

Session 6

What now?

For many young people the previous sessions may have provided an opportunity to develop their thinking about their Quakerism or about how to interact in groups. This session is an opportunity to guide participants to useful information. This may be in the form of books, leaflets, websites etc. However it is also important to identify ‘people resources’. Who can they go to for help, support or a listening ear?

Each of the participants in the group may have their own resources that they have found helpful. Invite them to bring along a few to the session to share.



There is just one activity in this session, but it is worth spending the allotted time on it. It may help you as facilitators to do the exercise beforehand, to get a feel of what you are asking people to do.

Resources required for the session

- Leaflets from national and local organisations (see page 64). Also try asking your local library for this information
- Resource Sheets: Butterflies, A3 Support circle Outline, What now? Support circle, www.yqspace.org.uk stickers and Evaluation sheet (available in the resources section at the back of this pack)
- Art material, including glitter, sparkles, glue and scissors

Preparation for the session

- Stick up a copy of the working agreement
- Leaflets from national and local organisations (see page 64). Also try asking your local library for this information
- Sufficient copies of the Resource Sheets: Butterflies, A3 Support circle Outline, What now? Support circle and Evaluation sheet (available at the back of this pack)

Session Overview

60 minutes

Introduction	5 minutes
Support circle exercise	30 minutes
Sharing	10 minutes
Worship	10 minutes
Feedback	5 minutes

Introduction

5 minutes

Start the session with a few minutes of worship or quiet.

We've spent some time thinking about how our Quaker Faith provides us with values and beliefs that may leave us feeling different from people around us. We've considered how we might increase our confidence and resilience in times of isolation and have shared our feelings of being different. We've also explored ways of talking about being a Quaker and how to express our needs, feelings and beliefs effectively.

This concluding session is an opportunity to think of the resources that can help us to feel part of the Religious Society of Friends and our community. Some of these resources come from our traditions, some from our friends and families, some from wider Quaker networks and some from supportive people or organisations in our local community.

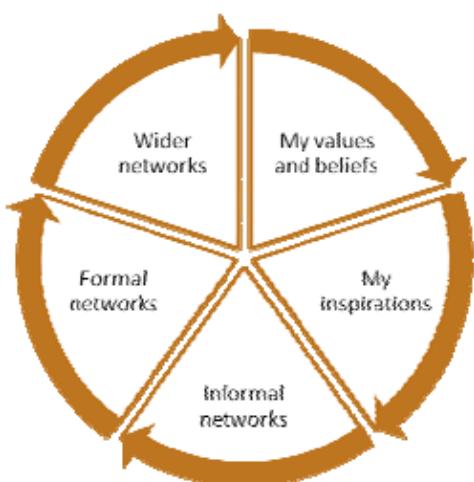
These things are important to us because they give us a sense of peace or pleasure and can be a support to us.

We are now going to complete an exercise to think about the supports available to us, that may help us when life is hard.

Support Circle

30 minutes

Hand out the copies you made of the following sheets to participants “What now? Support circle” and the large blank A3 outline of a support circle (these are available in the resources section at the back of this pack and can be downloaded from the website). The circle is divided into five parts:



- My values and beliefs
- My inspirations
- Informal networks
- Formal networks
- Wider networks

In completing the circle ask the group to refer back to the work they did in session 3 when they created a map of groups that they are a part of. They can use this to think about places where they might find support, advice or guidance. Explain that they will not need to show their work to anyone else. They will be asked to share what they have put on their circle with one other person. They will only need to share what they are comfortable with.

Provide art materials for participants to complete this activity as creatively as they wish – using words or pictures.

Your role as facilitator is to work through the segments in the circle to aid participants as they complete each section (see page 65).

See <http://www.youthaccess.org.uk/directory/directory-of-services.cfm> and <http://www.thesite.org/community/localadvicefinder> for agencies that provide advice in your local area. Arrange to visit these organisations before the session. When you visit gather a selection of leaflets that might be of use to participants, for example details of services that provide support to young people in the local area and details on organisations that deal with issues of bullying.

My values and beliefs

5 minutes

Think of the Quaker values, beliefs and traditions that are important to you. Perhaps things that make you feel glad to be a Quaker. Some may feel uncomfortable but are worth looking at and working on.

My inspirations

5 minutes

What is important to you? Your interests, hobbies and activities that you enjoy doing or perhaps books, leaflets, poems and stories that you find helpful. Include those things which help you feel good about yourself.

Informal networks

5 minutes

Think of the people in your informal networks your family, your friends – who might help or listen when you feel a bit sad or alone, who do you enjoy listening to? Where might you go for support?

Formal networks

5 minutes

Think of the people in your formal networks in Quakerism, in your school, at out of school clubs – who might help or listen when you feel a bit sad or alone, who do you enjoy listening to? Where might you go for support?

Wider networks

5 minutes

Think of wider networks – organisations that are there to give you support, advice and guidance. Have a look at the leaflets and think about where you might go to seek help.

Sharing

10 minutes

Now look at your finished circle of support – this can help you find people to turn to when you need support or are feeling isolated and alone.

Organise the group into pairs.

Spend five minutes each talking about what you have written. You do not have to share anything that you have put on your circle of support, only what you feel comfortable sharing.

Bring the pairs back into a group.

Does anybody have any examples of sources of support they have found especially helpful or would like to recommend?

Worship

10 minutes

Arrange the room with chairs in a circle or invite people to sit in a circle on the floor. Place the copies you made of the butterflies in the centre. Ensure that there is one butterfly each, including the facilitators.



Available in the resources section at the end of this pack and downloadable from the website

Provide art materials

Start with a few moments of quiet.

In a moment you will have the chance to take a butterfly. On it write or draw something that you have gained in the Living as a Quaker sessions – something that has helped you to feel a part of the wider community. Maybe it is a belief, a value a tradition or perhaps something from your circle of support. Or maybe it is something you feel more confident about – perhaps expressing your needs, thoughts, feelings – or what it means to be a Quaker.

Take a few minutes to think about this – when you are ready take a butterfly.

When you have written or drawn your thoughts on it, you may also wish to decorate it. Once you have done this place it back in the centre.

After 5 minutes ask people to finish off, conclude with silence. At the end of this each person should take a butterfly, place it nearby and join hands in a circle.

Feedback

5 minutes

Invite participants to complete the evaluation sheet. They should leave these for you. State that their honest feedback is helpful to you and to those who created this programme.

It would be helpful if you could send copies of these evaluation sheets to the address on page 4.