MEMORY PROJECT

TOPIC 9 - GROUP ACTIVITY for end of workshop: Walking and Talking

This activity can be used to help members of the group get talking easily about a wide range of topics. It can be useful at different times in the training programme. Here it is used to give people a chance to talk quietly about some of the difficult ideas raised today before they go home.

Procedure:

- At the end of the workshop, just before its time to go home, ask group members to clear chairs or mats out of the way.

- Explain that you want them to walk around the room or the compound at an easy pace. It's a bit like walking through the market. Every now and then you will call out STOP and you want them to stop and look around till they spot someone they would like to chat with.

- Explain that you want them to talk about anything that is on their mind following the tough work today on making wills.



They might have worries about :

  – How will they cope with writing official documents if reading and writing are difficult.

  – Will they ever find suitable people to become guardians?

  – Is there any truth in the old saying that writing your will just brings your death a step nearer?

  – How will they find all the information they need?

  – There is so much to do – how will they find the time??

- After 2 or 3 minutes talking time ask them to move on again.

- Repeat the process a few times so that they can talk and listen to each other's worries. They will soon realise that most people have the same fears.

- Bring everyone back together to share a few of their questions and feelings and end with reassurance:
  – Support is available to help people get on with these important tasks.
  – When the will making is done their reward will be peace of mind.
  – Thinking and talking about making a will absolutely will not shorten their lives!