPMENT
www.nurturedevelopment.ie