

Name of workshop: Learning in Old Age among Minority Ethnic Elders
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Aims: To recognise and increase confidence and capacity of older people to become active citizens and to make a positive contribution to Sustainable Learning in the Community (SLIC)

Objectives:

- Raising awareness of participants' individual skills and competencies
- Recognising and validating these skills
- Encouraging participants to further develop these skills

WORKSHOP: KEY TECHNIQUES

Ice Breaker

The facilitator introduced themselves and asked participants to simply introduce themselves. This was appropriate as the participant had met the previous evening.

Setting the Scene

The facilitator presented the background to the workshop and described the activities to be explored over the one day.

Core Workshop Activities

- Recognising achievements
- Identifying skills
- Developing a skills profile
- Identifying skills elders are good at and wish to develop
- Evaluation of workshop
- Developing Action Plans

Appendix Key

AP-Goals and Action Plans
 IB – Ice breaker
 HW – Homework
 MR – Marketing & Recruiting
 SP – Skills Profile
 VLO – Volunteering and Learning Opportunities

Running the Workshop Activities

The workshop included practical interactive sessions using group discussions and individual work. Group discussions and reflections on skills and experiences led to identification of strengths for future skills development. All the activities were in a relaxed atmosphere and the trainer was always on hand to help and encourage the elders who needed help.

Resources and Materials

- Workshop sheets
- Coloured pens
- Flip charts
- Computer

Additional Comments

- Hospitality the previous evening of the workshop acted as a great ice breaker for participants
- The programme and approach of the entire day captured their 'interest'; 'was not boring' and was 'inspiring'
- The excitement and atmosphere generated during the workshop spurred them into specific actions

