Goal

Aim
To establish
goals and wishes
for the future

Setting a goal can help participants to continue and benefit from the group under and after a course or health/social programme.

Encourage the participants to share their goals and wishes so they can inspire each other.

Examples - questions

What are your wishes regarding the activities?

What would you like to be better at?

How can you benefit from the group/fellowship to reach your goals?

Examples - answers

It should be fun

We can gain new skills from the different categories e.g. art, music etc.

We help each other and celebrate our successes

Consideration and preparation

What do the participants want to do in the activities? What do they want to take with them from the activities?

Give each participant the opportunity to work towards their own specific goal throughout the programme

Create smaller groups that help each other.



Co-responsibility

responsibility
Give and take
responsibility - everyone
is responsible for building
the fellowship

Aim
to contribute
to a meaningful
fellowship for all.

Examples of questions

Who will help to get/collect the materials we will need for the activity?

Who will bring cake or fruit the next time?

Consideration and Preparation

Tailor the level of responsibility to the individual participant and the specific activity

It is important to give participants time to respond and offer to take responsibility for the task at hand. Some participants may need to be asked directly as they may be shy to offer, but would like to contribute.

Should the participants have collaborative tasks, or should they have tasks tailored to them?

Even small tasks can contribute to participants feeling they are worthy and contributing to the fellowship

Examples
of how to work
with coresponsibility

Give the participants tasks
throughout the programme, which matches
their needs/ likes/ competencies. This could be
to hand out the materials, fill water jugs up, help
to tidy-up after the activity etc.

Give participants the opportunity to offer to help.

Give participants small tasks they can practice to the next time.

Code

Code common values

Aim
to create a safe place
and promote
feelings of belongingness

This helps and guides the participants to know what is expected of them and each-other

Examples of questions

How are we together as a group?

What culture, rules, wishes do we have when we are together?

What expectations have we to one another in the group?

Consideration and Preparation

It is important to be specific when speaking with the participants as a group

Ask the participants to choose and write down the expectations and rules they would like to have in the group

It may take time to establish common values, and they may be adjusted later as the participants learn each other better.

Examples
to specific
suggestions
regarding a group
code of practice

We greet each other

We help each other

We send a message/telephone if we cannot attend

We welcome new into the group

We will contribute active towards our fellowship

openness

fairness



Structure

A general structure every time the group meets.

Aim

To create a sense of predictability, so the participants feel safe and secure in their environment and what to expect

Feelings of security, safety and what to expect each time, can help the participants to be more open to the group and a fellowship.

Examples - questions

Where do we meet?

Will we begin with a specific exercise or greeting?

Will we have breaks during the activity?

Examples of a programmes structure

We meet the same place each time

A customary check-in/out (See check-in/out theme)

The same structure to begin and end the activity

End the programme with a celebration – cake, fizzy drinks etc.

and preparation ate structure when planning

Considerations

Create structure when planning the overall programme

If there are many or different facilitators, it is important that the activities are build up after the same structure.



Check-in/ Check-out

Customary greetings and good-byes

Aim

To establish a quick way to come in and leave the group

Check-in/out can be part of an activities structure to establish a common greeting and common good-bye at the beginning and at the end of the activities.

Check in is a way for a participant to come and be part of the group Check out is a way for the participant to say farewell when leaving the group after the activity

Check-in examples:

Give everyone in the group a high-five

Say hello to everyone individually when you arrive

Sing a collective song

Ice breakers – line up from the smallest to the largest shoe size

> Take a round - how is your mood/ energy level today? What are you most looking forward to today?

Check-out examples

Say individual good-bye

Collective song

Take a round: What can I take with me from today/ What have I learnt today?



How would you like to greet each other when we meet?
How would you like to say good-bye when leaving the group?

Considerations

and preparation

There are different ways to check in and out of a group:

Consider the composition of the group: what would work for them?

Decide on how much or little the group should be involved in deciding check-in/out methods.

Be aware of individual personalities or vulnerability

Narrative

Who are we?

Where are we going?

Aim

To establish who are they as a group, what is the culture of the group?

There are two types of narrative for the group:

The individual participants narrative of themselves

The group's collective narrative of the group

The group's collective experience and activities as a group will become their collective narrative

Consideration and preparation

Participants can be encouraged to share their individual narrative

As the leader you can share your own narrative e.g. who you are and why are you here?

Examples of questions

Who are we, as individuals?

Why are we here?

What would we (group) like to be known for?

How will we as a group practice this?

What (culture) activities would we like to do together?

Examples of answers

We would like to be known for having a good social fellowship/being open for new people/diversity.

We will practice this by having activities that include all ages and gender.

