



# Introduction to the ABCD Toolkit

## **Hello and Welcome to the Torbay ABCD toolkit!**

From our six years of experience, we think that Asset Based Community Development is the most positive way to bring people together and reduce isolation.

## **How do Community Builders do Asset Based Community Development in Torbay?**

Community Builders ask people what they want and support the community to make it happen. The ideas come from the people. Not from us. We help to remove any barriers that could be in the way of what people want to happen. We connect people and support them to set up groups and activities for themselves. The best venues are free, for example, a quiet area of a pub or café or a room in a community centre or the park or the beach or a room in someone's house, flat, or garden. Sometimes we help with finding, asking for permission and initially paying to use a venue. We can offer a small amount of start-up funding, to pay for a venue until, for example, the numbers, at the exercise or dance class, increase to cover the cost of the hire of the hall. We have supported a vast variety of groups to make things happen that also include, community and mobility bus services, memory cafes, strength and balance classes, book clubs, quiz nights, writer's groups, lunch clubs, theatre, cinema, and day trips. The groups and activities are important – but it is the friendships that come from them that really makes the difference.

We have included 12 examples of some of our activities in our ABCD toolkit. Find out how we set these groups up with the people in their community. Find out why they work and how they continue to work today. Watch them in any order. Choose what you are interested in and enjoy!

**-What is ABCD? Asset Based Community Development in Torbay by Tracey Cabache** 2 minute video.

**-What is ABCD?** PDF document.

**1. Asset Map of Brixham** What is an Asset Map? How do you make it? 1 minute video with Community Builder, Victoria Campbell.

**2. Ageing Well Festival and Torbay Over Fifties' Assembly** 3 minute video by June Pierce.

**3. Bollywood Dance Group** Powerpoint by Community Builder, Victoria Campbell.

**4. Coffee Mornings:**

A **Barrie's Story** In this 3 minute film, we hear Barrie's story of meeting new people and making new friends after the loss of his wife.

B **Top Tips for Groups** 1 minute video by Community Builder, Christine Durrant.

**5. Craft Group:**

A **2 minute video** by Community Builders Jennie Langridge and Amanda Lynn.

B **Written case study** by Jennie Langridge.

**6. A Crafty Fox Community Café n Hub** 5 minute film with Community Builder Nina Cooper.

B **Yarnbombers at the Crafty Fox: Robbie's Story** 2 minute film.

**7. Creative Arts Celebration in Chelston** 5 minute video from Community Builder Marianne Parker.

**8. Cricketfield Community Garden** Written case study by Community Builder Dan Best.

**9. Evening Stroll Walking Group** 1 minute video by Community Builder Usha Garrattley and Joy Bastone.

**10. Flashmob Across the Bay:**

A **Dancing Queen** 3 minute video.

B **Conversation between Clare Parker and Anne George, dance leaders,** 3 minute video.

C **Case study** by Creative Community Builder Marianne Parker.

**11. From Wasteland to Park: The Goshen Rosery Triangle** Powerpoint by Tara Acton, Community Builder.

**12. Workshop – 'The Shed'** Powerpoint by Tara Acton, Community Builder.