Community Work: Theories, Experiences & Challenges

Editors
Kalpana Goel, Venkat Pulla, Abraham P. Francis
Community Work:
Theories, Experiences and Challenges

Editors
Kalpana Goel
Venkat Pulla
Abraham P. Francis
Community Work: Theories, Experiences and Challenges
Edited By: Kalpana Goel, Venkat Pulla, Abraham P. Francis

Peer reviewed Publication, 2014
All chapters that are included in this book have been peer reviewed by professional academic and research colleagues from South Africa, India, Australia and Malaysia.

ISBN : 978-81-923326-7-3
Copyright : Authors
Pages : 264+XVI = 280
First Impression : 250 copies
First Edition : 2014
Paper : NS Maplitho 80 GSM
Price : Rs. 350-00
A$ 29.95
Cover Page : Anne Riggs, PhD.
email - ariggs@alphalink.com.au; www.anneringgs.com

Publisher:
Niruta Publications
Niratanka, #244, 3rd Main, Poornachandra Road,
MPM Layout, Mallathahalli, Bangalore-560056
Ph: 080-23212309, Mob: 9980066890
Email: ramesha.mh@gmail.com, nirutapublications@gmail.com
http://nirutapublications.blogspot.in/

Type setting and Printed at:
Niruta Print Solutions
Niratanka, #244, 3rd Main, Poornachandra Road,
MPM Layout, Mallathahalli, Bangalore-560056
Ph: 080-23212309, Mob: 9980066890
Email: ramesha.mh@gmail.com, dtpniratanka@gmail.com
http://nirutaprintsolutions.blogspot.in/

All rights are reserved. No part of the this book can be reproduced, stored or transmitted in any form or by any means without the prior permission of the publisher or copy write owner. All data, views, opinions and information published in this proceeding is sole responsibility of the authors. Neither the publisher nor members of the editorial board are in any way responsible for them.
Introduction

What is this book about?

This book revisits community development especially questioning the meaning of the term community in the changing global and international context. The nature and dynamics of what constitutes community are changing to suit the needs of people living in a technologically advanced nature of life. Communities that were based on face-to-face interactions, sense of belonging and 'we' feelings are being replaced or overtaken by virtual communities. What is seen is that face-to-face human interaction is being minimised by technologically advanced ways of communicating, such as Facebook, Twitter, Skype and various other such mechanisms that have traversed physical boundaries and made human interaction possible. This new development has also been instrumental in generating new ideologies, new ways of working with people and addressing human causes.

We are well aware of the importance and applicability of such an approach in the community development perspective. However, the question before the social work fraternity is how much it values and can replace face-to-face interaction. The book attempts to build on the existing knowledge base on community work and community development and aims to expand our thinking on community development processes in the current context of changing globalised society. The authors in the book primarily drew from their global research and practice experiences in the community development field across South Asia, Australia and elsewhere.

Social workers/community workers are mandated to work with the disadvantaged, marginalised and oppressed in the society and are directed by the professional code of ethics to uplift human rights and justice to all. The key imperative in social work practice thus becomes adopting such approaches that embraced practices which uphold people’s rights. The book expands on theoretical understandings of community, community development and illustrates practice approaches such as safety net, micro-finance, self-help, Ubuntu approaches that have wider application to different sectors such as education, economy, health and human settlement.

Bringing together academicians in social work and practitioners who have worked with communities from Australia, India, Africa, Malaysia, this volume is a must-read for academics, and students who are studying human services, including social work, community service, community development, and practitioners.
The book delivers practical advice and shares strategies that are based on the real-life experience of working with communities across the nations. It gives breadth and depth of knowledge on community development theory, practice principles, values and illustrates implications for practice based on research and practice experiences that has wider applicability. All the chapters discuss the community development approach/method as a strategy to bring about change in the society. Following a preliminary discussion by Kalpana Goel of the meanings of community and community development, all the chapters discuss the community development approach/method as a strategy to bring about change in the society.

James Mugisha encounters changes in the structural and institutional fabrics of society as a result of globalisation through the micro-finance institution and illustrates how this has been used as a tool to meet community needs for those who are marginalised due to the effects of globalisation.

Kalpana Goel in her chapter examines the role community-based organisations play in fostering a socially inclusive society based on the principles of community development. The author examines community development theory as a method of social work practice in working with immigrant communities.

Another case of effectiveness of community development as a strategy is illustrated by Abraham Francis who has modelled safety net groups as a user-friendly tool for enhancing community building and community support for people having mental health problems.

Bala Raju Nikku's chapter discusses how the social work profession is challenged in the current changing environment that is affected by forces operational at the global level. Through the illustration of community development work in South Asian countries, his paper addresses two important questions: that is how to organise communities in a turbulent environment and how to prepare social work students as effective practitioners who are equipped with knowledge and skills required to work with communities in this changing environment.

Narayan Gopalkrishnan presents a theoretical framework for community development practitioners who are in an advantageous position to influence the adverse impact of globalisation on communities.

Fredrik Velander and Andreia Schineanu postulate a culturally secure practice framework to work with Indigenous communities. They illustrate aspects of wise practice and culturally secure community development practice by using a case study of Norseman Aboriginal Community in Australia.

Heather Percey and Peter Orpin have explored community development processes in a rural context. Through a grounded theory study, theoretical insights
have been developed modelling the community processes associated with rural community development. Based on differing aetiologies, the model classifies three types of community: feature, interest and cause based.

The paper by Ndungi Wa Mungai presents the Ubuntu philosophy based on African cultures and philosophy and emphasises that our destiny is both as a collective as well as individuals. This approach helps to understand the importance of extended families diaspora communities as well as those in Africa. It also helps to explain the problems encountered by such communities when they migrate to societies with more individualistic ethics.

Bharath Bhushan Mamidi and Radha R. Chada, on the basis of a case study discuss how to organise the Street vendors utilising community organisation methods and the principles of social work and community development.

Joy Penman discusses how to build community capacity through health education at the Grassroots. The University of South Australia at Whyalla has been involved in various community engagements, including health education sessions, which enable community members to build their self-management capacity and increase the human capital of the community. These educational sessions are conducted by staff and invited guest speakers. Joy Penman is an academic and also health director of a local church congregation and this chapter is based on her reflections.

Subhasis Bhadra and Venkat Pulla, in their reflecting on Tsunami present a community development perspective of the various phases of the disaster management cycle focusing on relief, rehabilitation, rebuilding and finally disaster preparedness that attempts to strengthen resilience at individual and community levels. The authors have drawn on their previous work relating to the 2004 Tsunami while explaining the various concepts.

Anne Riggs and Venkat Pulla reflect on arts and social work practices in the field of community work and discuss several shared concerns regarding development options for individuals and communities. While the profession of social work provides coping, resilience and active hope, forms of art would assist in regenerating purpose, rejuvenating life processes and uplifting the affective domain of our client systems.

Abraham Francis, Venkat Pulla and Kalpana Goel in their paper review perspectives currently available for health promotion in social work in relation to mental health. The authors emphasise the importance of strength-based community development perspectives in mental health practice and an attempt is made to put forward an integrated model for addressing mental health issues in a community context. The model looks at highlighting the need for developing and sustaining community spirit and promoting resilience in communities.
Abraham Francis and Venkat Pulla finally in the last chapter attempt to revisit these aspects, namely, globalisation and uncertainty, and their impact on communities.

Our attempt here was to briefly review the processes and challenges facing communities in contemporary society. Along with our colleagues in this collection we have examined the changing concepts of community, its elements and function that has relevance for the community development perspective. How the community development perspective can be utilised to solve some of the crises of 21st century such as the water crisis, food insecurity, unsustainable of food-growing practices, accessing issues and rights of the poor and marginalised require attention. We hope you find the readings here useful.

Kalapana Goel
Lecturer, Whyalla Campus,
University of South Australia.
Kalpana.goel@unisa.edu.au
3/3/2014

Venkat Pulla
Senior Lecturer at the School
of Social Sciences, Sunshine
Coast University, Australia.
vpulla@usc.edu.au;
dr.venkat.pulla@gmail.com
3/3/2014

Abraham P. Francis
Senior lecturer at James
Cook University, Australia.
abraham.francis@jcu.edu.au
3/3/2014
Acknowledgements

It is with a great sense of hope; excitement and accomplishment that we would like to present this book to the readers, especially the social work students, human service workers academics and researchers.

A scholarly work is only possible with the zeal, initiative and enthusiasm of researchers and practitioners who are open to share their insights and learned experiences with a community of people interested in the subject matter. The contributors of this volume are people who had spent significant time of their lives in developing insights into issues faced by the communities with whom they have been associated, lived, spoken and listened to. It is their experiences and reflections of what works in working with communities. As the editors of this volume, we owe our gratitude to God who blessed us with some fantastic colleagues and friends to work on this project. We are also indebted to earlier researchers and practitioners who provided valuable theoretical and practical wisdom which has enriched and guided work of many of us who have built further knowledge and suggested frameworks that may be applicable in other parts of the world.

Kalpana Goel wishes to thank her work colleagues who have been inspirational and provided support and encouragement to the editorial team. Kalpana would especially like to thank those who spared their time in the peer reviewing process and that helped the editors to maintain scholarly rigor in this endeavor. Kalpana wishes to convey her heartfelt thanks to both co-editors of this book Dr. Venkat Pulla and Dr. Abraham Francis who worked relentlessly to accomplish the goal of compilation, reviewing chapters and editing of this volume.

As a team we would also thank Bronwyn Ellis, from Whyalla Campus, University of South Australia for professional editing of all the chapters, her unstinted cooperation right up to printing has been fabulous. Likewise, all three of us acknowledge contributions of each one of our families who have provided endless support to us by taking additional household responsibilities and supporting us emotionally. On the production side, we wish to thank Mr Ramesha M.H, the Director of Niruta Publications, Bangalore and his efficient team for their professional support, comments, suggestions and commitment to seeing this work being published.

Kalapana Goel
University of South Australia.
3/3/2014

Venkat Pulla
Sunshine Coast University.

Abraham P. Francis
James Cook University.
Dedication

'I would like to dedicate this book to my late parents Rajendra Prasad Agarwal and Maya Rani Agarwal; whose nurturing and blessings have prepared me as a person with humanistic values and aspirations to move forward'

- Kalpana Goel

'To Srinivas Arka, Philosopher and spiritual mentor and to my wife Nisha Rao who lets me follow my heart in pursuing writing'

- Venkat Pulla

'To my loving wife Mini, children Abhijith and Alka, the source of my strength and the inspiration for all that I do'

- Abraham P. Francis
Our Authors

Chada, Radha R., PhD, is an Associate Professor in the Department of Nutrition. As a Public Health Nutritionist, she is associated with civil society organisations in Hyderabad which work on issues concerning food and nutritional security and other related themes. She is also a visiting faculty member in the National Institute of Nutrition in India, which is an internationally known research organisation working on community nutrition.
Contact: chadaradha@yahoo.co.in

Francis, Abraham, PhD, is an internationally recognised researcher, academic and author. Combined with international exposure, extensive experience in community development and research activities, he has been instrumental in developing many developmental initiatives both in Australia and in India. Abraham has established many international partnerships and research collaborations with various Universities and non-government organisations in Asia. He is the convener of international consortium on strengths based social work practice in mental health and founding director of DePaul International Centre for Wellbeing, Kochi, India. He has published widely in mental health community practice and education.
Contact: abraham.francis@jcu.edu.au

Goel, Kalpana, PhD, is an academic and researcher in the Social Work and Rural Practice Unit at the Centre for Regional Engagement, University of South Australia. She has both practice and teaching experience in the field of community development and mental health. She has taught community organisation and development for two decades both in India and Australia and also teaches wide subject areas in social work. She has widely published in the area of migration, community settlement, unorganised sector, mental health and teaching and learning. She is a member of the Australian Association of Social Workers, Refugee and Migration Research Network and Centre for Rural Health and Community Development.
Contact: kalpana.goel@unisa.edu.au

Gopalkrishnan, Narayan, PhD, is an internationally recognised academic with extensive experience in Australia and overseas, working in universities, NGOs and the private sector over the last 25 years. He lectures at James Cook University in the areas of community work, working with diverse communities, and mental health. Narayan was formerly the Founding Director of the Centre for Multicultural and Community Development, an academic
research centre of the University of the Sunshine Coast, Australia, which focused on research and development relating to multiculturalism and community development. Narayan's teaching and research interests relate to Community Development, Community and Ecological Sustainability, Cultural Diversity and Multiculturalism, Social Determinants of Health and Well-Being, Integrated Medicine and Complementary Therapies, and he has published widely in these areas. Contact: narayan.gopalkrishnan@jcu.edu.au

Mamidi, Bharath Bhushan is a sociologist and currently Director, Centre for Action Research and People’s Development, Hyderabad, India. He is associated with the Civil Society in Action Research, and does advocacy for people-centric development policies. He has been associated for 10 years with the state government as an advisor on alternative livelihoods for job loss affected work forces in state owned enterprises. He also works with state level NGOs network on participatory forest management. Contact: mbbhushan@gmail.com

Ndungi Wa Mungai, PhD is a lecturer in Social work and has been at CSU since February 2010. He completed his PhD in 2011 at Deakin University, Victoria, titled: The Health and Well-being of Young Sudanese Men in Melbourne. Ndungi has also completed a BSc (agr.) (University of Nairobi); M Agr. Studies (University of Melbourne); BSW (University of Melbourne) and MSW (RMIT University, Melbourne). Ndungi has worked in a variety of social work setting including Research, Telephone Relationship counselling for men at Mensline Australia, Counsellor/Advocate in torture and trauma, Caseworker for asylum seekers, housing support worker, foster care field worker and locum worker at Centrelink. Recent publications include ‘Rethinking Masculinities in the African Diaspora’ in Migrant Men (2009) and ‘Immortality is in your name’ in Framing My Name (2010). Nmungai@csu.edu.au

Mugisha, James holds a PhD in Suicidology from the Norwegian University of Science and Technology. He works with Butabika National Referral and Teaching Hospital, Uganda and is a Guest Professor, Mental Health at Sør-Trøndelag University College NO-7004 Trondheim, Norway. His research interest is in culture and mental health. He has quite a number of peer-reviewed works in this area. Contact: jmmugi77@hotmail.com

Nikku, Bala Raju, PhD, is currently Sr. Lecturer in the Social Work Program, School of Social Sciences, University Sains Malaysia. He is the Founding Director of Nepal School of Social Work. He holds master's degrees in Social Work and Planning (Acharya Nagarjuna University and CEPT
University in India) and a PhD in Social Sciences (Wageningen University, the Netherlands). Dr Nikku was actively involved in social work curricula development in state Universities in Nepal. He is on the editorial boards of the *International Journal of Disaster Resilience in the Built Environment* and *Journal of International Social Issues* of the Winona State University, USA. Dr Nikku serves as the member at large of the International Association of Schools of Social Work (IASSW). His research interests are innovations in teaching and learning, social work education, geriatric social Work and social work in disasters. Contact: nikku21@yahoo.com or brnikku@usm.my

**Orpin, Peter, PhD**, is a Senior Research Fellow with the University of Tasmania Department of Rural Health and Rural Clinical School. Peter’s research interests centre on community and social change. These interests are drawn together in his work on rural ageing in which he has published and presented widely. He is research coordinator on a team that has just completed an Australian Research Council linkage grant on supporting rural ageing through social engagement and a National Health and Medical Research Council Partnership grant to explore evidence-based policy to support ageing well. Contact: Peter.Orpin@utas.edu.au

**Penman, Joy, PhD**, holds bachelor and master’s degrees in Nursing and Pharmacy. She completed her doctoral studies on spirituality in palliative care. Joy teaches both science and nursing courses at the Nursing and Rural Health Unit, Centre for Regional Engagement. She has over twenty years’ teaching experience locally and abroad and many years’ nursing experience in various health care facilities. Joy has extensive experience in research and community engagement as well. In recognition of her contributions in these areas, she has been a recipient of various teaching, research and community service awards. Joy has earned over AUD 350K in external research funding for various collaborative projects. She is well published in peer-reviewed and non-peer-reviewed journals, conferences and books. At the time of writing, Joy is the Health Director of the Whyalla Adventist Church.

**Percey, Heather** is a registered psychologist who has worked within the community sector as a practitioner and manager for twenty years, including the development and implementation of community project models around a range of human need. This work in rural and regional areas has led to an interest in the interaction between communities and the programs and services established to enhance well-being. Her recent focus has been on understanding and researching rural community development activities and the unintended consequences upon the fabric of rural communities. Contact: zamarbjp@gmail.com
Pulla, Venkat, PhD, is a Tata Dorabji Merit scholar from the Tata Institute of Social Sciences India. He was formerly Foundation Head of the Department of Social Work, Northern Territory University, Darwin, Australia. He taught social work at the Charles Sturt University and is currently Senior Lecturer, Sunshine Coast University. His research interests are in human coping and resilience, spirituality, green social work and strengths approach to social work. He has founded the Brisbane Institute of Strengths Based Practice. He has co-edited *Papers in Strengths Based Practice*, Allied Publishers, 2012; and *Perspectives on Coping and Resilience*, Authors Press Global Network, 2013. Contact dr.venkat.pulla@gmail.com; vpulla@scu.edu.au

Riggs, Anne, PhD, is an exhibiting visual artist, community artist and educator in art and wellbeing with victims of sexual abuse. She is a co-founder of Artists in Community International, providing arts, creative education, and professional development training. See http://anneriggs.com/. She lectures in BA Community Mental Health, Drug, Alcohol and Other Addictions course. Contact: ariggs@alphalink.com.au

Schineanu, Andreia PhD is the Director of Research for a consultancy firm and is a casual academic staff member at Charles Sturt University. She has a strong research background having worked with population health epidemiology and health promotion in various communities throughout Australia. Her professional interests include women’s mental health, Indigenous community development and strengthening social sciences research using sound theoretical and methodological underpinnings.

Velander, Fredrik PhD is a lecturer and researcher at Charles Sturt University, who has worked with community development in Indigenous and non-Indigenous communities in Australia and overseas. His professional interests lie in the areas of mental health, community development and health promotion and are committed to using wise practice for sustainable change. Contact: fvelander@csu.edu.au

Zuchowski, Ines is a social worker, currently engaged in teaching and research in social work education. Special areas of interest and research are violence prevention, wellbeing, field education, Aboriginal and Torres Strait Islander students and considerations for internationalisation of social work education. Ms Zuchowski draws on a substantial career in social work practice, community development and community education to support her current role as social work lecturer. Her work in violence prevention has included the development of a number of educational resources that have attracted community awards.
Contents

Introduction - v
  Kalapana Goel Venkat Pulla Abraham Francis
Acknowledgements - ix
  Kalpana Goel
Dedication - x
Our Authors - xi

1. Understanding Community and Community Development - 1
   Kalpana Goel
2. In Response to Globalisation: Community Development in Social Work Education - 16
   Narayan Gopalkrishnan
3. Visual and Theatre Arts and Community Development - 30
   Anne Riggs and Venkat Pulla
4. Building Community Capacity Through Health Education at the Grassroots - 48
   Joy Penman
5. Community Boundary Processes and Rural Community Development - 64
   Heather Percye and Peter Orpin
6. Safety-Net Groups: An Approach to Community Development Practice - 86
   Dr Abraham P. Francis and Ms Ines Zuchowski
7. Community Interventions in Disasters - 103
   Subhasis Bhadra and Venkat Pulla
8. Culturally Secure Community Development - 118
   Fredrik Velander and Andreia Schineanu
9. Practice and Teaching Community Organisation in South Asia: Challenges and Opportunities - 143
   Bala Raju Nikku
10. Community Development and Mental Health Promotion - 162
   Abraham P. Francis, Venkat Pulla and Kalpana Goel
11. The Role of Microfinance in Supporting People with Mental Health Problems in their Recovery: A Case Study from Uganda - 181
   James Mugisha, Joshua Ssebunnya, Dorothy Kizza and Fred Kigozi
12. Community-Based Organisations: Role in Settling Immigrants - 196
    Kalpana Goel
13. Ubuntu Approaches to Working with Immigrant Communities - 214
    Ndungi wa Mungai
14. Organising Street Vendors: An Indian Case Study - 236
    Bharath Bhusan Mamidi and Radha R. Chada
15. Community Work in the Context of Uncertainty: Challenges and Opportunities - 252
    Abraham P. Francis and Venkat Pulla