

meaningful  
care  
matters



Free to be me

# Meaningful Connections Community

Better together

Be the Change, Be Different, Be Free to Fly

*"Connection is the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength through relationship. This is the heart and soul of community."*

Dr Brené Brown

# meaningful care matters



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*"It was such a relief to meet with others who made me feel that I wasn't crazy! I wasn't the only one who thought the status quo in care services just wasn't good enough and that we can definitely do better."*

Administrator LTC with The Butterfly Approach® in operation

# The Meaningful Connections Community

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Real community thrives on people coming together and sharing their energy, skills and a common purpose. Being part of a community helps fulfill our need — to connect, share, interact, help, and discover. This enables us to feel a part of something genuine, integrated and tangible. Refining our sense of place, bringing out the best in us, and helping us recognise, unquestionably, that we belong.

Connection has the power to nourish and sustain us in countless ways — many of which science is only just beginning to understand. For all these same reasons, a sense of community is something worth building, maintaining, and holding dear.

The strength of community is in the commonality and bond which is created through shared beliefs and values. You can connect with likeminded people and access a range of different platforms to build resilience, capability, and capacity in changing the face of ageing. After all, we are 'Better Together'.

Our common goal is to influence health and social care cultures to improve the lived experience for the people who access them.

# The Why | Connections Matter

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We are busy supporting the needs of others, and all too often we forget to make time to re-energise and embrace our own needs. If we are to succeed in supporting long term culture transformation, it requires a commitment to nurture self.

The Meaningful Connections Community is a place to be involved which lifts your learning and development experience to a new level. It is a community that will inspire, challenge, and support you. The level of engagement is completely up to you and is flexible according to your needs.

## What is in it for me?

- Develop yourself through **new learning experiences**.
- **Enjoy** community engagement through participation in the online discussion forum.
- **Fulfil your CPD requirements** in a single location offering a variety of certified materials and development tools.
- **Access** exciting new resources for your personal and professional use.
- **Support** each other in our pursuit of personhood both personally and professionally.
- **Challenge and change** the mindsets of existing care cultures through sharing, learning and connections with the support of an international group of likeminded people.
- **Share** best practices of person-centred care.

*"Tell me and I forget, teach me and I may remember, involve me and I learn."*

Benjamin Franklin

### **Who can join?**

Anyone and everyone!

The unique difference in this community is the variety of approaches allowing you to engage and experience in a context which is right for you. The range of materials caters for all people and a variety of experiences which supports your circumstances. It is all about the lens you choose to look through and in this case the lens is you.

### **What's the difference?**

- We are an international community.
- We support care cultures in many countries, and we continue to see consistent results without compromise to regulation.
- What is our difference – we do what it says on the tin.
- Our approach and tools are what we use internally as well as promote externally.
- We live and practice what we preach.
- We come from various backgrounds and walks of life.
- We are health professionals, regulators, education specialists, teachers, business leaders, drama therapists, coaches and nurses and we all have a common denominator: We believe that the heart of care is feelings and that is where we find our meaning, purpose and inner spirit.
- We are simply representatives of humanity forever changed by embracing person centredness through a different perspective.

*We dare to be different - Do you?*



*Learn*

*Connect*

*Support*





# The What

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## Let's connect

There is power in connection. Our interactive platform allows you to share, collaborate and debate issues impacting care culture and person-centred approaches.

### Live, Love and Laughter

Our weekly blog from one of the MCM team which will provide differing perspectives on the everyday life within health and social care. Each blog is written by our team often involving you and the people we support to gain insights from multiple perspectives.

### Community Forum

Our online forum is a place to ask questions and learn from each other's experience. There is much to be gained from hearing from colleagues in other parts of the world and from other specialties. MCM has partners in care homes, dementia care, day services, learning disabilities, home care, palliative care, mental health and hospitals, which ensures we can draw on the very best of different areas of expertise.

## Let's learn

Our 'Let's Learn' platform is a learning and development experience created to support a range of personal development opportunities.

Depending on your membership level this includes some or all the following:

- Toolbox talks
- Self-directed learning packages
- Podcasts
- Webinars
- Online learning

Regardless of your membership level, each item is individually certified and recognised by CIPD internationally and can contribute to your professional development requirements associated with registration requirements.

A solution for mandatory professional development.

The Meaningful Connections Community supports your CPD with a diversity of accredited modules with the convenience of one location.

*"All learning has an emotional base"*

Plato



## *Let's support*

We are here to support you to be the best version of you and to influence culture in your setting. We have included the following support mechanisms to equip you to be informed and to shape your thinking.

### **Resource Portal**

You will have access to some of our tools and support materials which are not available in the public domain to help you develop your work with others.

### **Meaningful Musings**

The final component of our 'Let's Connect' suite will stimulate your thinking. This is a collection of writings which ranges from peer reviewed journal articles, media insights from newspapers on contemporary issues and other musings to stimulate discussion. This will be a rich resource of information for your ongoing use, reference, and reflective practice.

### **Meaningful Reflections**

Here you will be encouraged to review examples of best practice and consider how you can turn learning into action in a way which is meaningful for you.

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*"We are born to unite and to join in community with the human race. Community is a quality of the heart. It grows from the knowledge that we are alive not for ourselves but for one another. Community is the fruit of our capacity to make the interests of others more important than our own. The question, therefore, is not 'How can we make community?' but, 'How can we develop and nurture giving hearts?'"*

Mother Teresa



# The How

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Access to the Meaningful Connections Community is through either individual membership or through organisational membership.

## **Individual membership tiers**

There are three different levels of individual membership which is paid on an annual basis. These are all based on your specific needs.

## **Organisational membership**

Organisational Membership is based on the volume of users within your service / organisation. Organisational membership is providing all the benefits of Connect Plus as outlined in the individual membership information.

Connect

Connect +

Connect  
Premium



# Here is what each level of membership includes:

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## Connect

**Connect Membership** is our entry level and is best suited for carers and support workers. Access at this level provides you with the following benefits:

- Live, Love and Laughter Blog
- Community Forum
- Toolbox Talks
- Self-Directed Learning Packages
- Meaningful Musings

## Connect Plus

**Connect Plus** is the solution for people who require evidence associated with registration as a health professional. This level will provide you with access to a wide range of different CPD accredited courses through our 'Let's Learn' portal. Your membership will provide you with multiple tools to empower you to influence and reinforce your own understanding of personhood in practice. Access at this level provides you with the following benefits:

- Live, Love and Laughter Blog
- Community Forum
- Toolbox Talks
- Self-Directed Learning Packages
- Podcasts
- Webinars
- Meaningful Musings
- Resource Portal
- Meaningful Reflections
- 5% discount on any face to face training and shop purchases

## Connect Premium

Designed with those who have a high level of autonomy or minimal interactions with a broader internal support team. This level of membership is suitable for team members who are designated 'lone workers' or independent practitioners / consultants.

Connect Premium provides a coaching program with one of our MCM coaches to support you in your practice and professional development. This membership tier provides a peer supervision framework to support the autonomous nature of your role. Access at this level provides you with the following benefits:

- Online Coaching x 2 (1-hour sessions) – Prior to your coaching sessions a preliminary planning meeting will occur to ensure you are individually matched with the MCM Coach who can best meet your needs.
- Live, Love and Laughter Blog
- Community Forum
- Toolbox Talks
- Self-Directed Learning Packages
- Podcasts
- Webinars
- Online learning access
- Meaningful Musings
- Resource Portal
- Meaningful Reflections
- Provision of selected tools (3 in total) from The Coach Approach® for your personal use
- 10% discount on any MCM product or individual services

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strength in community

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