

WE ARE GLENCRAIG



CAMPBILL COMMUNITY GLENCRAIG

EDITION 15 - SPRING 2022

*"Life is about accepting the challenges along the way,
choosing to keep moving forward, and savouring the journey."*

Roy T. Bennett

Promise Yourself

"To be so strong that nothing
can disturb your peace of mind.

To talk health, happiness, and prosperity
to every person you meet.

To make all your friends feel
that there is something in them

To look at the sunny side of everything
and make your optimism come true.

To think only the best, to work only for the best,
and to expect only the best.

To be just as enthusiastic about the success of others
as you are about your own.

To forget the mistakes of the past
and press on to the greater achievements of the future.

To wear a cheerful countenance at all times
and give every living creature you meet a smile.

To give so much time to the improvement of yourself
that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear,
and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world,
not in loud words but great deeds.

To live in faith that the whole world is on your side
so long as you are true to the best that is in you."

Christian D. Larson

Welcome to the latest We Are
Glencraig. I think you will find it
very colourful, informative and
encouraging. This edition includes articles
of reflection, celebration, information
update, personal and community stories,
poems, humour, recognition of achievement,
creativity, challenge and fun!

This edition covers the later third of the
second year of the Covid pandemic.
It needs to be said and recognised that
this has been a challenging time for our
work and for communities like ours. For
the sake of the common good, we have
found ourselves having to put others first
ahead of our own wishes and preferences
on occasions. This is not however a bad
principle to live by. We all hope that as
things ease in terms of restrictions that
we can continue to consider one another's
well-being, that we can manage the
ongoing risk in a positive way. I do again
thank you for your efforts in these past two
years, we have come a long way.

You will read some articles in WRG that
show how we are working on instilling our
values. In May the managers started a
12 month activity to help us instil Positive
Behaviour Support across our work and you
will be hearing more about this as we work
on our induction, training, support activities
and develop the Camphill Approach in line
with our values and vision to help everyone
reach their POTENTIAL

Thank you to the editorial team in shaping
this edition and I hope you enjoy the
articles as we move into the lovely time
of Spring & Summer!

Paul Betts – CEO

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*"Try to be a rainbow
in someone's cloud."*

Maya Angelou

If you have any questions about the
We Are Glencraig magazine, would like
to receive future editions via email or if you
would like to contribute to the next edition,
please write to weare@glencraig.org.uk

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Seasonal reflections

Often, I think about the community, what is the community? Who forms the community? And I always come to the conclusion that the community is obviously all of us. Each and everyone. Glenraig is formed by an ever-changing community of people who work together for the “Common Vision” that lives within Camphill. People come and people go. Some stay for a long time, some not so long. Others have lived here most of their lives, and others have just arrived. This is Glenraig, a community with many different environments that interact with each other in many ways. In reality, it is like an eco-organism; each one is fulfilling their part and hence is part of a greater whole, coming and going. Everyone giving and contributing in their own unique way to the life of the community.

The work that goes on in Glenraig is incredible and impressive, so many areas that need care and attention, so many people fulfilling their role, so many roles, such a big need for more people. The most admirable of all the aspects that encompasses the greatness of our community, is the love and commitment to the individuals living, learning, and working here.

Glenraig has been in a transition period for many years already, trying to redefine itself, and it feels as if, as a community, we have been given a new opportunity. As if a door was opening where we can rethink and reflect on who we are and find our feet again.

As all of this goes on, the seasons continue to pass by, and it is wonderful to take some time to observe what is happening around us in nature and to perceive how these changes affects us. Spring has returned and as the land flourishes with colours, a wish for renewal and rebirth grows in our hearts.

Slowly we are moving towards warmer and longer days. Since the last edition of our magazine, we have celebrated Christmas, St Brigid’s Day, Candlemas, Carnival, Palm Sunday, and Easter. Each of these celebrations have a different mood which relates to

their place in the yearly circle. By celebrating each festival, we imbue our lives with meaning and help those we support to orientate in time.

How we can prepare ourselves to receive and to understand the deeper meaning that lives within these festivals is a question I always ask myself. How can we embrace each season positively and make the best of it, in order to continue to develop ourselves as individuals?

A similar question lives in me regarding our community, how can we continue to improve individually, so we can make a positive impact towards the wellbeing and evolution of our community. Only a healthy community can provide the quality of life and care that is up to the standard for the needs of the children, young adults and adults who are in Glenraig and all those supporting each other and learning together. Through building positive relationships, communicating clearly and openly, appreciating the work and effort everyone puts in during their time and especially being kind and respectful towards our differences, we can achieve this aim.

It is not easy, but it is something we need to continuously strive towards if we are interested in helping our community to grow. It depends on each one of us, to go the extra mile and to connect our minds, hearts, and actions towards making the best of our time in our own areas of expertise. All of these will sustain the present and will contribute towards the building of the future of Glenraig as an intentional community that provides a meaningful life, education, and work for so many people.

As spring unfolds into summer, and as the seeds grow and transform, feeding our body and soul, the fruits of our work will nourish the wellbeing and the spirit of our community.

Together we can!

With love

Katia



How we can prepare ourselves to receive and to understand the deeper meaning that lives within these festivals is a question I always ask myself. How can we embrace each season positively and make the best of it, in order to continue to develop ourselves as individuals? "

GLENCRAIG'S Carnival

2022

In February we celebrated Candlemas, our first Community Festival of the year. We gave light to Mother Earth with candles, singing and bell ringing. Then, on the 1st of March it was time for Carnival. Our volunteer co-workers organised a fun festival which we celebrated outside on a beautiful sunny day. The theme was 'flowers'. Comgall lawn was decorated beautifully with bunting and uncountable colourful crafted flowers made by the volunteers, the Craft workshop and Parsifal. (Thank you for your creativity and community engagement!) There was face painting, a pancake race, dancing, circus activities and games followed by pizza for the whole community. We hope you enjoy the pictures as much as we enjoyed ourselves on both days!



Interview with Matthew



Hi Juani and Katia,

Some information about Matt which I hope helps to give background for his interview.....

Matt was born in Herefordshire in 1990 and grew up in a pretty, black and white village there - Weobley. Sadly when Matt was 8 his Mum Liz died from malignant melanoma in 1999. In 2005 Matt's Dad Ron met Sue and they married in December that year. Sue knew Matt already through working at Westfield Special School! So Matt and his elder sister Jessica were joined by a new brother Shaun (Sue's son).

Matt went to the local Weobley Primary School, Weobley High School, and Westfield Special School in Leominster.

When Matt was 19 he went to Derwen College in Shropshire on a 3 year residential course which he really enjoyed, getting some experience of living away from home, training in hospitality and housekeeping and drama, making new friends, and he participated in lots of social events and trips out of college to theatre, concerts, football matches and other events.

Ron and Sue moved to Bangor in late 2012, and when Matt finished Derwen College in 2013 we had managed to arrange a place for Matt at Glencraig. Matt moved to Camphill in October 2013 working initially on the Estate team, and then with the Farm team which he loves. Matt has lived in Comgall House, Novalis House, and for the past 3 years Emmaus House. Matt loves being part of the Camphill community and thrives there. He has really enjoyed the social activities - music nights, dancing, archery, drama, circus skills, days out. Matt has enjoyed several holidays with Camphill pre Covid. Matt went to the USA with Ron and Sue in 2012 and 2016 which he loved.

Thanks and best wishes,

Ron



Hello Matthew, thanks for taking the time to do this interview.

Firstly, can you please tell us a bit about the house you are living in at Glencraig?

I live in Emmaus, a life sharing house, alongside with a family of house parents and their children, Sofia and Luciano.

I share Emmaus with another 6 residents.

Emmaus is a very nice and relaxed environment to live in.

Is there any particular aspect of living here that you enjoy the most when at Emmaus house?

I love joining the karaoke nights at Emmaus and singing Bohemian Rhapsody from Queen and also Mama Mia from the musical. I also like to participate in Signing classes, movie nights on Fridays and meditation.

I really enjoy our lunch because it is prepared with our fresh veggies and fruits. Also breakfast and supper.

The food at Emmaus is very nice!

Driving, dinner/lunch out, Karaoke, Singing, Baking

As member of the farm team, can you tell us a bit about the workshop and your role in it?

I work at the farm from Mondays to Fridays. All day, every day!

I work on feeding the pigs and cows with hay. One of my favourite duties is mucking out the barn. I like it because I get to go on the field and walk around the farm.

I also use the power washer to clean up and tidy at the farm! Love doing that!

Which is the part of the year you enjoy the most, among all celebrations and events that happen here at Glencraig?

I enjoy Christmas a lot, I really like to have a special Christmas dinner!

Also, when others have birthdays, I really like bringing their cake and singing happy birthday to them

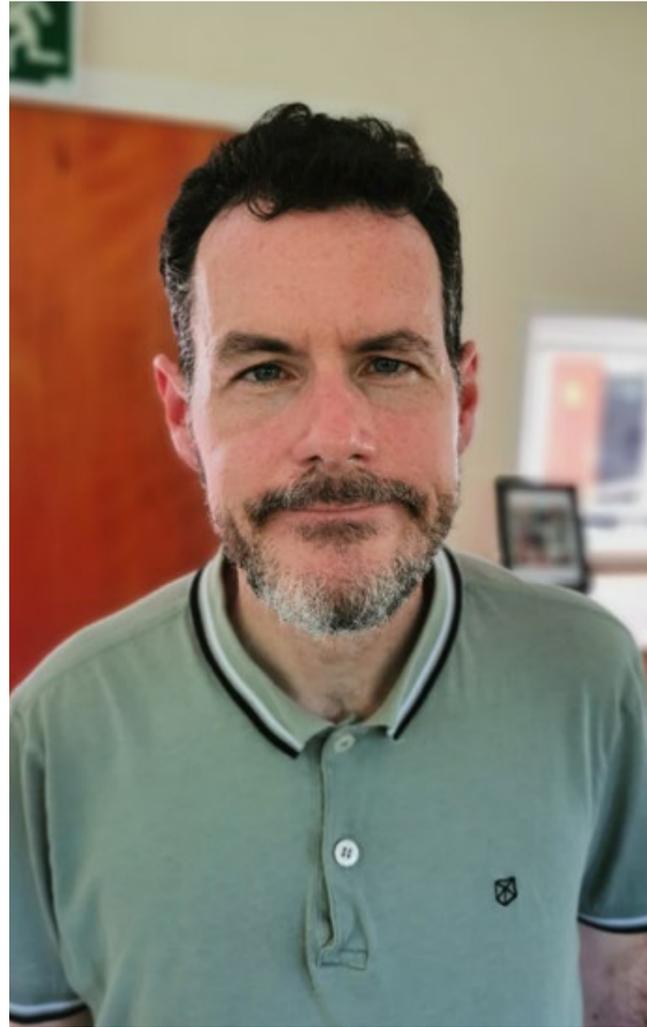
I really like dressing up when there are circus events, and I like to perform my circus numbers!

How long have you been joining the circus classes Matthew?

Before 2020 I used to join the Glencraig Circus every Friday night and also the Streetwise Circus in Belfast. I really enjoyed that, especially when I had to dress up into circus customs for shows in Glencraig or for the big show after the 2-week summer school in Belfast. I love performances and also helping to offer circus workshops at open days, craft fairs and other events in and outside our community.

Once those events stopped, I continued practicing circus with our circus mentors. Nick and Martin!

Interview by Juani Milesi – Emmaus House



Meet the Laundry team

This month I would like you all to meet another very important member of the laundry team. Jamie has been working in the laundry for a long time and has established his own routine here. Jamie likes to keep moving and his jobs include moving the trollies around the laundry, folding sheets and taking the deliveries around the community, among many other tasks. Jamie is very gentle and quietly spoken but if someone else tries to do his tasks he will stand his ground with determination. In the moments when the machines are all hard at work, Jamie is also very keen on practising his circus skills. He loves to join in when the workshop is singing, and he also sings his own songs while he is working. Jamie is a very valued and committed member of the workshop.

Sarah Pandey



Bread Rolls

Ingredients

- 500g strong white flour, plus extra for dusting
- 7g sachet fast action yeast
- 2tsp salt
- 1tsp sunflower oil



How to make it

Step 1

Tip the flour, yeast, salt, and oil into a bowl. Pour over 325ml warm water, then mix (with a spatula or your hand), until it comes together and is not sticky anymore. Make sure all the flour has been incorporated.

Step 2

Lightly oil your work surface and tip the dough onto it. Knead the dough for at least 10 mins until it becomes tighter and springy. Pull the dough into a ball and put in a clean, oiled bowl. Leave for 1 hr, or until doubled in size.

Step 3

Tip the dough onto a lightly floured surface and roll into a long sausage shape. Halve the dough, then divide each half into four pieces, so you have eight equal-sized portions. Roll each into a tight ball and put on a dusted baking tray, leaving some room between each ball for rising. Cover with a damp tea towel and leave in a warm place to prove for 40 mins-1 hr or until almost doubled in size.

Step 4

Heat the oven to 230C/210C fan/gas 8. When the dough is ready, dust each ball with a bit more flour. (If you like, you can glaze the rolls with milk or beaten egg, and top with seeds.) Bake for 25-30mins, until light brown and hollow sounding when tapped on the base. Leave to cool on a wire rack.

Recipe by Katia

Meet Your Fabulous Estate Team...

Many of you already know our fabulous Gardeners on the Estate Team, but I wanted to take some time to give them a proper introduction to those who haven't met them yet.

I have decided to do this through a condensed version of our "one page profile" task that we did as a group in the Estate Team and thought this was a brilliant way for the community to get to know our whole team.

Clare and Ally discovered the Social Pedagogy training that Martin Schwarz provided over 3 years ago. We were massively inspired by the course but were both working in different areas of the community at the time. So, now working together we have the opportunity to explore and put into action these ideas.

When I started as a Group Leader of the Estate, we both decided how important it was to have a "One-page-profile" for all our residents. I genuinely loved this process, as not only did we learn new things about each other, it gave us time to stop and appreciate what we also value in each individual member.

We have 12 core members of the Estate Team, 4 of which are staff. Instead of presenting them all together as a whole, I have decided to slowly introduce our members, 3 at a time, with each season.

Amazing Andrew

Well, our Andrew, where to start... Andrew is our day attendee, who is not hard to miss, as he is over 6ft tall and generally sporting his high vise. Can usually be found digging, cutting grass, or pushing a wheelbarrow with a spade around the community. Andrew may appear shy at first, but once you get to know him, he is truly hilarious and very observant.

What people like about Andrew?

- Andrew's genuine love and enthusiasm in working outdoors.
- Very funny and has a great sense of humour with his friends.
- Great memory, knows exactly what's going on and where things should be. (Something the Group leader would be lost without).
- Andrew is emotionally intelligent, with a fantastic connection with nature, and has taught us many fascinating things, including the art of being present.

What makes Andrew Happy?

- Diggers, tractors (esp. Sam and Gerry), fire engines, helicopters etc.
- Loves the sun
- Lawn mowing, tools with or without mechanisms and keys.

How to Support Andrew?

- Andrew has a limited vocabulary but understands everything! Especially once things are explained to him properly, he will get it.
- Giving Andrew the choice to be as independent as possible.
- Andrew is growing in confidence each day, and in order to encourage this as much as possible, it is very important not to tell him what to do or what not to do, but to ask, explain and give options.



Audacious Ally

Ally is one of our support workers on the Estate Team and definitely our pure-hearted wild woman of the group. For me Ally is the roots of the team, not only does she ground and inspire us, but she also ignites our true passions.

What people like about Allyson?

- Calming presence contrasted with harnessing her inner wild woman.
- Her sense of movement not only in her body but in her environment. Fantastic dancer!
- Ally's wise, curious nature
- Her love of truth

What makes Allyson Happy?

- Movement and spaciousness
- Sound
- Listening
- Outdoors, especially living and working outdoors
- Beauty in creation

How to Support Allyson?

- Observe how she appears at first as you approach her, awareness of her headspace.
- Say exactly what you mean or request.
- Ally appreciates being given choice and informed consent.



Joyful Jessica

Our Jessica is a fantastic young lady, who loves nature and is always willing to help regardless of the task. Sometimes the more physical the better. In saying that Jessica is the most meticulous weeder I have ever seen, her attention to detail is superb. Not only is she a great Gardener, she also creates beautiful artworks full of colour and energy, during her Tea breaks.

What People like about Jessica?

- Her optimism and celebration of life
- Her connection with nature and trees
- Her kindness and always being willing to help others.

What makes Jessica Happy?

- Seeing her friends and family
- Going for walks around the community, especially to the beach and forest.
- Fairies, most importantly where are they hiding?

How to Support Jessica?

- Patience, listening, giving her time and space to speak when communicating her needs.
- To be gentle, kind and present
- Willingness to understand what I'm trying to say.
- Positive and encouraging approach.

With each edition of the magazine, we will introduce four more of our fantastic Estate Team Characters. In the next article, you will have the pleasure of meeting Calamity Clare, Awesome Alison, and Dramatic Declan.

Followed closely by Super Simon, Curious Colin, Radiant Ro, Blushing Bob, Captivating Cillian and Delightful Diana.

Stay tuned!

Minister Swann's Chilli & Apple Jam

Ingredients

- 900g cooking apples
- 1L water
- 3 chillies
- 1 lemon
- approx 1kg granulated sugar (equal sugar to juice)

How to make it

1. Chop the apples, don't remove the peel and core, as these contain the pectin which will set the jam. Place in a large saucepan with the a piece of lemon peel and 1 chilli, quartered.
2. Cover the apples with the water, cover and leave to boil for 40-50mins till the apples begin to mush.
3. Strain the pulp through some muslin to get your spicy apple juice, transfer to a jug and measure the volume of liquid.
4. Return the juice to a large saucepan with the juice of a lemon and an equal amount of sugar to liquid, along with the remaining two chillies, seeds removed and finely chopped.
5. Bring to the boil and skim any white residue that settles on the top. Continue on a rolling boil for 10-15 mins until jam setting point. This should be around 105°C or till it coats the back of a spoon.
6. Transfer to sterilised jars and seal.



A Visit from Robin Swann

On Monday 21st March, Health Minister Robin Swann visited Glenraig to officially celebrate the opening of Craigmichael Children's Home and the Adult Day Care Centre.

On arrival Minister Swann was greeted by Paul, Anna, Fiona and Liz Mitchell, Lauren and Callum from Day Services, and unveiled a plaque at the main entrance to the Centre.

Minister Swann walked through the centre seeing the pottery, workshop rooms, visited Andrew and Daniel in the Kitchen and then admired the work from the dining area meeting various people. Lauren escorted him through the garden area to the Weavery, meeting Gary-Lee en-route.

From the Weavery he was able to view across the site to Craigmichael and some of the residential houses and we had slides of the activities inside Craigmichael.

Following some light refreshments in the Weavery from our own land and kitchen, and meeting some of the children from school and Craigmichael, Paul thanked the Minister for finding time to visit Glenraig and explained the various work that is carried out across our services.

Paul also thanked the Minister for his Leadership during the past two years of Covid, highlighting some of the challenges that we and the learning

disability sector has faced. Finally, Paul welcomed the Ministers consultation into the Reform of Adult Social Care in the province and invited Mr Swann to unveil the plaque for Craigmichael.

Mr Swann replied saying how impressed he was to see our work already delivering what he wanted to see replicated for others. Lauren gave the minister some gifts from our produce and later he kindly sent us his own special recipe!

The Department of Health officials commented on how fitting the visit was for the Minister and upon leaving, he stopped for one final photo with Gary-Lee!

I would like to say thank you to all those involved in preparing for Minister Swann's visit, in particular the Facilities, Maintenance and Estates Department along with Day Care including the Kitchen and Craigmichael put a great amount of effort into preparing the site for Monday's visit - so big thank you.

A formal Press Release was issued by the department with pictures of the occasion - read it on the next page.





Press release

Camphill Community Glenraig – a disability service based near Holywood, Co. Down – welcomed Health Minister Robin Swann MLA to its campus to formally celebrate the introduction of new Children and Adult services which opened during the pandemic.

A Children's Residential Home for three children which opened in 2020, and an Adult Day Care Centre for 24 adults which opened in 2021, have given Glenraig the ability to support 75 individuals with complex behavioural and learning needs aged from ten to over 80 across its campus. Currently 48 full-time residents occupy its 14 homes, whilst an additional 27 individuals attend during the day and benefit from the Day Care Centre, formal education and wider services.

Commenting on his visit, Health Minister Robin Swann MLA, said: "I am delighted to formally introduce the additional children's residential and adult day services at Camphill Community Glenraig's campus.

"There is a growing demand for short and long-term children's residential care to support those with complex needs, carers and families. Furthermore, adult day care and day opportunities provide a platform for adults with learning disabilities to remain within communities, reach their fully potential and better enable families and carers to support the needs of their loved ones. Therefore, the addition of new services provided by Glenraig is welcome at a time when Health & Social Care is under considerable pressure."

CEO of Camphill Community Glenraig, Paul Betts, shared his thanks with Health Minister Swann and his Department for ongoing support of those with complex needs, including throughout the pandemic, and through his current plans to reform Adult Social Care in Northern Ireland.

Paul said: "We are proud to have introduced an increased offering at our campus, particularly as the need for both day and residential services increases across Northern Ireland. Providing health and social care services to vulnerable people dealing with learning difficulties and complex needs is incredibly important. Our residents and their families rely on our services, and the Department of Health and Minister Swann's support therein is vital and much appreciated as we continue to do our work.

"I'm delighted to see Minister Swann setting the agenda when it comes to Adult Social Care Reform and that plans

include Learning Disability. Public consultation is now underway on various proposals which include key issues for us such as sustainability and workforce matters. Two years on from the first lockdown of the Covid-19 pandemic, it's important we remember the invaluable work care staff do to keep our loved ones safe and able to lead meaningful lives. I would encourage individuals and families to engage in the public consultation ahead of it closing in May."

A registered charity, and independent organisation, Camphill Community Glenraig has been pioneering person centred care for over 67 years. Its community setting reflects a microcosm of society with a farm and gardens, a college and a school, where members can thrive by experiencing all the facets of a meaningful life in an environment that promotes individuality.

Paul continued: "We encourage our 300 staff to focus on creativity and empathy, and the unique abilities of the people we care for, to ensure we deliver a personalised approach to care – a holistic approach that is reflective of our values and principles. This is evident right across our campus, including our new day care centre and children's home.

"Whilst it has been and continues to be a challenging period for social care, collaboration has improved between the Department of Health and the independent sector throughout the pandemic. Our staff will also always be catalysts when it comes to transforming the lives of those in our care, and we have learned that their dedication and passion will support our organisation to be flexible and agile in the face of adversity as we were at the beginning of the pandemic.

"We have diverse opportunities for our team here that allow them to develop knowledge, understanding and the core skills needed to not only transform lives but build their own careers in social care too."

During the visit Paul also expressed his appreciation to the ARN foundation, an independent Charitable Trust set up with the intent of supporting good causes across Northern Ireland, who funded aspects of the Day Care Centre. Both the Day Care Centre and the Children's Home have been nominated and shortlisted in the Northern Ireland Health and Social Care Awards taking place this April.

For more information on Camphill Community Glenraig's services visit www.glenraig.org.uk.



Craig Michael

Our new children's home, in the news!

In Northern Ireland there are approximately 2,763 children and young people in long-term and full-time care. Around 25% of these children have special educational needs.

Our children's home can accommodate three children, and has three self-contained flats whereby each child has his own living space, bedroom and shower. The home also boasts beautiful child-friendly shared spaces and a large back garden, not to mention the wider Camphill community which has play parks, a farm, organic gardens, a sports pitch, beautiful walks and direct access to the beach.

Every individual is different.

No two children are the same. Often people attribute certain characteristics to children with Autism, for example, but in reality two children with the same diagnosis have unique personalities, abilities and personal difficulties. In Camphill, we consider the whole individual, and tailor support according to their individual needs, preferences and wishes.

All children with complex needs have the ability to communicate.

Children who are non-verbal, or who have limited speech, can communicate if they are enabled to do so. Our support workers are skilled in using various tools such as choice boards, PECs, social stories and Makaton. In the children's home, we have three communication champions, who develop resources and act as role models for other support workers. When our children are empowered to develop the tools to express themselves, they can achieve happier lives, characterised by choice, control and predictability.

Children with complex needs are children first.

Children with complex needs are able to learn, grow and develop, just as other children do. They may just require a little extra support along the way. We adopt a right-based approach which strives for equality of opportunity. It is unfair to assume that a child can't do something, because of his or her complex needs and it is our responsibility to enable the children in our care to develop their skills and independence, so that they can live happy and fulfilling lives.



Carers have a special set of skills.

We tailor training for staff, based on the specific needs of our young people. Our support workers are trained in Positive Behaviour Support (PBS) which is our key model of care in Camphill. PBS views behaviours of concern as the result of an unmet need; it is only after we understand the function of a behaviour, that we can support and promote positive behaviours. Our support workers are compassionate and committed to improving the lives of our young people- this requires empathy, warmth, patience and positivity.

Jennifer Gallanders



People here, people there



Julia Reger

Where are you from?

I am from Germany.

Why did you come to Northern Ireland?

Because I wanted to get to know another country and

culture and just to experience new things and this kind of work as well. Moreover also to get to know myself better but also the people who are living here. And to come out of my own comfort zone.

What is the biggest difference between your home country and Northern Ireland?

The people and the environment differ a bit. but I have to say that I didn't really see a big difference besides that.

What do you like most here?

The opportunity to learn so many new things and to spend time with such wonderful people not just at work also in my free time. To discover new things and the country itself!

What is the most important thing you've learned here?

How to live by myself and that it's ok to ask for help.

What do you miss most from home?

My family, friends and animals but also sometimes the food.



Moana Bäsch

Where are you from?

I am from the south-west of France, but my parents are from Switzerland .

Why did you come to Northern Ireland?

I wanted to have a gap year between high school and university, and to get a bit of experience in working with people with learning disabilities before starting to study social work. I applied for several projects over Europe, and I was accepted here in Northern Ireland.

What is the biggest difference between your home country and Northern Ireland?

I would say the weather and obviously the biggest change. People here are also in general more friendly than French people in big cities usually are.

What do you like most here?

I really like the fact that it is very easy to socialise here, to be around new people all the time, and to have a lot of encounters. I also like the opportunities that we have to discover the country.

What is the most important thing you've learned here?

A learned a lot of life skills such as patience, or being always attentive, thanks to the people I support within the community.

Community life also taught me a lot about sharing and respecting people's boundaries.

What do you miss most from home?

I mostly miss the way of life I used to have, but also friends and family.



Sonja Ramlow

Where are you from?

I am from the Southwest of Germany

Why did you come to Northern Ireland?

I didn't intend to come to Northern Ireland or Europe in general, but when Covid with all its travel restrictions hit, I changed my mind and looked for a Camphill Community in the UK and Ireland. Glencraig suited me the best and I was immediately attracted by the community's lovely location.

What is the biggest difference between your home country and Northern Ireland?

first and foremost, the language with its very distinctive dialect and the landscape which is not even comparable to the Baltic or Nordic Sea region in Germany. But as I am living in the South, I'm not used to being so close to the sea with green hills with fields for sheep at the horizon, which is something I am definitely going to miss. Secondly, there's the influence of Irish culture palpable whichever town or city you are visiting. The typical pub life, the drinks and the Irish's cheerfulness is not really found in Germany. Also Germany's Covid restrictions have been much stricter than within the UK.

What do you like most here?

the coastline, mountains and hills, the sheep, Irish Folk music in pubs, the friendliness of the people, the reliability of Translink's public transport...

What is the most important thing you've learned here?

personal growth towards being more self-confident, mature, skilled, experienced and prepared for my studies in Germany when I'm going to move out from home.

What do you miss most from home?

my cats, my mother, Latte Macchiato, driving on the right side of the road, talking to people sharing my mother tongue, medieval town centres, bakeries, the benefits of the European Union.



Thanh My Tran

Where are you from?

I am from Hamburg in the north of Germany

Why did you come to Northern Ireland?

After my A-levels, I decided to go abroad for a year. To leave my little nest back home and to explore the world was my goal. Back then I wanted to go somewhere outside of Europe, but due to covid, this was not possible.

I ended up in Northern Ireland because I liked Glencraig. For me it was the perfect fit to come here. The culture, people, food and landscape are different to what I have known all my life.

What is the biggest difference between your home country and Northern Ireland?

I would say the landscape and the language. Apart from this there are quite a few similarities between Germany and Northern Ireland.

What do you like most here?

For me Glencraig is the perfect place to be a volunteer. I love the work, the environment and lovely atmosphere around the community. This country is filled with breath-taking nature, and I cannot wait to explore and see more.

What is the most important thing you've learned here?

One of the most important things I've learned here is that you have to appreciate the little things in life. A smile, a 'Hiya' from a stranger, a bit of sun for 2 minutes, these are some of those.

But I also learned a lot from the residential adults and from my co-workers, too.

What do you miss most from home?

I miss the big city life. My friends, family and especially my mother's cooking.

An Important Question



Parsifal triptychon in Amergin, by David Newbatt

During the last couple of years, concern about the well-being not only of oneself but also of each other has certainly become very important. And today this is if anything even more the case. We extend our thoughts to places of conflict and war where people are especially suffering. We feel called upon to try to find ways to help.

Only in a human soul do feelings of pity, care and love arise and further develop, because that needs ego-consciousness. Although animals will nurture and defend their own offspring, flock or herd, they have a natural drive for self-preservation. But in human beings the qualities of compassion, empathy and selflessness can and indeed need to develop through education, through example, through personal suffering, and through lifelong learning in a social setting.

The mediaeval tale of Parsifal depicts a universal path of human development from innocent childhood through different trials and errors of life towards the highest goals of compassion and selfless love in the light of the spirit. After a long quest of inner and outer battle Parsifal has to return to the Grail Castle and ask Anfortas, the suffering king, the life-changing question: "What ails thee?"

We are led towards the arresting insight: "I am my brother's keeper." We can take up responsibility, help each other and bring healing. In daily life we may ask casually: "How are you?" But do we mean it? Do



Scenes from the Parsifal Story, in the Training College Hall



Parsifal and Trevrizent, outer wings of triptychon

The mediaeval tale of Parsifal depicts a universal path of human development from innocent childhood through different trials and errors of life towards the highest goals of compassion and selfless love in the light of the spirit.

we wait for an honest answer? Are we opening up our hearts to each other?

As many at Glenraig will still remember from several years ago, the community presented at Whitsuntide 2014 and 2015 the story of Parsifal in a pageant performed by adults, groups of young adults and trainees together with their teachers and carers. You may recognize in the photograph some of the actors.

Scenes from the Parsifal story are also depicted in the hall of our schoolhouse, Amergin, in a triptychon by David Newbatt, as well as in a mural in the assembly and dining hall of the Training College, itself named after Parsifal.

This contribution is the first part of an intended series about artwork in Glenraig. We hope to get together in due course a pamphlet or booklet for Glenraig's seventieth birthday in 2024.

Charlotte and Crispian

The photographs have kindly been taken by Steffan Popoff.



Feirefiz, Parsifal and Gawain



With Cundry at King Arthur's Court



Parsifal and Trevrizent



Cundry, Parsifal and Feirefiz



Parsifal (in background) asks the Question



The Grey Knight, Sir Kay, the Red Knight, Feirefiz and Parsifal

"We live under the power of Modern Consciousness, which means that we are obsessed with progress. Wherever you are is not good enough. We always want to achieve something, rather than experience something. The opposite of this is Spiritual Consciousness. By that I mean you find enchantment in every action you do, rather in just the results of your action. Spiritual Consciousness is not a particular religion but a way of being."

Satish Kumar

Interview with Carole Nesbitt

Dear Carole,

We know that you have been in Glenraig for quite a long time and would like to get to know you better.

Would you share with us a little about yourself and what you did before coming to Glenraig?

My name is Carole Nesbitt. I grew up in County Antrim and after finishing my school days I went to university at Trinity College Dublin, where I studied modern languages. After graduation I was still quite uncertain of my career path and for a while worked for an airline in London, Glasgow, East Midlands and Belfast. Those were exciting days, travelling and seeing a lot of the world. However, once I got married and came to live in the North Down area I wanted to be closer to home so I went back to college to add a teaching qualification to my degree. This was a big surprise to me as I'd always said I didn't want to be a school teacher 'when I grew up!' The difference was I trained specifically to work with adults and to teach essential skills, literacy and numeracy. I worked with a training organisation in Belfast, helping young people to gain the qualifications they needed to get jobs. Then I moved to what was then North Down and Ards Institute, now SERC, where I taught Adult Literacy classes. It was there that I first met some Glenraig residents who attended those classes.

How and when did you come to work in Glenraig and what is your role?

I find it very hard to believe that I have now been associated with Glenraig for 23 years! I first came in April 1999 'to help out for a few weeks' (!) as Zoran, the eurythmist long before Marie Luisa, needed someone to play the piano for his classes. At that time the Training College was being built and I heard that Glenraig was hoping to employ an adult literacy tutor in the college. I applied, was successful and the rest is history! The role was initially to work

with the older school children to help with their transition to adult life and to continue developing lifelong learning in Glenraig. As I was a qualified NVQ assessor I was soon appointed to the position of AQA Unit Award Scheme Co-Ordinator and I have been promoting and facilitating that accreditation scheme across the whole community for some years now.

You are carrying the AQA awards here in Glenraig, could you tell us a little bit about it, how it has evolved and in what way it has had a meaningful impact on those that take part?

AQA stands for Assessment and Qualification Alliance which is a national examination board. In Glenraig we are registered as a centre, delivering the Unit Award Scheme. The scheme recognises achievement whenever and at whatever level it occurs and no matter how small the steps towards the goal. The individual units are a great way to motivate and encourage learning new skills or to maintain or build on existing skills. Each student works at their own level and at their own pace so learning plans can be individualised and tailored to the students' needs and interests. In the early days we just used Unit Awards within the school to record progress and mark achievement. However, we soon found the scheme to be a very useful and flexible tool for accreditation across the whole community as it covers all age ranges and abilities and can be used in all the diversity of activities we offer and which make us uniquely Glenraig.



Over the years use of the scheme has grown and developed and now it is used in all our various settings, from the youngest children to our senior adult residents, in school, day care, workshops and houses. Last June (2021), we had 50 entrants, achieving a total of 227 certificates in 113 different activities. That is the beauty of the Unit Award Scheme. It's not just about academic subjects. So, whether your achievements are in sport, arts and crafts, music, home skills, personal development, animal husbandry, photography or even circus skills (to name just a few!), you can probably get a certificate for that! It is always a joy to see the students receive their certificates and to see their hard work celebrated and rewarded. So many have gained confidence in their own ability and have been prepared for independent living through involvement with the scheme. It's a privilege and pleasure to see them fulfil their potential.

What inspires you about Glenraig and why have you stayed all these years?

Glenraig is a unique and special place. I've obviously seen many changes over the years but, at its core, the values remain the same. There is a real concern for the wellbeing of our friends in our care and a desire to see each one thrive, reach their potential and lead a full and purposeful life. I have been privileged to work alongside a very committed staff, dedicated to the care of the whole person and who bring a range of skills to enrich the lives of our day attendees and residents. Some of those adult residents I have known since their school days and it's been a pleasure to see them grow and to have been a small but consistent part of their lives for so long.

Is there anything else you would like to share with the 'We Are Glenraig' magazine?

Only that as AQA Co-Ordinator for Glenraig I couldn't do my job without the help and support of my colleagues, teachers, tutors, workshop leaders, house co-ordinators and co-workers, all of whom work daily to help our students reach their goals and record their progress. They help me to showcase the depth of education, training and developmental support we offer in all aspects of our work in Glenraig.

Has it really been 23 years? The time has flown!

Thank you so much for taking the time to share your story with us.



"Interest and enthusiasm are the wellspring of continually evolving community life: they create bonds which unite us whether we are young or old, nearby or far from each other; they allow human warmth and love to be the formative forces in personal and community life and striving"

Henning Hansmann

Sharing Memories

Wherever you go on this dear earth I'd say you were blind if you couldn't find places and people, flowers and trees, birds and bees and fish in the seas that took your breath away and under your breath you heard yourself say – Wow! So beautiful!

I'd like to share one of my memories with you. It was on a day when Andrew and I sat by a pond while waiting for the ferry to leave Scotland; to bring us home. It happened in 2006 but still lives in me.

On the way home

Where barren bog lies cheek by jowl with mellow lea, ringed all about by bush and tree, hung heavily with nut-brown fruit and red berry. Where water beats and laps and beats To ancient rhythms of the deep. On sun-warmed stone, round ice-cold feet of lake-side reed, forever dipping toes.

Where air is moved by winds that finger their way now soft and warm, now cutting keen, bending, touching, smoothing hair and skin and een (eye). There find I you and you discover me behind closed eyes, lit by sun, shadow-play bathed, inseeing colours never seen so radiant by light of day.

Valerie Wright



Special Olympics Medal Winner

On Saturday 12th March 2022 our farmer, Jackie Robins, took part in a Special Olympics Badminton Competition held in Gormanston College near Dublin. It was an all-Ireland event. She competed in the Singles tournament and won the SILVER MEDAL, of which she is very proud!

Well done Jackie, our OLYMPIAN!

Carole Nesbitt



Glencraig Highly Commended at the CO³ Awards 2022

At the end of March Glencraig attended the annual CO3 Awards Ceremony (Chief Officer Third Sector). Many charities in Northern Ireland had submitted nominations which were then shortlisted for the ceremony. There were a range of award categories. On representing Glencraig we had Kate O'Brien (who chairs our Finance committee) in the Trustee of the Year Category, Fiona as Covid Champion and Paul for a Leadership award.

Kate, Fiona and Paul will be the first to say that the recognition goes to the whole Glencraig team. It was great that Fiona and Paul were runner's up in their respective categories, being Highly Commended as this is great recognition for Glencraig.



Health & Social Care Awards

At the end of April, a few of us were able to represent Glencraig at the Northern Ireland Health & Social Care Awards in Belfast.

The event was designed to recognise the huge amount of good work that is carried out across Northern Ireland by staff from the National Health Service, the Health Trusts, the Voluntary & Community Sectors, and the Private Sector, who together make up our Health and Social Care system.

There were 21 award categories such as Nurse of the Year, GP Practice of the Year, Excellence in Pharmacy, Inpatient Ward etc. Over 1200 candidate nominations were submitted for the 21 categories, so around 60 nominations per category. These were then shortlisted to a maximum of 10 finalists per award.

So it was fantastic that Glencraig were shortlisted as finalists in both the Care Home of the Year (Adults & Children's) and Day Care Service of the Year. This in itself was a great recognition of the value and respect that others place on Glencraig. Being a finalist was both humbling and a great honour, and so 24 of us were able to join with about 600 other delegates to recognise the work of the entire Health Service.

Health Minister Swan, who recently visited us, was there and made a short speech, as did the



former Deputy First Minister Michelle O'Neill. Both congratulated us on our work.

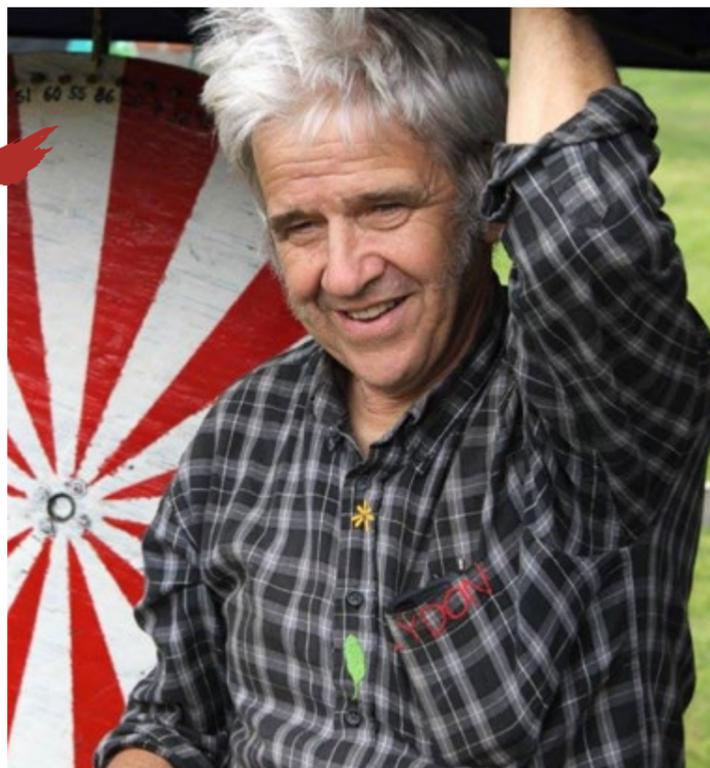
It was the icing on the cake that our Day Care Service was a runner up in its award category and received a Highly Commended Certificate! We made quite a noise!

Congratulations! Editorial Team

Patrick Lydon

a gentle giant

Patrick Joseph Lydon, Westcourt, Callan, Co. Kilkenny and formerly of Boston USA died peacefully at his home, surrounded by his loving family on January 18th, 2022.



This death notice was also an invitation to the memorial service held in Castalia Hall in Ballytobin, Callan, which was streamed into the world for all those who had wished to be there but could not. It was in itself very significant that this memorial took place there, because for the past years Castalia Hall had been out of bounds to Ballytobin's previous coworkers. This beautiful hall had been designed and built by Patrick and John Clark at the centre of Ballytobin, a Camphill community founded by both of them and Gladys, Patrick's beloved wife in 1979. Ballytobin became a very vibrant community, filled with love and laughter and creativity. The children and later also adults, many of whom had very complex special needs who were supported and cared for in the community were thriving.

In the 'Kilkenny People' a very positive article appeared the day after Patrick's death, in which there were moving tributes by Minister of State Malcolm Noonan, praising the fact that Patrick "had led many creative, inclusive and ecological projects in Callan and beyond".

Declan Rice, of the Kilkenny Leader Partnership, wrote that 'Patrick was the main driver of a string of community development projects in the Kilkenny region over 40 years, saying Patrick was a man always "full of ideas, ambition (for community- never himself), generosity, energy and patience: an uncommon combination of virtues." He then continued to say how Patrick had been an inspiration to him and that he had been "humbled and proud to have known him".

In the same paper, and later also during the memorial celebration of Patrick's life, Callan Councillor Joe Lyons described the various projects Patrick had been involved in the area. Apart from Ballytobin he had been involved with the founding of Camphill Communities in Kyle, in Grangemockler, of The Workhouse and Westcourt in Callan town, and was also behind the founding of the very successful and popular inclusive Art and Study Centre KCAT which is recognised by the Dpt of Education. He was also a founder member of Callan Community Energy, and shortly before his death he attended the official opening of its first solar power point for electric cars. Joe Lyons ended his tribute by writing: "He built his little timber house by the banks of the King's River... a simple life... a simple man".

Patrick was of Irish American descent. He won a scholarship to attend an exclusive Academy in New Hampshire and then went on to study at Yale. He had all the possibilities to become an East Coast intellectual but chose a different life. Disillusioned by the direction the USA was going into and the disastrous Vietnam war he decided to take a year out before having to join the army. He came to Ireland to Camphill Duffcarrig, (the first Camphill Village in the Republic of Ireland, an offspring of Glencraig. Here Patrick discovered farming and gardening. He said of this: "A door opened and I went through it". He never went back to the US. Patrick met Gladys in Scotland while he was working in (Camphill) Newton Dee as an agricultural worker.

She was working in the Camphill Schools with children. They independently responded to a call for people to start a new community in Ireland. They fell in love and decided to marry and later had four children.

Two wonderful articles were published in the US, one by Michael Greco, an ex-teacher of Patrick's at Exeter academy in the journal 'Human Rights' of the American Bar Association in 2000, and one in 2001 by two volunteer supervisors at the same school. All three visited Patrick in Ballytobin. Michael Greco describes Patrick with great respect, and admiration for the unlikely choice he had made for a life of dedication to those with disabilities, because "every individual is deserving of the chance to develop their abilities and live a dignified life. For providing a moral compass to the rest of us, Patrick Lydon is a hero." He quotes Patrick's own words:

"This sense of our responsibility for our fellow humans is central to living with and caring for people who are mentally disabled, who will not be able to become independent, self-directing people. In order to expand their sense of themselves we have to broaden our capacity for life to include their potential, to give expression and feeling to their experience. Somehow the idea of serving, of becoming a servant to the needs and development of another, of being able to enhance more than one's own sense of self, becomes a key to finding one's own way forward. And then we realise that the children who we thought needed our care, were dependent on us, have taught us to care, taught us our need to become caring...And my life in the Camphill Community with its magic idealism, with these consummate human beings who are called 'handicapped'...I have an overwhelming sense of gratitude that my life led me this way."

The other article, in 'Yes Magazine', 'Dream of a Ridiculous Man' by Charles and Joan Pratt gives a lovely picture of Patrick and Gladys and the life and children of Ballytobin. They describe how Patrick's brother Christopher once wrote that one of Patrick's favourite stories was "The Dream of a Ridiculous Man," by Dostoevsky. "It's about one of the classic Dostoevsky dreamers "who decides to shoot himself in despair of life's meaning, but prompted by his feeling for a helpless child, he hesitates and falls into a dream of another Earth where people actually love each other as they love themselves — and with that simple adjustment it is a happy place! It is to me the story of Ballytobin, plain and direct. And it's the story of Patrick's kids and his family life, and of the many villagers and co-workers in the place. I think of Patrick as a real revolutionary, a Significant Sixties Kid, a dreamer who made the dream come true."

The memorial celebration for Patrick was a very moving event, with much music and funny stories told by his many friends, his children, and grandchildren. All spoke of him with great love and gratitude. One of his colleague-friends, Mark Dwan, gave a lovely description of how Patrick worked with those with special needs in the garden. How he would cheer them on with his great sense of humour, putting up his 'positive' fist, calling out 'GFI', go for it!!! Mark spoke of Patrick's courage, his gentleness, his infectious enthusiasm and his 'social and emotional intelligence'.

I did not know Patrick very well, but only met him in various Camphill Community meetings. There he always showed his 'moral compass' and would, with great fire and enthusiasm, urge us fellow Community Members to do the right thing, whatever it was at that particular moment in time. At one of the last meetings I attended he foresaw what would be happening not that long afterwards, namely the dissolution of the Camphill impulse in the communities in the Republic of Ireland. His work was under threat, but, as always, he came up with solutions, with new ideas, something he continued to do until the very end.

Over the past year Patrick lived with the debilitating motor neurone disease and needed full care towards the end. He spoke very positively about this experience, where he who had always been so caring and so strong had to be cared for by his family and friends. He even formed a new community around him in his illness, a community of people caring for him and helping Gladys, a community of love and friendship. He expressed his gratitude with his customary humility. In the last months of Patrick's life a local film maker made a film of Patrick's life and work. I saw a short preview of it and am very much looking forward to seeing the finished product in the not-too-distant future.

Edeline LeFevre



How do I do it?

"Well, it's always a mystery, because you don't know why you get depleted or recharged. But this much I know. I do not allow myself to be overcome by hopelessness, no matter how tough the situation. I believe that if you just do your little bit without thinking of the bigness of what you stand against, if you turn to the enlargement of your own capacities, just that itself creates new potential.

And I've learned from the Bhagavad-Gita and other teachings of our culture to detach myself from the results of what I do, because those are not in my hands. The context is not in your control, but your commitment is yours to make, and you can make the deepest commitment with a total detachment about where it will take you. You want it to lead to a better world, and you shape your actions and take full responsibility for them, but then you have detachment. And that combination of deep passion and deep detachment allows me to take on the next challenge, because I don't cripple myself, I don't tie myself in knots. I function like a free being. I think getting that freedom is a social duty because I think we owe it to each not to burden each other with prescription and demands. I think what we owe each other is a celebration of life and to replace fear and hopelessness with fearlessness and joy."

Vandana Shiva

Can Glencraig survive as an intentional community?

1 Glencraig as an intentional community

Anyone who knows even a little bit about Glencraig quickly comes to realise, as I did when I joined the Management Council, that it has its own very remarkable personality: it is different, not at all like other care providers.

And, while it may take longer to understand where this distinctive identity comes from, it is not difficult to see that it matters, shaping, informing and influencing all that the community does and contributing directly to the positive impact it makes on the lives of those for whom it cares as well as on the lives of those who do the caring.

The most important point about Glencraig is, I think, that it is an intentional community whose members share a strong commitment to living and working together to shape a better life for themselves and those for whom they care. And, as part of the world-wide Camphill Movement, Glencraig shares with other similar communities what one writer calls '...a strong intention to live and work together with people with developmental disabilities in equality, in respect of the human being and in devotion to nature and to higher beings.' (Pim Blomaard, 2021)

2 The challenge

All those who care about Glencraig and what it does understand just how much this distinctiveness matters. It is by being an intentional community that it is able to make such a remarkable difference to the lives of the children, young people and adults for whom it provides. It is what gives it its particular identity and drives the nature and quality of the care it offers.

It has become increasingly clear in recent years, however, that Glencraig's future as an intentional community, as somewhere different and distinctive, cannot be taken for granted.

And it has also become clear that, if its identity as an intentional community cannot be maintained, something fundamental will be lost.

It is not hard to see why this challenge has arisen :

- the number of co-workers, the men and women who built and lived in the community, knew, understood and implemented the values and principles of the Camphill approach and shared their homes and lives with residents, has declined very significantly in recent years and it is unlikely that they will be replaced
- the services Glencraig provides are paid for by publicly funded agencies such as the health and social care trusts and must meet the standards that they expect, which means that they are monitored and inspected on a regular basis: the levels of accountability have become much higher
- the changing context in which Glencraig operates, its limited financial resources and the changing needs of those for whom it provides have required it to develop a much more professional management structure and employ a much larger number of staff who, through no fault of their own, cannot be expected to be as familiar with what being part of an intentional Camphill community means for what they do

Deciding how best to go about reconciling the need to sustain its identity as an intentional community with the very different context in which it now operates is not a challenge that is peculiar to Glencraig. It is one that faces the network of Camphill communities generally, as Dan McKanan pointed out in his recently published book, 'Camphill and the Future' (2020), and the reasons are much the same in each case.

What makes this challenge so profound is our realisation that care organisations which do not have a shared intentional purpose and a community feeling '... will have a negative impact on the quality of care and, therefore, on the quality of life of the people they care for. Where care organisations lose their capacity to unite and commit staff and stakeholders to the same purpose, the residents will experience a diminishing quality of life.' (Pim Blomaard, 2021)

3 How can this challenge best be met?

If we are to respond effectively to the challenge I have outlined, I think we need to start by recognising that it exists and, more important, that we cannot ignore it in the hope that it will go away. If we are unable to deal with it, Glencraig will inevitably become just another care provider and its unique identity will be lost.

I think that we also have to recognise that we cannot leave the responsibility for sustaining Glencraig as an intentional community to the diminishing number of active co-workers, hoping that they will somehow be able to find ways of keeping the flag flying.

We have to accept that this is a challenge for all of us who are part of the Glencraig community and that we have to take it on collectively.

I am glad to be able to report that responding to the challenge has been identified recognised by the Glencraig Management Council and also by the leadership team as a key priority for the next few years. It has also been recognised by some of those who, whether active co-workers or not, understand what is at stake and have begun to explore how it can best be addressed.

Two full-day conferences, led by Katia Lopez, Patricia McIlhone and Martin Schwarz, have already taken place. Designed to explain what the Camphill approach is, why it matters and how it can be followed on a day-by-day basis, they have given members of the Management Council and the leadership team the opportunity to listen to a series of presentations and ask questions, but they have also given those making the presentations a chance to try out their ideas and receive feedback.

Overall, the response has been very encouraging: those who made up the audiences learned a great deal about the Camphill approach and what following it requires and the three presenters learned that they could present their views and experiences in a wholly convincing way.

The question that arises now is about how best to take the learning from these two conferences into the Glencraig community as a whole. There is no easy answer to this, but there is a lot of thinking being done about it and I am confident that the most effective approaches will be found.

The over-riding objective has to be that everyone working in Glencraig, whether full-time or part-time and whether an active co-worker, a volunteer or an employee, develops both a secure

knowledge of the key elements of the Camphill approach and, critically, an understanding of what putting these elements into effect on a day-by-day basis means for them. The knowledge and understanding have to come first, but what matters is that they impact on everyone's practice.

Achieving this will take time and patience, but the objective is much more likely to be reached if everyone who works in Glencraig and contributes to the care it provides understands why it matters and especially why it is so important for them and, critically, for those for whom they provide the care and support that make Glencraig special.

4 Conclusion

I wrote this note for a couple of reasons.

One was to say why making a determined effort to maintain Glencraig's identity as an intentional community built on the Camphill principles was so important. Another was to draw attention to what was already being done to respond to the challenges involved.

But the essential purpose was not to set out a plan to achieve the objective mentioned above. It was, rather, to urge everyone who reads it to realise just how big a challenge we face, to understand why responding to it is critical to our future as a community, to engage with and respond to the efforts that are being made to meet the challenge and, above all, to be open to their own learning and their continuing professional development.

If we can find ways of working and talking together, of listening to and learning from each other and of searching constantly for ways of improving the quality of the care we provide, we can make Glencraig an even stronger community than it is already.



John Young - Chair of our Management Council



Discovering Camphill Training



What was once passed on from co-workers to co-workers, through conversations and explanations of how and why the things were done the way they were done in Camphill, has been getting lost in our community, mainly because most of those co-workers who used to carry the wisdom from generation to generation, for many different reasons, have left.

Practices were shared through example and were held by a structure, a framework, from where everything flowed. That was the great work of the pioneers who worked consciously and intensely out of love and dedication, thought very carefully, studied, and crafted inclusive intentional communities, transforming an ideal into a reality.

Now, with time, things change and transform, myriad of things have happened in the last 10 years, Glencraig grew immensely, employed hundreds of people, and while many things have improved, especially from the perspective of governance and adaptation to the ever evolving regulations coming our way in a constantly changing world, we have come to a point in our community where some of the things that made us so unique have somehow been put on hold in the business of life.

The training

After a year of pondering, studying, and many conversations and meetings, we have at last put together a training that consists of three parts, Head, Heart, and Hands. This training which we have called 'Discovering Camphill', aims to introduce and explore together what is Camphill and the possibilities that exist within. Patricia McIlhone will present some of the theory behind our work and will reflect on self-development tools that can help us grow and understand each other. I will explain some aspects of how to provide a homely and meaningful environment, focusing on rhythms, festivals and how to nourish each aspect of the human being. Martin Schwarz will show us how to be creative in our practices and make life-long learning a daily reality.

We want to remember and re-imagine some of the things that make Glencraig distinct from any other care organisation.

Now it is in our hands to gather all the wisdom and to bring it back in Glencraig, this time renewed and updated to our times. With respect for the heritage and with endless creativity, it will be possible to redefine who we are and create a common vision that inspires our practices in a way that resounds in everyone's hearts. That's the aim.

Working Well

Patricia has over 20 years of experience in the "Waldorf Education" world as a teacher in the Hollywood Steiner School of both children and Waldorf teacher trainees. She will explain to us the background, the philosophy behind our practices and the need for self-development, and how those can be placed in today's Social Care world, showing us some of the tools that can guide us in this endeavour.

Objectives of the course

- Have an initial awareness of the Camphill view of the human being and how we use this to understand ourselves.
- Be able to reflect on how our behaviour and bearing is intrinsic to achieving good relationships and quality life experiences with the people we support and to our ability to work as a holistic team. Linking with PBS.
- Be able to utilise our own self-knowledge through empathetic insight into the needs and capacities of those we support and work alongside, to improve a person's quality of life.

Art of Creating a Holistic Environment

My name is Katia, I came to Camphill 20 years ago, all the way from Chile as a young volunteer. Motivated by my volunteer years, some of the books written by Veronika Van Duin, conversations with house parents and co-workers from different communities, and from all that I have learned, experienced, and discovered in the years I have been inspired by Camphill, I put together a course where I explore some of the following aspects

Objectives of the course

- Learning about the importance of creating healthy rhythms in life and work.
- Have an initial understanding of the holistic approaches to life and work
- Reflecting on our attitude towards life/work and each other
- Recognising the benefits of this approach in improving the quality of life of residents, day attendees and co-workers.

Learn to play and play to learn

Martin a long-term co-worker with over 12 years of experience in Glencraig, will inspire our practices to become meaningful and playful through interest and involvement.

Objectives of the course

- Learning how to play and exploring play, as a means to mutual learning and meaningful relationships.
- Understand how to create an environment of possibility and a flow state, by working with the common third.
- An opportunity to practice examples of lifelong learning, finding potential and exploring circus skills as a pedagogical practice.
- Being able to articulate how the holistic, reflective approach inspired by Camphill embraces the values which underpin its work.

During these sessions, we will reflect together about what makes Camphill unique, how we can improve our daily practices through the understanding of a holistic approach that has nurturing properties not only for those we care for here in Glencraig, but also for us as practitioners.

We hope it will motivate us all to go the extra mile with interest, offering our friends who live, study and work in Glencraig a life that includes them, is meaningful, respectful and provides opportunities for further development. We also wish that through this, the potential that lies behind our values can continue to unfold and manifest, grounded in a vision that is clear for everyone because it is crafted by everyone's actions towards this intentional and distinct community environment.



Looking forward, **Katia**



How to survive and revive as an intentional community?

by Pim Blomaard

In our time we see an increase, even a revival, of so-called 'intentional communities'. These are communities where people share a part of their life: by sharing their land, sharing their work, their house; or even sometimes by sharing their income (Ludwig 2017). The American expression 'intentional community' came up around 1950, after World War II, in the hope for shaping a better future. The number of intentional communities just in the USA has doubled between 2010 and 2016; there are about 1200 such communities in the USA now (Mariani 2020).

Of course, this phenomenon of 'living together' is not new at all. We could call many kinds of communities in old times 'intentional'. Many 'tribes' were held together by some uniting principle, by language and religion, by rituals and spiritual culture. They had a close bond with nature. And we know the old monasteries, which had a deeply regulated, devoted and secluded life. In these communities, the consciousness of all members was united in this bond, this life and this strong connectedness.

But we lost this kind of living together. In the modern world, as the technology made the way free for exchange and migration, as individualization took place, as even families lost their binding force, as many social structures and layers dissolved, we modern citizens became more and more individualized, isolated and alienated. The number of people who are single and live 'single' is increasing rapidly. In a broader sense: there is a longing for living your own life on your own terms.

When since the 19th century some people, who dreamed of utopia, have tried to establish new 'communes' and to find a stronger commitment to living together and shaping a better world, we can understand this as a way out of individualization, isolation and alienation. In a broader sense: there is a longing for belonging. Some who observe the times say that the so-called millennials, born around 2000, have more of a connection to these intentional kinds of communities than the generation before. So the anthroposophical institutions are challenged to welcome this new generation. But how will we invite them, when we ourselves are losing our commitment to community?

Camphill

Many anthroposophical care organizations can be seen as intentional communities: they are often founded by a group of inspired people – sometimes parents – who are totally committed to their ardent striving. The founding group members have a sincere commitment to their initiative and to each other. Mostly, within this group, there is a leading person, a founding father or mother, who has a certain charisma and is, in a way, the center of this initiative. The most striking example in the anthroposophical care history is the founding of the Camphill Movement by refugees in Scotland, at the center of which we see Karl and Tilla König. They started in 1938, and out of this grew a worldwide movement of communities with a strong intention: to live and work together with people that have developmental disabilities, in equality, in respect of the human being, in devotion to nature and to higher beings, believing in the uniting force of the cosmic Word.

Research

The development of intentional communities like the Camphill Movement is also the subject of academic research, including historical research on specific places or movements and sociological research on the developmental processes of communities. The promotion of academic and practical exchange is the main goal of the International Communal Studies Association (ICSA). In 2019, ICSA held their triennial conference at the Camphill communities in Upstate New York (USA), and in 2022, the event will be held in Denmark (and the co-housing community of Hertha hopes to be involved then). Those who participated in this conference, as I did, were struck by the diversity of living movements like Bruderhof, l'Arche, Ecovillages and so on. The ICSA is a tool to enhance the community of communities, the exchange of experiences with ups and downs, the blessings and the catastrophes. One of the enthusiastic board members and researchers of ICSA is Daniel McKanan. McKanan serves as the Ralph Waldo Emerson Senior Lecturer at Harvard Divinity School in Boston, where he has taught since 2008. McKanan studies religious and spiritual movements for social transformation, with emphasis on the Unitarian Universalist and anthroposophical movements. One subject of his inquiries is the transgenerational development of intentional communities. Therefore, he is very interested in the Camphill movement, and his new book *Camphill and the Future: Spirituality and Disability in an Evolving Communal Movement* has been released through the University of California Press (McKanan 2020).

Development of communities

In an unpublished lecture held at the Vrije Universiteit Amsterdam in the Netherlands (2020) McKanan pointed out four phases in the development of idealistic communities and three ways out of their usual fate of collapsing.¹ In the first phase, the creation and the vision of a community

¹ See the transcript and summary on the website of the Bernard Lievegoed Research Center: <https://www.bl-oc.nl/intentional-communities-verslag/>.

is determined by the founders, the pioneers, who have a mission and the will to sacrifice almost everything. In the second, there is the necessity of cooperation after the death or the departure of the founders, where leadership has to be shared. In the third phase, the phase of re-creation, we see a reversal: it is no longer the individual who is of service to the community but, conversely, the community has to be of service to the individual. New members or coworkers will not sacrifice their lives anymore. In the fourth phase, there has to come a renewal, a transformation, or there will arise, slowly or rapidly, decay and decline.²

When the "deep crisis" sooner or later occurs, there is a threat and an opportunity. In his discussion of different intentional community movements, McKanan sees three ways to come through the crisis: becoming self-enclosed, self-sufficient and stable; evolving beyond community; or what he calls "creative symbiosis":

Self-enclosed: A large intentional community can become a society in itself and stay alive, because of its largeness and inner consolidation (like the Hutterites); according to McKanan this is "not a viable path for Camphill" because it is too small and too widespread (McKanan, 2020, p.19).

Beyond community: A community can give up his original mission and intention, can go on amidst societal life, adapting to the mainstream, and focus on other goals or values which were before more in the background; the community "dissolves its specifically communal structures while continuing to pursue other defining ideals" (ibid, p.19).

Creative symbiosis: A community can integrate into its surroundings and invite external neighbors and partners to join, in order to build a new kind of community, to let other people become "committed to the preservation of communal practice" like monastics did (ibid, p.19).

The third way, that of creative partnership, is an adventure: the community isn't sure to keep its identity, it can become vulnerable to new external (political) forces and has to re-evaluate its original values. In McKanan's view, the Camphill Movement isn't meeting the critical phase in just one of the three ways. All three are happening now, alongside each other.

Besides the crisis of inner commitment, in which the coworkers aren't any more as strongly committed to the purpose and impulse of the organization as the founders were, there is also a possibility of a moral crisis which can appear alongside an inner commitment to the community's higher purpose. This moral crisis can begin with the founding fathers, who sacrifice so much that many coworkers adore and obey them. The feeling of power can become a pitfall. This can lead to an abuse of power and manifest in dominating and manipulating other people, in financial fraud or even in sexual abuse. The regrettable case of the famous Jean Vanier, the founding father of the French l'Arche Movement, is therefore not atypical, but rather an example that illustrates this pitfall.³ Countervailing

² Collapsing and dissolving is possible, or even probable, in each phase. McKanan stated in his lecture on February 10, 2020 in Amsterdam: the community collapses when the strong leader dies, who bound it together by his charisma, and «when it fails to foster sufficient commitment to overcome economic challenges and personality clashes». See also McKanan (2020), p. 19.

³ The Catholic philosopher, theologian and writer Jean Vanier (1928-2019) founded the first l'Arche community in France in 1964, where he and his team lived together with people with developmental disabilities. This movement spread out over the whole world and has more than 150 communities. In February 2020, the International Federation of l'Arche reported that Vanier had abused six female coworkers. It states in the Summary Report (February 22, 2020): «The inquiry team received credible and corroborating accounts, covering a period of more than 30 years (1970 to 2005), from various alleged victims. They varied in terms of their geographic origin, age, status (single, married, vowed celibate), and the time frame covered by their statements. However, they all describe similar events, providing sufficient evidence to establish that Jean Vanier engaged in manipulative sexual relationships with at least 6 adult (not disabled) women. This number does not presume that there were no other cases, but takes into account spontaneously received testimony.» (See the report of GPCPS consultancy: <https://www.larche.org/news/-/>

powers are necessary; and unfortunately, these come often in a governmental bureaucratic and external controlling way.

Staying alive today

I can recognize the three ways of development when I look at the last two decades of anthroposophical care organizations in the Netherlands. Some organizations (Camphill as well as other anthroposophical care organizations) had to be taken over and merged into a larger anthroposophical organization; together they became bigger and less vulnerable. This is the way of becoming more self-enclosed. Other organizations were not able to manage the external bureaucratic pressure and the problems with maintaining their buildings. They had to be taken over and created a much larger non-anthroposophical institution or trust as their legal entity.⁴ So they developed beyond community. Their anthroposophical identity and striving for community are hard to maintain.

Regarding the third way, of co-creation in partnership, there have been, in the Netherlands, up to now, no real examples of creative symbiosis. There are partnerships on specific topics, like education or stores or trade, but no truly co-creative renewal of the entire community with new values.⁵

Organizational development

The four phases, which McKanan distinguishes, mirror the four phases of organizational development as described by Bernard Lievegoed and Friedrich Glasl (Lievegoed 1980; Lievegoed & Glasl 2011). The four phases are the *pioneering phase*, in which the pioneers influence the entire organization in a more autocratic way and the values and rules are not formalized; the *differentiating phase*, in which chaos is replaced by order, improvising by planning, informal relationships by formal ones, persons by tasks, intuition by rationalism, organic by mechanical; standardization, specialization, formalization and coordination arise; the *integration phase* is a kind of synthesis of both earlier phases, combining the entrepreneurial spirit of the beginning (but now for all employees) with clear responsibilities (but now for the whole organization). All staff can and will act intelligently in the sense of the entire organization. Glasl (1997) added the fourth phase, the associative phase, in which the organization's environment is invited and included, working together in a cooperative way.⁶ The boundary between the organization and the environment becomes permeable; their relationship is based on trust and on the recognition that they both inhabit the same ecosystem.

In my view, many anthroposophical organizations are in the integrative phase – looking for a synthesis between intuitive creative work and clear responsibilities and tasks. They have grown, become larger, more complex, differentiated, and are searching for a uniting bond, a binding strength, in connection with their spiritual impulse, embedded in modern society. As I see it, managers are at risk of making the mistake of reformulating the original impulse, the original inspiration of

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⁴ The famous Zonnehuizen, which Lievegoed founded in 1931, was taken over and merged into Intermetzo, which was a few years later taken over by Pluryn. Christophorus and Orion (both Camphill) were taken over by Amerpoort and Middin, respectively. They were included in these larger umbrella organizations. I spoke with several co-workers who observe a loss of anthroposophical inspiration and community, although the specific culture and care climate are still perceptible.

⁵ In January 2020, Camphill Orion in Rotterdam was taken over by the large institution Middin and has withdrawn from the Camphill cooperation platform.

⁶ Glasl (1997): «This book explores moral intuition in leadership and organizational development, and describes how companies grow through the pioneer, differentiated, integrated, and associative phases of development. A map of tomorrow's company helps leaders develop a practical awareness of how to work with a variety of stakeholders in the value-creating stream. This leads to an associative economy formed from «shared destiny» relationships with customers' suppliers, staff, shareholders, the community, and the earth.»

the founders, and trying to get coworkers connected to this impulse, primarily by means of training modules. The original impulse becomes a mission statement. New leaders, who are not connected to anthroposophy, feel the importance of this connection to the origin, of this recollection, and promote it by statements and external educational interventions. Some coworkers are able to connect, while other coworkers find it difficult, because they have to adapt to something they can't recognize immediately in their own souls. In some organizations the word 'anthroposophy' splits people into parties; polarizing instead of integrating.

Capacities to integrate and co-create

What we therefore need are capacities to realize the third phase of integration and the fourth phase of association. We need capacities to build together a new story, a narrative, which we can tell ourselves and can share — the way the older generations shared the founding impulse. There isn't a great difference between these capacities in the last two phases, because integrating and associating are about the same capacity: to co-create. In both phases we need, in my view, the capacity which McKanan (2020) describes as the third way of creative symbiosis. The integrative phase is about establishing a creative symbiosis within the organization itself: to let all staff members build together a synthesis of individual entrepreneurship and responsibility for the whole. The associative phase is about establishing a creative symbiosis between the organization and the environment. This capacity of creating a living organism (third phase) in an ecosystem (fourth phase) can be described as the capacity of co-creation: shaping a process of development, in which all participants can put in their own full identity and creativity, and at the same time are able to be fully aware of the common responsibility for inclusive social development.

This concept of organizational development can be applied to the small units of teams as well. What applies to the whole applies to the constituent parts. When you have a team leader, the members of the team, the clients and their families, the neighbors and visitors, you have a small organization of its own. For the integrative phase you need team building and team spirit. For the associative phase you need openness and sharing. Each team, as part of the whole organization, has to cope with the phase of development that the whole organization is in. If I am correct in my supposition that most anthroposophical care organizations are in the process of internal integration, then it is the right time for teams to work on team building and team spirit.

Co-creation

We know, based on the anthroposophical concept of the individual development of our soul, on the open mind, open heart and open will in the U-process (which was developed in 1968 in the Netherlands by Glasl and Lemson and refined, tested and elaborated by Otto Scharmer into Theory U; see Zwart & Pastors (2018)), on the transformation process in social sculpture⁷ and on other organizational theories, that we have to work hard on our thoughts, feelings and habits in order to create something new together. We need to overcome what we have become in order to create what we can initiate. There has to be an open space of consciousness, where people with different backgrounds and opinions can step into a process of creating together a not-known, coming, shared future. People are willing to do so when they share the intention to transform. But that will not happen when the result is fixed, because the history or perspective of one group is dominating.

⁷ See for instance the website www.socialsculpture.org.

So intentional communities in the later phases are challenged — just as organizations, which are longing for more connectedness and purpose — to invite many coworkers to join in a process of co-creating. That requires the willingness of people to let go of their own judgements and preferences in order to find a deeper inner connection with themselves. Theory U gives a pathway for that, but as a model it doesn't automatically enable individuals to dig deeper in their own souls. What intentional communities primarily need are not the great anthroposophists who know how it 'should' be, but rather social artists who know how to connect a group of people to their own and their shared future. The wisdom and the vision and the substance should come out of the coworkers who co-create the community. When the founders are gone, there is no successor who can replace them; there is only a group of people left with good intentions.

The need for social artists

What organizations as communities need, are new 'founding mothers' and 'social sculptors'. There is a generation of founding mothers coming up: parents or teachers who start new Waldorf or Steiner schools that try to escape from government financing and suffocating regulations and who are striving to renew the Waldorf way of education. New pioneers arise. They feel connected to anthroposophy and create new forms of education, for instance with tents in a meadow. Besides this renewal, the awareness for the 'social artist' as a new profession is also growing. We don't manage to co-create and vitalize the inspiration when the 'managers' are focused on continuity, as they normally are. To say it roughly: with only fixed managers on top, the anthroposophical care organizations will not survive and revive as intentional communities.

Communities need social artists as professional coworkers in the community itself. The social process should be a fundamental topic in organizational leadership. Normally consultants, coaches and trainers come in from the outside to help the management team in working together; or some coworkers may organize celebrations and speak a sacred verse. Spirituality and social communion are delegated, instead of integrated and internalized. Therefore, we need a new capacity, a new profession, which could become a fundamental help for inspiring and transforming organizations.⁸

In many organizations, there is a financial manager and a care manager who are leading together. This dualistic approach may become a triadic approach, where the 'social manager' is added. This is not the human resources manager who knows about education, job satisfaction, etc. A social 'manager' works as an artist between his or her colleagues to shape the co-creative process, create space for the future to come in, take part in team meetings etc. It is difficult to imagine how that will work. But it will become fruitful when we are able to reach into the hearts of colleagues and parents. It will help when this social capacity is developed within the organization itself, instead of hired from the outside, in order to co-create a shared inspiration and co-creative process. Intentional communities need to understand, in my view, the importance of social art and need to cherish this future capacity - and perhaps new profession - that I see germinating.⁹ We are able to develop such future capacities and competences, as this becomes a new field of work.

⁸ In an anthroposophical board, which I am member of, we try to do this by thinking each morning of each other, by starting each meeting with a self-developed ritual, by introducing a main topic with spiritual content. We strive, in each meeting, for some awareness of the spiritual being that makes our group into (into?) a group.

⁹ See for example the work of Shelley Sacks (*1950), former professor of the Social Sculpture Research Unit at Oxford Brookes University (UK) and scholar of Joseph Beuys. She has been founding Social Sculpture Labs in several countries. She has elaborated on ways to involve all kinds of people in a deeper understanding: What is calling me, and what is calling us; such as 'Landing Strips for Souls' or the 'Earth Forum' (see www.social-sculpture.org).

Act of balancing

McKanan created a strong picture by presenting the polarity between the hardened institution and the airy utopia. The conventional institution is highly structured in a hierarchical way, with many controlling procedures. The utopian sanctuary is the sacred unity of interconnected people within a solemn community. Anthroposophical organizations are struggling to find a way between these two extremes. We can recognize in this polarity the forces that are materialistic (*ahrimanic*) and that are lucid (*luciferic*). Many modern communities are leaving behind the air-castle tendency and retreating to the cave-chaining tendency to maintain continuity and certainty. But many of them are seeking the way back to a more connected, spiritualized and inspired form of working together for a shared purpose. This work encompasses caring for people, including neighbors, caring for nature, caring for individual development, caring for the spiritual wellbeing of earth, humankind and heaven. In seeking this way, intentional communities can learn from each other, learn how to deal with challenges and to cope with shadows, in order to bring new light to the community.¹⁰

This need for balancing will appear any time when transformation is at stake. The third phase of integrating will not succeed when one-sidedness leads to an overkill of compliance or an overdose of compassion. Balancing is possible by realizing the transformation as a whole group, when the team works as a whole — where the strengths of the individual and the power of the common good synthesize. It is therefore important that organizations who want to survive or revive as a community work on team-capacities to co-create and to balance.

¹⁰ This is a main concern of Dan McKanan's. He said this year, at the conference in Amsterdam: «We find ourselves today at an unprecedented moment in the history of intentional communities. There have been times in the past, when new communities were being created more rapidly than they are today. The late nineteen-sixties were one such time, as was the era of Emerson and Brook Farm. But at no previous time have there been so many different communities approaching one hundred years of age and so many younger communities that actively seek to build bridges with the surrounding society. That combination is what makes our time unique. And our challenge is to make the most of it. The transformative potential of Camphills and kibbutzim, of ecovillages and cohousing, can best be realized through dialogue among the communal movements and dialogue between communalists and those living in mainstream society. And so my challenge to all of you is simple: get to know your neighbors. If you currently live in an intentional community, get to know other communities. If you are a co-houser, come visit a Camphill or other social therapeutic community. If you live in a therapeutic community, try attending a permaculture class at an ecovillage. And whatever sort of community you live in, find ways to participate in the larger life of your neighborhood. People everywhere yearn for more cooperation and connection. Some are creating cooperative businesses; some seek political paths to social and ecological harmony; some build community through the arts. They need the experience and creativity of people who have spent years living in intentional community. Share your wisdom with them as generously as you would share it with the others in your community. Finally, if you have never lived in intentional community but are intrigued by what you've heard today, please know that you do not have to sacrifice what Emerson called «the faculty of life» in order to join in the communal adventure. The people in this room represent many different forms of intentional community, and they are eager to meet you. Most communities have space for new members, it is true, and if you want to know how to join a community, I'm sure they will be happy to tell you. But communities need friends and neighbors as well as members. Becoming a friend to a community can be as simple as attending an open day, festival, or retreat. Even Emerson, for all his skeptical wariness, was a good friend to Brook Farm, someone who reminded them not to sacrifice their own lives to their utopian ideals. Our task today is to foster the friendships that will sustain our communities and transform our world.»

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In the end: quality of life

Care organizations without a shared intentional purpose and without a community-feeling will have a negative impact on the quality of their care and (therefore) on the quality of life of the people they care for. Where care organizations lose their capacity to unite and commit staff and stakeholders to the same purpose, the residents will experience a diminishing quality of life. We know from research literature that the cultural climate, the social environment, and the organizational conditions significantly influence the outcome of care (Scheffelaar et al. 2018; Kitwood 2019). Therefore, organizations that are unbalanced will decrease the quality of care. A balanced community, on the other hand, makes it possible that care staff enhances the wellbeing of people with cognitive impairments, and that care staff in turn are able to balance their caring.

The discussion about community building will in the end be concluded by the outcome of care. Formal (and informal) caregivers who work with people with cognitive impairments, disabilities, support needs, dementia, severe brain injury — they all have to balance between patronizing and neglecting, between infantilizing and neglecting (Naess, Fjaer & Vabø 2016; Companjen & Blomaard 2021). So for the sake of good care, community building is a highly urgent matter and a hard task. Without a founding father or mother, without an authority who rules the community, the improvement of quality of care and quality of life requires a huge effort in sharing the same purpose. Organizations that are willing to integrate the community inwardly and to associate the community outwardly, that are developing the social capacities to co-create and balance, will probably be able to survive and revive as intentional communities.

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"I try to remind myself to be grateful for what I have"

Originally published in the Belfast Telegraph (25th Jan 2022)

Natasha Young is a residential care group leader at Camphill Community Glenraig.

Do you take regular exercise, and if so, what?

Yes, I try to. I'm not super sporty but I go to the gym about twice a week, usually classes. I love going for walks and recently started playing badminton with some friends. I went to yoga for a while, but never really got into it.

I get a lot of exercise at work too — it's a very active environment.

Our community here at Glenraig reflects a microcosm of society where we have our own farm, gardens, workshops and a school, all of which adds to our goal of helping the people we care for enjoy and thrive on the ingredients of normal living: work life, home life, social life.

What is the worst illness you've had?

I've been very fortunate with my health so far. Thankfully I haven't suffered from anything too serious. When I was at university I had mumps, which was very painful, and not very attractive either.

How healthy is your diet?

I would say my diet is balanced. I am lucky my boyfriend is an excellent cook, so I get most of my meals made. We usually cook at home and generally our meals are healthy, but we do love a takeaway or going out for a meal from time to time. And, of course, I'm partial to my fair share of crisps and chocolate — I love an iced finger!

Fortunately, I'm exposed to some healthy food options at work. Glenraig is registered

as both an organic farm and organic market garden and grows fantastic produce to nurture those that we care for. Staff also benefit on occasion from the great food produced on site. For instance, our residents help produce Glenraig's own organic apple juice each year, which is delicious and nutritious.



Any bad habits?

I bite the skin around my fingernails and would love to stop. I can also procrastinate when it comes to things that I don't enjoy doing, such as assignments. I tend to do everything else before doing what I know I should be doing.

Do you drink and smoke? If so, how much?

I don't smoke, I've never found it appealing. I do take a drink but I'm certainly not a huge drinker. I wouldn't turn down a glass of prosecco or two when the time is right, and I do treat myself to a few cocktails if I'm out.

Do you take any supplements?

I always take a protein shake after the gym. Apart from that, I'm well intended, and I go through periods where I buy something new, take it for a few days, but then it tends to lie in my drawer untouched for months.

The Camphill approach has always promoted natural products, so I learn a lot from the people here at Glenraig about what natural remedies might be good (and bad) for my health.

How do you take time out?

I can find it difficult to switch off from work. As anyone in the care industry will tell you, the work is rewarding but it can be demanding.

I like getting away for a night or two and my go-to place is the north coast, where I can walk along the beach and find myself in a lovely restaurant or cosy bar. Heading into Belfast for a bit of retail therapy is certainly something I regularly enjoy too.

I can find it difficult to switch off from work. As anyone in the care industry will tell you, the work is rewarding but it can be demanding.

How well do you sleep?

I have never had any problems with nodding off. I get the occasional restless night if I am anxious about something, but apart from that I sleep well. I am kept very busy in work, which I think helps a lot.

I try to go to bed earlier if I am starting work early so that I'm ready for the day ahead and tiredness doesn't catch up with me.

Do you worry about getting old?

I worry more about family getting old more than I worry about myself getting old. I worry about how the future will look but then I try to remind myself to live in the present and be grateful for what I have right now.

What is your go-to product that keeps you feeling healthy?

I wouldn't say I have one particular go-to product. I have quite a few skin products that

I use to help me feel better. Drinking lots of water always makes me feel much healthier, and, again, eating good food always helps.

For adults in residential care, it's important to "give a sense of time and understanding of where we are in the calendar year" says team leader Natasha Young.

She cares for adults and young people with disabilities at Camphill Community Glenraig near Holywood, County Down.

The campus provides residential care, as well as day activities and a special needs school.

"Every day leading to Christmas we put a star on the wall to help them understand it's leading up to Christmas, then a large star so they understand it's Christmas Day," Ms Young said.

She starts her shift on Christmas morning by setting out presents for the residents and commencing with personal care followed by a special breakfast.

A morning service is held in the chapel where the residents sing carols followed by "presents, music, lots of lovely food, a nice dinner in each home and some come together and share meals", she said.

"Many residents have been in Glenraig for a long time so they are very familiar with routine and we try to keep it the same every year," she said.

"Quite a lot would go home and would spend time with families and the ones who can't travel we would do Facetimes."

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Volunteering in the time of corona

by Patrycja Pieniazek
Udruga OAZA

Last year Petra spent six months near Belfast, Northern Ireland to volunteer for the Glenraig Life Sharing Project as a part of the European Solidarity Corps. She was hosted by Camphill Community Glenraig – a community where adults and children with different abilities live, work and study in a supportive and inclusive environment on a beautiful property in the middle of nature right by the sea.

How it was for Petra and what challenges she faced – read it in our mini-interview!



What did you do during your stay in Northern Ireland? What were your tasks?

Each volunteer was assigned a house where people with different abilities live. In that house, a volunteer would work five days a week for approximately seven hours a day. The tasks of volunteers depend on the needs of the people living in that house. My typical day included everything from helping to get out of bed, get dressed, shower, use the bathroom, eat, etc. We also went for walks every day or just spent time together (e.g. watching movies). In addition to providing personal assistance, volunteers and staff keep the houses clean and cook for everyone in the house on a daily basis.

What was your favourite thing about working and living in the community, and what was challenging for you?

I think my favourite part was meeting all the new people and volunteers from different countries. Living in the same accommodation with more than 13 people can sometimes be challenging! Keeping the kitchen (or as we called it “chicken”) clean was the biggest problem, ha ha! However, I’m glad I was a part of it.



Why did you decide to go abroad & volunteer?

Unfortunately, after three years of working in a private company, I lost my job in Croatia and I didn’t know what to do next. I stumbled upon the website of the European Solidarity Corps and that’s how it all started.

What has volunteering given you?

One of the reasons I chose volunteering at Camphill Community Glenraig is that I wanted to gain experience working with people with learning disabilities. It’s something I would love to continue doing in the future. I learned a lot here and that experience will significantly help me in finding a job. Also, independent living in another country made me even more self-sufficient and empowered.



What did you do in your free time?

I spent most of my free time with my boyfriend, who is from Belfast and lives there. That was another plus why I decided to join this project. Also, we went on trips with other volunteers which were always fun thanks to our mentor John.

Has the coronavirus pandemic affected your project?

I can’t even describe how negatively the pandemic has affected my life and work here. For the first few months, we were not allowed to leave the community at all, so I spent my free time walking the beaches next to the community. Workshops (places where volunteers together with community members go and do different things every day – e.g. craft workshop, laundry, estate...) were closed until recently and even now only some people are allowed to attend the activities. Yoga, circus and all other events were also cancelled until further notice. I don’t think I’ve fully experienced the “normal” Camphill and everything it has to offer.

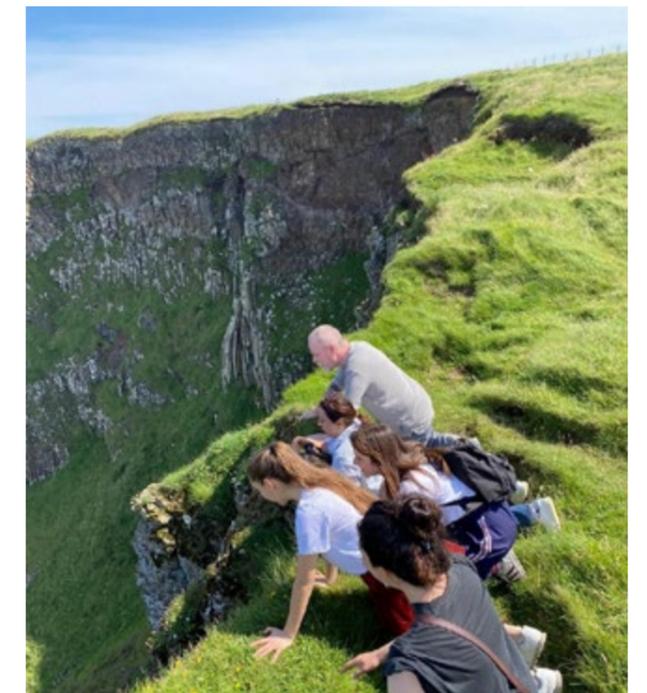


What are your plans after the project?

I decided to try to stay here in Northern Ireland and find a job. I have two interviews next week so we’ll see where that takes me.

Would you recommend the experience of international volunteering to someone?

Of course! Although I sometimes found myself in situations that were challenging, I always managed to come up with a solution either on my own or with the help of mentors John and Sarah or other volunteers. I think this experience has definitely enriched my life.



This interview with Petra, one of our ESC volunteers, was written by her sending organisation OAZA in Croatia upon her return in 2020. Published in We Are Glenraig with kind permission from Petra and the author.



Upcoming Dates and Community Events

20th May	World Bee Day	24th June	St. John's Day/ Litha
26th May	Ascension Day Community Picnic	25th June	Mid Summer's Day
3rd-6th June	International Camphill Youth Conference (Dewton Dee)	1st July	Plastic free July
5th June	Whitsunday & World Environment Day	1st August	Lughnasadh
8th June	World Ocean Day	18th August	Janmashtami
17th June	International Clean Air Day	1st September	Organic September
19th June	Father's Day	19th - 25th Sept	Joyful Leadership Training organised by Glencraig
21st June	Summer Solstice	23rd September	Autumn Equinox
		29th September	Michaelmas Day

New Piano



In early Summer last year, Causeway House was donated a piano from Jo when she left for starting a new life in France. Many of us will remember Jo as our cheerful, kind and friendly receptionist. Always having something interesting to share, be it about environmental community projects, homemade produce, health and fitness hacks, interesting books and much more. Jo made everyone feel welcome and appreciated.

Thank you for your wonderful Piano donation! After a couple of tunings, it is in good use from our Volunteers! Wishing you a good time in France and come back to visit us soon!

Life giving early spring energising & cleansing morning juice

You will need...

- A bunch of leaves - 3-4 leaves of each:
- Nettles, Cleavers (Sticky weed), Dandelion leaves, Plantain leaves
- An apple
- Water
- A slow juicer or blender

This is a most wonderful and refreshing juice that takes only a couple of minutes to make and that is incredibly nourishing and good for your organism. All you need to do is go for a short walk around your garden or a nearby park, (obviously you can find them all around Glencraig) and harvest a few leaves of each of these medicinal herbs which are commonly known simply as "weeds". Please always make sure the area where you pick them hasn't been fumigated or has any kind of pesticides, etc as these are very toxic.

Nettles are full of nutrients, such as iron and magnesium, it is also known for its diuretic properties. Cleavers are a great lymphatic tonic, folklore claims that 'whoever drinks cleavers water for 9 weeks shall be so beautiful, everyone will fall in love with them'.

Dandelions help the body rid itself of wastes as it also has diuretic properties. Cleanses the liver and kidneys and is a good source of potassium. Plantain has antihistaminic and antioxidant properties as well as it improves digestion and is well known as a blood purifier as it stimulates the liver to cleanse toxins out of the blood and body. All these plants are also full of vitamins and minerals that amongst other things will boost your immune system. These are only a few of all the properties these plants have, but enough to know that their juice will be good for you.



How to make the juice?

Simply put all the different leaves you picked in the juicer and blend, you can add some honey or agave syrup to sweeten it, an apple, and some filtered water.

Once fully blended you can either strain the small bits to have a very smooth juice or you can drink it as it is. Drink straight away while vibrantly green, it is surprisingly tasty.

Katia

Jo

There once was a woman who walked the earth
With a heart of gold that held her soul
Her hands so strong they could carry the world

When at dawn in subtle sunlight the dew
Like glistering sparks lay upon the ground

A whisper
A breath
Her heart had left
Taking her soul

The time stood still and tears like rivers flowed

A loss
A pain
And screams of hearts that broke

Alone we gathered the sorrow of our souls
To grasp the moment when she left
With her soul shining in the heart of gold

Now listen into the mild summer nights
Where hills are round and gently touch the sky
Where water shapes the earth
And birds learn to fly
Listen to the wind softly rustling through the tree tops high
You will hear her sing
A song so pure and clear
With words of love and faith
Not fear

A truth she whispers her words when she speaks:
I am here.

Vera Meister
June 2018









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