# [East Ayrshire Council to raise council tax and rents - Scottish ...](https://www.google.co.uk/url?sa=i&url=https://www.scottishhousingnews.com/article/east-ayrshire-council-to-raise-council-tax-and-rents&psig=AOvVaw2axpbL4Bmp4YRCWl0SfQcc&ust=1592323704019000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMCjjpuahOoCFQAAAAAdAAAAABAD)*columba1400[1]*Parental Empowerment Theme Board

## Name:- Joanne Laird Sub group:- Onboarding Relationships

Back in the day

* Group meet with a friendly cup of tea and cake – either virtual or within an indoor environment.
* Friendly conversations around group of how their week has been and to comment on one thing that made them smile today.
* Facilitator shows group First set of Quotes and raises light hearted conversations around these;
* Group discussions may arise like;
* How much time do you have for yourself as a parent?
* How often do you get to finish a cup of tea?
* How often do you buy yourself something?
* How good would it be to have a bath in peace?
* Facilitator then splits the group into 2 groups and issues them with parent survival cards.
* Facilitator will explain to groups;
* As part of the task they have to imagine being given a full day on their own to enjoy / relax as they wish.
* As a group they are required to look through all 18 cards and select the most important 9 cards to them.
* After 15 minutes the groups return to main room and compare their lists, discuss why they choose the cards.
* Facilitator asks each individual ‘If this day was reduced to 1 hour what card would be most important to you and why?
* Each member of the group have 2/3 minutes to speak.
* Sessions ends with Facilitator reading aloud the second Parent Quotes and a small clip /talk of the importance around self-care.

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Comments / notes

* Link to Quotes 1 – 
* Link to Cards – 
* Link to Quote 2 – 
* If anyone within the group doesn’t feel like sharing and would prefer to listen – this is ok.
* Try and split the group up so the individuals are mixing well
* Always have an extra member of staff who will have a listening ear and time to speak to an individual who feels they would like some time to break away and speak in a more confidential setting.

**Main Focus of Activity**

* **The main focus of this activity is to explore self-care and the importance of YOU as a person – not just a parent.**
* **To create an activity session where the group feel relaxed and in a safe environment.**
* **The session with spark meaningful conversation and allow the group to share experiences, parenting tips and support to one another.**
* **Creating good solid trusting relationships for the group to move forward together.**