

Youth Club Young Volunteer Handbook

Task Training



Starting a community project

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Youth Club Young Volunteer Task Training – Starting a community project

Training Plan

Aim: To help participants start to plan a community project.

Learning Outcomes: By the end of the session the participants will have:

- identified issues/problems in their own community
- identified barriers to change and strategies to overcome them
- started to produce an action plan for a community project

Time: 90 mins

Group size: 4 - 6

Venue: Medium sized room with chairs

Materials:











- Flip chart paper and pens
- Prepared flipchart
- Postcards
- 10 Top Tips for Change Handout
- Action Planning Sheet
- Blutac, sticky dots

TIME	WHAT	WITH
5 mins	Introduction: tell the group what they'll be doing and go over the ground rules (listening, respect etc).	
10 mins	Issues in the Community: Spilt the group into two and ask each group to list the issues in their communities and write each one on the postcards provided. Encourage them to think of all members of their communities i.e. elderly people, children and young people, disabled and ethnic minorities. Work with the groups to encourage their ideas, try to ensure there is at least one issue per group member, as this is needed for the next stage (5 mins).	Postcards
15 mins	Inform the two groups you are now going to ask them to individually and alternately place the cards onto the large pyramid of importance (the more important, the nearer the tip of the pyramid) without interruption, individually making decisions on the priority of the issue. Once all the issues are in place ask the whole group: <ul style="list-style-type: none"> • Which members of the community are these issues important to? • Is everyone in the community represented? • If some community members are missed out why is that? Ask the young people how difficult it was making decisions of priority on issues that you didn't agree with or weren't that important to you as an individual.	Pyramid flipchart
10 mins	Give each young person three sticky dots. Ask them to place a dot on the three issues that they'd most like to work on changing. They can't put all three dots on one issue (or just two issues). Count the dots and tells the young people the results. Discuss this and try to reach a consensus about which issue to address (remember to give a reality check if necessary). It may be that after debate, the group	Sticky dots

TIME	WHAT	WITH
	chooses the second or third most popular – or you may want to vote again. The aim is to end up with a realistic community project the group are enthusiastic about working on.	
5 mins	<p>Barriers to change: Brainstorm – ask the group about what they think prevents change in their community. Ensure the following is covered:</p> <ul style="list-style-type: none"> • Preconceived ideas about young people from adults • Preconceived ideas about adults from young people • Worry about being unpopular with others in the community • Lack of help for young people who want to change things • Stereotypical attitudes • Lack of knowledge and awareness of what help is available • Self confidence of those who want things to change • Attitude of adults and lack of flexibility • Not knowing how to go about making a change • Not having any money • People being lazy 	<p>A4 paper and pens</p> <p>Flipchart paper and marker pens</p>
10 mins	<p>Overcoming Barriers to Change: Split the group in half again (different young people if possible), give half the brainstorm flip chart to one and half to another. Ask each group to come up with some solutions to each of the barriers. Offer the following advice if young people are stuck</p> <ul style="list-style-type: none"> • Research what other communities have done • Understand who has the power to influence • Find people who know about these things • Remember things don't change overnight - change is often a long process • Get your cause heard, use the media as much as possible, people need to know what you are doing! 	<p>Flipchart paper and marker pens.</p>
10 mins	Ask each group to feedback their ideas and discuss with the others as necessary.	
15 mins	<p>Starting to Plan: Write the title of the community project they have decided on, on a blank flipchart paper. Go through the Top 10 Tips for Change handout and give out.</p> <p>Ask the group to break down the project into smaller tasks. Some of these may be research based, help with suggestions for this part. For each task, ask who can help them with it (it may be they need no help) – use the Action Planning Sheet if it will help.</p>	<p>Top 10 Tips for Change handout</p> <p>Action Planning Sheet</p>
5 mins	Select one of the smaller tasks and ask each of the young people to volunteer to do something related to this for the next meeting.	
5 mins	<p>Evaluation: Facilitate a discussion using the following points and make notes:</p> <ul style="list-style-type: none"> • How confident are they of success? • What do they feel they need help with? • How useful was the workshop? • What were the barriers to achieving more (if any)? 	<p>Paper and pens</p>

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10 top tips for change!

1.	Take ownership – it's your community!	
2.	Set clear goals – small achievable steps.	
3.	Overcome fear – push yourself and take safe risks.	
4.	Do things for the right reasons – think of what's best for everyone.	
5.	Persistence – if it does not work first time, try again. Failure is not the end of the world.	
6.	Create a partnership with other groups – Young Volunteers, Police and LATs, Parish Councils	
7.	Celebrate success – let everyone know when something goes well.	
8.	Positive thinking – it works, just try it. You can do it!	
9.	Give respect – get respect	
10.	Make it fun!	

Action planning

Community Project Name:

Task 1: What	When?	Who?	With?	Help?
Task 2: What	When?	Who?	With?	Help?
Task 3: What	When?	Who?	With?	Help?
Task 4: What	When?	Who?	With?	Help?