

# Summary



## Keeping the Group Going

There may be several reasons why you are having difficulties keeping your group going:

- you don't have enough members
- you have many members but they don't come to the meetings
- you don't feel that you are achieving very much.

### **BUT REMEMBER —**

- all groups have ups and downs
- being self advocates is hard work
- a self advocacy group is there to solve problems - so face up to them!

By facing up to problems, your group will grow stronger.

## HAVING SOCIAL ACTIVITIES

Being a member of a self advocacy group can be very hard work. But groups can make time for social activities too, when everyone can relax and enjoy themselves.

### *For example:*

A group may have a break in the middle of the meeting. Or they may decide to have some social time at the end of each meeting.

This informal time together can give people the chance to talk and swap news and ideas for the group. People who are nervous of talking in the meeting may have a chance to say what they think.

It is usually a good idea to serve some refreshments — tea or coffee and snacks, for example.

Many groups also like to organize some regular social events apart from the meetings to which they can invite their friends.

### *For example:*

One group decided to organize a Christmas party. They rented a room in a local community centre and invited their friends and supporters for the evening.