

# Kinder Communities: The power of everyday relationships

	What could individuals do to encourage kinder communities	Thoughts
<b>Notice</b>	<ul style="list-style-type: none"> <li>● Notice, recognise and share our experiences of kindness</li> </ul>	
<b>Reassert values</b>	<ul style="list-style-type: none"> <li>● Question values and priorities, what do we think is important in life?</li> </ul>	
<b>Challenge risk culture</b>	<ul style="list-style-type: none"> <li>● Question what might feel like a risk</li> <li>● Take a risk anyway</li> </ul>	
<b>Make an effort</b>	<ul style="list-style-type: none"> <li>● Be open, smile, ask how people are and listen</li> <li>● Look for and create opportunities to connect</li> <li>● Involve and care for neighbours, especially elderly</li> <li>● Make time for others, avoid avoidance e.g. phones</li> <li>● Share chores, food and fun</li> </ul>	
<b>Be kind to ourselves</b>	<ul style="list-style-type: none"> <li>● Be self-aware and look after ourselves – question withdrawal as a way of coping</li> <li>● Ask for help</li> </ul>	
<b>Support connections</b>		
<b>Support health and wellbeing</b>		
<b>Measure what matters</b>		
<b>Fund?</b>		

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	What could organisations (public, private, voluntary) do to encourage kinder communities	Thoughts
<b>Notice</b>	<ul style="list-style-type: none"> <li>● Notice, recognise and share our experiences of kindness</li> </ul>	
<b>Reassert values</b>	<ul style="list-style-type: none"> <li>● Question values and create a vision beyond the task</li> <li>● Value and trust people</li> <li>● If 'professional' does not include kind – change</li> <li>● Create culture and tone where kindness is normal</li> </ul>	
<b>Challenge risk culture</b>	<ul style="list-style-type: none"> <li>● Question regulation, policies and procedures</li> <li>● Have the confidence to take a risk for the greater good</li> </ul>	
<b>Make an effort</b>		
<b>Be kind to ourselves</b>		
<b>Support connections</b>	<ul style="list-style-type: none"> <li>● Provide free, welcoming spaces for people to connect</li> <li>● Empower wherever possible rather than look after (see below)</li> </ul>	
<b>Support health and wellbeing</b>	<ul style="list-style-type: none"> <li>● Support health and wellbeing and look after when necessary / recognise when specialist care is needed</li> </ul>	
<b>Measure what matters</b>	<ul style="list-style-type: none"> <li>● Can performance management encourage kinder communities?</li> <li>● Can we get rid of incentives which detract from kindness?</li> <li>● Can we encourage (or at least not discourage) holistic wellbeing rather than narrow goals?</li> <li>● Can we focus on the strength of communities rather than organisations?</li> </ul>	
<b>Fund?</b>	<ul style="list-style-type: none"> <li>● If we need social change rather than service provision, what does that mean for funding?</li> </ul>	