

From Kristin Johnstad: Video - <https://www.youtube.com/watch?v>

From MINESH KHASHU: good evening everyone

From Ruth Reid: hello

From Sophia Mody: Hello everyone

From Maureen Flynn, National QI Team, HSE Dublin: Lovely to see everyone again

From Kristin Johnstad: Welcome all. You can continue to keep your camera off for now

From Penny: Hello all - what a murmuring start!

From Q Groups: Hi all - lovely to see you all. Had a great time in the Q Liberating Structures user group earlier too...! :-)

From Caroline Lennon: Stunning! Thank you for sharing!

From Andrea McGuinness: managed to join a compassion in the workplace meeting today wonderful and shared beliefs with these promises

From Rachel V - AQuA, Greater Manchester: Be kind to yourself and others

From Kristin Johnstad: Stay present

From Yasmin Yonis: "slow down, we don't have much time"

From Maureen Flynn, National QI Team, HSE Dublin: May be some about wonder with delight and creativity

From Sophia Mody: Celebrate each day the small success

From MINESH KHASHU: I have had an exceptionally busy week with a lot of staff shortages. I have joined today to have some fun! Looking for some smiles please!!!

From Andrea McGuinness: we get one life and no chance to say can i do it differently at the end. Make the changes now.

From Seema Srivastava: recognize that fear is human, but we have a choice in how we respond to it

From Kate Pound: Trying to find the link to this meeting, did just about push me over the edge today. :-(

From Hello Hilda here: sorry had issues as was asking for password had to go in another way my apologies

From Ruth Reid: I can only see the screen on my app

From Hello Hilda here: Hope he gets well soon xx

From B. Millie Love (Versus Arthritis): Best wishes to Bill

From Sophia Mody: Sending Will well wishes

From MINESH KHASHU: sending best wishes to Bill

From Rachel V - AQuA, Greater Manchester: All the best to Bill

From Q Groups: Hi Yasmin! :-)

From Ruth Reid:  to Bill

From Jo Murray, Oxford AHSN: Thoughts and prayers for Bill

From Rachel V - AQuA, Greater Manchester: Hi Yasmin great to 'meet' you

From Emma Gibbard: Please send Bill my well wishes

From B. Millie Love (Versus Arthritis): Hi Yasmin!

From Katie Young: Hi @Ruth, can you see 'view' in the top right-hand corner of the black screen? If you click on that and click side-by-side: gallery you should see more people

From Emma Gibbard: Hi Yasmin

From Tracey White: Sorry just joining now.

From Kristin Johnstad: Never be sorry. I am SO HAPPY you are here Tracey

From Jo Murray, Oxford AHSN: Thanks for supporting us all Yasmin - welcome

From Cleo Butterworth: Wishing Bill a speedy recovery and hello Yasmin

From Yasmin Yonis: thank you everyone :-) Happy to learn with you all

Patterns

From Kate Pound: Nice photo MaryCate

From Andrea McGuinness: smiles

From Matthew: Smiles

From Andrea McGuinness: focus

From Millie Love (Versus Arthritis): smiles

From Jane R: engagement x

From Maureen Flynn, National QI Team, HSE Dublin: We are all energised by a bit of fun

From Hello Hilda here: attention

From Jo Murray, Oxford AHSN: engaged

From Caroline Lennon: Happy faces

From Ruth Reid: no one is making eye contact

From John Lodge: books

From Elizabeth Beech: Eye coverings

From Matthew: Though I kind of look quizzical... ;-)

From Caroline Lennon: the background is different

From Kate Pound: See the evil, hear no evil speak no evil

From Emma Gibbard: Same - smiles, differences - head wear

From Elizabeth Beech: Few / Two males

From MINESH KHASHU: engaging

From Matthew: Feeling of connection.

From MINESH KHASHU: relaxed

From Ruth Reid: It's really difficult because of the zoom screen, all looking happy but?

From MINESH KHASHU: having fun

From Andrea McGuinness: predominantly sat central to the camera

From Andrea McGuinness: I will learn to spell for next session!

From Matthew: Present.

From Katie Young: Patterns are similarities and differences and relationships in space and time

From Clare Cable: Lovely to be here, I have camera on, but forgive me if I yawn as I am horribly tired!!

From MINESH KHASHU: Clare we will give you a nudge if you doze off!

From Clare Cable: most kind :)

From Rachel V - AQUA, Greater Manchester: How can I see everyone else pictures?

From Ruth Reid: Loving the intentional use of informal signing

From Katie Young: If you click on 'view' on the top right corner of the black screen, then side-by-side: gallery you will see the slides plus 8 people

From Hello Hilda here: Some well-deserved me time later Clare, long soak in the bath and an early night :-)

From Jo Murray, Oxford AHSN: Can see more people if you move the line between slides and videos - I currently can see 18 people!

- From Char Bowden (Q team): Oh wow! Really handy tip Jo :) I didn't know this
- From Ruth Reid: If you are on an iPad or phone you might not be able to
- From Katie Young: That's a brilliant tip Jo!! Thank you!
- From Jo Murray, Oxford AHSN: Depends on detail on the slide and yes not possible for small devices
- From Madeline Hoskin: i have lost my view of all people, am just seeing Kristin and the presentation
- From Madeline Hoskin: but it is quite nice to focus

From Maureen Flynn, National QI Team, HSE Dublin: Echo that - Jo what a gift of tip re screen! TY

From Madeline Hoskin: thank you for all the DM help - I now have everyone and learnt something new about zoom

From Hello Hilda here : wee tips for recharging batteries <http://www.cope-scotland.org/index.php/latest-blog/recharging-your-energy-levels>

Stem sentences

From Kristin Johnstad: Yasmin those are your sentences darling...

From B. Millie Love (Versus Arthritis): I have also used them, and they worked really well

From Maureen Flynn, National QI Team, HSE Dublin: Stem sentences are a gift - called different things mad tea, fun at the fayre. Thanks Lorraine great insight

From Ruth Reid: I have done lots but have a mind blank!! Have been looking at network analysis materials and thinking about how all my groups can be improved

From Jo Murray, Oxford AHSN: Not so much used, more observed, that my main skill and contribution to my projects is the networking and that I should acknowledge and celebrate that more as a vital component

From Elizabeth Beech: random coffee meetings are great to meet new people and ideas

From Clare Cable: what are your favourite stem sentences?

From Rachel V - AQuA, Greater Manchester: @Millie randomised controlled coffee trials are great

From Matthew: All Q member can join Q's 'Randomised Coffee Trials' - they're great fun. Do register: <https://q.health.org.uk/community/rcts/>

From Kristin Johnstad: The last workshop #2 eval said 50% of the respondents HAD NOT made a connection in the workshop.

From Kristin Johnstad: Please participate ;-)

IF ONLY....

- From Madeline Hoskin: there was more cake
- From B. Millie Love (Versus Arthritis): If only I had more time!
- From Claire: I had more energy
- From Kristin Johnstad: I had slept through the night
- From Elizabeth Beech: I could go to bed I am sooo tired
- From Ruth Reid: the world was more forgiving
- From Rachel V - AQUA, Greater Manchester: my husband was well
- From Lorraine Murphy: I could meet my sisters
- From Jo Murray, Oxford AHSN: we had closed the borders in March 2020
- From Mark Wilson: I had more hours in the day
- From James Mountford: If only the children were back in school
- From Maureen Flynn, National QI Team, HSE Dublin: If only we could go beyond 5K to see friends
- From Seema Srivastava: the mountains were on my doorstep
- From Caroline Lennon: It was time for bed
- From Jane R: I had more time.....
- From Tracey White: We could have friend and family round to visit
- From Kate Pound: I had made dinner before the call!
- From Matthew: ... there were many more hours I the day, so I could do everything I wanted to ;-)
- From Penny: I could fly like the birds at the start
- From Clare Cable: I could hug my kids who are in London
- From Gwyn Elias: There were more hours in a day
- From Andrea McGuinness: I was kinder, nicer and more patient

- From Emma Gibbard: i had more time (and chocolate)
- From Cleo Butterworth: I had some chocolate
- From Katie Young: there were 30 hours in the day!
- From Lesley Goodburn: I could go out!!!
- From CornellG: ...I could choose and be satisfied with a choice
- From Hello Hilda here: If only I had better broadband, I would not feel awkward being a black box on zoom! I add hello Hila here, but not the same as being there
- From D helen: if only I could sleep
- From Marie.Little: I could master meditation
- From Rachel Chappell: I could help my A level year daughter cope better with chop and change of exams
- From Julia Wood: I didn't have to cook tea!
- From MaryCate - Senior Improvement Adviser: If only I'd sent the team leaders emails today
- From Elizabeth Beech: Ha @kate Pound my dinner is in the Aga
- From Sophia Mody: If only I could celebrate my birthday with friends this weekend
- From Gill Phillips: I hadn't missed the start of the call (someone called - sorry) and I knew what we were doing
- From Melanie Andrews: I hadn't had IT system fail today

IT MAKES ME....

- From Cleo Butterworth: happy
- From B. Millie Love (Versus Arthritis: It makes me happy to be learning
- From Ruth Reid: mad when I see misogynists on twitter
- From Madeline Hoskin: feel connected seeing everyone here
- From Hello Hilda here: It make me want to get out of bed in the morning
- From Mark Wilson: want to dance
- From Tracey White: appreciate how blessed I am atm.
- From Rachel V - AQUA, Greater Manchester: happy when my kids are happy

- From Kristin Johnstad: Happy and sad to see so much beauty
- From Jane R: calm to be here
- From Jo Murray, Oxford AHSN: happy when I hear my family laugh
- From D helen: grumpy and unfocussed at work
- From Caroline Lennon: It makes me appreciate my good health when I hear about colleagues who are unwell
- From Elizabeth Beech: smile to see the large number of bed refs above
- From Lesley Goodburn: feel like life is passing me by
- From Clare Cable: smile when I hear the birds
- From Matthew: It's makes me happy to be able to do Liberating Structures with lots of Q members ;-)
- From Neil: happy to be here
- From Claire: happy that spring is coming
- From Lorraine Murphy: sad but appreciate our relationship even more
- From Maureen Flynn, National QI Team, HSE Dublin: It makes me shine when I am working with other people
- From Gwyn Elias: Happy to be connected to you
- From Mark Wilson: happy to join my first ever session
- From Penny: happy to hear the kids...downstairs!
- From Gill Phillips: happy to see my granddaughter dressed as a witch today for world book day :)
- From Seema Srivastava: humbled to see such generosity in colleagues
- From James Mountford: feel v happy that Spring is actually here
- From Elizabeth Beech: very happy to see peony shoots
- From Andrea McGuinness: think about better things
- From Marie.Little: happy to connect with people
- From Emma Gibbard: feel on a roller coaster
- From Rachel Chappell: feel focus on other brighter things

- From Sophia Mody: It makes me happy to be finishing my work week today for a break
- From CornellG: ...conflicted
- From Katie Young: happy that crocus are out!
- From Kate Pound: Happy to know that things are getting better re COVID. Hugging family will be soon.

I HAVE TO....

- From Melanie Andrews: slow down
- From Elizabeth Beech: write 3 board reports
- From Hello Hilda here: get out in the fresh air more
- From Lorraine Murphy: clean my house!!!!
- From James Mountford: get outside
- From Rachel V - AQUA, Greater Manchester: do the online shopping order tonight by 11pm
- From B. Millie Love (Versus Arthritis): I have to breathe
- From MINESH KHASHU: Be!
- From Chioma Obasi: Be me
- From Jane R: get ahead of tomorrow
- From D helen: get a full night sleep SOOOOONNNN ZZZZzzzzz
- From Mark Wilson: learn more about Network Weaving
- From Sophia Mody: I must stop working long hours
- From Madeline Hoskin: move more, my back hurts
- From Maureen Flynn, National QI Team, HSE Dublin: I have to accept working in a paper light world
- From Emma Gibbard: spend more time with the kids and less time on the computer
- From Tracey White: cut my screen time down.
- From Gwyn Elias: Take better care of myself
- From Claire: do so much before my annual leave

- From Penny: wrap my daughter's birthday presents before Monday...
- From Lesley Goodburn: have some food soon
- From Ruth Reid: take some time to think about things
- From Jo Murray, Oxford AHSN: find a way to accept my limitations and opportunities
- From CornellG: ...stop taking on more
- From Kate Pound: do so much work before I sign off for today
- From Andrea McGuinness: step away
- From Matthew: eat some food at some point, but I have another Zoom soon after this...! ;-)
- From Clare Cable: show me more compassion
- From Gill Phillips: get a cup of tea soon ...
- From Caroline Lennon: Do nothing that doesn't feel right to me
- From Rachel Chappell: Break down challenges to what can be solved or let be, and then be positive about the future
- From Cleo Butterworth: do more exercise
- From Mark Wilson: get more sleep
- From Seema Srivastava: feel the peace in the moments where there is less going on

WHEN ALL IS SAID AND DONE....

- From Madeline Hoskin: we are doing our best
- From Marie.Little: appreciate what I have and remain positive
- From Jo Murray, Oxford AHSN: I'm only human
- From Jane R: We only have the now.....
- From James Mountford: what people remember is how you made them feel
- From Rachel Chappell: this will be a blip and life goes on
- From Julia Wood: life is OK
- From Cleo Butterworth: the sun will shine tomorrow
- From Chioma Obasi: Family and friends are everything

- From Rachel V - AQuA, Greater Manchester: I have family and friends I am so lucky
- From Elizabeth Beech: I have 3 fantastic lovely sons
- From Caroline Lennon: When all is said and done, I have a wonderful life
- From Penny: we'll see each other in deeper ways
- From Tracey White: Health is everything
- From Matthew: ... we're all in it together....
- From Claire: my best is good enough
- From Hello Hilda here: what difference did it make
- From lindsey.darley: family is everything
- From Lorraine Murphy: i have my family, my home, my friends and my work
- From Gwyn Elias: Life goes on
- From Marie.Little: I am so lucky
- From CornellG: ...few will remember
- From Kate Pound: it is what it is.
- From Seema Srivastava: there is so much to be grateful for
- From Lesley Goodburn: life is wonderful
- From B. Millie Love (Versus Arthritis): When all is said and done, I am loved
- From Maureen Flynn, National QI Team, HSE Dublin: People and connections are what make the world "sing"
- From Melanie Andrews: I'm grateful for all i have
- From Gill Phillips: We are all people. Let's cut the 'stuff'
- From Ruth Reid: we need to see that we are not alone and are all connected
- From Clare Cable: we can only change the world one conversation at a time
- From D helen: I am thankful I have a beautiful bed and bedroom to rest in... sleep will come
- From Mark Wilson: I have a wonderful family who loves me, and I love them
- From Sophia Mody: When all is said and done I will be thankful to be alive

- From Emma Gibbard: I have lots to be grateful for
- From Andrea McGuinness: work will be there tomorrow, precious moments won't
- From MINESH KHASHU: I will realise that it was all much ado about nothing...
- From Chioma Obasi: with life there's always hope
- From Kristin Johnstad: Minesh :-)
- From Kristin Johnstad: Chioma - I saw you this morning on Liberating Structures. What did you think of Eco planning?
- From Andrea McGuinness: did a session recently where we were asked to remember what we most worried about 3 days ago-none of us could recall the worries!
- From Hello Hilda here : reflecting on decisions we often have to make, wonder if this wee tips may be of use <http://www.cope-scotland.org/index.php/latest-blog/decisions-decisions-decisions-argghh> helps focus on decisions also work for us and our families

From Kristin Johnstad: Nice noticing of a difference that makes a difference.

From Kristin Johnstad: Yasmin's - "slow don't we don't have enough time.

From Kristin Johnstad: How we speak and the language we use is a self-organizing tool.

From Penny: Pace can be liberating... but sometimes slowing down can be too.

From Kristin Johnstad: Or is it a practice

From Gill Phillips: Pace feels different for different people ...

From Jo Murray, Oxford AHSN: I agree Kristin, I think it is a practice and good to repeat techniques with groups to build trust?

From Kristin Johnstad: Gill - great point. Are you willing to say more from your experience?

From MINESH KHASHU: Compassion begins with self

From Gill Phillips: Yes

From Kristin Johnstad: Jo - deep wisdom. Trust is key to transformational change networks.... so, if that is the kind of network you want then what actions do you need to take.

From James Mountford: haven't done this exercise before & struck by how "dense" [as in, time efficient, even at a gentler pace] it is. really like it. you get to connect with people v fast with this exercise

From Elizabeth Beech: Very calming too

From Yasmin Yoni: How is your spirit?

Choose 1 of the tasks below and take 4 minutes each to share any noticing about pattern shifts pre-COVID to now related to:

- Preparing an evening meal
- Celebrating a birthday
- Taking a vacation
- Mourning a loss of a life
- Supporting a child's schooling
- Shopping for necessities

From Kristin Johnstad: Practice with friends and families - network weaving happens everywhere. And something practicing these "practice" in not a high-pressure environment is a good idea.

From Matthew: @James - doing lots of 'Mad Tea' questions quickly also seems to break one out of linear thinking, get one into a more open and creative space... Sometimes anyway.

From Chioma Obasi : @ Kristin - it was a bit confusing at first but turned out to be really useful in sensing checking where projects/ tasks are at and also proactively and collaboratively agree actions required to move to completion or stop or adapt/improve to progress to completion

From Kristin Johnstad: What is your spirit? I am ready for whatever you want to reveal to me (or hold in the silence sanctuary of your heart... your body)

From Kristin Johnstad: Choose one thing that has changed in your life.

From Jane, HIS, Edinburgh: i/m so so sorry, I'm having real IT stuff I need to drop off xxx

From Kristin Johnstad: For those of you who are just joining. YIPEE. Lovely you could join.

From Kristin Johnstad: You can always leave and come to the main room with Char (or me).

From Hello Hilda here: that's good to know :-)

From Gill Phillips: I got my cup of tea. How kind. :)

From Kristin Johnstad: For those of you who didn't hear the introduction, Yasmin Yonis is co-facilitating and weaving with me today. Please welcome her warmly.

From Elizabeth Beech: We both missing hugging people

From Char Bowden (Q team): @Maureen. @Hilda Yes! Please do just come back to chat! Just click Leave breakout room.

From Jo Murray, Oxford AHSN: "Coronacoaster: the ups and downs of a pandemic. One day you're loving your bubble, doing workouts, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like"

From Ruth Reid: ☆ Yasmin you are amazing 🌻

From Kristin Johnstad: Beautiful - grief is our spirit acknowledging loss

From Kate Pound : If anyone wants something to lift the joy - join us on Monday for IWD which is looking at Everyday courage <https://www.everydaycourageiwd21.co.uk/>

From Caroline Lennon: Grief is also a real part of life

From Clare Cable: I love that @Jo ... it summarises the present moment really well

From Jo Murray, Oxford AHSN: Not mine - it's a meme - Google coronacoaster!

From Hesham Abdalla: @yasmin it's so wonderful to be enabled us to have this conversation. Thinking and feeling deeper than I would otherwise have done.

From lindsey.darley: we didn't get past spirit! perhaps indicating how much recovery they are needing

From Rachel Chappell: Love your comment @Jo Murray - you made me laugh out loud! Thank you

From Matthew: New Local have done good reports around Mutual Aid during covid... I do plan to read them!

From Kristin Johnstad: We are experiencing self-organizing - noticing - connecting, building relationships, noticing similarities and differences. Then weavers can decide how you want to influence the self-organizing patterns.

From Elizabeth Beech: I though @jo was drinking gin for real

From Jo Murray, Oxford AHSN: No it is water honest!

From Ruth Reid: You would recognise this where I live, a tight knit rural community

From Kristin Johnstad: Feel free to add what are you noticing about the self-organizing and networks in Yasmin's story? Thanks Ruth

From Caroline Lennon: I also hear this as being about "community"

From Elizabeth Beech: Def seen self-organising in our village in COVID times

From Hesham Abdalla: @yasmin's narrative and image gets me thinking about giving and receiving and how they are equivalent.

From Rachel V - AQuA, Greater Manchester: I am sorry I need to leave it has been a fab session you feel like a wider international family. Keep safe all x

From Penny: Adaptive capacity of self-organising is striking me

From Ruth Reid: I think I understand the political love

From Kristin Johnstad: Yes - community is the container and the exchanges and differences within are the networks being built. Connections that are resilient and action-oriented and generous per Yasmin

From Hesham Abdalla: Why does self-organising happen best in crises?

From Jo Murray, Oxford AHSN: Experienced this as a child. This has felt missing in my adult life - lasts for a while then disperses, but it's been a real positive from COVID - in some communities.

From Seema Srivastava: I notice how people connect so strongly around a shared purpose without having had previous need to relate with one another

From Elizabeth Beech: I was wondering that too as don't think we see this so much in England c/w US?

From Caroline Lennon: I think it happens more in a crisis because it helps us get over the ego

From MINESH KHASHU: Yasmin >>>>Ubuntu

From James Mountford: "our shared purpose" was the platform; and talking to each other, eating with each other. coming together in adversity

From Jo Murray, Oxford AHSN: Crisis - because there is a shared problem/goal?

From Penny: I grew up living on a boat with a community that would form and then disperse again as boats travelled and met, but could respond in a moment

From Penny: when things went wrong, as they often do on boats

From Maureen Flynn, National QI Team, HSE Dublin: Need for immediate action - heart felt responses - caring and passion lead people to come together

From Penny: These connections last across time and geographies - brought into focus by immediate needs

From Elizabeth Beech: Crisis reminds us what really matters - why can't we see this in non-crisis time though?

From Kristin Johnstad: Hesham - would you share your thoughts? I have experienced when the systems fail... we just have each other.

From Ruth Reid: My experience of a small rural community is that it can be quite judgemental but there is a sense of acceptance which comes to the fore when there is need

From Matthew: It was amazing to see so many neighbourhood people who'd never spoken before talking and helping as they were in a Covid mutual aid group together. I thought maybe that mutual aid was lost in the individualised modern world. It's not :-)

From Ruth Reid: so, what are the forces that work against this?

From Hesham Abdalla: Imagine if we all had that clarity about what we needed? How could that free us up to ask and offer?

From Kristin Johnstad: Do I turn toward or turn away? It is a crisis and regular experience for me when I see people are the freeway on ramps asking for change with their cardboard signs.

From Yasmin Yonis: Relational, not transitional

“organize individuals into collectives providing essential services without the need for coercion.”

From Rachel Chappell: I like the freedom to let go of perfectionism approach

From lindsey.darley: really interesting, lots of local mutual aid realised during covid, however have some real examples of how this can be threatening politically in the longer term. So how does this get balanced as a tension?

From Ruth Reid: there can be a sense of place, pride in your community which endures

From Andrea McGuinness: yes, letting go of preconceived assumptions and expectations feels so positive yet I imagine/ thought it would feel negative

From Kristin Johnstad: Mutual Aid is (as is self-organizing) Relational, not transactional

“organize individuals into collectives providing essential services without the need for coercion.”

From Matthew: @Lindsey - can you expand more on how it can be threatening? Interesting thought...

From lindsey.darley : is mutual aid temporary?

From Kristin Johnstad: Thank you Matthew for drawing out people's examples.

From MINESH KHASHU: Yasmin you very aptly highlight the importance of removing artificial barriers: learned behaviours that need to be unlearned

From James Mountford: as a child, my grandparents used to talk about what it was like in "the war" (WW2). about how people shared things and looked out for each other. I found it far off, and a bit irritating to be honest. but we have experienced some of that. stripping things back to what matters

From lindsey.darley : @matthew can be politically threatening when it starts to involve decision making, and potentially funding, and also as new leaders emerge. So, can be disruptive to existing power structures

From Kristin Johnstad: @Lindsey - in my experience some are temporary and some are mobilizing and working to use the self-organizing power of networks to change systems. The systems crack at the leverage points. And networks can and are being directly and system leverage points that need to crack up.

From Matthew: Book just came out on Mutualism: <https://www.build-mutualism.net/>

From Kristin Johnstad: Some meaning mutual aid networks.

From Gill Phillips: I was asked to say more about my earlier comment: "Pace feels different for different people ..."

This has come up a lot in Zoom sessions (perhaps less stated but equally true in life!) Joined one NHS #Beneficial Changes session where the hosts were proudly talking about moving "at pace today" ... but were not engaging with people, checking they were following, just cracking on through their slides ... #Eek

From Hesham Abdalla: @kristin I think that we get used to chronic deficiency. Only when that becomes acute then it is intolerable.

To catalyse self-organising pain of change < pain of stasis

From Elizabeth Beech: I have found my v elderly relatives have found so many similar themes between WW2 and pandemic times. It's helped them to talk about it too

From Kristin Johnstad: Tool is Pod mapping and Yasmin will put the like in the chat.

From Hello Hilda here: what we saw was people during COVID were out dealing with things long time before the system put in measures, then in some ways when the 'processes' caught up it inhibited what was happening naturally, so perhaps the threat is around what if conditions are such people can self-organise, we can't control that?? so it's how do interlocking systems work together cooperatively

From Hesham Abdalla: @james I am curious as to why we find those stories irritating?

From Kristin Johnstad: Amazing that Yasmin used the example of police dismantling for a public safety approach in Minneapolis. This reality is happening in my city and neighbourhood after the murder of George Floyd in front of our corner store.

From Gill Phillips: Pod Mapping: Self Organising care - very similar model in communities in UK - typically called 'Circles of support'

From Kristin Johnstad: Awesome - Gill can you put a link in chat for Circles of support?

From Hesham Abdalla: I was thinking of you and George Floyd too, @kristin

From Ruth Reid: in the UK we can't even understand this model, certainly in Scotland policing is a completely different model

From Penny: Thanks Hilda - resonates perhaps with the work that the first Q Lab project did on patient peer support services - how to recognise and value the essence of the different form that this takes, alongside formal services

From Melanie Andrews: @hilda - you beautifully articulated what I was struggling to put into words - exactly that

From James Mountford: when my wife & I lived in US (Boston, 2005) we were struck by the generosity of Americans to strangers. (I don't just mean to us as novelty Brits, but something far broader). I do mean more so than Brits, we thought (if we can generalise). we wondered if this is more likely in a society where there is less emphasis on the govt being the net?

From Clare Cable: a really generative conversation. Thank you so much Yasmin.

From Jo Murray, Oxford AHSN : Local versus central government and funding - reflecting Roy Lilley's blog today <https://myemail.constantcontact.com/Talk-about-it.html?soid=1102665899193&aid=8JHoiVlyw64>

From Emma Gibbard: WhatsApp group for the local street to support each other

From Gwyn Elias: The people in my village came together on a what's app group where we could ask each other things or offer help to each other.

From Chioma Obasi: neighbourhood volunteering to support vulnerable residents

From Sophia Mody: self-organizing in my home distributing the duties as everyone were at home

From Hesham Abdalla: As a paediatric team we are closer together than we have ever been. I know they have my back and I have theirs

From Kristin Johnstad: Thank you Yasmin. She asked for what she needed. Embodiment is an aspiration of all weavers (mine too)

From MINESH KHASHU: Self organising has become a novelty in so called modern society. It was a norm for thousands of years

From Jo Murray, Oxford AHSN: Self-organising - support for prescription and food deliveries in my local town via Facebook

From Hello Hilda here: organising prescription pickups for people who were vulnerable and didn't have a delivery service

From Kristin Johnstad: Ah people who have their back...

From Matthew: The mutual aid group that sometimes helped by picking up my dad's medicine...

From B. Millie Love (Versus Arthritis): WhatsApp street chat with lots of offers to collect prescriptions/order things in online shops

From Mark Wilson: My street is quite old fashioned and whenever there is a crisis there are a number of neighbours who would drop everything and turn toward to help, and I would always help them. The pandemic has actually brought the best in some people, from helping with the less fortunate to elder members of the community who are less mobile

From D helen: people painted stones and pebbles with messages during covid...we now have a huge snake of beautiful colours embedded at the local Morrisons - perm fixture now... its lovely

From James Mountford: people asking, "how are you", and not immediately moving on. but pausing and saying "no, really, how are you". as in "how are you?" as a REAL Q where the answer matters; not simply a social filler

From Seema Srivastava: my local running community started picking up patient's medications from the chemist and running to their homes as we couldn't run in a group anymore, it then turned into a service called Drug Runners!

From Maureen Flynn, National QI Team, HSE Dublin : Connecting in with a former colleague living alone and isolated (86), a group who worked with her set up a rota for seven days of the week to call and have an aperitif with her (face time) every evening at 7pm. We each have a set day (7 of use) - it has been joined without a missed night since 12th March 2020

From MaryCate: @dhelen - how beautiful

From Andrea McGuinness: neighbours children drew beautiful hopscotch and game paths all along the pavements. Every time it rained, they came out and created a new one

From Matthew: @Seema - two birds with one stone! ;-)

From Gill Phillips: Loads of examples! We collected them through our virtual WhoseShoes sessions, which specifically aimed to share good practice (often community-led) during Covid. FANTASTIC - <https://fabnhsstuff.net/fab-stuff/the-whose-shoes-phenomenon>

e.g. Little girl (7) sewing 'bonding squares' for local hospital

From Elizabeth Beech: Village lined the road to our church to honour a dead resident and show support to her family as funerals are small

From Hesham Abdalla: @andrea, I love that image :-)

From Ruth Reid: Our local authority repurposed basically 50% of staff and set up a whole service to deliver food out to the rural areas and islands in one week. It sounds like an authority did it but actually the communities then built it up in partnership. we are such an isolated area that it's hard to separate employees and community. We looked after families, elderly and isolated folk

From Gill Phillips: Children get it! They have time. They have imagination. They have fewer 'rules' :)

From Hesham Abdalla: @seema I've just asked my daughter if she could be a drug runner and she had a double take :-D

From D helen: <https://www.thewestmorlandgazette.co.uk/news/18814313.kendal-snake-trail-gets-new-home-2020-town-display/>

From Yasmin Yonis : Pod tool: https://docs.google.com/document/d/1-QfMn1DE6ymhKZMpXN1LQvD6Sy_HSnnCK6gTO7ZLFrE/edit

From Ruth Reid: @seema drug runners!!!

From James Mountford: @hesham: I'm curious about that too ["irritating"]. I don't know, in sum. But a couple of thoughts: I was a child - 5-15 I'd say for this period. I think because the world they were describing seemed impossibly remote to me (bombs falling, rationing) and though i was very close to them indeed, there was a tone (unsaid) of "you don't know how lucky you are". I remember thinking "it's not my fault there's no war on" (that's odd, isn't it)?

From Yasmin Yonis : Mutual aid as self-organizing article: <https://networkweaver.com/how-to-start-a-mutual-aid-network-in-a-pandemic/>

From Yasmin Yonis: for networks

From Gill Phillips: In James' defence, teenagers tend to find adults 'irritating'. ;-)

From Matthew: Communities vs. Coronavirus: The Rise of Mutual Aid

<https://www.newlocal.org.uk/publications/communities-vs-coronavirus-the-rise-of-mutual-aid/>

From James Mountford: thanks Gill--my daughter is 10, so not long before it goes full cycle ;-)

From Gill Phillips: James - indeed!! :)

From Elizabeth Beech: @kristin Not slow at all and loving @yasmin too

From lindsey.darley: slow was good today, after 10 previous zoom meetings

From Char Bowden (Q team): We always welcome any WWW (what went well) and EBI

From Hello Hilda here: I purchased hard copy NW handbook, including postage very reasonable and so great to have it in hard form, worth the investment, would have cost more in time and ink to print!! :-)

From Melanie Andrews: apologies i have to leave - thanks & see you next time

From Lorraine Murphy: Slow was brilliant today - it was an open relaxing "me to you" session - thanks so much

From James Mountford totally seconding that Lindsey. we dash from one thing to another. this fitted especially well the end of day 'need'--esp. as it's gone dark outside during the session in U.K today

From Yasmin Yonis: Y'all are so lovely. It was great connecting and learning with you!

From Caroline Lennon: Thank you!

From Rachel Chappell: WWW - Today was slower and better to take the time and reflect as well as learn

From MaryCate: Also want to flag our launch of our podcast about our self-organising, and HSJ Awards finalist !6th and 17th March (we are repeating the session)

<https://www.eventbrite.co.uk/e/barts-shield-sharing-our-story-launch-event-tickets-143761918769>

From MaryCate: ^^ Barts Shielder

From Ruth Reid: I love the videos I shared with my networks already

From Caroline Lennon: I loved the clips on self-organising - particularly the Sound of Music flash mob

From Andrea McGuinness: precious time and feeling it has been very well spent-many thanks everyone

From Matthew: MaryCate' s project above made major use of Liberating Structures :-)

From Hello Hilda here: thanks everyone great meeting you Yasmin :-)

From Sophia Mody: Like the video did not know I was self-organising when I was in Mumbai

From Maureen Flynn, National QI Team, HSE Dublin: Thank you - all welcome to Dublin and Ireland any time

From Sophia Mody: Thank You everyone

From Chioma Obasi: Thank you

From Ruth Reid: thanks again 🌻

From Mark Wilson: Thanks so much really enjoyed my first session, you were great

From Chioma Obasi: And loving to meet you Yasmin