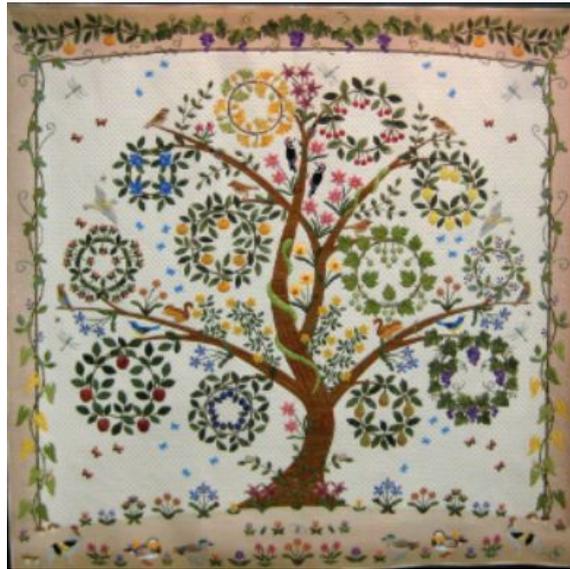


#AloneTogether: Regenerative Response to Coronavirus (Covid-19)

Abridged Version



We are all crew. In this resilient culture we are building through care and support, each of us has a vital role in this regenerative response to Covid-19. Our 2020 XR strategy calls us to work towards a regenerative culture whilst building a movement of movements. With humility, love and an attitude of service, we can support existing structures and aid organisations, and actively listen to the needs of vulnerable communities without assumption or agenda. Regenerative cultures can be our unique offering in this crisis and the way we support communities in a holistic way.

Building upon the call from XR international Regenerative Cultures for a regenerative response to the Covid-19 public health emergency [here](#), Regenerative Cultures UK would like to be in service to UK-wide XR, putting forth a proposal for contribution and participation in a collaborative, cohesive, co-created **#AloneTogether** strategy of care and service toward our fellow rebels, and the public at large.

Whilst holding the grieving of our planned rebellion, Regenerative Cultures supports XR UK's agile and considered response to the Coronavirus. The reality is this crisis is large and looming, with many external systems upon which people depend, already being affected. There is widespread stress and anxiety about what is and what may come, with some already experiencing acute grief or loneliness from loss or isolation. We are all affected by the Covid-19 crisis, and in a positive way, this is able to lend compassionate connection and embodied empathy to all that we do. Humans naturally desire to bind together in times of need, and through a regenerative response, we hope to unite and mobilise the XR community around a cooperative agenda of support and outreach toward each other and the wider community, by collaborating with external groups, local communities and Mutual Aid initiatives.

This proposal humbly invites input of the perspective, project ideas, expertise and capacity of the different XR UK circles into a three phase strategy, focusing on areas of self care, people care and community care, connecting to our united vision of nature and planetary care.

Each phase of the strategy includes five theme categories of co-created and co-run activities:

- **Self and Interpersonal Care:** Mental health & personal wellbeing practices and facilitating empathic and supportive interpersonal connections
- **Holding Emotions and Collective Sharing Practices:** Creating and holding supportive spaces of deep sharing and listening for our collectives, and collectively sharing practices for fun, joy, and creative expression
- **Community Care, Outreach and Mutual Aid:** Building communities of care by supporting the needs of our communities and their members, and connecting with and lending capacity to, existing social aid groups, organisations and initiatives
- **Information, Skill Sharing and Media:** Creating useful guides and practices, offering online workshops and trainings, and

establishing centralised, publicly accessible content hubs and communication channels

- **Wider Narrative and Social & Political Pressure:** Wider framing of the stories and regenerative opportunities for systemic and consciousness change such a crisis enables, possibly offering a further critique of the inadequacy and distortion in current systems, made clearly visible through the lens of the crisis (i.e. government response, labor/economic/financial system critique, food system, etc.)

I. **Phase One:** What can we offer now? What serves immediate or pressing needs?

A. Self and Interpersonal Care:

1. Virus Buddy or Virus Anchor: Promoting the idea of everyone having a person either inside or outside XR to connect up with, in order to support one another. We could provide suggested guidance on how to do this
2. Utilising TESN (Trained Emotional Support Network) and Rebel to Rebel therapy support: Offering online and phone one-to-one emotional support from a trained therapist
3. ‘Sanctuaries at Home’: Offering a suite of online guides and videos on mental and physical self-care and well-being practices, especially for those self-isolating (i.e. yoga, meditation, mood and immune system boosting practices, guided journaling practices, etc.)
4. Call out for additional professionals and practitioners to aid in strategy plan initiatives (i.e. emotional therapists for Rebel to Rebel phone service, potentially First aiders , etc.)

B. Holding Emotions and Collective Sharing Practices:

1. Online sharing and deep listening circles: Holding different types of regular online sharing spaces for rebels to emotionally connect and be heard.

Possible themes:

- a) General Deep check-ins and active listening
- b) Grief and Gratitude
- c) 'Reclaiming Autonomy'

C. Community Care, Outreach and Mutual Aid:

1. Put the immediate call out for rebels to get involved to help support their local Mutual Aid groups:

- a) <https://airtable.com/shrUCI7eE8xDqXLEx/tblFqGvhbICXwl493/viwenxDwDhhfOUiQu?blocks=hide>
- b) <https://freedomnews.org.uk/covid-19-uk-mutual-aid-groups-a-list/>
- c) [Covid Mutual Aid UK](#)
- d) [Nextdoor](#)
- e) Local community Facebook groups
- a) Lots of rebels already subscribed to the Telegram '[XR Covid-19 Community Action Chat](#)' and '[XR Covid-19 Broadcast](#)'

2. Contact and begin discussion with other groups and community organisations where rebels could lend support or specific assistance to existing initiatives, i.e:
 - a) Age Connect to support the elderly
 - b) Food Banks and shelters
 - c) St. Johns
 - d) Red Cross

- e) Local GP or hospitals to assist over-stretched medical staff
 - f) Faith groups, churches, mosques, etc.
 - g) Samaritans
 - h) Police
 - i) NHS
 - j) Homeless charities
3. Mobilizing Action Wellbeing and Mental Health First Aid members, who are already engaged and have skills in care, if they would like to take up new tasks outside of actions
 4. Contact first aiders that XR has trained in first aid service, to help take load off NHS and hospital capacity for simple things

D. Information, Skill Sharing and Media:

1. Producing a 10-Point online handbook on 'How to Build Resilience' or 'How to Weather the Covid-19 Storm' (including a section for people with Disabilities): A written guide of suggested healthy best practices, #XR AloneTogether programs and information sources to help in the crisis
2. Producing a shorter 10-Point Plan or Checklist
3. Rolling out more training in general online facilitation skills (i.e. how to hold Zoom meetings, etc.)
4. Phase 1 Zoom-based Trainings and Upskilling: Customising or repurposing trainings we already have for #AloneTogether strategy (i.e. Emotional Debrief,

How to hold sharing and listening circles, XR Mental Health First Aid, etc.)

- a) Topics: Mental Health Resilience, How to Hold a Listening Space workshop, Self Care 101, in 2 Parts (Condensed, 40 min format for Zoom)
5. Providing Zoom trainings on active listening for #AloneTogether phone support services
 6. Creating an easily accessible, online hub or website design to house all #AloneTogether and general regenerative resources
 - a) A full digital marketing strategy should be created to ensure reach to a wide variety of people across platforms
 - b) Existing free platforms can be used, such as a YouTube channel
 7. Creating Community Hubs for info sharing: Supporting local groups in info sharing on what's happening and to bring XR meetings online
 8. Provide training or links to videos on how to use Zoom facilitation and other technology needed for home working

E. Wider Narrative and Social & Political Pressure:

1. Holding local government to account if, due to Coronavirus, they are making decisions behind closed doors
2. Holding businesses to account for any profiteering from coronavirus emergency

3. Evaluating what industries, businesses will be bailed out/ supported by financial help from the government? And does that fit with public health/welfare, or climate change commitments?
4. Supporting Trade Unions/strikes over sick pay/working conditions
5. How are HS2 camps? Are they still getting support from the local community with food, etc.

II. **Phase Two:** What can we offer in the short-medium term? What builds larger networks of cooperation and greater capacity for healthy recovery, adaptability and thriving?

A. Self and Interpersonal Care:

1. Set up and recruit for an #AloneTogether 'Phone a Friend' style service: A phone service to provide support to those who are bored, lonely, or upset:
 - a. Use Rebel Ringers to call to check-in on people
 - b. Rebel to Rebel phone line for active listening, like Samaritans
 - c. Companionship and story reading service for the elderly
 - d. People that aren't on computers could have a flyer through their door
2. Phase 2 Virus Buddy link up: A more extensive, nationwide Buddy service, working with XR UK to buddy up with local and regional XR members
3. Developing more elaborate online resources and videos for offering mental and emotional care

4. Extending offerings of online yoga and wellbeing practices

B. Holding Emotions and Collective Sharing Practices:

1. Training more XR members on how to hold Sharing and Listening Circles
2. Develop new types of online sharing, such as reading to elderly, group storytelling, Open Mics, etc.
3. Samba, Banner, Flag, Prop XR Arts teams to create online art workshops for entertainment and art projects to do at home for individuals and families

C. Community Care, Outreach and Mutual Aid:

1. Deepening connections with community groups, and offer more numbers to support initiatives
2. Distributing XR Flyers with what we can offer, such as second-hand puzzles and games (Gloves and masks to be worn)
3. Collaborate with existing community hubs- schools, libraries, community centres

D. Information, Skill Sharing and Media:

1. XR working group members to model support activities and capture and share their experiences via social media channels

2. Building #AloneTogether Campaign on Social Media - like 'Ice Bucket Challenge' for specific community care activities
3. Daily/Frequent positive email newsletter or social media posts; positive news; uplifting messages on Telegram channel- #AloneTogether
4. Training more XR members on how to hold Sharing and Listening Circles, especially on local and regional levels
5. Creating playlists and programming for XR Radio and TV for people stuck at home
6. Provide training in facilitation, SOS, conflict resolution etc, to help with building community activism and prepare for major social change

E. Wider Narrative and Social & Political Pressure:

1. Samba, Banner, Flag, Prop XR Arts teams creating online workshops to help build up supplies for actions later on (COP26?)

III. **Phase Three:** What are our wider and longer-term regenerative visions, goals and initiatives, in the face of potential systems collapse and widespread social change? **TBD**

A. Self and Interpersonal Care:

B. Holding Emotions and Collective Sharing Practices:

C. Community Care, Outreach and Mutual Aid:

D. Information and Skill Sharing:

E. Wider Narrative and Social & Political Pressure:

1. (Mass) civil disobedience against anything that looks like a return to BAU (Business As Usual) from government or big business

Other ways to categorise activity:

- **Self-care:** How we take care of our own needs and personal recovery from toxic systems
- **Action care:** How we take care of each other whilst we undertake direct actions and civil disobedience together
- **Interpersonal care:** How we take care of the relationships we have, being mindful of how we affect each other, taking charge of our side of relationships
- **Community care:** How we take care of our development as a network and community, strengthening our connections and adherence to regenerative principles and values
- **People and Planet care:** How we look after our wider communities and the earth that sustains us all