



# YOU ARE INVITED

**Welcoming change in our communities**

Project Celebration & Exhibition Launch

Thursday 19th May 2022

9am - 2.30pm - zoom

Over the past two years, CDEC and project partners have been exploring new ways in which we can create more welcoming and resilient communities across Cumbria. Now is the time to share our learning- and explore how we continue to build on the outcomes.

Don't miss this opportunity to see what's been happening, learn from the insights and practices that have inspired us and help to co-create ideas for the future.

Keep reading to find out more about the  
Discovered Stories, Shared Communities project  
and what to expect on 19th May  
including information about our workshops

then book your place by [filling in this form](#)

If you have any questions please get in touch with  
[Gabi Lipska](#) or [Erika Ghinelli](#)



This is a CDEC project funded by  
The National Lottery Community Fund



# On the day

Our focus will be on the processes involved in making our communities across Cumbria more welcoming and resilient – we will reflect on the work we have done so far and discuss how we can continue this work into the future. We will do this in three ways:

- meet with other community members and organisations as well as educators – discussion spaces will allow us to share, reflect and build on the learning and impact of projects and activities, celebrate our connections and partnerships and lean into the future by discussing the challenges that remain and our ideas for continuing this work
- take part in workshops – our delivery team invites you to engage with the wide variety of insights and practices which can help us to create more welcoming and resilient communities
- celebrate the launch of the exhibition – a first look at our curated online space which collects together stories and ideas on the theme of welcome and belonging generated by community members over the last two years

**This is an important opportunity to discover how we understand, cultivate, nourish and respond to new ways of being and working together in our communities.**

**This is an invitation to be active in supporting change we want to see around us.**



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# Workshops

You can state your workshop preferences while [filling in the form](#)

You will receive confirmation of your choices and zoom link in the week before the event

Morning session (10:40am - 12pm)

## **The Meaning of Welcome - Debbie Watson**

This workshop is aimed at anyone interested in multicultural, multigenerational exchange in which critical thinking and open dialogue play an important role.

Together, we will revisit the online exhibition and the artwork created by community members as part of the DSSC project to stimulate philosophical enquiry and explore how we can use critical thinking to unpack the concepts of welcome, resilience and belonging using the Communities of Philosophical Enquiry (COPE) participatory method. COPE promotes the skills of questioning, reasoning and dialogue.

## **Reconnecting with Abundance in Communities - Katie Carr**

This workshop will explore the ways in which our culture (patriarchy, modernity/coloniality, consumer capitalism) conditions us into a story of 'not enough', and the way that shapes our lives and communities.

Through participatory exercises, we'll explore how these beliefs are revealed and perpetuated relationally. And we will begin to 'dream' into the question "What might be possible - in our communities and organisations - if we were liberated from this conditioning?"

## **The Garden of Resilient Communities - Gabi Lipska**

This interactive workshop in the form of a pictorial uses an allegory of a garden to look into the relationship between individual needs and community resilience. This session helps participants to deepen their understanding of our basic human needs and how meeting these needs in healthy ways empowers us to build strong communities. During the workshop, we will identify features of our communities that help meet our needs in healthy ways and our responsibilities as community members and be empowered to uphold those responsibilities. Based on the original work of Peace Literacy Institute, this is an invitation to use our creativity and imagination in conversations about community needs.



# Workshops

Afternoon session (12:30am - 2pm)

## Voices of the Community - Erika Ghinelli

In this space we will hear the experiences, insights and reflections of community members who came together to tell their stories of what life is like in Cumbria for them. These are stories of arrival, settling in a new place, living through the COVID-19 pandemic, meeting people from different countries who have chosen Cumbria to be their new home. This is an opportunity to witness the particular challenges and needs in our communities and discuss how we can respond to them by examining, through critical analysis and active listening, the picture that is emerging.

## What's the conversation we need to have now? - Laura Goad & Gabi Lipska

Asking this question is an invitation to all Cumbrian organisations interested in creating a more just and sustainable world to take stock of the learning and look at what's next and what's possible together.

In the session we will use a method that centres inclusion and belonging. Open Space is a highly participatory process that allows everyone to decide and co- create the agenda and content so we can hold conversations that really matter to us. The session will be followed by face-to-face meetings to develop joint funding bids.

## Sustainable Leadership - Katie Carr

This participatory workshop will begin with the premise that traditional forms of leadership - what our culture celebrates as great leadership - are unhelpful and need to be dismantled. New forms of leadership - rooted in compassion, curiosity and collaboration - need to be given space to emerge in order for us to move towards more balanced and healing relationships, with ourselves, each other and the planet.

**If you have any questions please get in touch with**  
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# The Discovered Stories, Shared Communities Project

DSSC brings people together from diverse communities to share, explore and work with ideas and stories. It focuses on developing ways of understanding what it means to be a resilient and welcoming community.

Through this project we have been listening, talking, and playing with new meanings, interpretations and stories. We have been capturing those visions of communities so that they can serve as an inspiration to everyone.

The project experiments with various ways of expressing the stories and experiences of individuals and groups - through visual arts, written pieces, online work, as well as at community gatherings. By sharing the outcome of these ongoing conversations and exchanges, we have built a rich resource for all who wish to engage with concepts of belonging, home, diversity and inclusion.

Discovered Stories, Shared Communities employs a range of community led approaches to building community cohesion engendering ideals and values of inclusion, shared ownership, empathy and power 'with'.



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