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Creating safe spaces in informal and peer led groups session one

Session planning



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Why do people like to be with others?

Group Size

Ideally the maximum **group size would be 12** but can be smaller depending on the number of people wishing to start a group

Aim

To begin a conversation for people setting up or supporting a peer led or informal group why people like to be with others and why in the main most people are social at heart

Objectives

- ✓ Create safe relaxed space for people to share and learn
- ✓ Raise awareness of future sessions and what they shall cover
- ✓ Explore difference between people who are introverts and extroverts
- ✓ Share link to free online Myers Briggs for anyone interested in completing same to see what their personality type maybe, reminding people our experiences can change us, so this is for fun not a 'clinical' intervention. Simply something to make people think about what makes them tick if they want to try this
- ✓ Explore why people don't like being lonely
- ✓ Begin to discuss the purpose of the group people are planning, invite people to reflect on this for the next session

Materials needed

- ✓ Laptop and projector and speakers
- ✓ Access to the internet and links to videos
- ✓ Room where group can work undisturbed which is comfortable
- ✓ Tea coffee and refreshments
- ✓ Specific access requirements if needed e.g. portable loop system
- ✓ Pens and paper for notes
- ✓ Flipchart and pens
- ✓ Post its for feedback
- ✓ Slides
- ✓ Materials to support evaluation technique being used



Training techniques used

- ✓ Mini lecture
- ✓ Facilitated discussion
- ✓ Video
- ✓ Group discussion

Timeline

This can be done over 3 hours the following times are examples

9-9.30 **Registration**

9.30-10.30 **Relaxation exercise**, discussing safety rules for the group, doing an ice breaker introduction e.g. getting to know your bingo, or, invite people to share their name and one group they have been part of they enjoyed and why. If doing the latter capture responses on flipchart

10.30-11 **Introversion versus extroversion**

11-11.15 Tea break

11.15-11.45 **Watching video** lethality of loneliness

11.45-12.15 **Group discussion** on aims and purpose of group they are planning

12.15-12.30 **Any final points**, reminder of next session and evaluation

Evaluation and feedback

It maybe you have your own feedback forms or would like to use this one called. an 'H' diagram

- ✓ Draw a large H on a sheet of flipchart
- ✓ One side of the H write 'What could we have done better'
- ✓ On the other side of the H write 'What did we do well
- ✓ Under the bar of the H write 'What could we do differently next time'
- ✓ Above the bar of the H write on a sliding scale from 1-10 where 1 is poor and 10 is excellent

People are given post its and asked to complete one post it for each section, so in total there are 4 post its for each person, 3 comments and one a number score.

There are many forms of evaluation, this is a simple one people who maybe are uncomfortable with forms often enjoy.

For people with issues around writing, you may in advance of the session collect images which people can then select at the end of the workshop to express what they thought e.g. images of people with different facial expressions.



Or, if you and the group feel safe to share openly have a discussion around how that went.

Or ask people to draw an image to reflect what they thought of the session. There are many evaluation techniques find one which works for your group.

The main point is to find out, did the session meet the groups needs, what worked, what didn't work and what maybe could be done differently next time

Thank people for coming and close

