



# Citizen participation initiative “With a Heart for Arendal”

Visit from Polish NGOs  
**1 June 2022**



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With a Heart For Arendal and Public  
Sector PhD candidate AHO

## With a Heart for Arendal-how did it start?

**Anchored in The White Paper nr. 29; « The Care and Welfare of Tomorrow»**

Under 4.5.3; national strategy for voluntary work within the field of health and care; we find the project MHFA presented in the box of facts 4.6;

*Arendal has undertaken a massive registration of the needs and possibilities of the inhabitants, both within the municipality, and through the five largest voluntary organizations: The City Mission of the Church, The Red Cross, The Blue Cross, The National Health Organization and The Salvation Army.*

The Municipality and the Voluntary Organizations see the need for a greater variety of collaborators to be able to develop better health and welfare solutions within the following fields;

Dementia

Active health care within the Institutions in the Municipality

Preventive commitment -children and youth

Preventive commitment to fight poverty and vulnerability

Provide dwellings and training- courses for people with complex challenges

Preventive commitment and work within the health field

## We are:

A Collaboration forum - a network with several hundred actors  
A co-creation Council  
Leader-outreach, connects and coordinates  
Working committee  
Professional resource group  
Action-oriented working groups

## UN Goal 17 and 17.17

« A lot of people take responsibility for matters «nobody» seems to have the responsibility to solve...»



**The municipality, research,  
voluntary sector,  
civil society, business  
and culture actors-  
A Penta Helix modell:**

## **Building on the UN Sustainability Goals.**

The model has been developed on the basis of experiences from MHFA and other contexts in collaboration with Agderforskning (Now NORCE), Trøndelag Research and Development and the Marselisborg Center in Denmark. (OFFRI project). More information about research reports and some projects can be found here:

<https://medhjerteforarendal.no/case-arendal-city-center/>





## **The approach and methods:**

Serving Leadership, co-creation, Penta Helix-approach, Placemaking and Asset Based Community Development(ABCD-approach) are some of our methods and approaches.

Are we looking for challenges or possibilities?

Mobilization of people and cultural resources through a holistic and proximal approach, for a sustainable and place-led development, is the point of departure...

# Serving leadership as a principle:

- ⌘ This type of horizontal leadership focuses primarily on the parties' needs, development and empowerment rather than traditional management through control and delegation.
- ⌘ We like to use analogies from farming, where cultivating, watering, strengthening, harvesting are central tasks to give the actors peace and quiet to let projects and ideas mature, take responsibility for the crop itself, and care for it so it can grow and blossom.
- ⌘ Stay close to the ground level and get out of the office! Keep asking people!



# Asset Based Community Development-ABCD

John P. Kretzmann og John L. MCKNIGHT

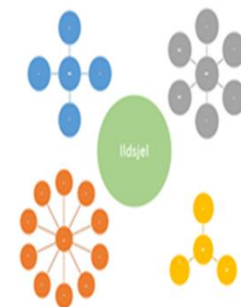
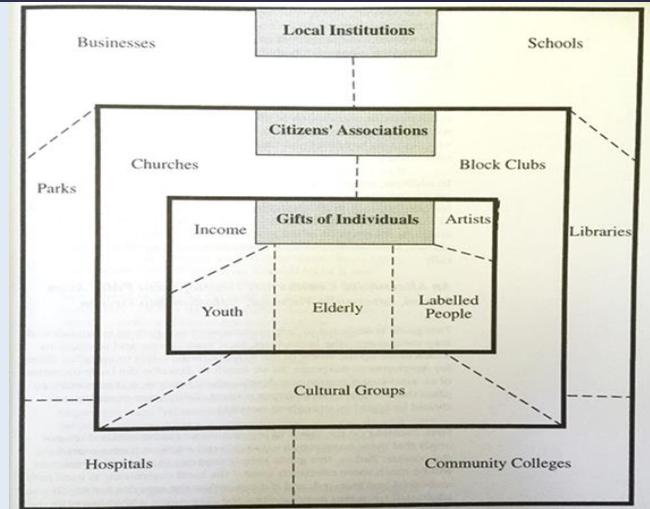
«Building Communities from the inside out- A path toward finding and mobilizing a Community's assets» (ABCD-approach).

Releasing individual capacities  
Releasing the power of local associations and organizations  
Collaborate with local institutions for Community building  
Rebuilding the economy in the Community  
Mobilizing an entire Community

## Institutes:

<https://resources.depaul.edu/abcd-institute/Pages/default.aspx>

<https://www.nurtureddevelopment.org/asset-based-community-development/>





# Co-Creation



**Co-creation** is the act of creating together.

Co-creation as a professional discipline is a set of capabilities, models, skills, methods and activities that enable the act of co-creation.

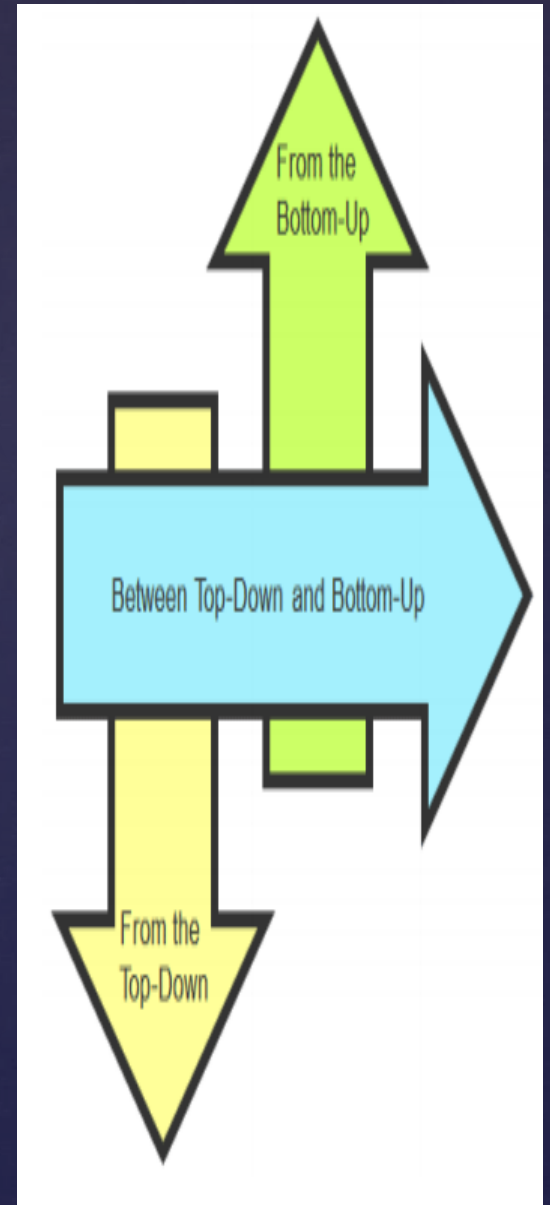
Co-creation projects or events bring different parties together in order to jointly produce a mutually valued outcome.

Co-creation brings a blend of ideas which in turn creates new ideas.

Co-creation is often defined as two or more public and private actors entering into an equal partnership, where the parties together define problems and designs and implement new and better solutions (Jacob Torfing)

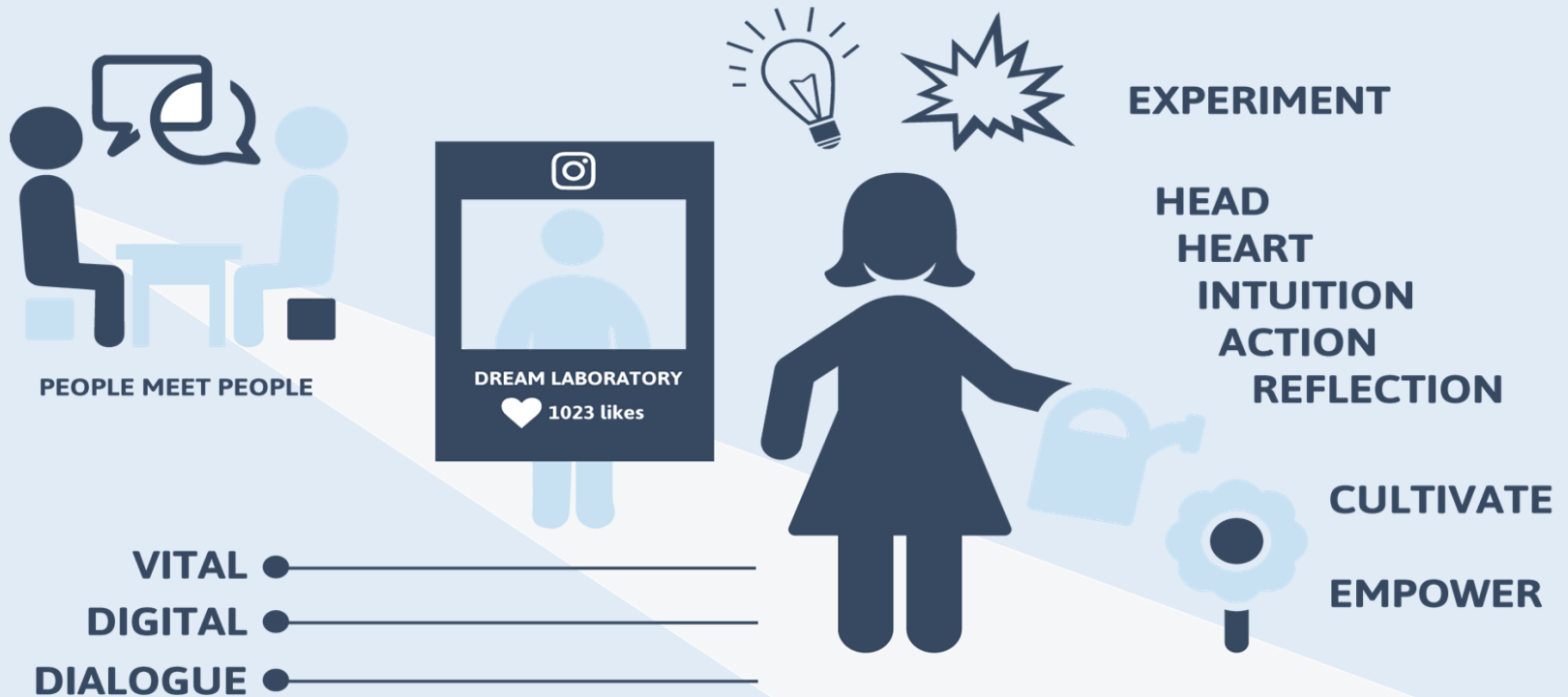


- ⌘ Share responsibility and power ( 4 out of 8 people in the steering committee of the Societal Plan were chosen from civil society)
- ⌘ Holistic approach, co-creation and broad participation must be addressed
- ⌘ Search for people and groups that do not come to public meetings...listen to the «silent voices», search for « the invisible».....
- ⌘ Local and global perspective:UN SDGs give room for a new kind of belonging: More people feel they have something to contribute with, and belong to
- ⌘ Link top-down and bottom-up, and work inbetween
- ⌘ Social and digital meeting places and information infrastructure
- ⌘ Take time-build trust-be relevant and concrete



# Methods and tools-ways of working

## CREATION - TEMPORARILY - MEETING PLACES



*“ TOOLS AND WAYS OF WORKING, AND A LITTLE BIT OF ARBITRARINESS ”*

# Methods and tools for participation, dialogue and co-creation

**METHODS AND TOOLS**

**FOR**

**CITIZEN PARTICIPATION**

**AND CO-CREATION**

Eugene Guribye &  
Lisbeth Iversen

**NORCE**



ARENDAL KOMMUNE



[https://issuu.com/arendalkommune/docs/verkt\\_ykasse-for-samskaping-arendal\\_1faedc12ff13c2](https://issuu.com/arendalkommune/docs/verkt_ykasse-for-samskaping-arendal_1faedc12ff13c2)

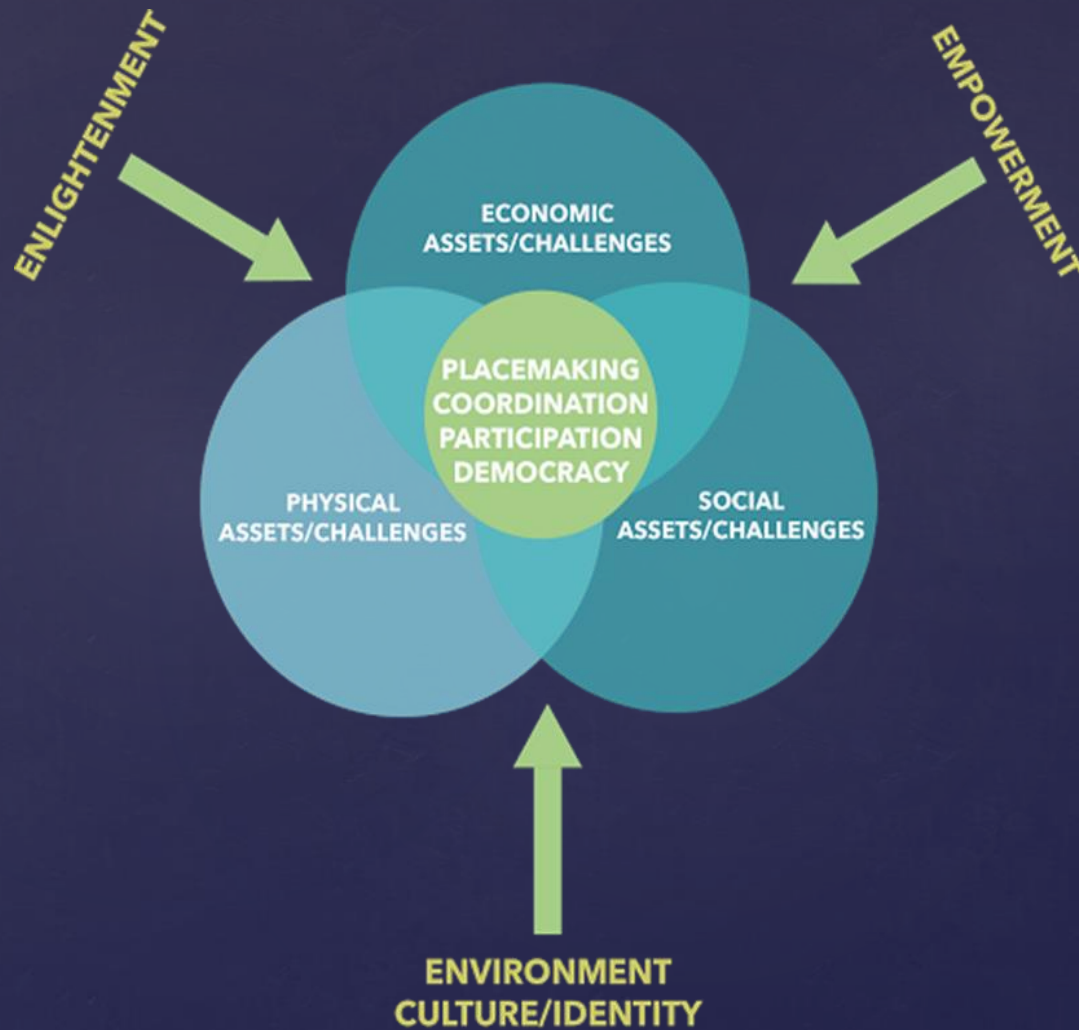


Bridging and linking social capital: Is there a need for a facilitating and translating role that seeks to bring knowledge and information between actors in a discursive way, to bridge the institutionalized system in a municipality, and the more dynamic, and mobilizing, citizen-driven processes and the initiatives?

Competence and knowledge must be communicated both ways, and require both time and trust. These are central themes in the PhD project I am working on.

Communication and relational approaches are central , and digital solutions must be connected to social networks and good and inclusive physical meeting places.

# Holistic placemaking model



## Innovation and resource-based development

- for and with citizens
- to make Arendal an even better place to live for everybody!

And it will be a looong walk, and a dialogue, not a talk!

SAM  
SKAP  
ING SAM  
SKAP  
ING SAM  
SKAP  
ING

**Samskaping  
i Arendal**

Rapportering

Prosjektskjønn  
- Fylkesmannen

Statusrapport per 15.03.2019





We must establish collaborative arenas for co-creation and continuous dialogue. We have co-developed a municipal society plan based on UN Sustainability Goals.







The social part  
of the  
municipal plan.  
Together for  
Sustainable  
Development.  
How can we  
involve broadly  
and co-create  
the solutions?

<https://www.facebook.com/816722615019543/videos/343631209581882>

What about the  
youth? How do  
we engage  
them?

<https://www.facebook.com/816722615019543/videos/1100407740138610>



Do «they» have a say?

We have to invite, to search for and find the actors and groups that do not often take part in public meetings and hearings.

Listen to:

- The voices of the young people
- The voices of the elderly
- The voices of immigrants and refugees

But where and how do we find the "silent voices" and "the marginalized or resigned souls?"



Ungdom: workshop og utstilling i Bankgården; Link til film:  
<https://www.facebook.com/MedHjerteForArendal/videos/1100407740138610/>







Collect peoples DREAMS and ask for needs..  
 Solve everyday challenges...transport for elderly people...more activities for children in public places, develop a «transport to activity app»  
 ..with elderly mentors for the young people.  
 Act, play...work together..test...try harder...







**“People meet people”:Continuous dialogues and meeting places for inclusion.**

Organized by the Arendal School for Immigrants and Refugees, MHFA/ WHFA, and the Arendal Library .



**IT TAKES A PLACE TO CREATE A COMMUNITY,  
AND A COMMUNITY TO CREATE A PLACE.**





# The Place

A physical place and a democratic space , with relational aspects.







Laboratory Arendal – some examples





## Sparkling Spaces Project 2016-2018

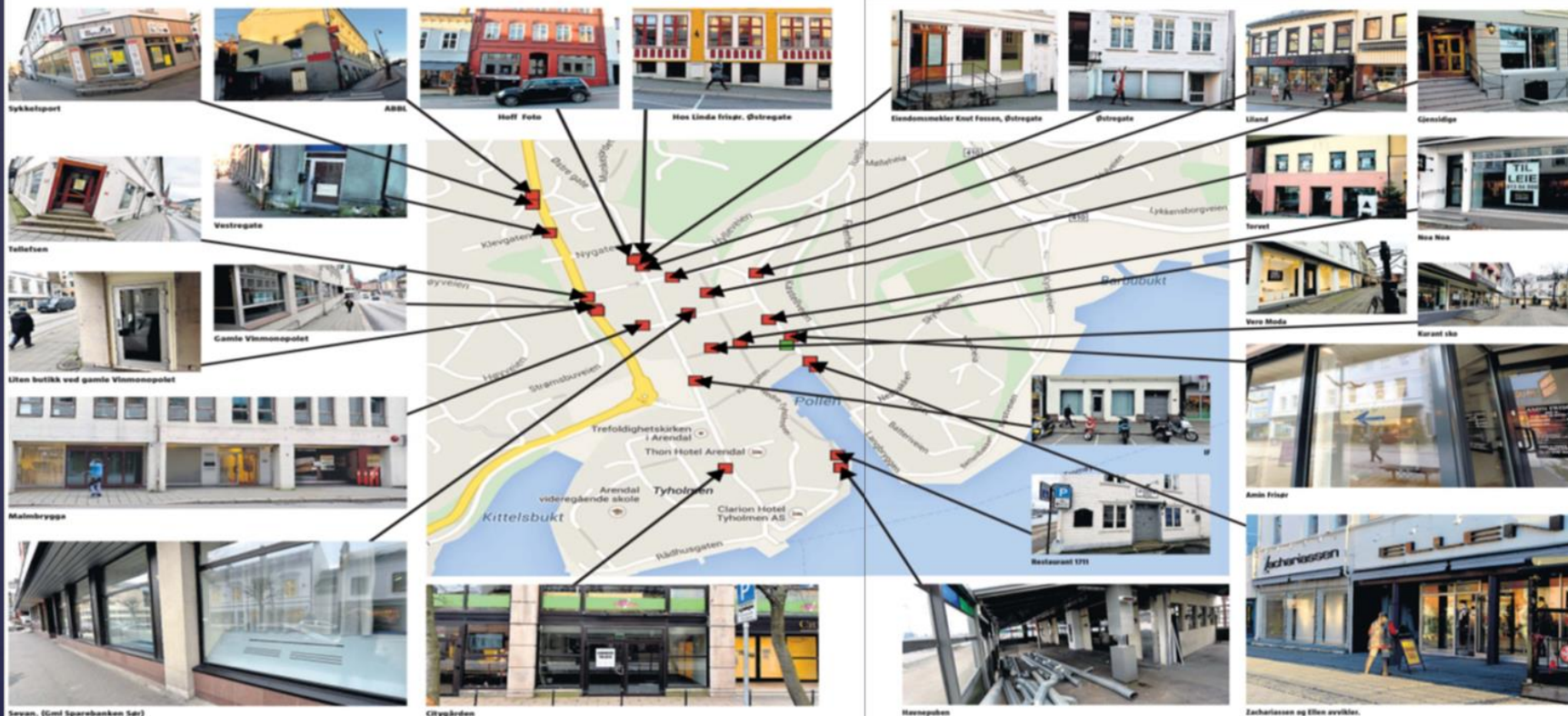
Arendal was one of three pilots in a national pilot project led by DOGA-Design and Architecture Center, Norway: How to create living premises in a historic city center, where most of it has been abandoned?

«Information, Communication, Action, Innovation: Experimenting..Philosophizing, Navigating... "Actions create attitudes»

Agderposten har kartlagt ledige  
kan bli et problem – eller 25  
HVA

butikk- og restaurantlokaler i Arendal sentrum. Dette nye muligheter for nytt liv i byen. Nå utfordrer vi leserne: **KAN DU TENKE DEG Å FYLLE DISSE LOKALENE MED?**

**SIDE 18-21**







It has to do with inviting people to participate, and about a combination of «historical roots and future visions»





Nature and Innovation culture –Resources in coordination

Co-working, Shared economy, and urban ecology

Pacific oysters are one of the world's largest farmed species and are eaten all over the world, but are currently not so common in Norway. Many coastal areas in Norway are now invaded by Pacific oysters. This resource is used by the Arendal-based company Norwegian Shores at the same time it is a helping act to safeguard the environment.





From city center «death» to city center glow! Communication and relationship building. The quarters are filled with co-working houses, cultural life, shops and festivals.

How to work: Inform about the plans and projects. Anchor the project among the collaborating actors. Build trust  
Create common goals  
Get the actions started



Thank you for the attention!



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AHO/ Arendal municipality