



## TOWN TEAM MOVEMENT



### **ACTION IN A TIME OF ISOLATION:** A Review Of Our Conversation



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TOWN TEAM  
MOVEMENT

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# Introduction: What we did!

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Three digital workshops completed in three days between 20-22 March 2020 with more than 60 participants from around the world!

Two questions were addressed:

1. What can I do now to act in a time of isolation?
2. What can we do as a collective in a time of isolation?

*I've participated in a few webinars before, but this group was by far the savviest!*

- Digital Workshop Participant

**Thank you to everyone who participated and put forward your expertise and creative ideas in this period of uncertainty. Your contribution is much appreciated, and all co-author acknowledgements are included on the final page of this document.**



## Conversation Outcomes Summary

Visual	Themes	Guiding Principles	Aim
	<b>Neighbourhood / Human Connection</b>	<ul style="list-style-type: none"> <li>• Neighbour to Neighbour</li> <li>• Showing you care</li> <li>• Connecting with people that need help</li> </ul>	
	<b>Positive Messages / Supporting Well-Being</b>	<ul style="list-style-type: none"> <li>• Role Models for Positive &amp; Supportive Behaviours</li> <li>• Generosity</li> <li>• Wellness &amp; Self-Care</li> </ul>	
	<b>Local Business Support</b>	<ul style="list-style-type: none"> <li>• Promotions</li> <li>• Supporting &amp; Buying Take-Away Services</li> <li>• Advocating Small Business Support</li> </ul>	
	<b>Celebrating our Creative Resources</b>	<ul style="list-style-type: none"> <li>• Promoting Artists, Musicians &amp; Creatives</li> <li>• Online Gigs</li> <li>• Buying Online</li> </ul>	
	<b>Recovery Planning</b>	<ul style="list-style-type: none"> <li>• Planning Celebrations</li> <li>• Doing things differently</li> <li>• Sustainability &amp; Resilience</li> </ul>	
	<b>Learning new Tools &amp; Resources</b>	<ul style="list-style-type: none"> <li>• Working Collaboratively</li> <li>• Sharing Knowledge</li> <li>• Centralising Resources</li> </ul>	
	<b>Social Activity, Physical Distancing</b>	<ul style="list-style-type: none"> <li>• Being Safe</li> <li>• Outdoors &amp; Nature</li> <li>• Virtual Hangouts</li> </ul>	<p><b>Next Steps</b></p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><b>Continuing to connect, share stories and implementing great ideas</b></p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p><b>Champion our Aim!</b> Happy Hours Video Meetings Guides Case</p> </div> </div>



## Neighbourhood / Human Connections

<p><b>Quick Win Individual Actions:</b> Things I can do right now</p>	<p><b>Collective Community Actions:</b> Things we can do as a collective</p>	<p><b>Case Study References:</b> Links to things happening around the world.</p>
<ul style="list-style-type: none"> <li>• Show even more compassion to others / neighbours. i.e. saying hi and waving to a neighbour (from an appropriate distance)</li> <li>• Check-In phone calls / letters for people who may need help and connection. i.e. weekly phone call to elderly neighbour.</li> <li>• Volunteering to assist elderly and incapacitated with groceries, medications, food donations, video calls, etc</li> <li>• Offer to help improve existing local Facebook groups</li> <li>• Making an effort to connect with people in my neighbourhood, which I don't already know</li> <li>• Creating Pen Pals</li> </ul>	<ul style="list-style-type: none"> <li>• Creating new or promoting existing online social networks for neighbourhoods i.e. whatsapp, Facebook, etc.</li> <li>• Town teams can share, promote and champion community initiatives examples</li> <li>• Parents collaborating to trade teaching lessons and skills</li> <li>• Parents partnering to create virtual scavenger hunts, play dates, etc.</li> <li>• Coordinating volunteers and groups</li> <li>• Connecting young people with senior citizens using video calls</li> <li>• Virtual social events i.e. parties, quiz nights, book clubs, etc</li> </ul>	<p><b>City of Fremantle: Neighbour to Neighbour Program</b>  <a href="https://www.fremantle.wa.gov.au/neighbour-neighbour-helping-each-other-time-crisis">https://www.fremantle.wa.gov.au/neighbour-neighbour-helping-each-other-time-crisis</a></p> <p><b>Printable Self-Isolation Assistance Post Cards #viralkindness</b>  <a href="https://www.countryliving.com/uk/news/a31654244/printable-postcard-self-isolation-coronavirus/">https://www.countryliving.com/uk/news/a31654244/printable-postcard-self-isolation-coronavirus/</a></p> <p><b>Neighbourhood WhatsApp Group</b>  <a href="https://www.togethermutualinsurance.co.uk/blog/how-to-set-up-a-neighbourhood-watch-group-online/">https://www.togethermutualinsurance.co.uk/blog/how-to-set-up-a-neighbourhood-watch-group-online/</a></p> <p><b>Coordinating Volunteers / Town Teams / Groups:</b>  <a href="https://www.townteams.com.au/resources/">https://www.townteams.com.au/resources/</a></p> <p><b>Connecting Elderly People with Zoom:</b>  <a href="https://eldersaction.org/zoom-instructions/">https://eldersaction.org/zoom-instructions/</a></p> <p><b>How to host 'Virtual Social Events':</b>  <a href="https://www.goodhousekeeping.com/life/g31818776/quarantine-birthday-party-ideas/">https://www.goodhousekeeping.com/life/g31818776/quarantine-birthday-party-ideas/</a></p>



## Positive Messages / Supporting Well-Being

<p><b>Quick Win Individual Actions:</b> Things I can do right now</p>	<p><b>Collective Community Actions:</b> Things we can do as a collective</p>	<p><b>Case Study References:</b> Links to things happening around the world.</p>
<ul style="list-style-type: none"> <li>• Telling stories of hope! (but not in a preachy way)</li> <li>• 'Chalk Your Walk' with positive messages</li> <li>• Post inspiring anecdotes on socials</li> <li>• Using positive language "physical distancing" not "social distancing"</li> <li>• Improve our own self-care through self-reflection: In order to help others we need to take care of ourselves</li> <li>• Maintaining optimism by being proactive in sharing optimism</li> <li>• Reflection. What's going well, what are you grateful for. Being intentional when going about your day.</li> <li>• Donate blood</li> <li>• Acceptance that things may be sort of clumsy, but with sweet and beautiful intentions that may override any early technical haziness.</li> <li>• Dealing with the trauma, being sensitive with one another as we get familiar with the new way of working</li> <li>• Promoting healthy eating and boosting your immune system</li> </ul>	<ul style="list-style-type: none"> <li>• Developing a positive community position statement in where we stand as a community in what we think needs to be done from decision makers</li> <li>• Mobilise a project, which shares positive messages, whilst maintaining COV-19 rules</li> <li>• Catalysing good things, this is a time of great opportunity to reach out and ask more people to join community / volunteer groups to help others / businesses / vulnerable</li> <li>• Understand what standards good behaviours and actions can be taken so we can consistently be role model.</li> </ul>	<p><b>Chalk your Walk</b>  <a href="https://www.seacoastonline.com/news/20200324/rsquochalk-your-walkrsquo-york-neighbors-share-messages-of-encouragement">https://www.seacoastonline.com/news/20200324/rsquochalk-your-walkrsquo-york-neighbors-share-messages-of-encouragement</a></p> <p><b>Inspiring Quotes and Stories from Social Media</b>  <a href="https://metro.style/culture/spotlight/inspiring-quotes-and-stories-from-social-media/24279">https://metro.style/culture/spotlight/inspiring-quotes-and-stories-from-social-media/24279</a></p> <p><b>Being a Positive &amp; Supportive Leader during COV-19</b>  <a href="https://www.forbes.com/sites/margiewarrell/2020/03/08/leading-through-coronavirus-how-those-in-charge-can-navigate-the-uncertainty-with-calm--courage/#418ba48f704b">https://www.forbes.com/sites/margiewarrell/2020/03/08/leading-through-coronavirus-how-those-in-charge-can-navigate-the-uncertainty-with-calm--courage/#418ba48f704b</a></p> <p><b>Mental Health, Healthy Eating and Self-Care Resources:</b>  <a href="https://www.facebook.com/foodmatters/">https://www.facebook.com/foodmatters/</a></p>



## Local Business Support

<p><b>Quick Win Individual Actions:</b> Things I can do right now</p>	<p><b>Collective Community Actions:</b> Things we can do as a collective</p>	<p><b>Case Study References:</b> Links to things happening around the world.</p>
<ul style="list-style-type: none"> <li>• Adopt a business - each day/week 'adopt a local business' to support by buying takeaway coffee, lunch, dinner, etc</li> <li>• Buying local retail / goods online and encouraging others to do the same</li> <li>• Supporting local businesses - restaurants and cafes by developing a list of daily specials and sharing online</li> <li>• Supporting frontline staff (inc Health Care Workers)</li> <li>• Utilising home delivery businesses</li> <li>• Utilise social media to promote business online - a lot more people online</li> <li>• Helping businesses adapt - online tutorials for modifying your business to adapt with take-away and online services</li> <li>• Create a resource or webinar to walk through the various stimulus packages and how businesses can make the most of the current situation</li> <li>• Creating videos of local business stories and characters - promoting our town centres and business organisations</li> </ul>	<ul style="list-style-type: none"> <li>• Creating an online platform for people to find essential businesses and other businesses that have adapted to COV-19</li> <li>• VIRTUAL CASH MOB - Go into a local business and spend a minimum of \$20 online - make it virtual</li> <li>• Try to support small businesses in neighbourhood with gift cards, vouchers, pay in advance, etc</li> <li>• Encourage businesses to get solid business advice now. Small business development corporation.</li> <li>• Lobby govt to let small business access super, rent relief, loosen regulation for takeaway (without compromising health regulations)</li> <li>• Communication Groups for supporting businesses i.e. whats app, etc</li> <li>• Timebanking - services delivered go into a bank that can be redeemed for other services</li> </ul>	<p><b>Inglewood on Beaufort: Takeaway Tuesday Local Business Specials:</b>  <a href="https://www.facebook.com/Inglewoodonbeaufort/">https://www.facebook.com/Inglewoodonbeaufort/</a></p> <p><b>COV-19 Resources for Businesses:</b>  <a href="https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-business-and-industry-advice">https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-business-and-industry-advice</a></p> <p><b>WA Grant Opportunities for Businesses and Community Groups:</b>  <a href="https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-business-and-industry-advice">https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-business-and-industry-advice</a></p> <p><b>Hospitality Advice:</b>  <a href="https://www.hospitalitymagazine.com.au/how-restaurants-can-respond-to-covid-19/">https://www.hospitalitymagazine.com.au/how-restaurants-can-respond-to-covid-19/</a></p> <p><b>WA Small Business Advice:</b>  <a href="https://www.smallbusiness.wa.gov.au/blog/coronavirus-stimulus-package-small-business">https://www.smallbusiness.wa.gov.au/blog/coronavirus-stimulus-package-small-business</a></p> <p><b>Virtual Cash Mob:</b>  <a href="https://www.facebook.com/events/237071430754520/">https://www.facebook.com/events/237071430754520/</a></p> <p><b>Virtual Pub Trivia:</b>  <a href="https://www.facebook.com/events/234487370937245/">https://www.facebook.com/events/234487370937245/</a></p> <p><b>Super City. Open Source Map of all Businesses remaining open, which have adapted to stay open since COV-19</b>  <a href="https://supercityguide.com/">https://supercityguide.com/</a></p>



## Celebrating our Creative Resources

<p><b>Quick Win Individual Actions:</b> Things I can do right now</p>	<p><b>Collective Community Actions:</b> Things we can do as a collective</p>	<p><b>Case Study References:</b> Links to things happening around the world.</p>
<ul style="list-style-type: none"> <li>• Donate! Support artists, small business owners and creatives!</li> <li>• Sharing and Supporting online gigs, go fund me pages, etc</li> <li>• Sharing stories of success (crowdfunding, etc)</li> <li>• Buying music and art online</li> <li>• Sharing grants available to artists and creatives</li> </ul>	<ul style="list-style-type: none"> <li>• Collating creative ideas for connecting so others can access all these great ideas!</li> <li>• Creating a mural, like paint by numbers but timed to a family group to paint their block in 2 hours</li> <li>• Local whos got talent event over digital networks. People can put a performance together and submit for people to enjoy</li> <li>• All the Queens Men - virtual dance party LGBTQI</li> <li>• Virtual streaming DJ gigs</li> <li>• Learn a craft online. Virtual workshops.</li> <li>• Planning Recovery events with artists and musicians</li> <li>• Workshops and Advice for creatives to adapt during COV-19</li> </ul>	<p><b>Crowdfunding Page for Artists</b> <a href="https://ilostmygig.net.au/">https://ilostmygig.net.au/</a></p> <p><b>Supporting Online Gigs and Causes</b> <a href="https://www.mycase.com.au/page/226584/covid19-emergency-appeal">https://www.mycase.com.au/page/226584/covid19-emergency-appeal</a></p> <p><b>Social Distancing Festival</b> <a href="https://www.socialdistancingfestival.com/">https://www.socialdistancingfestival.com/</a></p> <p><b>Artist, Events and Creative Grants (also grants for cancelled events caused by COV-19)</b> <a href="https://www.lotterywest.wa.gov.au/lotterywest/covid-19/covid-19-grants">https://www.lotterywest.wa.gov.au/lotterywest/covid-19/covid-19-grants</a></p> <p><b>Creative Capital: Workshops and Advice for Artists and Creatives inc livestreaming, financial advice, building community for creative life, etc.</b> <a href="https://www.eventbrite.com/o/creative-capital-12336136688">https://www.eventbrite.com/o/creative-capital-12336136688</a></p> <p><b>Supporting Artists and Celebrating Wins</b> <a href="http://xpressmag.com.au/mojos-help-save-mojos-bar">http://xpressmag.com.au/mojos-help-save-mojos-bar</a></p> <p><b>Crowdfunding for Creatives</b> <a href="https://www.patreon.com">https://www.patreon.com</a></p>



## Recovery Planning

<p><b>Quick Win Individual Actions:</b> Things I can do right now</p>	<p><b>Collective Community Actions:</b> Things we can do as a collective</p>	<p><b>Case Study References:</b> Links to things happening around the world.</p>
<ul style="list-style-type: none"> <li>• Connecting groups of businesses &amp; showing examples of ideas</li> <li>• Celebrate emotions post-isolation</li> <li>• Attending, sharing and promoting future initiatives</li> <li>• Getting in contact with your local community group / town team to get involved</li> </ul>	<ul style="list-style-type: none"> <li>• Supporting town centres in planning events post apocalypse aimed at improving community connections, supporting local businesses, etc</li> <li>• Working in our town teams / community organisations to brainstorm ideas post-recovery. Start applying for bids and planning</li> <li>• Re-Organising community volunteer groups - How do we improve our organisation?</li> <li>• Supporting community groups to think about lessons learned and a more sustainable society</li> <li>• Lobby government for funding for community initiatives</li> <li>• Planning for the future - via chat local chat groups and small businesses. Developing stakeholders</li> <li>• Think ahead about the possibility of crowdfunding / grants being made available to support the arts and attract people back into the city through existing channels</li> <li>• Working to improve existing shop fronts, main streets and developing new incentives to promote people to come back and visit town centres again.</li> </ul>	<p><b>Organising Small and Large Events Guides:</b> <a href="https://www.townteams.com.au/resources/">https://www.townteams.com.au/resources/</a></p> <p><b>Community Event Grants</b> <a href="https://www.lotterywest.wa.gov.au/lotterywest/covid-19/covid-19-grants">https://www.lotterywest.wa.gov.au/lotterywest/covid-19/covid-19-grants</a></p> <p><b>Federal Government: Community Event Grants Hub</b> <a href="https://www.communitygrants.gov.au/grants">https://www.communitygrants.gov.au/grants</a></p> <p><b>Localist Approach to Recovery</b> <a href="https://www.strongtowns.org/journal/2020/3/20/in-these-tough-times-our-community-becomes-our-safety-net">https://www.strongtowns.org/journal/2020/3/20/in-these-tough-times-our-community-becomes-our-safety-net</a></p> <p><b>Grant Updates</b> <a href="https://whitneyconsulting.com.au/">https://whitneyconsulting.com.au/</a></p> <p><b>Creating Communities Learning Centre</b> <a href="http://www.creative-communities.com/learning-centre/">http://www.creative-communities.com/learning-centre/</a></p> <p><b>Project for Public Spaces Resources</b> <a href="https://www.pps.org/">https://www.pps.org/</a></p> <p><b>Town Team Movement Placemaking Resources</b> <a href="https://www.townteams.com.au/resources/">https://www.townteams.com.au/resources/</a></p> <p><b>Note:</b> Continue checking-in with your local government for upcoming community grants, initiatives, etc</p>



## Learning new Tools & Resources

<p><b>Quick Win Individual Actions:</b> Things I can do right now</p>	<p><b>Collective Community Actions:</b> Things we can do as a collective</p>	<p><b>Case Study References:</b> Links to things happening around the world</p>
<ul style="list-style-type: none"> <li>• Being mindful and careful of the information we are sharing and communicating to each other. Ensuring information is fact-based where possible</li> <li>• Capturing and recording brainstormed ideas</li> <li>• Share new resources and technology with fellow community members and local government</li> <li>• Aggregate common needs/ requirements - Asking what people actually need.</li> <li>• Learn how to and teach others to use Zoom and video conferencing software, specify training for low familiarity, elderly</li> <li>• Using local business knowledge to share useful info with the community e.g physio videos with everyone working at home</li> </ul>	<ul style="list-style-type: none"> <li>• Lobbying / Creating more shared information between organisations. I.e. CoF Neighbour to Neighbour Program</li> <li>• Sharing what we're doing as a movement to inspire others to Do the same. Online teaching</li> <li>• Platforms that collate funds for individuals or groups: i.e. Patreon</li> <li>• Creating on-going workshops sessions for community members and professionals to continue collaborating. I.e. Virtual Happy Hour (possibly for specific topics)</li> <li>• Ideas platform, idea portal, aha.io - where can we centralise the great ideas and vote on ideas</li> <li>• Singapore is now taking the chance to encourage people to upgrade the skills. Govt is giving all Singaporean's extra credits</li> <li>• Making ongoing resources available - recorded podcasts, turn resources into guides, books, presentations, etc</li> </ul>	<p><b>Upgrading Professional Skills in Singapore</b> <a href="https://www.skillsfuture.sg/Credit">https://www.skillsfuture.sg/Credit</a></p> <p><b>Collaboration with Creatives</b> <a href="https://www.patreon.com/">https://www.patreon.com/</a></p> <p><b>Organising new ideas and resources with your community</b> <a href="https://trello.com/">https://trello.com/</a></p> <p><b>Prioritising Great Ideas</b> <a href="https://www.aha.io/">https://www.aha.io/</a></p> <p><b>Tips for Virtual Team Building</b> <a href="https://miro.com/blog/remote-team-building-activities-games/">https://miro.com/blog/remote-team-building-activities-games/</a></p> <p><b>COV-19 Impact Advice</b> <a href="https://socialsuitehq.com/covid-19-assessment/">https://socialsuitehq.com/covid-19-assessment/</a></p>



## Social Activity, Physical Distancing

<p><b>Quick Win Individual Actions:</b> Things I can do right now</p>	<p><b>Collective Community Actions:</b> Things we can do as a collective</p>	<p><b>Case Study References:</b> Links to things happening around the world</p>
<ul style="list-style-type: none"> <li>• Zoom coffee catch ups</li> <li>• Online Dance Parties</li> <li>• Virtual story hour</li> <li>• Socially Distance Teddy Bear Hunt. Neighbours hide teddy bears on verge for kids to find and record on map (but not take)</li> <li>• Virtual play dates</li> <li>• Spending more time with family (in your home)</li> <li>• Virtual anything...</li> </ul>	<ul style="list-style-type: none"> <li>• Pop-Up Drive-In Movies with food delivery services (compliant with COV-19 regulations)</li> <li>• Busking Party, but away from streets. i.e. on Balconies, inside shops, online, etc (compliant with COV-19 regulations)</li> <li>• Online Cook-Off - points for presentation</li> <li>• Recording theatre performances and playing live via video and/or radio</li> </ul>	<p><b>How to Virtual Dinner Parties</b>  <a href="https://www.theguardian.com/lifeandstyle/2020/mar/26/dinner-parties-go-digital-during-coronavirus-outbreak-we-lock-in-every-saturday-night">https://www.theguardian.com/lifeandstyle/2020/mar/26/dinner-parties-go-digital-during-coronavirus-outbreak-we-lock-in-every-saturday-night</a></p> <p><b>Socially Distance Teddy Bear Hunt</b>  <a href="https://www.abc.net.au/news/2020-03-25/coronavirus-bear-hunts-around-the-world-including-melbourne/12085168">https://www.abc.net.au/news/2020-03-25/coronavirus-bear-hunts-around-the-world-including-melbourne/12085168</a></p> <p><b>How to stream your DJ Set</b>  <a href="https://djmag.com/longreads/how-stream-your-dj-sets-your-phone-and-laptop">https://djmag.com/longreads/how-stream-your-dj-sets-your-phone-and-laptop</a></p> <p><b>Keeping your Kids Happy when School Closes</b>  <a href="https://www.foodmatters.com/article/how-keep-your-kids-happy-busy-and-healthy-when-school-closes">https://www.foodmatters.com/article/how-keep-your-kids-happy-busy-and-healthy-when-school-closes</a></p> <p><b>Note:</b> Please ensure you are compliant with all health and COV-19 regulations prior to planning any virtual and/or social distancing events.</p>

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# *Top Five Tips to Supporting your Community*

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## **1. Think Collectively & Make Use of Existing Resources & Networks:**

Instead of creating your own new support network and implementing a new idea, think first about what is existing and already being shared. We are better to work together, than have too many resources and projects.

## **2. Supporting Creatives, Artists and Musicians**

Use Shareable, Patron or other reputable online tools to support creative hubs for artists and musicians. It's important we think about keeping alive the existing creatives spaces and hubs, and let these organisations to distribute resources to artists and musicians.

## **3. Extreme Generosity**

Intentional and compassionate acts of kindness to yourself and others. Help where you can, big and small actions can be just as impactful.

## **4. Maintaining a Calm and Positive Mental Attitude**

Pass on your smiles. Communicate! And see the opportunity and abundance in this challenging and testing period.

## **5. Always Support your Local**

Whenever possible, promote, assist and buy local. Local businesses are the lifeline of main streets and many communities. These are the places we meet, have great experiences, share stories, grow and learn with each other.

### Co-Authorship:

Town Team Movement would like to thank everyone for your shared contribution to creating this resource guide and we look forward to continuing the conversation into the future.

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