

# Discovery

Toolkit 4: Dreaming Dreams and mobilising communities

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# Discovery

By Bill Crooks and Jackie Mouradian

Introduction

Toolkit 1

Toolkit 2

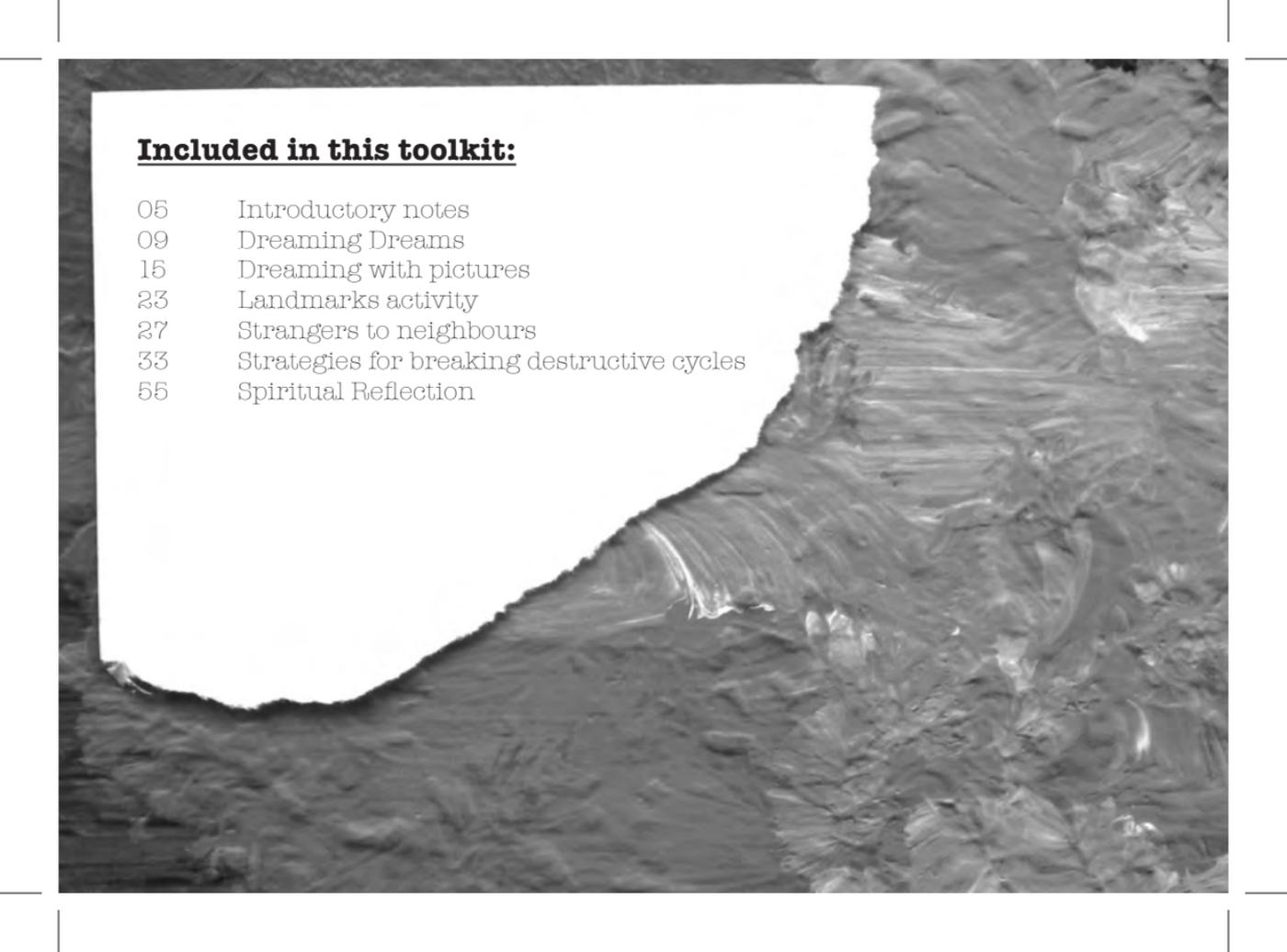
Toolkit 3

**Toolkit 4: Dreaming Dreams and**

**Toolkit 5 mobilising communities**

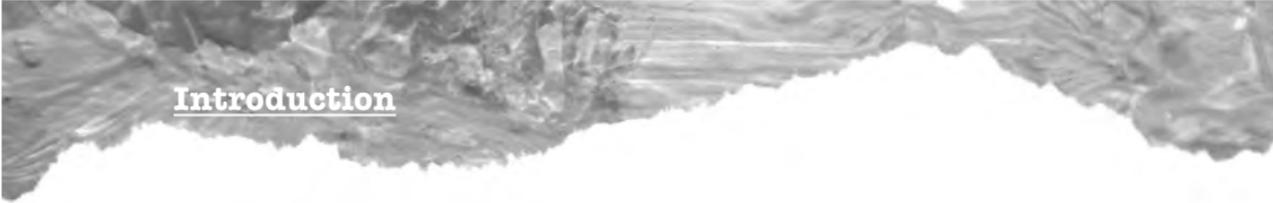
Toolkit 6





**Included in this toolkit:**

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## Introduction

The Objectives of this Toolkit

1. To provide an opportunity for participants to dream about some solutions to the problems they have understood and analysed in toolkits 2 and 3.
2. To enable participants to visualise their dream so that it can be shared and communicated with others before getting into the details of a project plan.
3. To provide participants with a range of ideas for addressing the needs they've identified.

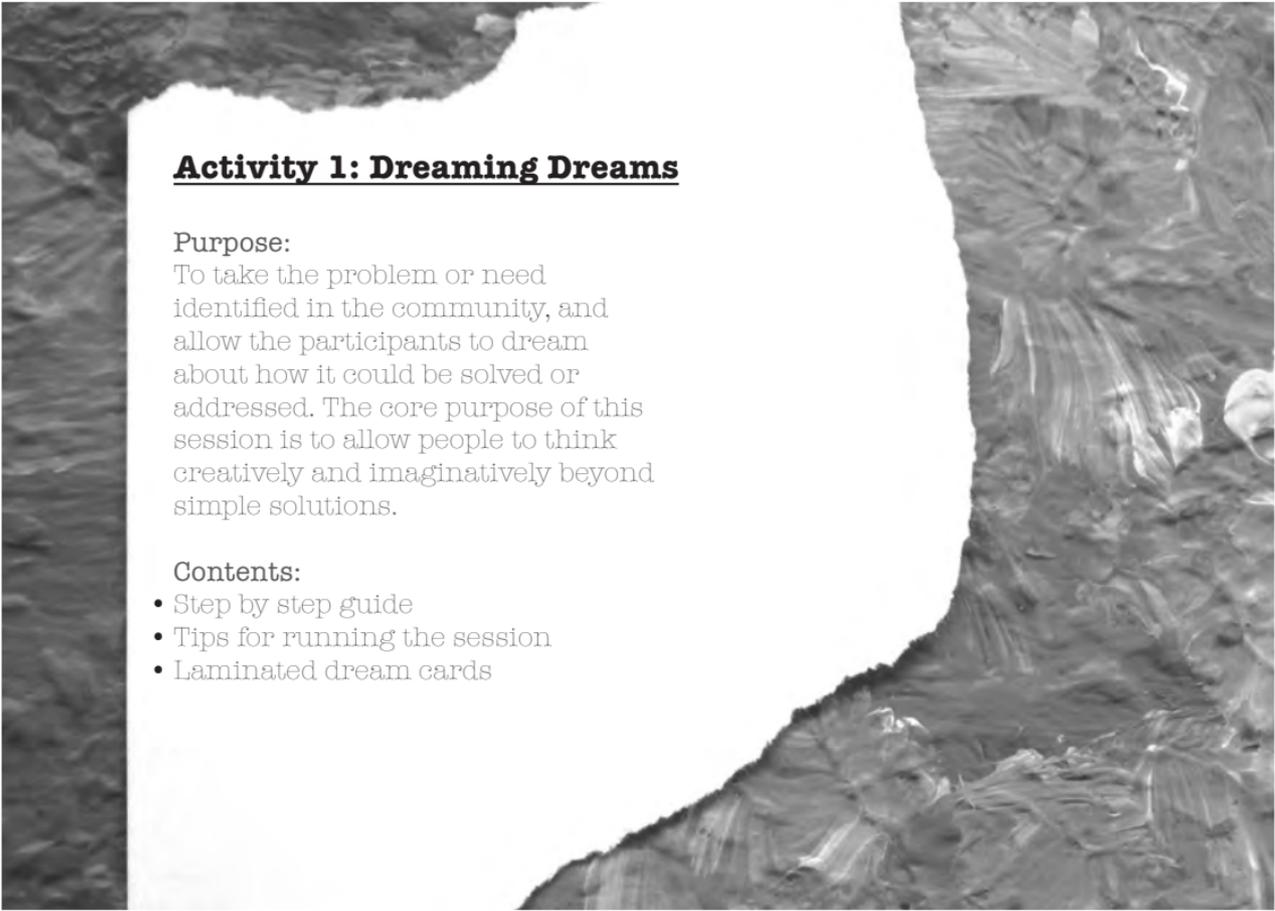
## About The Packs

There are five key sections in this toolkit:

1. Dreaming Dreams - an opportunity for participants to dream about solutions to the needs they have identified.
2. Dreaming with pictures - a tool for putting ideas on paper as a group and thinking through how they could be put into practice.
3. Inspiring Landmarks - This exercise asks the participants to look at famous landmarks here and abroad and to be inspired by others' achievements
4. Strangers to neighbours - This is designed to get ideas flowing about what a church and community could do alongside any projects they may set up, just by being good neighbours.
5. Strategies for breaking destructive cycles - some ideas for addressing the community's deepest needs







## **Activity 1: Dreaming Dreams**

### **Purpose:**

To take the problem or need identified in the community, and allow the participants to dream about how it could be solved or addressed. The core purpose of this session is to allow people to think creatively and imaginatively beyond simple solutions.

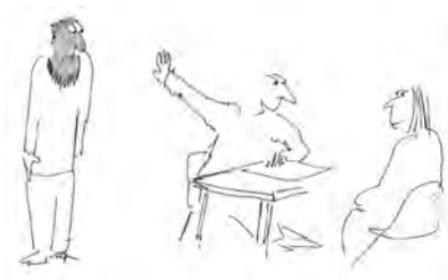
### **Contents:**

- Step by step guide
- Tips for running the session
- Laminated dream cards

## Step By Step Guide

Step 1: Before you start dreaming, print off the dreaming cloud cards from the disk and laminate them if you want to.

Step 2: Find and arrange a room that is comfortable and relaxing (see tips guide for other resources to make this work)



Step 3: Explain to the group that they are going to spend the whole session dreaming about the perfect solution to one or more of the needs they have identified in the community

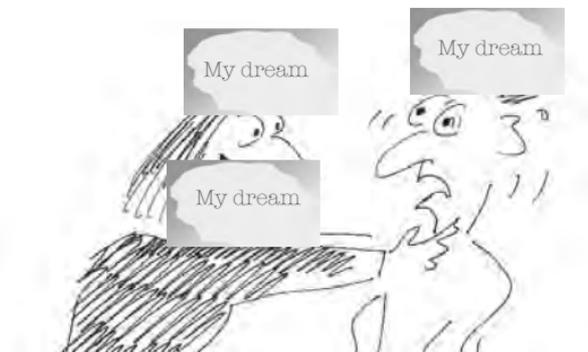
Step 4: Invite the participants to find somewhere in the room that is really comfortable and encourage them to dream



Step 4: After 30 mins or however long people need, get people to write down their dreams on the laminated cloud cards



Step 5: Discuss the common themes of the dreams and explore how they can be ranked or combined to be one common dream



### Tips for running this session

**Time required:** 1 – 1.30 hours

#### **Materials:**

Post-its, non-permanent marker pens, masking tape, flipchart, relaxing music

#### **Tips:**

The key to this exercise is to get people to have a vision for the future which may be a totally new experience for them, and it may be hard for them to get into the mood for this so you may need to use some video clips to help people grasp the idea of how visions help people to move beyond where they are, eg Billy Elliot, Jimmy Grimble.

The selection of venue is really important and if the weather is good can be done outside in a garden or park. If done inside it's good to have lots of comfortable chairs or beanbags and restful lighting. If you don't have any non-permanent marker pens, use post-its to write down dreams.

Use collapsible mobile for hanging the dreams on. Prioritise the dreams and write them up as a statement of intent.





## **Activity 2: Dreaming with Pictures**

### **Purpose:**

To help the group dream about things they would like to see happening in their church and community.

### **Contents:**

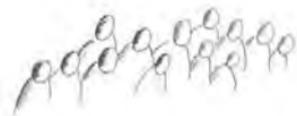
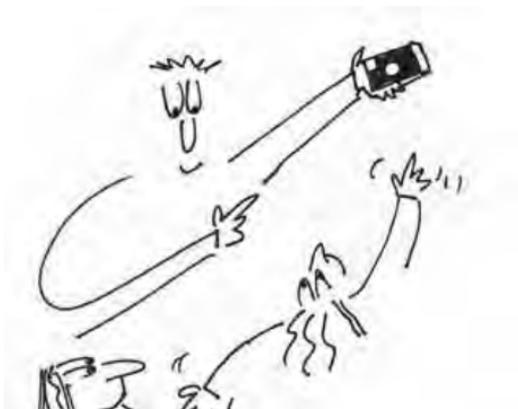
- Step by step guide
- List of materials
- Worked example
- Question cards

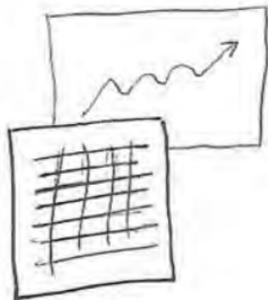
## Step By Step Guide

Step 1: Split into small groups to discuss what they would like to see happening in their church and community

Step 2: Provide a selection of magazines and newspapers for the groups to look through

Step 3: The participants cut out suitable pictures and create a collage





Step 6: Summarise the activity and help the group identify 3 actions they could do as a result of this exercise

Step 4: Each group shares their pictures with the rest of the group

Step 5: The facilitator groups the pictures and then everyone discusses the three questions.



### Tips for running this session

#### **Time required:**

1 hour - 1 hour 10 mins

#### **Materials required:**

Pile of varied magazines and newspapers (old catalogues are good value too) glue, scissors and sheets of A3 or A2 paper to stick the pictures on. Marker pens and masking tape or a washing line and clothes pegs to stick the pictures on.

**Tips:**

Make sure the small groups have had time to discuss the things they are proud of before they have the magazines (otherwise they may start reading the magazines before they know what the task is).

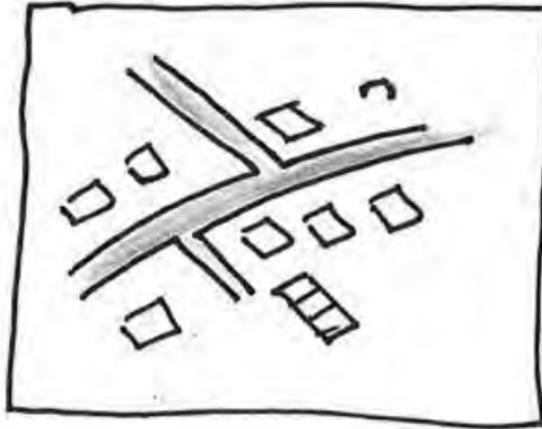
If possible try to put the small groups around some tables and not more than 4-5 in a group.

Monitor the progress of the groups and give them a five minute warning before the time of giving feedback.

Invite the groups to comment on each others' posters  
For the reflection, get the groups to form a large circle to create a more focused environment.

The following worked example and questions can be found on the disk

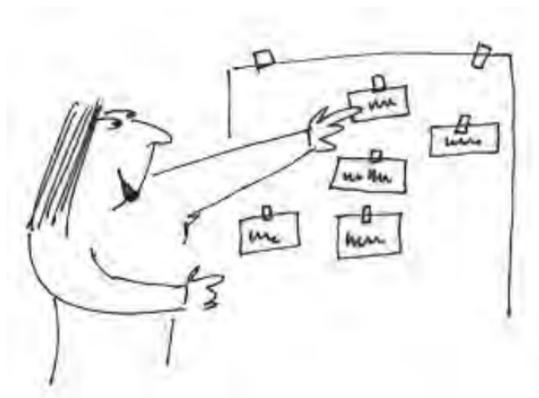
Worked example of a dream for a community



11-03

## Questions

1. What are the common themes?
2. What could we build on?
3. What areas give us most energy?





### **Activity 3: Inspiring Landmarks**

#### **Purpose:**

To be inspired by other people's achievements

#### **Contents:**

- Step by step guide
- Floor cards of land marks
- Question cards

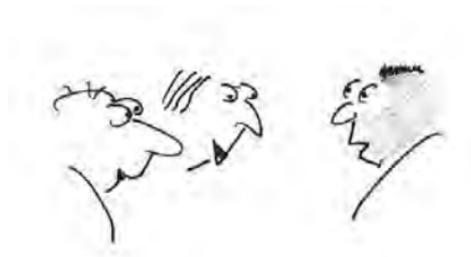
## Step By Step Guide

Step 1: Print off the photos of landmarks and place photos of landmarks around the room

Step 2: Ask the group to walk around the room and look at the pictures and select one that you think is inspirational.

Step 3: Each participant shares their picture with the rest of the group

Step 4: Have a group discussion using the question cards



## Questions

1. What was inspiring?
2. What was the risk they took?
3. While we may not be building anything big, in what ways could we dream big?



## **Activity 4: Strangers to neighbours**

### **Purpose:**

To help a church/community think about some of the things they could do for their community without having to launch a major project. The emphasis is on the simple things that can be done that lay the foundations for building safe healthy communities.

### **Contents:**

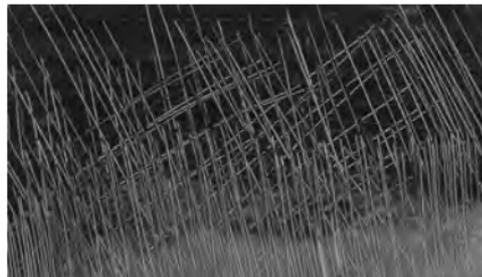
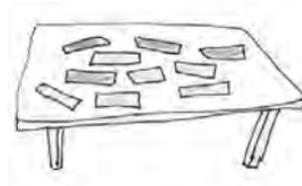
- Step by step guide
- Tips for running the session
- Scenario cards (print from disk)
- Idea response cards
- 3 question cards

## Step By Step Guide

Step 1: Print off scenario cards and spread them on the floor or table so they are all visible

Step 2: Divide the group into pairs and get them to select 2 or 3 scenarios to discuss. (20 mins)

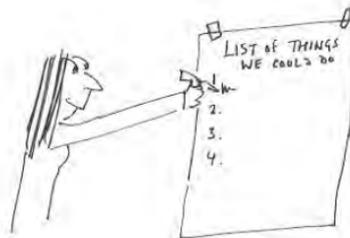
Step 3: Invite each pair to feedback on how they would respond to the different scenarios or role play



Step 4: Discuss how many of the scenarios would be found in our own church and community setting

Step 5: Print off ideas cards and get the pairs to look at the cards spread out on another table and to think of situations they could use these ideas in

Step 6: Make a list of all the different ideas and potential groups of people who could be served in this way



## Tips for running this session

### **Time required:**

50 - 75 mins depending on the size of the group

### **Materials:**

Two separate surfaces to lay the cards on, flipchart and marker pens to record the list of ideas



### **Tips:**

Make sure all the cards are laid out in a way that everyone can see them  
When you explain the task, pick up the cards and give an example  
If appropriate add additional scenarios or ideas which would fit the context of your church or community  
When making a list of ideas and groups to work with, be careful about mentioning specific names of families or individuals as this might seem indiscreet. Allow plenty of time for people to reflect on their responses and some of the challenges and fears they might have about doing this kind of activity. Try to work as a group to look at how they might address some of the challenges and fears above.

## Questions

1. Which scenarios best reflect our church and community situation?
2. What ideas could we carry out in the next two to three months to make a difference in our community?
3. What are the challenges and fears we have about doing some of these activities and how could they be addressed?





## **Strategies for breaking destructive cycles**

On the following cards there are some ideas of activities that look to address the deepest needs in our communities - ie they are initiatives that hopefully will help to give people a sense of self worth, and help to keep families together, There are also some case studies of projects that have looked to address these deeper needs. These strategies can be looked at at any stage while working through “Dreaming dreams” and will hopefully inspire people to set up similar projects in their own communities. The strategies can also be found on the disk if you need to print off more copies.

## Supporting Teenage Mums and Dads

Focus: Supporting mums with new babies and encouraging dads to stay involved

Strategies:

Help them feel good about themselves  
eg pamper sessions, empathy,  
opportunity to talk about the  
challenges of teenage motherhood

Use of DVDs on a theme of single  
motherhood and challenges eg Juno  
(comedy)

Adopt a granny programme -  
Grannies in the church become  
babysitters for single mums

### **Case study - Frankley Church Community Project**

This project is supported by Frankley Methodist Church and the Church of England with a view to encouraging teenage mums and dads in the Frankley area to get back into training, employment and education.

A 12 week programme encourages young parents to move forward in their lives and offers support in helping raise their self esteem and confidence. Teenage parenting issues explored include: sexual health, nutrition, positive parenting, fathers' rights, drug awareness, creative play, Connexions advice, sexual abuse and anger management.

The course also tackles domestic violence issues as a lot of youngsters are in unhealthy relationships which are considered the norm because members of their family are in similar situations. Also a young parents prevention forum has been set up whereby teenage parents are trained in presentation skills and go to schools and colleges talking to young people about the reality of being teenage parents and the importance of getting a good education and career before starting a family.

“The feedback from the sessions has been fantastic. We’ve had our highs and lows but one of the really positive outcomes has been the relationships built up between the workers and the youngsters”.

Wendy Saunders, Project Coordinator

## Mums and Toddlers – up to school age

Focus: Getting out of the house and introducing children to fun bonding activities, building self esteem and encouraging mums to interact with each other and their children

Strategies:

Build on relationships established at new mums' stage

Provide an attractive venue with drinks and snacks which is safe and comfortable.

Where there is capacity, introduce mums and helpers to fun activities – puppy play, soft ball activities, using imagination, dodge ball, british bull dog etc.

As relationships develop with the mums, look to offer parenting and assertiveness classes, anger management for kids, or signpost mums to where they can get help - eg parenting, anger management, assertiveness classes.



## Case study - Cregagh Methodist Church

CMC is located in East Belfast. In early 2000, church leaders and members recognised that the church did not connect with its community enough and needed to be more relevant. It undertook a church and community audit consisting of contributions from local residents, businesses, doctors, teachers, statutory agencies, govt statistics and police profiles which identified a number of key themes:

Loss of community spirit, lack of community facilities, isolation amongst young mothers and the elderly, family breakdown, low income, social exclusion and unemployment.

CMC decided a priority would be to provide support for individuals and families with no extended family support and set up a community centre for that purpose. Centre participants say they value the sense of family and belonging they experience from being part of the group.

A key distinctive of this church project was the way in which it brought mothers from both sides of the religious divide and built their self esteem and confidence through a series of creative activities and discussions for helping them reflect on the challenges in the home.

The centre is now looking at the possibility of providing services more specific to the local immigrant population and asking how it can support the men in the community particularly those who are partners and fathers.

Participants' personal circumstances have improved through gaining knowledge and skills to promote better parenting, obtaining qualifications to improve employment prospects, giving back through volunteering. The activities have contributed directly to empowering community members to overcome adversity and become active in the community.

## Men in the Community

Focus: Supporting single mothers and being a strong male role model for the kids

Strategies:

Providing practical support for single mothers - DIY, practical advice

Being willing to get down on the floor with kids and play with them - rough play, football etc

Mentoring older children, particularly boys

Taking kids on adventures - weekends away - football matches, boats

Speaking out justice - men involved in lobbying - better services for single mums etc - Brassed off, Full Monty, Billy Elliot

If fathers are on the scene - suggest fishing trips and football tournaments  
For divorced fathers - dads and kids' breakfast club



## **CRED Project Glasgow (Confidence, Recreation, Education and Development)**

CRED was a volunteering programme developed to encourage volunteers from hard-to-reach groups such as people with addictions, criminal backgrounds, mental health issues, learning difficulties and school exclusions.

The project offered assistance to local people and community and voluntary organisations in the area. They assisted with work such as: painting and decorating, house clearing, removals, gardening etc. The project built up a good reputation for good workmanship, honesty and willingness to help and the volunteers were often rewarded with small amounts of money or gifts which were put aside for social events. The result was increased self esteem among the volunteers and a sense of community.

The success of the project was dependent on several things:

1. Camaraderie - the group worked together and ate together and they had a base to work out of.
2. They had a van for work and for picking people up and taking them home at night - this was particularly important for some young men in the project who were restricted by territorial gang boundaries in the estates where they lived.
3. They wore a CREED uniform ie boiler suit and working boots which gave them a neutral 'working man' appearance. No baseball hats allowed.
4. They were given lunch for free and any travel costs to and from the base were covered.

While this is not a church project, many of the elements could be promoted by churches working with others to meet the needs of vulnerable people in the community.

## Mums and 5 years + early school years

Focus: Life skills

Strategies:

Help and advice for going back to work – signposting places for training and further education  
This will also be needed at the mums and toddlers' stage

Outings for mums

After school clubs

Holiday clubs

Mini sports tournaments – football etc, fishing trips



## Case study - Catherine Marshall The Lighthouse project

In 1997, Catherine Marshall, then a single mother, found herself in crisis with no-one to turn to, and struggling to make headway in her life. Looking for help made her realise that there was actually nowhere for her to go for support with the issues she faced.

So she decided to act. Working as a lone volunteer, and using an empty flat in Birmingham she started 'The Lighthouse Project' as a safe and welcoming place where people could meet and find the support they needed. Affordable childcare and free vocational and non-vocational training was offered using computers donated by the local colleges.

Soon a second centre opened, as more people discovered the welcome and support offered to them, enabling them to achieve new things in their lives and face the future with more confidence. More opportunities and services were added as a team of staff and volunteers began to grow.

Since then, The Lighthouse Project has brought positive life change to thousands of people. They now work in partnership with many organisations including Sandwell and Dudley Metropolitan Borough Councils, The National Mentoring and Befriending Foundation, City & Guilds and UK Online to name but a few.

The project recognises and rewards the steps taken by individuals, and acknowledges this by the presentation of certificates. Some of the programmes lead to qualifications - some people have even gone on to achieve degrees.

“It’s not about my destination, but my amazing journey and who I can help along the way ... My growing confidence helped me realise that it is possible to change, to take the opportunities available, and that I did not have to be afraid any more” .

Lighthouse Project visitor

## Teenage Years

Focus: Helping young people find a vision or passion and strong practical and emotional support for mums

Strategies:

Provide buddying scheme to initiate significant conversations and explore “What sort of parent do I want to be? What do I think of girls/women? What do I think of boys/men?”

Jenga - like the normal game but put statements under the bricks which need to be answered when a brick is pulled out eg - My ideal partner would be.... My ideal family would be.....My ideal home would be..... My ideal day out would be.... My children’s childhood would be like....  
Input on contraception - parenting - Don’t be a parent till you’re ready - don’t be a parent for the wrong reasons.

Creating a forum for discussing parenting issues and hopes and fears.



### **Case study - Silver Street 316 Community Project Rochdale**

Root problems in the area are poverty, racism, rejection, unwillingness of a desire to change and two communities living in parallel. The symptoms of this are lack of understanding, tension, fear, mistrust, low self esteem, limited employment, drugs, alcohol, vandalism and lack of opportunity.

One way these problems have been addressed is through the creation of a kick about pitch - This was a joint project involving Spotland Community Centre and Rochdale Council and was constructed in February 2002. Since that date 'The 316 Community Project' has undertaken sports development training for young people and approximately 4,000 young people played sports in the first twelve months on the site.

Another initiative was to refurbish the gym at the Salvation Army hostel in Rochdale. - Again 'The 316 Community Project' raised funds to provide equipment and refurbish the gym. Since 2001, volunteers have worked with the homeless and asylum seekers staying at the hostel and the general public going into the gym. The gym is open to anyone free of charge and over 1,000 people used the gym in the first twelve months.

Other initiatives:

**Youth Groups** - that engage in sports, music, crafts and education.

**Schools** - school assemblies and R.E. lessons with 3 local schools and helping several children who are at risk of exclusion.

**Community Stuff** - detached youth work, cohesion and peace building.

**Environment** - keeping the kick about pitch clean and maintained, graffiti free and encouraging the youth group to do litter picks to help the local community's environment.

## Detached Youth Work

Focus: Befriending young people outside the home

Strategies:

Providing teams of people to befriend young people in the parks and the streets

Training church people to do this

To provide on the street advice and support on drugs, contraception, housing, jobs

To provide empathy and affirmation to young people with low self esteem

Link to practical activities and events - empowering them to do it themselves

Mentoring and finding skills and passions



## Case study - JAC - (Just around the Corner) Woodley Berkshire

In 1998 JAC was set up as a youth work charity in the Reading area but since then the remit has changed to include family work and schools work - to create better links with young people.

The detached youth work is the backbone of our work. It is the first point of contact and the most important part of the cycle that makes our work so unique.

There is a JAC team out in Woodley and surrounding areas at least 50 weeks of the year. There are specially adapted vehicles called camels which are used for the detached sessions and also the schools work. The camels provide a safe, dry place for young people to congregate.

Even though its original remit was for work with young people, there is an increasing need for JAC to ground this work in the family setting. As well as parenting advice, JAC has organised various activities including self-esteem/social skills workshops, outward-bound activities, a “pamper night” for mums and daughters and a fishing trip for dads and sons.

JAC goes into local senior schools and runs small groups which concentrate on Emotional Literacy - subjects such as drugs, alcohol, bullying, self-esteem and anger management. There are also JAC staff in these schools at lunchtimes to engage with young people in a relaxed environment.

## The Housing Project

Focus: Providing homes for a variety of different needs for people who need accommodation and can't access it on their own

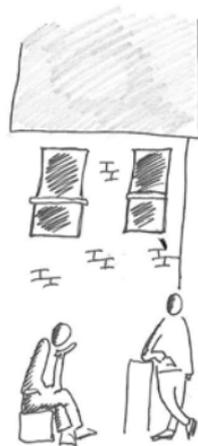
Strategies: Church buys houses and provides shares to congregation

Providing safe haven for teenagers with issues who are not getting on with their families. Responsible adult lives there

Providing soft loans for young people who want to leave home - eg youth workers. Young people share the mortgage until they are in a position to buy their own place.

Providing low rent community housing for young people

Providing advice for young people moving away from home



## Case study - Centre 63 Kirkby team ministry - the Y.E.S. Project

Through four local church communities, youth centre, primary school and partnerships with a wide range of local groupings Centre 63 seeks to promote the spiritual wellbeing of the community and its members.

The Youth Enquiry Service (Y.E.S) is a young person's housing project which provides advice and support to vulnerable young people aged 16-25 across Knowsley. The young people who access the project are either homeless, seeking accommodation for the first time or who are not sure what financial support they may be entitled to. They may be unsure of who can accommodate them.

The housing problems of the Borough have continued to provide new and ever more complex challenges, which reflect the wider social condition of our community. The project is often the first base in a young person's life when they find themselves with family and relationship problems. It is stretched, strained and pulled every way, but has never failed to respond and to date has met every challenge brought to it.

#### Tenancy Support Programme (TSP)

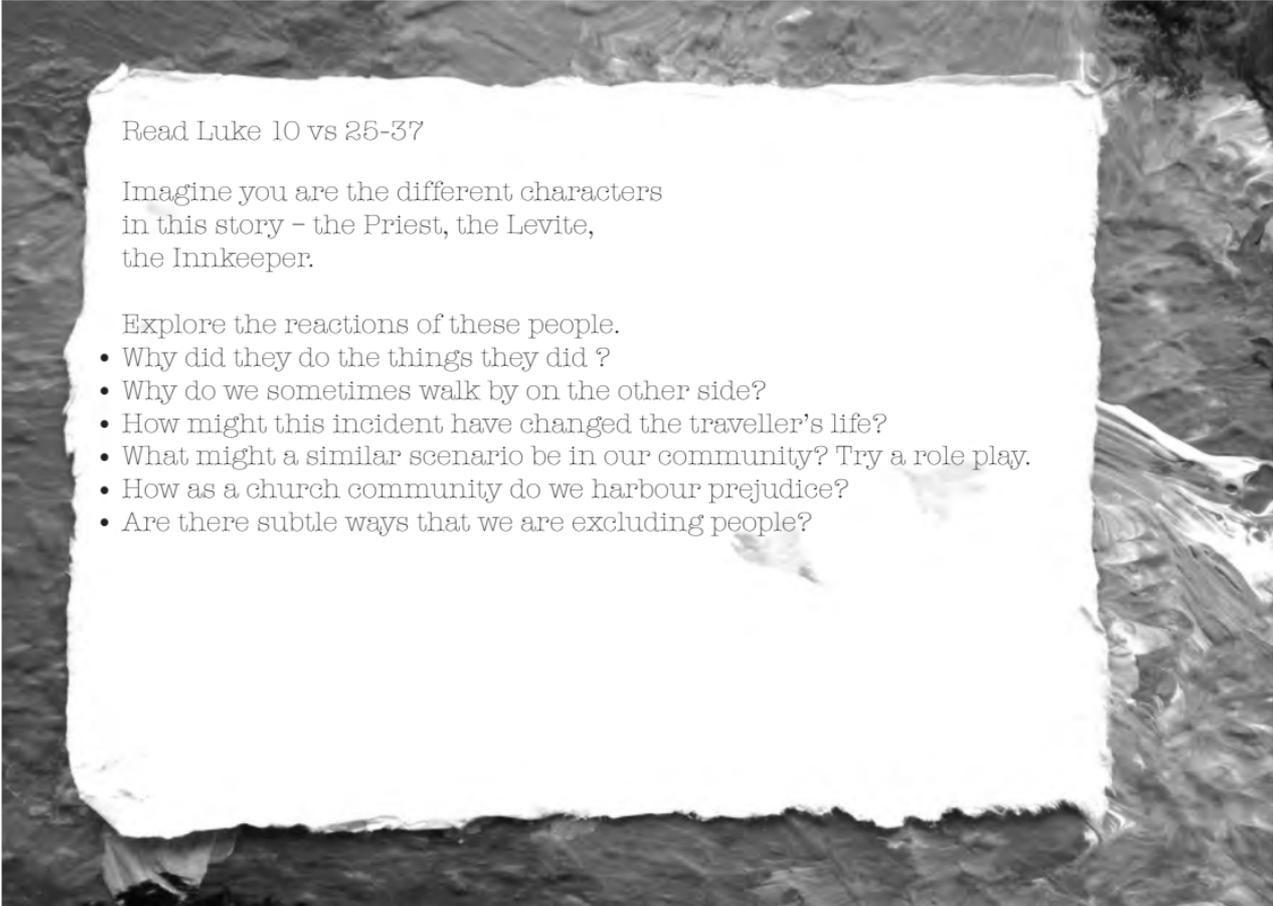
This programme has been running since April 2003 and is funded by the Knowsley 'Supporting People'. The aim of the programme is to support young people through the transition into 'Independent living' by enabling them to develop the skills, knowledge and experience required to maintain their own tenancy.

## **Spiritual Reflection - The Good Samaritan**

This toolkit is about dreaming solutions to the problems we have identified in toolkits 2 and 3. It represents a vision of an alternative community that breaks down prejudices and divisions across a community. In our dreams or visions for our community to what extent will our projects and plans include breaking down prejudice?

The Good Samaritan is a story about cutting across prejudice. Jesus presents his listeners with a story of one individual's kindness to another in a way that makes it clear what sort of world God had intended this to be.

Like the others, this reflection can be divided into sections to fit in with the various activities in this toolkit. It works very well as an introduction to strangers to neighbours.



Read Luke 10 vs 25-37

Imagine you are the different characters in this story - the Priest, the Levite, the Innkeeper.

Explore the reactions of these people.

- Why did they do the things they did ?
- Why do we sometimes walk by on the other side?
- How might this incident have changed the traveller's life?
- What might a similar scenario be in our community? Try a role play.
- How as a church community do we harbour prejudice?
- Are there subtle ways that we are excluding people?

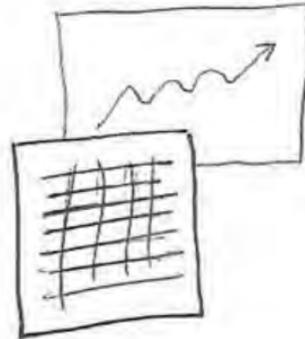
On small cards brainstorm:

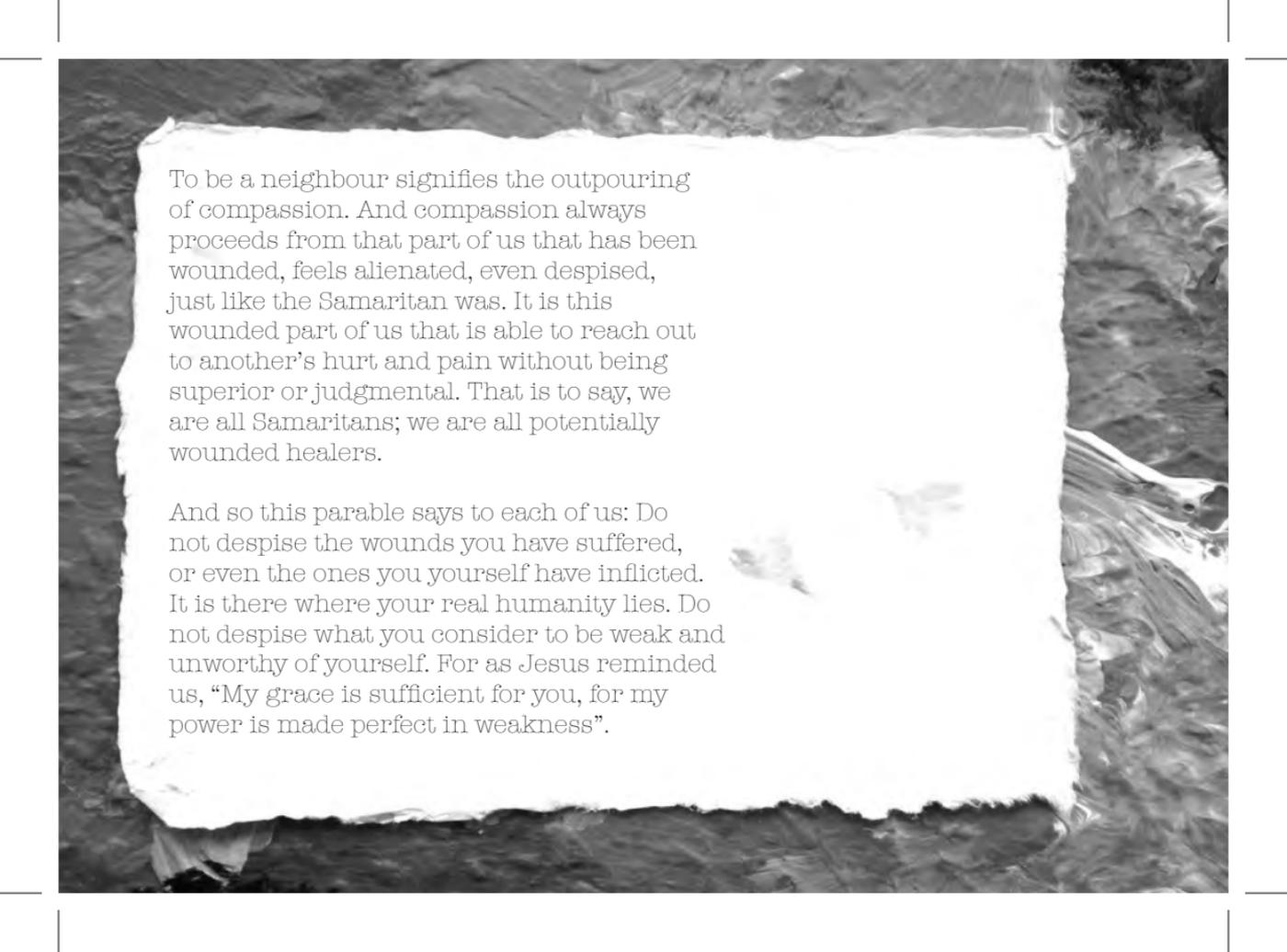
What would our community be like if there was no prejudice?

Think of examples where prejudice has been broken down.

Where have we experienced true community?

Are there stories we can share?





To be a neighbour signifies the outpouring of compassion. And compassion always proceeds from that part of us that has been wounded, feels alienated, even despised, just like the Samaritan was. It is this wounded part of us that is able to reach out to another's hurt and pain without being superior or judgmental. That is to say, we are all Samaritans; we are all potentially wounded healers.

And so this parable says to each of us: Do not despise the wounds you have suffered, or even the ones you yourself have inflicted. It is there where your real humanity lies. Do not despise what you consider to be weak and unworthy of yourself. For as Jesus reminded us, "My grace is sufficient for you, for my power is made perfect in weakness".



The Good Samaritan shows us how compassion and courage go hand in hand. He put himself at risk to help the traveller. He could have been attacked as well. Reflect on the aid workers putting themselves at risk in war torn countries to come to the aid of those suffering due to conflict and poverty.

Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work.

**Mother Teresa**



Diocese of Liverpool



tearfund

**FAITH IN COMMUNITY SCOTLAND**