

OVERVIEW

The asylum system is inherently undignified, with policies that are designed to make life unbearably difficult for people seeking protection in the UK. Research and experience has shown that many people who are born here do not know anything about the asylum system either, which means many barriers are unintentionally created for people in the asylum process. So how do we ensure community food services meaningfully enhance dignity for people in the asylum process? This workshop plan brings a number of Dignity in Practice activities and resources together in a 2 hour workshop, that provides staff and volunteers with a space for reflection and a practical understanding of the steps that can be taken to enhance dignity for people in the asylum process.



AIMS

This workshop aims to provide a deeper understanding of the Dignity Principles in practice and apply them specifically to people in the asylum process. Participants will learn key information about the UK asylum system, reflect on the everyday challenges of people navigating the asylum process, reflect and consider what actions can be taken to enhance the dignity of community members in the asylum process.

BACKGROUND

This workshop and the activities and resources used in this workshop were co-produced by experts by experience from Govan Community Project's Food for All Group, made up of peer researchers with lived experience of the asylum process, in collaboration with Nourish Scotland's Dignity in Practice project.

The Dignity in Practice project was established by Nourish Scotland and the Poverty Truth Community in 2016 to help people who design, deliver, and take part in responses to food insecurity to reflect on and improve current practice. It aims to promote dignity and embed the right to food, and it is delivered as a partnership between people with lived experience of food insecurity and people working on addressing food insecurity.

In 2022, The Dignity Project partnered with Govan Community Project's Food for All Group in a project titled 'Dignity in Practice: Involving & Learning from the Asylum Community' funded by the Scottish Government's Fair Food Fund.

This workshop plan formed the basis of the workshops delivered by the Food for All Group between 2022-25 and can be used in-house by community food providers to develop a more dignified and inclusive practice.

WORKSHOP PLAN

This is a sample workshop plan, for an in-person workshop lasting 2 hours. You can adapt the template below as required for your team.

INSTRUCTIONS

Determine how many participants will be attending the workshop. We suggest between 24 - 30 participants in total. Participants will be divided into groups of 6-8 people, as smaller groups allow for each participant to contribute to the conversation fully. Make sure you have a trained facilitator for each small group who knows the ropes and can lead their group's discussion effectively.

Set up the room with individual tables seating 6-8 people. Ensure that each table can see the projector screen at the top of the room. We advise having the materials you will be using in the workshop ready to hand on a table nearby.

PREPARE THE FOLLOWING RESOURCES AND MATERIALS

- Create workshop Aims and Agenda slides
- Create A Beginner's Guide to the Asylum Process slides using images [here](#).
- Print copies of the chosen image from '[Everyday Challenges of the Charity Model](#)', plus discussion prompts if desired.
- Create a slide with the Dignity Principles or present a video from the Dignity in Practice [website](#).
- Draw the Dignity Spectrum on flip chart paper (one for each group) based on the example in the [activity guide](#).
- Print scenarios from the Asylum Seeker set [here](#), one set for each group, and cut into individual scenario cards.
- Affix a sheet of flip chart paper on the wall for recording comments/questions
- Adapt the template below with relevant timings and facilitator roles.

MATERIALS

- Projector and screen
- Laptop
- Printer
- Flip chart stand and paper
- Pens and sticky notes
- Blotack
- Tables and chairs for groups of 6-8 people
- Printed copies of activity guides, images and prompt questions

WORKSHOP PLAN: DIGNITY & THE ASYLUM SYSTEM

Time	Duration	Activity	Who?	Task/Materials
insert time, e.g. 9:30am	30 mins	Workshop Prep <ul style="list-style-type: none"> Set up tables (6-8 participants per table, plus extra for workshop resources) Set up projector and flipchart stand 	Facilitator team	Set up tech, set up tables and materials
insert time	2 mins	Welcome and Introductions <ul style="list-style-type: none"> Welcome participants and introduce facilitator team Housekeeping, e.g. fire exits & toilets, using phones and photo consent 	1-2 people	Facilitator welcomes and introduces key information
	3 mins	Agenda and Aims <ul style="list-style-type: none"> Run through workshop aims and agenda 	1-2 people	Facilitator presents Aims and Agenda slides
insert time	5 mins	Group guidelines for the workshop Use the following examples or discuss as a group: <ul style="list-style-type: none"> Step forward, step back – ensure everyone has the chance to contribute Respect confidentiality and each other's experience Take responsibility for your own learning 	1-2 people	Facilitator talks through guidelines on flip chart paper and adds any that the group would like to add
insert time	10 mins	Icebreaker Activity <ul style="list-style-type: none"> For a large group, do this in small tables Go round the table, each person introduces themselves and answers an icebreaker question such as 'What is your favourite way to eat a potato?' or 'What is your favourite pizza topping?' 	1 person to introduce per table	Activity in groups, involving both facilitators and participants
insert time	10 mins	What does Dignity mean to you? <ul style="list-style-type: none"> Activity involving everyone in the room, using flipchart paper to record responses. One facilitator leads the activity, another writes down responses. Invite participants to share the first word(s) that come to mind when you think of 'dignity' (4 mins) Then ask participants to think of a time that their own sense of dignity was undermined; how did that feel? (4 mins) Give participants a few minutes to reflect on the responses and consider what it's like to have ones dignity systematically undermined. 	1-2 people	One facilitator leads activity, another helps record answers on flip chart paper _____ _____

WORKSHOP PLAN: DIGNITY & THE ASYLUM SYSTEM

Time	Duration	Activity	Who?	Task/Materials
insert time	5 mins	What is the asylum process? <ul style="list-style-type: none"> Facilitator presents slides covering key points from the 'A Beginner's Guide to the Asylum Process' flyer If there are any questions, these can be recorded on sticky notes and added to flipchart paper on the wall, to return to later 	1-2 people	Facilitator presents 'A Beginner's Guide to the Asylum Process' flyer or slides to the whole room
insert time	20	Everyday challenges of the asylum process <ul style="list-style-type: none"> Activity in small groups using the chosen image and set of prompt cards, if desired Facilitators guide participants through the following questions: <ul style="list-style-type: none"> What (10 mins) Why (5 mins) You (5 mins) 	1 person to introduce 1-2 facilitators per table	Facilitator introduces activity and passes out materials to each table
insert time	5-10 mins	Reflection - thoughts on what you've learned so far? <ul style="list-style-type: none"> Invite all participants in the room to reflect on the workshop so far and discuss. You might consider: anything the workshop has made them think about or surprised them, or any questions on sticky notes that could be answered. 	1 person	One facilitator leads discussion, another helps record answers on flip chart paper
insert time	15min	BREAK <ul style="list-style-type: none"> Aim to break about 55-60 mins into the workshop Break for 15 mins for refreshments and a chat 	All participants and facilitators	Facilitators keep an eye on the time and call participants back to their tables after about 12 minutes
insert time	6 mins	Dignity Principles in Practice <ul style="list-style-type: none"> Welcome participants back after the break Introduce participants to the Dignity Principles, e.g. play the video on the website 	1 person	Facilitator introduces and plays video on the projector.
insert time	4 mins	How is dignity experienced in your organisation? <ul style="list-style-type: none"> Activity in small groups. Ask participants to briefly reflect on how dignity is experienced in their organisation, relating them to the Dignity Principles. 	1-2 facilitators per table	Facilitators prompt participants and take notes if desired

WORKSHOP PLAN: DIGNITY & THE ASYLUM SYSTEM

Time	Duration	Activity	Who?	Task/Materials
insert time	20 mins	Dignity in the Detail: Spectrum activity <ul style="list-style-type: none"> Activity in small groups, using scenario cards and dignity spectrum affixed to a wall. Participants pick scenarios and place them on the spectrum (4 mins) Facilitators prompt participants to reflect on 3 of the scenarios e.g. one that enhances dignity, one that undermines and one in the middle. What action can be/has been taken to enhance dignity? 	1 person to introduce 1-2 facilitators per table	Facilitator introduces activity and passes out materials to each table
insert time	10	Reflection - encourage action <ul style="list-style-type: none"> Open reflection and discussion involving the whole room. Group representatives can feedback on one example that was discussed. Answer remaining questions on sticky notes if desired. 	1 person	Facilitators or group representatives feedback to the main room. One facilitator can record feedback on flipchart paper
insert time	10 mins	Next Steps <ul style="list-style-type: none"> In small groups, discuss what participants can do individually or as a team as a next step to enhance dignity of people in the asylum process Take notes if desired 	1 person to introduce 1-2 facilitators per table	Facilitators guide the discussion and make notes
insert time	5 mins	Next Steps Feedback <ul style="list-style-type: none"> Group representatives feedback on the next steps they intend to take following the workshops Any other reflections or final questions from participants? 	1 person to introduce	Facilitators or group representatives feedback to the main room. One facilitator can record feedback on flipchart paper
insert time	2 mins	Closing Remarks <ul style="list-style-type: none"> Thank you for participating Encourage participants to use the resources on the Dignity in Practice website to continue developing practice. 	1 person	Facilitator rounds off the workshop
insert time	15-20 mins	Networking and Chatting <ul style="list-style-type: none"> Make time for individual questions and networking 	All	Facilitators chat at their tables and mingle with other groups

Non workshop activity

Whole Group Activity

Small Group Activity