

# Summarising Community Cohesion

Community cohesion means fostering a sense of shared belonging and mutual respect among diverse individuals by engaging them in collaborative experiences. This involves strategically designing activities like gardening, shared meals, and exploration of green spaces to build trust, address varying needs, and empower communities to collectively connect with and enjoy their natural environment.

1

## Make People Feel Invested

By creating spaces where people feel they have a stake encourages participation and which are accessible and tailored.

## Different people need different things

Use different methods (e.g., gardening, drama) to cater to different preferences and comfort levels and know what lowers the barriers to entry.

2

3

## Find a common ground

Create shared experiences through food, collaborative activities, and flexible community spaces to build meaningful connections.

## Be strategic

Embed community cohesion into all activities through long-term planning, stakeholder engagement, and diverse representation.

4

5

## We might not always get everyone

Focus on incremental progress and building trust over time and respect community decisions where different views exist.

## Find partnerships and community gatekeepers

Collaborate with organisations and trusted individuals in the community to expand reach and support, (supporting language barriers, diversity on boards).

6

7

## Educate people through exploring new spaces

Change perceptions by encouraging firsthand experiences (e.g wellbeing walks) and promoting safe, welcoming environments.

## Empower people to create solutions together

Facilitate collaborative problem-solving and community-driven activities which allow flexibility and creativity in activities rather than rigid rules.

8