

More In Common Network: Share and Learn resource

On Saturday 1 October 2022, around 45 people from across the UK took part in the “very heartfelt and inspirational” More In Common Network: Share and Learn online event, organised by The Jo Cox Foundation.



The talks, workshops and activities helped people share experiences and resources, learn from each other, develop our skills, knowledge and confidence to take action in our communities, and to shape the future of the More in Common Network.

This resource outlines the activities and information that was shared on the day so you can find everything you need.

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Resources directory

The event was recorded on Zoom. Recordings:

- [Morning part A](#)
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- [Afternoon part A](#)
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Workshop resources

Café in a Box

- [Slides](#)
- [Video](#)

Urban Safe Spaces and the State of Play

- [Slides](#)
- [Sporting Communities Video](#) 1
- [Sporting Communities Video](#) 2
- [Sporting Communities Video](#) 3
- [Academic work](#)

Introduction to conflict resolution

- [Slides](#)

Multiplier community leadership

- [Slides](#)

Monitoring and Evaluation workshop [slides](#)

Got It Want It wall - [Access the wall](#)

Keynote speeches - Videos of the Run for Jo from [2017](#) and [2018](#)

More in Common group presentations

Birmingham

- [Slides](#)
- [Walsall Community Dialogue Project](#)
- Email Mahmooda@faithbeliefforum.org

Llantwit

- [Video](#)
- Email moreincommonllantwit@gmail.com

Complete the [5-minute evaluation survey](#)

 If you want to make sure you hear about other events and news from us please [sign up to the More In Common Newsletter](#)

Summary of the Share and Learn event

Welcome session

We had 5 minutes for chats in breakout rooms to say hello to each other. There was a quick Poll using the Chat feature, when Penny Vincent our Communities Officer asked what people already know about Jo Cox and the More In Common Network. Responses ranged from a lot to virtually nothing, but everyone knew at least a little about Jo Cox. One person commented “I know that she was a politician that was murdered. I know about her values and like them and know that they inform the work of the Foundation” and another said “I am inspired by Jo as an individual and aware of the events and network, want to find out who else is up north”. Three people said they want to know more.

Su Moore, our Chief Executive welcomed everyone to the event. She told us about Jo Cox, and her belief that “we have far more in common than that which divides us”.

The inspiration for our work

Jo Cox MP

Jo believed that a **fairer, kinder and more tolerant world** was possible.

On her way to meet residents in Batley and Spen on 16th June 2016, **Jo was murdered because of her beliefs.**



THE JO COX FOUNDATION

Jo and her work are the inspiration for community groups around the UK to bring people together across divides to build trust and celebrate diversity. These groups make up the More In Common Network.

Meena Jeewa our Communities Manager introduced herself, all the team, and the plan for the day. She explained the More In Common Network Values of Respect, Equality, Humanity, Inclusion and Kindness.

Workshop Choices

People had a choice of four workshops, led by organisations and groups that are linked to the More In Common Network:

1 – Café In a Box, with Lee from [Community Together CIC](#)

Café in a Box is a resource for new start up groups or existing groups to support bringing people together whether informally or part of a formal session.

2 – Urban Safe Spaces and the State of Play, with Ross from [Sporting Communities](#).

Exploring how [Sporting Communities](#) develop safe spaces for children and 'Play opportunities' in disadvantaged communities. We looked at the challenges of the transfer of public assets into community ownership and the relationship with the local community.

3 – Introduction to Conflict Resolution, with Viv from [Connecting Wisdom](#)

A chance to explore our relationship to conflict, and how we can find the space and capacity to move through it and towards each other.

4 – 6 ways to look out for each other, with Victoria from [Camerados](#).

Everyone's born a camerado. We just forget as we get older. The session encouraged folk to have conversations about the Camerados principles and how they have used them in their lives.

Monitoring and Evaluation workshop

How do we know what difference we are making in our communities?

Jennie Reed our Evaluation and Impact Manager talked about her top tips for monitoring and evaluation. Amir Aden from Borough and Bankside More In Common group gave us examples of how they use creative methods to get people's feedback, including lego.

Lightning talks

We had three lightning talks of just 3 minutes each, to give people a taster of three very different projects with contact details to find out more.

[Multiplier community leadership programme](#)

Amy Jones from the Cares Family talked about the Multiplier community leadership programme. The Multiplier Project 2023 with the Cares family – a national programme that invests in, supports, and connects community leaders from across the UK who are helping to reduce loneliness, build connection and bridge divides in their communities.

Through this relational programme, The Multiplier will inspire leaders who are driving systemic and cultural change as well as local change, to increase their action, to amplify their voices and the voices of the people they work with, to build strength with one another, and to increase their networks as well as their own sense of belonging. The 2023 programme will be accepting applicants from Jan 2023 onwards. You can contact Amy on: amy.jones@thecaresfamily.co.uk

3rd Age Hostelling and Housing

Maggie Haggas talked about planning for the issues of ageing and housing suitable for your future needs and for that of future generations. You can contact them on: 3rdagehostelling@hotmail.co.uk

Cysters

Neelam Heera talked about a charity she started in 2015 as a way to combat some of the misconceptions and meet the cultural and community needs around reproductive health. Neelam is involved in the [We're Right Here](#) campaign for community power. You can contact Neelam on neelamh@live.co.uk or on social media @neelamheera.

Got It Want It wall

Over the lunch break, we invited people to share information, skills, equipment and other resources, and ask for what they need for their community action.

Got It

your offer, your contact details

- 3rd Age Hostelling and Housing's social media <https://www.facebook.com/3rdager>.
- Community Paediatrician, expert in assessing children who have development delay and mental health issues including behavioural problems. Dr Mohammed Qureshi Irfanqu@gmail.com
- Happy to support with campaigns and volunteer management support + advice + general chat :) james@jocoxfoundation.org
- Note 1) Community Mapping through aDoddle.org. If you need or would benefit from it for either your organisation or community, please do get in touch. I am not trying to sell you anything (see note2)
- Note 2) The aim of the mapping is multi-dimensional for the benefit of people and communities. Please do reach out - <https://aDoddle.org> Jaki@iffEveryoneCares.org
- amy.jones@thecaresfamily.org.uk: Multiplier Programme - a national programme that supports community leaders from across the UK who are helping to reduce loneliness, build connection and bridge divides
- neelamh@live.co.uk or social media via @neelamheera at Cysters support for women of colour around female sexual and reproductive health
- Social media skills and advice - Kira Digital Comms Officer at the Jo Cox Foundation. Contact- kira@jocoxfoundation.org

Want It

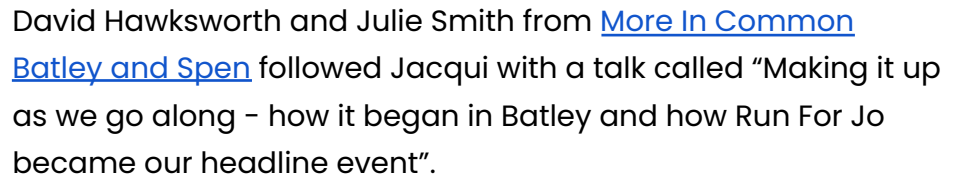
your offer, your contact details

- organisations to create a free profile (Like a mini website) on aDoddle.org. The more organisations on the map the more people can either find the help you provide, the help you need, the resources you share, the opportunities to
- irfanqu@gmail.com - Community Paediatrician. Charity bike rides. would like help with fundraising and community engagement
- need to build on 3rd Age Hostelling & Housing's social media; 1100+ Fb 'Followers' but no takers! <https://www.facebook.com/3rdager>
- everyone to include Gypsies Romani and Travellers in their community projects Abiline McShane 07535541336 gypsyhorses99@gmail.com
- Great Winter Get Together - 16 to 29 January. We want to create places for connection this winter in communities - to address in impact of the cost of living crisis on Loneliness. james@jocoxfoundation.org
- Maggie (Joan). 3rdagehostelling@hotmail.co.uk

HELP WANTED

please continue on next slide - use arrow at the top centre of the Jamboard.

The Rt Hon Jacqui Smith MP opened the event after lunch with a personal story of Jo Cox's work and values.



People shared their feelings and thoughts about the talks using a Mentimeter which made this word cloud. People felt emotional, thoughtful, excited, grateful, connected, motivated, happy and inspired.

 Mentimeter

More In Common Group Stories



Laura Nash, our Communities Officer talked about the [More In Common Network](#) and the range of activities the groups around the UK are involved with including the [Great Get Together](#). She introduced people from three of the current groups.

Mahmooda Qureshi talked about [More In Common Birmingham](#) group, and the Faith and Belief Forum.

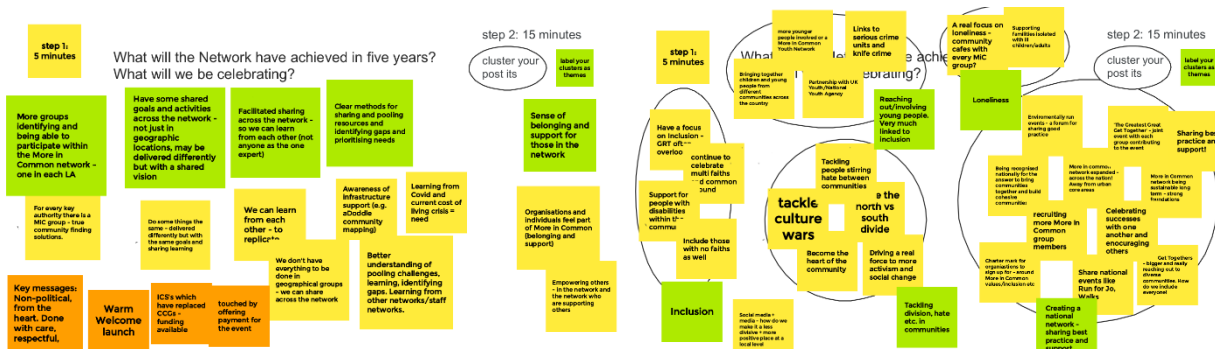
Laura Henderson from [Llantwit Major More In Common](#) group talked about the Chatty Café and other activities they run to connect people.

Joseph Bonner from the [Borough and Bankside More In Common](#) group talked about their events including welcoming the cyclists who take part in [The Jo Cox Way](#) long distance ride from Batley to Bankside each year.

The Future of the More In Common Network

We worked together in small groups to explore ideas for the future of the More In Common Network. Meena gave us four questions:

1. What will the Network have achieved in five years? What will we be celebrating?
2. What themes have emerged in your group?
3. Which themes are your priority?
4. What are your ideas for action to make this happen?



The themes that emerged were:

- Inclusion and cohesion
- Belonging and support
- Sharing and learning together

Ideas for action included:

- Community mapping
- Sharing resources
- Raising awareness in every Local Authority area
- Actively include people from less well represented communities
- Collaborate with other charities
- A local and global approach
- Take advantage of technology

You can take part in the next steps to develop the More In Common Network vision and action plan. To show your interest in being part of this, please email communities@jocoxfoundation.org.

Unlocking Connection



Since 2021, Meta has partnered with the Connection Coalition to provide small grants to members who want to test ideas and ways to build connections and community through the pandemic and beyond. Zoe Cumberland, our Communities Manager shared the 7 keys for connection which have been identified by this test-and-learn approach. [The Unlocking Connection report](#) is free to download.

Unlocking Connection

7 keys for unlocking social connections within communities



Social media contacts

- Lee Bates [Community Together CIC](#) website, [Twitter](#), [Facebook](#), [Instagram](#)
- Ross Podyma [Sporting Communities](#) website, [Twitter](#), [Facebook](#), [Instagram](#)
- Victoria Herriman [Public living room](#) webpage, [Camerados website](#), [Twitter](#), [Facebook](#), [Instagram](#)
- Viv Slack [Connecting Wisdom](#) website
- Amy Jones [The Multiplier](#) webpage, [Cares Family](#) website, [Twitter](#), [Facebook](#)
- Maggie Joan Haggas 3rd Age Hostelling and Housing [Twitter](#) and [Facebook](#)
- Neelam Heera [Cysters](#) website, [Facebook](#) and [Instagram](#)
- Rt Hon Jacqui Smith [Twitter](#)
- Dave and Joolz [More In Common Batley and Spen](#) website, [Facebook](#) and [Twitter](#)
- Mahmooda Qureshi More In Common Birmingham [Facebook](#)
- Amir Eden and Joseph Bonner [More In Common Borough and Bankside](#) website, [Facebook](#) and [Twitter](#)
- Laura Henderson More In Common Llantwit Major [Facebook](#) and [Twitter](#)

