CHEMBASE FOUNDATION

Community Working Together

Stronger communities, built side by side

Why community matters · How we build it · Who benefits

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1 Why Community Matters

Having a sense of community unites us. Being part of a community can make us feel part of something greater than ourselves. It gives us opportunities to connect with people and reach for our goals, and makes us feel safe and secure. **It is important for every person to have a sense of community.**

COMMUNITY COLLABORATION

A process by which clients and/or families receiving services, other community members, agencies, organisations and businesses work together to share information and resources to fulfil a shared vision and goals.

ESPRIT DE CORPS

The French phrase for working together — roughly, *a sense of unity and enthusiasm for a shared responsibility or interest*. With that in mind, we define working together as **the oil that makes the team work well**.

2 The Hidden Benefits of Working Together

Effective teamwork delivers more than just reaching the goal.

Benefit	What it means
Synergy	The sum is greater than its parts. More people bring a bigger pool of ideas and different points of view, and together the team can determine which solution is most effective.
Self-boost	Humans are social. When people feel comfortable in a team, they gain confidence, communicate more freely, and feel important and heard.
Healthy competition	Working in a group motivates everyone to be at the top of their game, eases tensions and builds community — and often leads to innovation.
A sense of achievement	Reaching a goal together builds confidence that spills over into other parts of our lives.
Sharing expertise	Every member brings their strengths and skills to the table, so team members learn from each other.

3 Seven Benefits of Community

Seven ways that belonging to a community — and taking part in neighbourhood action — supports our well-being.

#	Benefit	What it means
1	**Support and safety**	In uncertain times a strong support network matters more than ever. Community helps fight feelings of hopelessness and gives us certainty that we are safe — and supporting others gives us a boost too.
2	**Connection and belonging**	Finding others with the same values, interests and world views shows us we are not alone and makes us feel valued. Being accepted gives us a stronger sense of self and helps us cope with negative experiences.
3	**Influence**	Like-minded people can give us the extra push to avoid unhealthy habits and motivate us to invest in our well-being.
4	**Sharing**	Sharing activities, ideas and feelings strengthens our sense of self and adds value to the community — with benefits for mental health including higher engagement, positive emotions and empowerment.

3 Seven Benefits of Community

#	Benefit	What it means
5	**Learning**	Communities share common interests but are not all alike. Learning from people with different views, experiences or beliefs brings insights we may not reach on our own.
6	**Acceptance**	Building bonds with people who think differently is a chance to practise acceptance — and acceptance does not necessarily mean agreement.
7	**More connections, more success**	Community extends to professional life. Supporting local businesses is a good place to start networking and building strong relationships.

AT A GLANCE — FIVE BENEFITS OF JOINING A STRONG COMMUNITY

1. Sense of belonging

2. Diversity

3. Accountability

4. Fun

5. Support

CHEMBASE FOUNDATION — COMMUNITIES WORKING TOGETHER

4 Building Community

If community is needed so much, why aren't we better at creating it — and how do we build relationships that feel safe, especially when we are vulnerable and need support?

WHAT MEMBERS OF A "TRIBE" ALL NEED TO DO

1 **Spend time together**

2 **Ask for help** — and say yes to helping and supporting each other.

3 **Share their authentic selves** — responsibly, owning the good and the bad, the easy and the tough.

4 **Do their personal work**

5 **Grow together**

When we take these steps, each member of the tribe is better resourced and able to offer their unique contribution. **Without enough support, suffering is inevitable.**

5 Who Benefits — Every Layer of Community

The benefits of community reach every layer surrounding a family.

For Individuals

Benefit	What it means
Learning	Being connected means more opportunities to learn from each other, share wisdom and help each other thrive.
Connecting	A closer community gives each member a wider, richer network of resources, wisdom, connections and support.
Creativity & inspiration	Connecting with people of different ages, backgrounds and careers exposes us to new ideas and new ways of seeing old ones.

For Parents

Benefit	What it means
Practical help	An extended community helps with daily tasks — errands, cooking, shopping, homework, transport to sport. Many hands make the load lighter and the days more joyful.
Wisdom	Others who help parent, including older siblings, bring new perspectives and passed-down learning. New parents can take the best and leave the rest.
Social connection	Between home, school and work, having people to see and connect with makes life feel more fulfilling and meaningful.

5 Who Benefits — Every Layer of Community

For Couples

Benefit	What it means
Time together	With a community around them, parents have more time alone together, while community members build lasting bonds with the children.
Reflections	Community members can remind a couple who they are — a source of nurturing, and of perspective in times of conflict.
Support	Others can offer much-needed support and guidance as a couple grows through life's joys and challenges.

For Kids

Benefit	What it means
Witnessing	When more people know a child, the child receives greater affirmation — building self-esteem, confidence and mental health.
Discovering gifts	Community offers many chances to contribute, so children can explore and discover their natural gifts.
Establishing values	Growing up in a community exposes children, repeatedly and in many ways, to the values it cultivates.

5 Who Benefits — Every Layer of Community

For Community Members

Benefit	What it means
Belonging	When others relate to us as important, a basic need is met and we can function at a higher level. To be-long is to live long and happily.
Authenticity & acceptance	A safe community gives members the space to be themselves and form closer relationships.
Growth	Healthy conflict is the life-blood of community — teaching communication, boundaries, forgiveness and acceptance, and ultimately personal growth.

For the Extended Community

Benefit	What it means
Strength & sustainability	When members rely on each other and work toward common goals, the whole community becomes more stable and productive. Many strong local communities make a stronger global community.
Health	People caring for each other are healthier. Healthy people make a healthy community; healthy communities make a healthy planet.
Resources	Many people working together form a wide network of skills — one may know construction or baking, another websites or darning.

01

Learning and growing together

02 · COMMUNITY WORKING TOGETHER

Shaping a shared future

03 · OUR COMMUNITY

Six ways to engage our community

- Customer education and community events
- Company giving and sponsorship
- Company-sponsored community service
- Team member engagement
- Workplace community involvement
- Team member giving

04 · COMMUNITY WORKING TOGETHER

Hands in the soil

04 · COMMUNITY WORKING TOGETHER

Stronger together

CHEMBASE FOUNDATION · CHEMBASE INTERNATIONAL GROUP PTY LTD · ABN 98 660 823 316

It costs you nothing to find out how much you can save

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