

Growing Food Security in Alberta presents:



Community Building for Food Security

A Workshop

Workshop includes:

Community Capacity Building and Asset Mapping© (CCBAM©)2005

and

'Thought About Food? A Workbook on Food Security and Influencing Policy' (TAF) 2006



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Resources derived from:

- Community Capacity Building & Asset Mapping© - **R.A.F.F. It Up** – Making Community Building Happen - Workshop – Community Building Resources 2005. www.cbr-aimhigh.com
- ‘Thought About Food? A workbook on Food Security and Influencing Policy’ – Food Security projects of the Nova Scotia Nutrition Council and the Atlantic Health Promotion Research Centre, Dalhousie University and ‘Capacity Building for Food Security through Mentoring’ a project of the CAPC/CPNP National Project Fund of the Public Health Agency of Canada, June 2006. www.foodthoughtful.ca

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Day 1 Workshop – Outline

1. Introductions

2. Expectations - facilitators and participants

- Goals and Objectives of two-day workshop

3. Play Rules and “Administrivia”

4. Community Development - theory and discussion

- Participation
- Empowerment
- Community action
- Community Development in healthy communities
- References

5. Asset-Based Community Building (ABCB)/ Asset-based Community Development (ABCD)- where does it come from?

- First Nations learning
- Adult education theory
- Asset-based Community Building (ABCB)
- The civic entrepreneur
- Relationship building - reciprocity
- The “Third Place”
- R.A.F.F.
- CCB and AM© model - asset mapping
- What is your context? Reality?
- References



6. ‘Thought About Food? A Workbook on Influencing Policy’ - overview

7. ‘Thought About Food?’ – Sections 1-3

- Section 1: What are we talking about?
- Section 2: Why care about food insecurity?
- Section 3: What can we do about food insecurity?

8. Concluding Thoughts

9. Ready for Day Two?

10. Feedback on the Day

Day 2 Workshop – Outline

1. A new day - Day 2

2. Expectations - facilitators and participants

- Goals and Objectives

3. Discussions From Day 1

4. 'Thought About Food?' – Sections 4-8

- Section 4: What is policy?
- Section 5: Influencing policy
- Section 6: Strategies for action
- Section 7: Resources and tools
- Section 8: Factsheets and handouts

5. Community Action Plan and Next Steps

6. Final Thoughts and What Next?

- Who,What, and When?

7. Feedback on the Workshop

Goals & Objectives of the Community Building for Food Security Workshop

Goals

1. To promote discussion in an open and fun environment.
2. To discuss the theory and build on the understanding of Asset-based Community Building and Community Capacity Building and Asset Mapping©.
3. To understand Food Security and learn strategies to address food security issues.
4. To develop an action plan to address local food security issues.
5. To get to know others at the workshop as friends, resources, and connections.

Objectives

During the workshop and/or after participating in the workshop the participants will:

1. Feel comfortable explaining to others that relationship building is the essence of Community Capacity Building and Asset Mapping©.
2. Be able to show that through discovering and connecting the assets and gifts of individuals, associations, and groups there is always common ground or a foundation for Community Building to begin.
3. Be familiar with the ‘Thought About Food?’ Workbook.
4. Understand Food Security and be able to identify local food security resources and connections.
5. Develop an action plan that will begin to address food insecurity in their community, using key Community Capacity Building and Asset Mapping© concepts and the ‘Thought About Food?’ Workbook.

What is Community Development?

1. What is Community Development?

- It is a process.
- It is an effort.
- It is an action.
- It is locally-based action.
- It is self-help.
- It is progress.

Go
Community
Go!!!

2. The Questions to ask to Find Out the “Who” and the “What” and about the “Way” of community development activity:

- By Whom?
- For Whom?
- What are the Outcomes and Who is sustaining the action?

3. Community Development is Alive and Well (without dependence on service) When:

- People of the community have the power to:
 - Decide “what” should be done
 - Develop the plan and do “it” and
 - People of the community are the “doers” of “it”, (may be a group that is the co-ordinator in charge of doing it), there is local ownership and economic spin-off - the job(s) is/are filled by a person or people from the community.

4. Community Development Society – Principles of Good Practice (Sept. 2000)

- Promote active and representative participation towards enabling all community members to meaningfully influence the decisions that affect their lives.
- Engage community members in learning about and understanding community issues, and the economic, social, environmental, political, psychological, and other impacts associated with alternative courses of action.
- Incorporate the diverse interests and cultures of the community in the community development process; and disengage from support of any effort that is likely to adversely affect the disadvantaged members of a community.
- Work actively to enhance the leadership capacity of community members, leaders, and groups within the community.
- Be open to using the full range of action strategies to work toward the long term sustainability and well being of the community.

Asset-based Community Building/Asset-based Community Development Theory OR Where Did This Thinking Come From?

Adult Education — Community Development — Sociology — First Nations

KEY SOURCES :

- Cary, L.J.,Ed. (1983). Community development as a process. Columbia, MO: University of Missouri Press. A very good background for Community Development and its processes.
- Community Building Resources. (2000 – 3rd printing). OurBook is YourBook - thinking about community capacity building and asset mapping@. Edmonton, AB: Author. A good backgrounder on ABCB, ABCD and CCB&AM? - good references.
- Erasmus, P. and Ensign, G. (1998 - 2nd Printing). A Practical framework for community liaison work in native communities. Wetaskiwin, AB: Taylor Printing. Provides excellent practical examples, and shows ABCB but doesn't call it that.
- Henton, D., Melville, J., Walesh, K. (1997). Grassroots leaders for a new economy: how civic entrepreneurs are building prosperous communities. San Francisco, CA: Jossey-Bass Publishers. An economic business success focus; provides some great ideas about qualities of civic entrepreneurs and stages of building (page 73). Good stuff on the advice pages.
- Kretzman, J.P. & McKnight, J.L. (1993). Building communities from the inside out: a path toward finding and mobilizing a community's assets. Evanston, IL: Center for Urban Affairs and Policy Research Neighbourhood Innovations Network. A how to reference that now is entrenched in the ABCD institute at Northwestern University, Evanston IL.
- McKnight, J. (1995). The careless society - community and its counterfeits. New York, NY: Harper Collins Publishers. A good synopsis of McKnight's papers and thoughts. Now available in paperback.
- Oldenburg, Ray. (1997). The great good place. New York, NY: Marlowe & Co. This is a great book that extols the virtues of "third places" (1st. place - home, 2nd place - work) - places where people can drop in, see familiar faces, and meet and talk informally.
- Smith, David Smith, David. (1995). First person plural. Montreal, PQ: Black Rose Books. A Canadian author who shows the relationships between community development and adult education.
- Tosterud, R.J (2005) The CAFÉ approach: New tools to foster citizen involvement in the community development process in small rural towns. Macomb, IL: CD Practice CDS A community development resource/tool which has met with success in small rural towns (<http://www.comm-dev.org/cdpractice2/index.ht>.)

- Wilkinson, R.G. (1996). Unhealthy societies. New York, NY: Routledge. A somewhat academic view. Wilkinson shows a link between the income gap in different countries and the health status of their population; the wider the gap the lower the health status. He shows the links between: health status, income gap, social cohesion, relationships, friendships, and therefore, Asset-based Community Building.

Internet As A Resource

- Asset-based Community Development Institute
<http://www.northwestern.edu/IPR/abcd.html> (has a list serve)
- Community Development Society <http://comm-dev.org/> (has a list serve)
- Community Building Resources <http://www.cbr-aimhigh.com>
- Kansas City Neighborhood Alliance (KCNA) <http://www.kcna.org>
- Redefining Progress <http://www.rprogress.org>
- Revealing Hidden Resources <http://www.scn.org/cmp/modules/emp-hid.htm>
- Tosterud Café approach - <http://www.comm-dev.org/cdpractice2/index.htm>

Community May Be:

- A social system - healthcare, family, economic, education, religious, welfare, political, communication, recreation, legal (no human relationships)
- A place - geographic, location of services, housing, climate, flora and fauna, human made environment - (no human relationships)
- People and demographics - facts and figures (no human relationships)
- A feeling - the warmth of family and friends

** McKnight - Community as action and as individuals - with personalities and feelings.

Recognize individual and association capacities, assets, and resources.

The drive for organizations and systems has forced us to see a community as a combination of needs, wants, problems, and deficiencies that must be serviced by a professional, depersonalized service sector - problem oriented and needs survey driven - as McKnight says, a needs-driven “dead end” that draws a map of negativity - the needs map.

- This is contrasted with a community that is driven by the abilities, skills and capacities of individuals and associations, often unrecognized and often ignored or unnoticed by the service provider. A community is built by connecting and mobilizing the gifts and capacities of its citizens!

A community is a situation in which citizens have the POWER to discover and identify a problem, to develop solutions and to be active in implementing the solutions.

COMPARE: Where is the Power? Who is the “Doer”?

COMMUNITY	INSTITUTION
<p>Capacity/Assets</p> <ul style="list-style-type: none"> ● shared use and development ● active community is it healthier? ● community action, vested interest ● no tech, no professional, no middle person ● consent ● caring ● are forums ● interdependent (community interrelationship) ● fallible ● quick ● very creative ● individual, face-to-face, uniqueness ● can care - is relational 	<p>Problem Based - System Based</p> <ul style="list-style-type: none"> ● producer and consumer ● are people healthier from being in hospital ● is there less crime, less hunger, less unemployment ● is it less expensive ● controls ● no consent ● no forum ● independent groups ● infallible ● slow to respond ● channel creativity ● cannot recognize uniqueness ● can deliver a service not care

Community experience has a number of themes:

- **Capacity** - built on the fullness of each member - the power of the group
- **Collective Effort** - shared responsibility
- **Informality** - may look disorderly and messy - incorporates both the capacities and the fallibilities
- **Stories** - instead of reports and counting
- **Celebration** - no line between work and play, or there is a blurry line

Then look at Capacities compared to Needs.

Capacities	Needs
<ul style="list-style-type: none"> ● community vision ● combined effort ● dollars to those who know community ● “Resource the Resources” ● highlights capacities and assets and working together ● insiders are the key helpers ● dependence on each other ● the entire community is part ● Relationship Building 	<ul style="list-style-type: none"> ● therapeutic visions ● fragmented efforts to reach solutions ● funding goes to service provider ● forced to highlight problems for funding and ignore capacity and strength ● only outsiders can provide real help ● deepens the dependence on the system ● targets isolated individuals ● Not

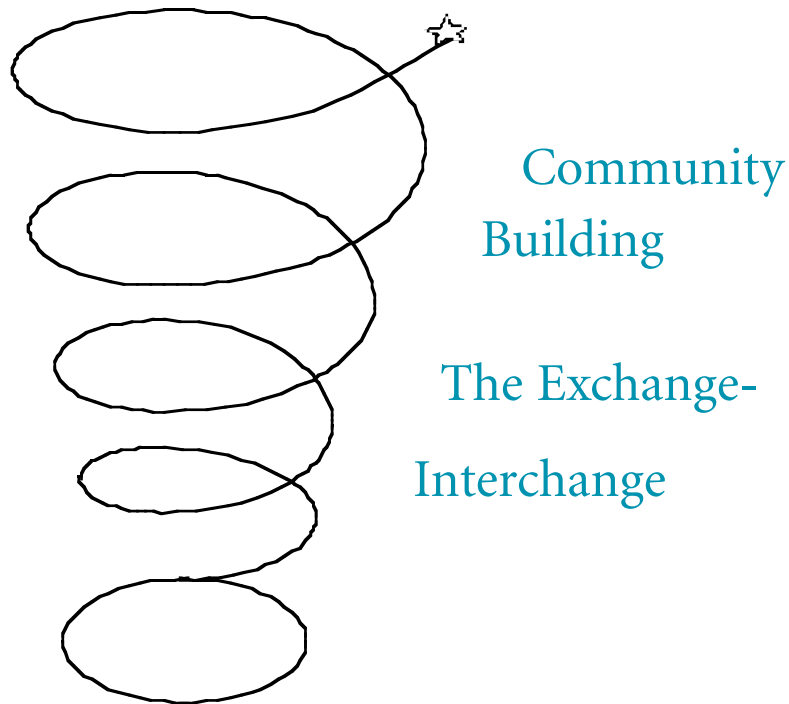
- Needs and wants - the old way “Who is the driver?” - ‘Do-fors’
- Capacities and resources - the new way “Who is the driver?” ‘People are Doers’
- Building on Capacities - community development is by the people for the people building and animating around what you have.

Community Building - Takes Time
Relationship Building - Takes Time
Remember - “Take Time To Talk”

WORDS To Think About

Independence - Interdependence - Dependence
Giving - Receiving (is there a difference in the feeling?) - Reciprocity
Gifts, capacities, talents - needs, scars, deficiencies

Community Building



RECIPROCITY

Creating an environment where relationships
and friendships can happen

The Third Place

Ray Oldenburg's 'The Great Good Place'

What do you think the third place is?

A third place is not home 'domestic', it is not work 'gainful' or 'productive', it is a place which is inclusively sociable. The book lists the most common third places - cafes, coffee shops, community centers, bars, and hangouts. Mr. Oldenburg, the author suggests that the loss of community and neighbourliness in North America may be due to the decline in these neighbourly, informal, inclusive, and happy gathering places.

Mr. Oldenburg's 'third place' is clearly analogous to the place we in the field of community development strive to assist communities in reaching. It is a setting that is inclusive, has neutral ground, is accessible, has unity, yet diversity, has camaraderie and fun, is where people 'get to know - to like - to care, it nurtures group support, and allows people the freedom 'to be.' The contributions these associations within 'third places' have to the greater good, Mr. Oldenburg says reach across politics, personal and community control, and are a force for good in our society....

The third place... where I can hang out, not spend much money, I can read, drink coffee, have a drink, eat, talk, and not have to do anything. I know people's first names and maybe nothing else about them. The third place is a place where I can be just me with no work or family labels. I go there regularly but do not feel I have to and this place is always there. A place where we can talk about anything and anything may come up to talk about.... I have lost my third place.. and am still looking.....

A third place is where you can be with people, feel comfortable, you may or may not talk, and it has the potential for friendships. There is an atmosphere where relationships can happen and where people can have food and fun. A place where you would like your friends to see and you take them there. A third place is where you can go to find what you are looking for.

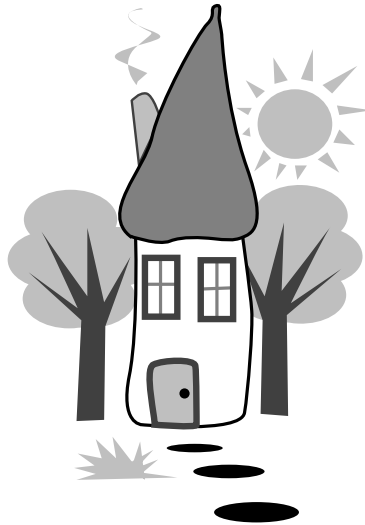
Are 'Third Places' keys to enriching community life? Do we care if we are missing the third leg on the stool, does that make a difference? Must we have family, and a job first... can you have a third place and a family and no job or a job, third place and no family etc. What is your third place...who is there? what do you do there?

Some examples of present day Third Places

Tim Horton's	Bookstore	Rink	Park
Second Cup	Church	Grocery Store	Laundromat

The Third Place

Ray Oldenburg's 'The Great Good Place'



INCLUSIVE

NEUTRAL GROUND

ACCESSIBLE

HAVE UNITY YET DIVERSITY

HAVE CAMARADERIE AND FUN

WHERE PEOPLE GET - TO KNOW - TO LIKE - TO CARE

THEY NURTURE GROUP SUPPORT

(ALLOW THE FREEDOM 'TO BE')

“The contributions these associations within ‘third places’ have to the greater good, reach across politics, personal and community control, and are a force for good in our society.”

Community Building

Relationships

Action

Food

Fun



**Passion
and
Perseverance**

R.A.F.F. IT UP!!!

Remember - To ensure that people can be part of R.A.F.F., childcare, accessibility, and transportation must be in place.

You can't be part if you can't get there!

See Listen and Learn I and II, pages 24 and 25
for background on R.A.F.F.

Asset Based Community Building

Asset Based Community Development

Community Building

Communities developing and renewing friendships and relationships through their purposeful discovery, connection, mobilization, and celebration of the skills, gifts, and interests of their local people and groups.



Quotes From Community Builders:

- “We call the questionnaire for citizens a ‘Community Talent Inventory (the CTI).’” - Sal and Juan - Minneapolis, Minnesota
- “We started a voice mail system for the homeless, and they use it a lot as they try to find jobs and make contacts.” - Paul Fessler - Davenport, Iowa
- “Your gift is your key to your community.” - Damon Lynch - Cincinnati, Ohio
- “We call the use of each others’ talents - ‘a gift exchange.’” - Damon Lynch - Cincinnati, Ohio
- “It is more blessed to give than to receive.” (the Bible) - “so why don’t we as service providers allow or provide a way for others to give.” - Damon Lynch - Cincinnati, Ohio
- “Outreach means recruiting for government programs using ‘our’ trust and then abusing it by going off on their own to make a program, and this is at the expense of us not getting the money, the service providers get it instead!” - Molly Cooley - Portland, Oregon
- “I didn’t know really what this community capacity building all meant until I met Candace who broke out of the labels.” - Abby Wray - Swan Hills, Alberta
- “We use a share and care card where you write what talent you have and what you want and we post it at our gatherings - people meet this way.” - Cheryl Honey - Seattle, Washington
- “It opened peoples eyes to businesses being involved.” - Gary Racich, Glenwood Community - Edmonton, Alberta
- “Wouldn’t have happened without people getting together.” - Gary Racich, Glenwood Community - Edmonton, Alberta
- “We are actively promoting this philosophy because it provides hope in a time of dwindling resources.” - Brenda MacDonald - Stratford, Prince Edward Island
- “We gathered information in a different way - we got people we don’t usually get.” - Shauna Seneca, Edmonton, Alberta
- “Individual relationships and agency relationships developed that would never have come to be.” - Shauna Seneca, Edmonton, Alberta
- “We found out that businesses did want to be involved (in community building), but felt out of loop because of rules.” - Shauna Seneca, Edmonton, Alberta
- “It was a reaching out and a melding of minds, people found there were others with similar concerns or doing similar things.” - George Vander Berg , Whitecourt, Alberta



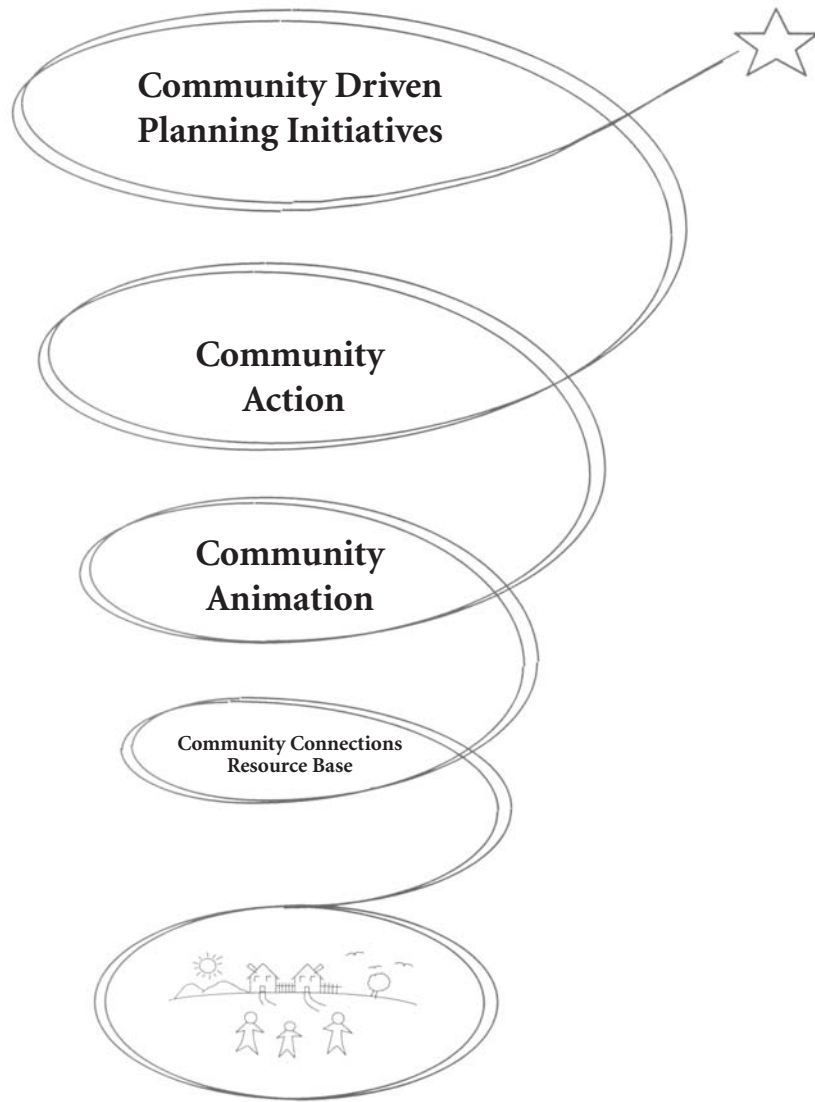
What's Your Guess?



**The hidden potential - Supports to share in the community:
Draw a line to your best guess!!!**

Street kitchen	Youth
First aid training	Townhouses
Food for pregnant teens	Church
Flower Planting in a Park	Artra Art Supplies – art work
School lunch meals	Mr. SUB
Retired adult computer training	Hotel
Literacy training	Relationships, Action, Food, and Fun
Work experience for kids	Mr. Lube
A Penny Carnival for Daycares	Pharmacy
Informal neighbourhood watch	Sports Card Store
Teens programs	Industrial Maintenance Company
Home Care	Bookstore
R.A.F.F. Stands for (CIA)	Kids from Westlawn Junior High
Mural Painting	The Misericordia Hospital
Financial management training for kids	School

Community Capacity Building & Asset Mapping©



Community Capacity Building & Asset Mapping© Philosophy

Asset-based Community Building or Asset-based Community Development is a good way to animate, connect, and inform citizens, and to create an environment in which relationships can build. The asset focus can be a spark for the people to discover, access, and mobilize their unrecognized resources, and engages people who have not participated in the life of the community. A model for Community Capacity Building & Asset Mapping© has been developed by CBR based on the work of Kretzmann and McKnight (1993), and theory drawn from adult education, First Nations community liaison learning, and in partnership with a West Edmonton Community League. This way, or path, emphasizes the positive - community strengths and capacities - and stimulates the development of a connected, animated and activated community, increased business opportunities, and readily available local supports for community citizens.

The idea of Community Capacity Building & Asset Mapping© comes from the belief that everyone has a talent or gift to share with others and opportunities must be created where the interchange can happen. These special gifts are often untapped because people may not realize the talents they have are special, unique, and valuable to others, or they may never have been asked to share their gifts. Often people require a connection to start talking and sharing. Community Capacity Building & Asset Mapping© includes everyone; it encourages conversation and creates an environment where people can become acquainted, relationships can grow and people are interested and motivated to support each other. It does not mean searching for the “needy” and the community deficiencies; rather, it is connecting and talking with many citizens, providing a way for citizens to talk to each other, develop relationships, and sharing gifts and capacities.

A pilot was conducted in partnership with the Glenwood neighbourhood in Edmonton, asking “What supports for health would you be willing to provide to citizens in your community on a volunteer or fee basis?” (Summer and Fall 1994). The number and wide range of community supports for health and the connections and partnerships that were discovered were far greater than expected. This neighbourhood group is now moving on to putting in place the many ideas that were generated from their Community Building. This pilot was used to develop a model/path for conducting further Community Capacity Building & Asset Mapping© projects using the Steps to Capacity Success©. We have shared this model/path and pilot project with other Edmonton and Alberta communities and groups (in Europe, Australia, U.S.A. and Canada).

The exciting outcomes of Community Capacity Building & Asset Mapping© using the Steps to Capacity Success© are:

Planning

- a direct link for all to an informed, connected and animated community
- a mechanism for health and other systems to truly listen to the community citizen and for the community to actively participate in community planning and implementation

Action & Animation

- an informed community
- emergence of groups of citizens who can speak for and to their community
- the formation of meaningful relationships and networks between people in the community and also between communities
- animation of citizens in the community

Connections & Resources

- identification of the assets and resources that community citizens, associations & businesses have to share with each other Community Capacity Building & Asset Mapping© nurtures relationships between people, neighbourhood groups, and businesses. The groups may create a written account or story, a summary feedback loop, and an asset map at some point.

We have, and are engaged in Community Capacity Building & Asset Mapping© projects with small towns, neighbourhood groups, a children's services group, a group concerned with food security, businesses looking for resources for stress relief, a group concerned about recreational supports for youth, and an alternative school looking for community connections for students and other geographic communities. There is, presently, community follow up activity & action with many of these groups, eg.

- A Neighbourhood Resource Centre and Resource Directory has been created.
- A Resource Directory with history tidbits, and environmental and cooking tips has been created.
- A new Business and Citizen Neighbourhood Watch has started.
- Small Business Development is beginning in many of the towns and neighbourhoods.
- A walking trail.
- A resource centre in a local library.

A workshop has been developed to share the Community Capacity Building & Asset Mapping© model and how to begin by using the Steps to Capacity Success©, Community Capacity Building & Asset Mapping© - **R.A.F.F. It Up** - Making Community Building Happen. The workshop is open to any interested individuals, community groups and others. The workshop team travels to communities upon request.

CBR took time to reflect with 15 of the communities who have used the Community Capacity Building & Asset Mapping© model and the Steps to Capacity Success©. The reflections (Listen and Learn I & II) were carried out in order to learn about the successes or failures of the steps and what made the successes happen. The communities said that the positive, open, and sharing environment created by the Community Capacity Building & Asset Mapping©, and the discovery and connections that it promoted, nurtured the development of relationships and friendships that resulted in many actions happening in their communities. The communities also said that the process of the Steps to Success© stimulated enthusiasm, commitment, passion, and energy. The summary of these reflections are available on the **CBR** web site.

Community Capacity Building & Asset Mapping©

Revised Model Summary

http://www.cbr-aimhigh.com/main/ccbam_model_summary.htm

Summary

There are new opportunities as changes in health and social systems shape and open “new ways” for community centred and driven initiatives. CBR, formerly the Community Development Office of the Capital Health Region in Edmonton, Alberta conducted a pilot project in Asset-based Community Building (ABCB) and Asset-based Community Development (ABCD), talking, and asset mapping with the Glenwood Community League in the Summer and Fall of 1994. The project provided an opportunity to begin the development of a model for Community Capacity Building and Asset Mapping©. The goals of Community Capacity Building & Asset Mapping© are to: discover the assets and capacities of a community, design an asset map that graphically shows the supports and their connections, develop a resource for community supports, connect and animate citizens and nurture relationship building. The key elements of the model are called the Steps to Capacity Success©.

Many other Community Capacity Building & Asset Mapping© projects, using the Steps to Capacity Success©, that have been completed since Fall 1994 provided the information for enhancements to the original Fall 1994 document. A workshop now called Community Capacity Building & Asset Mapping© - R.A.F.F. It Up - Making Community Building Happen has been developed to provide community groups and service providers an opportunity to develop an understanding of Community Capacity Building & Asset Mapping© and the Steps to Capacity Success©.

Key Model Elements - Steps to Capacity Success©

The six key steps delineated here are what we have seen to be common ground in Community Capacity Building & Asset Mapping©.

1. Define the Question and the Focus

- Participate in a Community Capacity Building & Asset Mapping© - R.A.F.F. It Up - Making Community Building Happen workshop
- Bring together a group to learn, to discuss and create a plan for Community Capacity Building & Asset Mapping©
- Remember R.A.F.F. - if it isn't fun it won't last
- Communicate

2. Initiate

- Begin to **R.A.F.F.**
- Establish key community contacts
- Refine questions
- Develop community partnerships, networks and links/working groups
- Complete a community “walkabout” and gather community profile information
- Make use of existing research resources (ie. key print and technological resources with the community)
- Confirm geographic boundaries (if appropriate)
- Develop a short paper description of the Community Building
- Inform community members via their newsletter, the media and by attending community gatherings/meetings
- Develop goals and objectives
- Develop timeline
- Communicate

3. Planning for Community Conversations *(Design Questionnaire and Database)*

- Design questions to ask individuals, business/associations or groups
- Write questions in logical order and ensure that each question requires only one answer (this eases database design if being used)
- Set up separate databases to complement each questionnaire
- Communicate

4. Talking, Discovering, Connecting *(Conducting the Survey)*

- Develop a comprehensive list of all businesses and associations
- Develop a paper description of what you are doing to give to each person with whom you speak or make contact
- Develop a plan for talking to citizens, businesses, and associations
- Conduct a training session with new helpers
- Initially talk with as many project partner members as possible
- Connect with key people in key organizations - talk with them and ask them the question using the questions you designed
- Preferably talk with the owner/manager/supervisor in the organization
- Expand your organization lists as you talk with new people and new information emerges
- Talk in person whenever possible to ensure relationships are developed

- As you are talking make the information sharing and gathering mutual, and relationship building
- Record the information (on a database, or on a question sheet)
- Communicate

5. Putting it all Together

- Create an asset map from the information you have to date
- Describe what happened and discuss the results to date through a written account or story
- Communicate

6. Gathering/Communicate - All the time with as many people as possible

- Have regular gatherings
- Keep people informed throughout - Church Bulletins, Newsletters, local paper, etc.
- Develop a summary (feedback loop) and send a copy to all the people you met
- Present copies of the written account to all key parties
- Communicate results with communities and groups inside and outside the community/ies that navigated the Community Capacity Building & Asset Mapping© project
- Keep a record of to whom the written account or story and summaries (feedback loops) have been sent

Conclusion

The Community Capacity Building and Asset Mapping Model© can be applied in any setting. **CBR** has been involved in a variety of Community Capacity Building & Asset Mapping© and Steps to Capacity Success© initiatives in urban and rural neighbourhoods. Community Capacity Building & Asset Mapping© initiatives have also been started by groups asking questions about food security, supports for stress management, recreational support for youth, community connections for youth, and supports for children. Remember, the elements, often called the Steps to Capacity Success©, are only the beginning of Community Capacity Building & Asset Mapping©. Full accounts of some of these initiatives are available the **CBR** website. Two reflections have been completed with 15 of the communities who practice ABCB and many have used Community Capacity Building & Asset Mapping©. The lessons learned during these reflections, Listen & Learn I and Listen & Learn II are also available on the **CBR** website.

Summary: “Listen & Learn ... the answers are with communities” (Listen and Learn I) – 1997

Background on how RAFF came to be..

(http://www.cbr-aimhigh.com/research_evaluation/Listen_Learn_1.htm)

Community Development has many meanings and elicits different interpretations and ways of practice for different groups of people. Most often, the differences lie in who the players are and what their roles are, the approach that is taken, and the methods used to bring the community together. Community citizens finding their gifts and abilities and opening doors to ways for shared responsibility and more local action is the model for Community Capacity Building and Asset Mapping© Model with the Steps to Capacity Success©. The essence of the Model and the Steps is a community engaging in conversation and discovery within itself, using a questionnaire and a series of steps that set the stage for Community Building.

This report describes a reflection in conjunction with the first seven of twelve groups who have used the Steps to Capacity Success©. The people from the seven groups were interviewed using a questionnaire that was developed to address five Key Questions about Community Capacity Building and Asset Mapping© and the Steps to Capacity Success©. The answers to these questions have been utilized to increase the level of success of other Community Capacity Building and Asset Mapping© initiatives and to improve community development practice. of the CD office.

The five Key research questions were:

1. How and where did the initiative start in the community?
2. What were the common elements used to find the assets and mobilize them?
3. What determined the sustainability of the community building over time (1-3 years)?
4. Was there a role for a service provider and what was the role? Was there a role for a community builder and what was the role?
5. Did any elements of the Community Building require funding, and if so when was it received and who was the funder?

The key outcomes of this reflection were:

- Community Capacity Building and Asset Mapping©, with the Steps to Capacity Success©, works.
- Community Capacity Building and Asset Mapping© nurtures an atmosphere of discovery and sharing, from which community driven initiatives emerge.
- The Steps to Capacity Success© facilitate the building of relationships and encourage the emergence of key individual gifts that sustain Community Building - commitment, dedication, perseverance, passion, and honesty.

Summary - “Listen and Learn II” – 1998

(http://www.cbr-aimhigh.com/research_evaluation/Listen_Learn_2.htm)

Listen and Learn II was reflective research in asset-based community building that is a follow-up to “From model to reality - Community Capacity Building and Asset Mapping©, Listen and learn - the answers are with communities”. Breaking out of the traditional research mold, Listen and Learn II was planned, developed, and implemented by six industrious community builders - the ‘Do-ers’ over a period of six months in 1998.

Listen and Learn II was an incredible learning experience for everyone involved. The results highlight the key elements essential to asset-based community building. Talking and reflecting together helped to distill and illuminate the elements that make community building initiatives successful.

The ‘do-er’ group met regularly over a period of two months to plan the research, and they designed a unique method that was **open to participation at any stage, encouraged the exchange and flow of information and learning between communities, and fostered continued growth through reflection.**

Nine Key Questions emerged and were used to guide the development of the questionnaire, including:

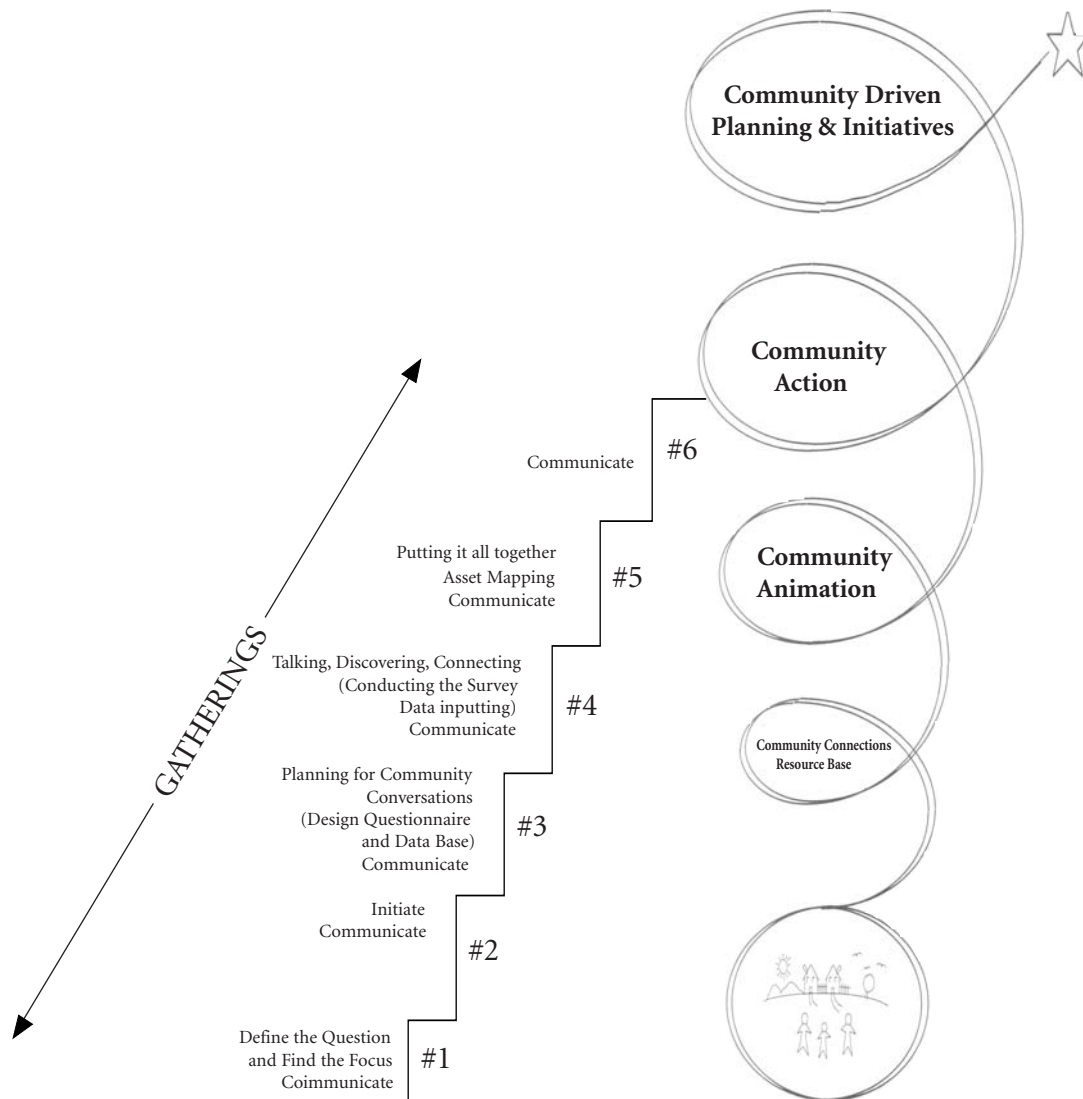
1. What are you doing?
2. How and where did the initiative start?
3. How did you find the community assets and mobilize them? Be specific.
4. What were the challenges of Community Building?
5. What determined sustainability?
6. Was there a role for a Community Builder?
7. Was there funding?
8. How has it evolved?
9. How did you define success?

Eight groups were interviewed, including Beverly Towne, Celebrate Parkallen, Grandin Community Group, Jasper Place Gateway Foundation, Mapping Inglewood Assets, Norwood Community Action Project, Queen Alexandra Community Knowledge and Skill Sharing, and Swan Hills Rolling Thunder.

Four main conclusions were be drawn from the reflection:

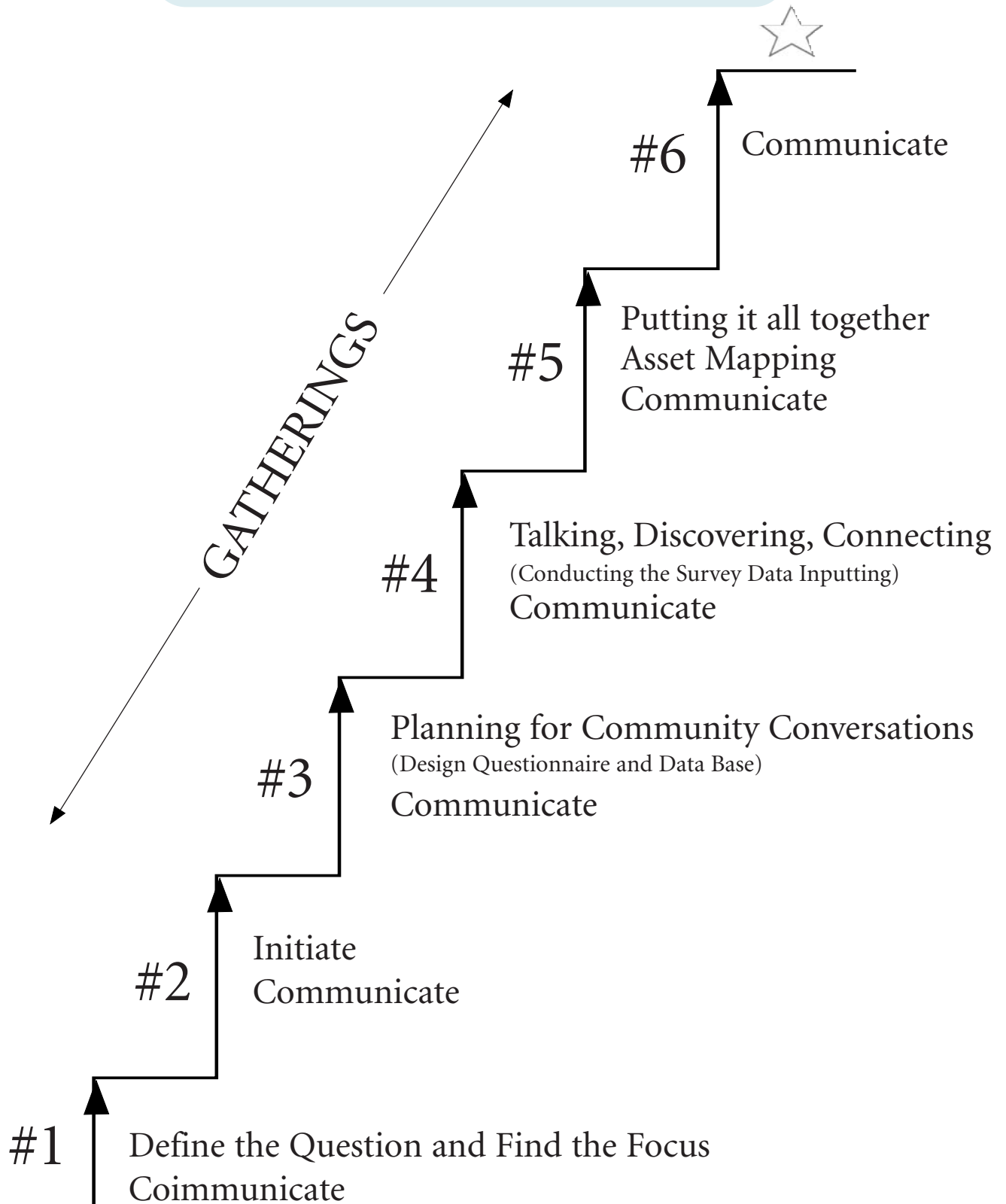
1. **Three key underpinnings for asset-based community building** emerged in this reflection and affirm the findings of Listen and Learn I. They include **engaging others, relationship building, and action**. Engaging others and relationship building both arose as essential elements for discovering and mobilizing community gifts, and were also seen as important determinants for the sustainability and success of the community building initiative. These two underpinnings also assisted the groups in moving to action, the third key underpinning. All of the groups who participated in this reflection planned and accomplished community actions or events. These actions were seen as important determinants of sustainability and success.
2. The interviews and the interpretations clearly indicate that the optimal group structure in community building is one which fosters an environment where the three key underpinnings, engaging others, relationship building, and action, can happen. This structure provides social opportunities for the development of friendships, and ensures that the group has action and accomplishments.
3. The results of **Listen and Learn II clearly affirm** the elements of **R.A.F.F.** (Relationships, Action, Food and Fun) that emerged from Listen and Learn I and the Community Building Gathering in November 1997.
4. The **Listen and Learn II method nurtured Community Building**. The interviews helped the community groups see their accomplishments, feel good about what they had done, and for some groups, renewed their energy. Those who interviewed another group were able to glean information for their own group through the exchange of ideas.

Community Capacity Building & Asset Mapping ©



February, 1999

Steps to Capacity Success ©



A Process and an Outcome

The Essence of Community Capacity Building & Asset Mapping© and The Steps To Capacity Success©

Process

The essence of the Steps To Capacity Success© is to create an open environment for conversation and talking (often using a questionnaire), discovery, and connecting.

- The Steps provide a path to discover and connect the gifts and interests of community people, businesses and groups.

Outcome

The essence of Community Capacity Building & Asset Mapping© is that new relationships and friendships are formed.

- New friendships and relationships are formed through the connections and links that are made during the conversations. The doors are opened for the discovery of the gifts, talents and interests of others (using the Steps).
- These new relationships create new social and economic ties and links that stimulate animation, and action, and encourage many more people to be part of the life of the community.

Further discussions would be valuable in order to determine ways to measure this outcome and/or to find indicators of this outcome.

Questions for Discussion???

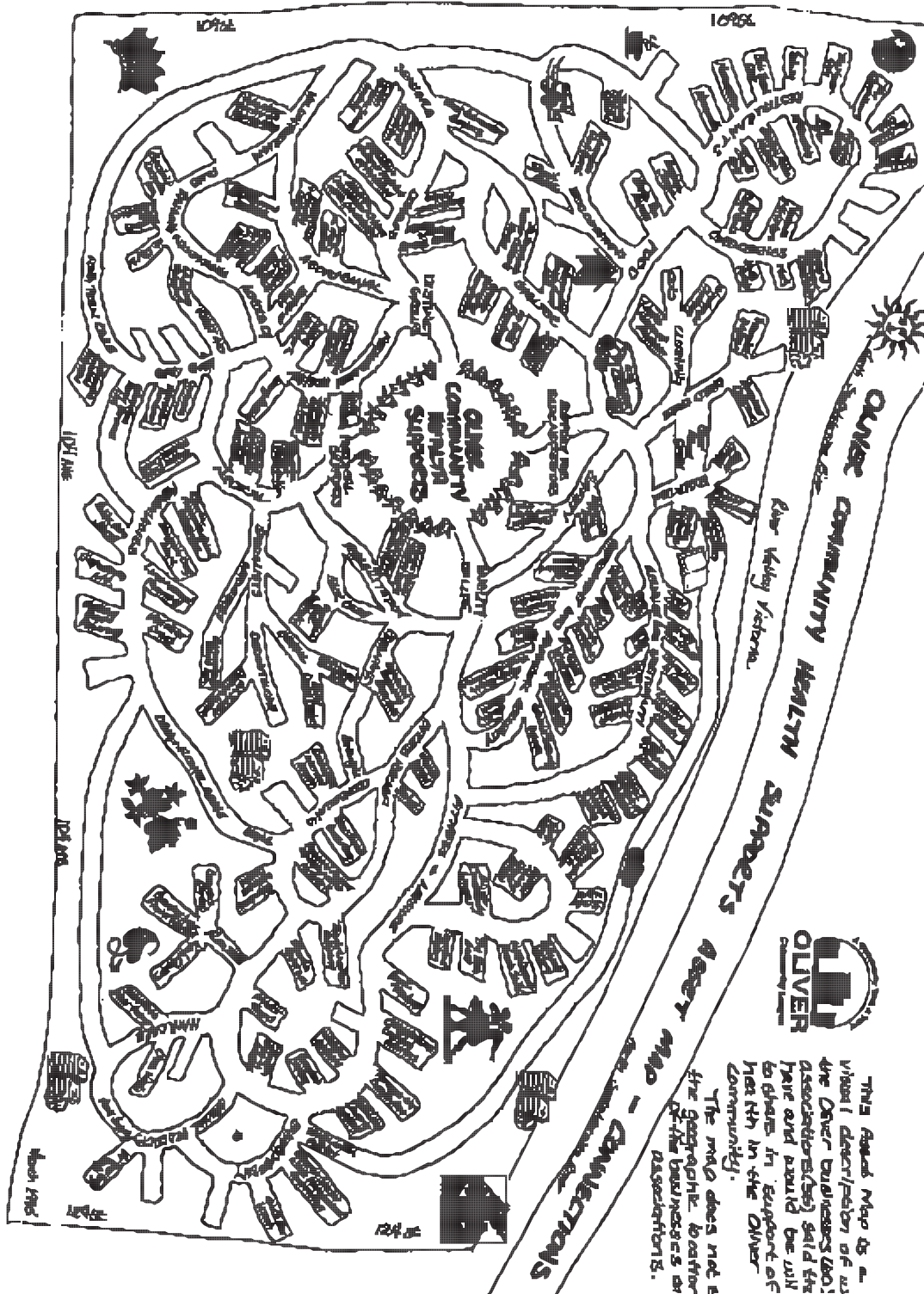
What happens if this “new way” is adopted by service and systems - can it be used effectively by service systems?

What Happened Next?

- a church beginning a community kitchen
- a church started an employment program for refugees
- two community leagues developing and distributing a “community guide” booklet. This project included applying for funding and developing partnerships with other community groups
- a Meals on Wheels project for seniors
- a group developing a network of Walking Trails
- a group developing a baby-sitting registry for new parents
- a group working on community gardens
- a group beginning to plan a Dream Park
- a local Heritage Society using the information gathered to access volunteers and begin fundraising to develop a Heritage Museum
- a team member fielding two phone calls for information, and was able to provide connections to a bookkeeper and a carpenter who were willing to provide their services either for free or inexpensively, both individuals she had met during the community building process
- youth teaming up with a community garden and some seniors to make their own salsa
- a community group celebrating their history gathered 400 community citizens, conducted historical walks and bus tours in the community, and seniors regularly present to school classes on the history of the neighbourhood
- a group of businesses, associations, and community citizens have formed an association aimed at creating positive change in an area of Edmonton that had lost its spark and acquired a negative image; have had three celebrations in six months
- a community league partnered with a church to provide monthly community dinners
- a business and neighbour watch
- a school and a community group developed a high school credit computer course
- businesses developing a Community Resource booklet
- a community rediscovers its history
- a group finding funding to build from the strengths and capacities they found in their community. Seniors are supported to share their talents with the community.

- high school and university students finding opportunities for work and community volunteer opportunities
- a citizen finding a spot to have a voice and to be an active participant in health planning
- part of town planning and urban redevelopment processes
- a “gift” sharing or barter system
- an informal “meals on wheels”
- a hiking trail
- a school and community get together to find their history

Sample Community Asset Map



CAFÉ Process and Tools -The CAFÉ Approach

New Tools to Foster Citizen Involvement in the Community Development Process
in Small Rural Towns.

Robert J. Tosterud, School of Business University of South Dakota
(<http://www.comm-dev.org/cdpractice2/index.ht>.)

To facilitate learning and momentum, the CAFÉ program is composed of a series of events, workshops, and surveys spanning an 18 to 24 month period. All of these activities have the common objectives of facilitating citizen communications and interaction, skill development, awareness of community conditions, confidence, and unity, all essential attributes of successful development. In a sense, CAFE is a long-term, continuing education program on a community-wide scale.

The process starts with the CAFÉ facilitator being invited into the community. It is important that the community initiate this first contact to ensure community ownership in the process. Following this first contact, the facilitator must perform an assessment of the community and make judgment relative to its “fitness” for the model. For example, a community that is self-sustaining may not need the help of CAFÉ. On the other hand, a community’s needs may be beyond the scope of the CAFÉ process. Demographic trends, particularly the average age of the population as well as trends in retail sales and property taxes, are illuminating. Asking town officials about the physical condition of the town’s sewer system, water lines, and roads is important as well. Evidence of substantial deferred maintenance on infrastructure is also significant. Once a community is identified a good CAFÉ candidate, it begins the following five step process:

Step 1.

The facilitator meets with development company/chamber/select citizen group to describe CAFÉ. If there is a mutual interest, go to the step 2 meeting, requiring each participant to bring with them three friends.

Step 2.

The facilitator meets with an expanded, more diverse, group to describe CAFÉ, usually about 25 to 30 people. A community “Business Inventory” survey is completed during this meeting and the “Perceptions and Evidence of Change” survey is distributed. The business inventory survey identifies what businesses are not available in the community and are therefore possible business

opportunities. The “perceptions” survey is designed to gauge community strengths and weaknesses as perceived by the community’s adults and youth. To get as broad a representation of the community as possible, attendees are asked to take home and distribute copies to their neighbors, and high school officials take copies to distribute to students.

Step 3.

A community potluck supper is held, during which the CAFÉ program and “Menu” is introduced and survey results released and discussed. As the community business survey revealed “business opportunities,” citizens are asked during the potluck supper to provide their judgments as to which of these business opportunities would have the greatest chance of success in their community (0 – 10 probability). These results are tabulated and published in the newspaper. Citizens interested in exploring any of these identified business opportunities are asked to contact the CAFÉ facilitator for assistance.

The results of the “Perception and Evidence of Change” survey are also revealed during the potluck supper. During the potluck supper, individual citizen/attendees select or “vote” their preferences for six CAFÉ events and six workshops which when totaled will constitute their community’s CAFÉ program. This vote also secures a list of volunteers as each citizen is asked to place their name and phone number next to three of the six events and three of the workshops they selected.

