





## Introduction

As a facilitator, helping a group of women who have been subjected to abuse to move towards having a self-organised space is both rewarding and challenging. This is by new means an exhaustive resource for helping women self-organise, but offers some ideas and prompts as you support the group.

It may be that as the group progresses, it becomes clear that self-organising will not work. Don't get discouraged! That is okay. The purpose of a self-organised group is to further women's self-efficacy. If it becomes apparent the group is not doing that, then women may need some different. There is no formula for success, there is only ideas and guidance for trying it out and seeing how it goes.

The golden rule in supporting self-organising is DO NO HARM. This sounds simple, but what one person thinks is non-harmful may cause another to be deeply hurt. Helping women to self-organise is a complex task, but hopefully the benefits of doing so will convince you to persevere.

## Resources

Each week of you will need to provide:

- Tea, coffee, milk, sugar, sweetener, juice, biscuits, fruit.
- Tissues.

- Own My Story (1pp).
- Pens, pencils, pencil crayons, felt tips, stickers.
- Flipchart and pens.
- AV Equipment.
- Internet access for the Own My Life e-Hub (in case the group want to re-watch specific videos).
- Session 1: Group Start Form
- Session 2: Group Moving On Form

## Session 1

On the first week, use the **Group Start Form** on WoManual pages 93 - 95 to establish how the group would like to run.

## Sessions 2 - 5

Encourage the group to abide by the plan and structure that they agreed together. Your role is to guide the content and step in if needed. Try to encourage the group to lead for themselves wherever possible.

## Session 6

This is the last session that you will be involved with. During this session, use the **Own My Group Moving On Form** on WoManual page 97 to establish how the group will move forward without you