



Only Solutions LLP

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Only Solutions is a skilled and experienced freelance community development and active citizenship consultancy with a proven track record of successfully working with communities and their partners. Over the course of 28 years we have continued to deepen and widen our range of holistic participatory tools and processes, drawing upon an eclectic mix of sources, to promote citizen participation, personal and community development and empowerment.

We offered natural healthcare training in the early 1980's. One dimension of our provision was designed to suit those with "high motivation and low income". From 1992 - 2002 we worked in partnership with East Riding of Yorkshire County Council Community Education Service and Adult Education Mental Health, East Yorkshire College, the Workers Education Association (WEA), Mind and other agencies and community and voluntary sector groups. We conceived and helped deliver a 'care home project' that identified and addressed unmet educational needs of people who rarely left their residential homes by bringing learning into their day rooms, engaging residents as well as staff and care home owners in attending relaxation and art sessions.

Under the name 'Community Healing Arts' we designed and delivered numerous innovative programmes, further widening participation in learning and community development, while empowering individuals to take responsibility for their health and well-being. We also provided team building support for Mind, the Local Strategic Partnership and the Council for Voluntary Services, and we helped facilitate formative meetings of the emerging Learning and Skills Consortium. Shlomo represented the community and voluntary sector on the County-wide Learning Partnership.

In 2001 we conceived, attracted funding for, and subsequently managed the Bridlington Active Citizenship Project. This involved forming and managing a unique partnership of organisations from all sectors, most of whom had not previously worked together on a joint project. As project managers we promoted the project and recruited participants and staff; designed, delivered and evaluated both the Making a Difference community leadership training programme and a series of two dozen Thinking About Democracy sessions. We also created and maintained several community learning resources, including a 'real' and a 'virtual' library, and a project website. Shlomo chaired the community project (social enterprise) seed money award panel.

In 2003, after relocating to Nottinghamshire, we were contracted to manage an interfaith project, establishing Mansfield's Interfaith Network, facilitating a Spiritual Dialogue Group, and contributing to the Mansfield Area Strategic Partnership's (MASP's) Race Monitoring Group. Only Solutions evaluated the project and wrote several research reports as part of this pathfinder pilot, including an extensive examination of relations between the secular and faith communities, complete with recommendations for a sustainable forward plan.

From June 2004 we became involved with West Nottinghamshire College and the University of Derby's Foundation Degree in Community Regeneration and Development, first as marketing consultants. As the result of successfully recruiting students and staff for the programme, Shlomo was made a Course Co-ordinator and tutor.

Levels 4 and 5 subjects taught included: Community Research Methods; Developing an Effective Public Relations Strategy; Personal and Professional Development; Environmental Management; and Management Information Systems. We formed and headed-up an interagency and inter-sectoral team that organised a successful social inclusion workshop, hosted by the College in February 2005.

As an unpaid contribution to our community, early in 2006 Only Solutions helped organise and facilitate a series of Community Involvement workshops introducing the new Local Development Framework processes. These sessions engaged more than fifty members of the local community in discussions with East Midlands Planning Aid and the District Council's Head of Planning Policy, resulting in submissions to both District and County Statement of Community Involvement consultations that would otherwise not have been made.

During 2005 and 2006, as part of Project CIVIC (Cultural and Industrial Values in Change), a European (ESF, Article 6) funded project in managing social change, Only Solutions devised and facilitated a Quality Enthusiasts Group (quality circle). This was recognised as a valid form of Continuing Professional Development for District Council officers. The participant action training focused on adapting Total Quality Management and systems thinking tools, methodologies and values, marrying these to community development values, and applying the approach to empowering three deprived neighbourhoods in Mansfield, and Jokkmokk in Northern Sweden. Only Solutions was responsible for brokering an arrangement between Enable and Project CIVIC that resulted in the groundbreaking use of the Practical Quality Assurance System for Small Organisations (PQASSO) by several Neighbourhood Management Teams.

Only Solutions took a lead role in composing regular progress reports to the European Commission, traveling to Sweden to deliver several presentations as panel members on a Managing Social Change Conference. We also produced both a Quality Sourcebook and a Quality Improvement Toolkit for Tenants & Residents and Community Groups, and were core members of the team of academics who co-authored a book entitled *CIVIC Guide to Quality in the Community: A Project Promoters Guide to Quality Management of Social Change in the Community*.

As a consequence of our work in the community we were invited to co-chair the Mansfield Area Strategic Partnership's Cleaner and Greener Sub-Group. Only Solutions helped the Partnership achieve its aims of developing a green procurement strategy and addressing climate change.

Since 2004 Only Solutions has been central to organizing and developing a highly effective campaign to promote more sustainable approaches to waste management in Nottinghamshire. This involved us with the establishment of first Mansfield Against Incineration (MAIN) and then People Against Incineration (PAIN). Both are fully constituted local community-based voluntary sector organizations that empower local residents to participate actively in local democratic processes. As a result of our success Only Solutions was awarded the contract to Coordinate the United Kingdom Without Incineration Network (UKWIN). We led the process of UKWIN becoming a Company Limited by Guarantee to protect the trustees from liability. We continue to work in partnership with UKWIN trustees, members and partners, including Friends of the Earth and The Ecology Trust.

Lorraine Downen

CURRENT WORK

Employer	Job Title	Time Worked	Brief Description of Duties
Only Solutions LLP 25 The Birchlands, MANSFIELD NG19 0ER	Vision Manager	September 1981 – Present (28 years)	Providing strategic management and administrative support associated with developing, promoting and delivering holistic business and community development consultancy and educational services locally and via the internet

PREVIOUS WORK

Post	From	To	Employer / Partner
Organisational Mgmt.	April 2008	Present	UKWIN
Community Development Consultant Tenant Satisfaction Project	March 2007	July 2007	Ransomwood Estates Ltd. Ransom Wood Business Park, MANSFIELD
Community Development Consultant Project CIVIC	April 2005	October 2006	European-funded Project, via Notts County Council
Marketing Consultant Promoting Foundation Degree Programme	June 2004	September 2004	West Nottinghamshire College Derby Road, MANSFIELD
Community Development Consultant Interfaith Project	March 2003	December 2003	Human Relations Network NOTTINGHAM
Community Development Consultant Citizenship Project	April 2001	March 2002	Bridlington Active Citizenship Project / East Yorkshire College (Lead Partner)
Community Development and Natural Healthcare Consultant Community Healing Arts	September 1992	March 2002	Community Healing Arts BRIDLINGTON
Community Development and Natural Healthcare Consultant Northern Lights	September 1981	August 1992	Northern Lights / People in Sheffield SHEFFIELD

EDUCATION/TRAINING/QUALIFICATIONS

University	Qualifications Gained	Date
The University of Wales, Lampeter	Licentiate in Theology	In progress
University of Hull	BA (Hons) Theology	16 July 2001

Shlomo Downen

CURRENT WORK

Employer	Job Title	Time Worked	Brief Description of Duties
Only Solutions LLP 25 The Birchlands, MANSFIELD NG19 0ER	Holistic Business Manager	September 1981 – Present (26 years)	All managerial, administrative and operational functions associated with developing, promoting and delivering holistic business and community development consultancy and educational services locally and via internet

PREVIOUS WORK

Post	From	To	Employer
National Coordinator	April 2008	Present	UKWIN
Moderator and Verifier for Collaborative Provision	February 2005	Present	University of Derby's Quality Enhancement Department
Community Development Consultant Tenant Satisfaction Project	March 2007	July 2007	Ransomwood Estates Ltd. Ransom Wood Business Park, MANSFIELD
Community Development Consultant, Community Researcher and Project Manager Project CIVIC	April 2005	October 2006	European-funded Project, via Nottinghamshire County Council (Community Development Team)
Course Coordinator and Tutor Foundation Degree in Community Regeneration and Development	September 2004	April 2005	West Nottinghamshire College Derby Road, MANSFIELD
Marketing Consultant Promoting Foundation Degree Programme	June 2004	September 2004	West Nottinghamshire College Derby Road, MANSFIELD
Adult Education Tutor (Part Time)	June 2002	July 2004	Sutton Centre Community College SUTTON-IN-ASHFIELD
Community Development Consultant, Project Manager, Facilitator and Community Researcher Interfaith Project	March 2003	December 2003	Human Relations Network NOTTINGHAM
Community Development Consultant, Project Manager and Community Researcher	April 2001	March 2002	Bridlington Active Citizenship Project / East Yorkshire College (Lead Partner)

Shlomo Downen (continued)

PREVIOUS WORK (continued)

Post	From	To	Employer
Community Development and Natural Healthcare Consultant Practitioner (Healer) Community Healing Arts	September 1992	March 2002	Community Healing Arts BRIDLINGTON
Adult Education and Community Learning Tutor	September 1992	March 2002	East Riding of Yorkshire County Council Community Education Service and Adult Education Mental Health
Adult Education Tutor	September 1992	March 2002	East Yorkshire College BRIDLINGTON
Community Learning Tutor	September 1998	March 2002	Workers Education Association YORKSHIRE REGION
Community Development and Natural Healthcare Consultant (Healer)	September 1981	August 1992	Northern Lights / People in Sheffield SHEFFIELD

EDUCATION/TRAINING/QUALIFICATIONS

College/University	Qualifications Gained	Date
Open University	Advanced Diploma in Environmental Decision Making	1/08 - 12/08
Open University	Bachelor of Science Open (Hons)	1/05 - 12/07
Mansfield University Centre, West Notts College	Higher National Diploma (HND) E-Business	9/02 - 6/04
Hull College	C&G 7307 Further & Adult Education Teachers Certificate Stage 2	9/00 - 4/01
Beverley College	C&G 7307 Further & Adult Education Teachers Certificate Stage 1	9/92 - 5/93
East Yorkshire College	BTEC National Diploma in Business & Finance	9/90 - 6/92
University of Michigan (USA)	Honors Degree in Biomedical Ethics and Social Science Research (Completed first year)	9/80 - 6/81

Shlomo Downen (continued)

NON-QUALIFICATION COURSES ATTENDED

Organising Body	Course Details	Date
Public Law Project	Empowering the Voluntary Sector	10/7/07
ASDAN	Trainer/Assessor for the Certificate in Community Volunteering	19/9/06
University of Derby	Staff Training (Quality Assurance)	9/04
Human Relations Network	Interfaith Dialogue	7/03
New Economics Foundation	<i>Imagine</i> approach to Community Development through Consultation and Visioning	1/02
Humber Community Partnership	Health and Safety Management	10/01
Bridlington Regeneration Partnership	Maintaining evidence for an audit trail (financial & output reporting)	7/01
East Riding Learning	Partnership Working, Planning, Setting Priorities Partnership Conference	21/3/01
International Therapy Examination Council (ITEC)	Diploma in Anatomy, Physiology and Body Massage	9/94 - 7/95
Spiritual Venturers Association	Spiritual and Crystal Healing	6/90 - 9/90
Energy Stream	Bodymind Therapeutics Massage Diploma	9/87 - 12/88
British Touch for Health Association	Applied Kinesiology Practitioner Levels 1, 2, 3 and Advanced Professional Training	9/85 - 12/86

Subjects taught include:

- Active Citizenship and Democracy (wide range)
- Business Studies
- Community Leadership
- Community Regeneration and Development
- Community Research Methods
- Environmental Management
- Holistic Approaches to Personal Growth and Spiritual Development
- Managing a Public Relations Strategy
- Personal Development
- Personal Mythology
- Relaxation and Meditation
- Systems Thinking
- Team Mythology
- Total Quality Management
- Various Healing and Natural (Holistic) Healthcare classes and training programmes.