

Ubuntu: community care with choice | Example

The Welcome Table: A Community Example

Adults | 5 to 8 minutes | Handout

See a fictional group adapt an invitation so that participation remains voluntary.

This fictional example follows a neighborhood group planning a shared meal. It is not a client story or a claim that every community should organize in this way.

How to use this page

Read what the group changed. Notice whose needs were initially missed and how asking was different from assuming.

An invitation with hidden demands

The group first asked everyone to bring food and tell a personal story. Leila wanted to attend but had little money and did not want to discuss her recent move. Another neighbor could not use the stairs at the proposed venue. Neither had been asked what would make participation possible.

PK09-02 | continued

Listening changed the plan

The organizer privately invited suggestions without requiring explanations. The group found a step-free room, made bringing food optional, and offered a simple greeting instead of personal storytelling. People could listen, leave early, or choose a quieter seat. The group checked access details with the venue rather than promising them.

A smaller, honest commitment

Leila attended for half an hour and chose not to speak. Later she offered to help design the next invitation, with a clear time limit. The group still had work to do on cost and transport. Its next review would ask what made joining easier and what remained difficult.

1. Which change made the invitation more respectful, and what else would you ask?**Facilitator notes and adaptation**

Do not treat attendance or disclosure as proof of belonging. Community activities need their own consent, accessibility, safeguarding, and privacy arrangements.

PK09-02 | continued**About this resource**

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB08 | Desmond Tutu; foreword published by Amnesty International USA | Archbishop Desmond Tutu on Dignity

<https://www.amnestyusa.org/blog/archbishop-desmond-tutu-on-dignity/>

PB09 | World Health Organization | Guidance on Community Mental Health Services: Promoting Person-Centred and Rights-Based Approaches

<https://www.who.int/publications/i/item/9789240025707>