

Ubuntu: community care with choice | Practice

One Sustainable Act of Community Care

Adults | 5 to 10 minutes | Worksheet

Plan an optional act of giving, receiving, or making a space easier to join.

Community care can include asking for help or changing an invitation. It does not have to be a large project. Choose one small action that respects your capacity and the choices of other people.

How to use this page

Use the three areas to plan an action you may try before the next check-in. You may instead observe what would make a future step possible.

Choose a contribution or request

You might ask a group about access, offer to share public information, invite someone to an activity, or accept a specific offer of help. Ask permission before sharing another person's story, contact details, photograph, or needs.

Set a real limit

Name the time, money, energy, or skill you can offer. A five-minute task can be complete. If receiving help, clarify what is being offered and whether there are conditions. You may decline an offer that creates pressure or does not fit.

PK09-05 | continued

Protect the review

Decide when to reflect on how the action felt. Did it respect choice and make connection more possible? If it was too much, revise or stop. You do not need to make it a recurring responsibility because one attempt was helpful.

1. My optional act of giving, receiving, or improving access**2. Permission, practical needs, and limits to clarify first****3. When I will review the action, or what I will observe if I do not try it**

PK09-05 | continued**Facilitator notes and adaptation**

Avoid turning therapeutic work into unpaid service requirements. Address safeguarding, organizational rules, and accessibility when an action involves a group or vulnerable people.

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>