

LET'S GET STARTED: WITH MUTUAL AID

WHAT'S THIS MUTUAL AID STUFF ABOUT?

PEOPLE WHO SELF-ORGANISE AROUND A COMMON ISSUE TO SUPPORT EACH OTHER WITH WHATEVER THEY NEED - BASED ON FOUNDATIONS OF TRUST & HUMAN CONNECTION.

WHAT DOES IT DO?

PRETTY MUCH ANYTHING!

- SHARING SKILLS/TALENTS,
- PRACTICAL SUPPORT,
- A FRIENDLY FACE,
- SOLVING A COLLECTIVE CHALLENGE,
- BUT MOSTLY FUN!

3+ PEOPLE IS A GOOD STARTING SIZE, BUT IT COULD BE AS BIG AS YOU LIKE- YOU MIGHT NEED TO FIND NEW WAYS TO KEEP IT PERSONAL IF IT GETS TOO BIG THOUGH...



"GETTING TO KNOW YOU"

HOW DO WE DO IT?

JUST GO FOR IT

FIND WAYS TO CONNECT
WHAT DO YOU NORMALLY USE?

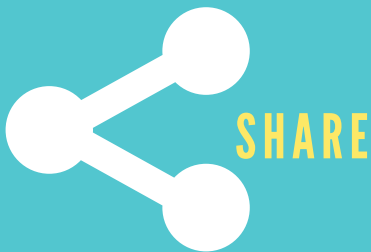
- FACEBOOK?
- WHATSAPP?
- NOTES OR POSTCARDS?



CONNECT



IT DOESN'T HAVE TO BE COMPLICATED- KEEP IT SIMPLE, IT'LL BE EASIER TO MANAGE IN THE LONG RUN



THE STRENGTH OF THE GROUP WILL BE THE MEMBERS WHO TAKE OWNERSHIP & DRIVE IT



YOU'LL GET OUT OF IT WHAT YOU PUT INTO IT- PEOPLE WILL DIP IN AND OUT AS AND WHEN THEY CAN/NEED TO AND THAT'S OK



IMAGINATION

IT DOESN'T HAVE TO LAST FOREVER- SOMETIMES THESE THINGS RUN THEIR COURSE

"THE ANSWER TO OUR PROBLEMS IS EACH OTHER"

TOP TIPS

HAVE FUN!

SOMETIMES
YOU HAVE TO BE
THE ONE TO MAKE
THE FIRST MOVE

KINDNESS
COMES
FIRST...ALWAYS

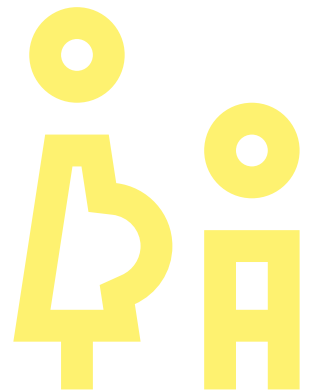
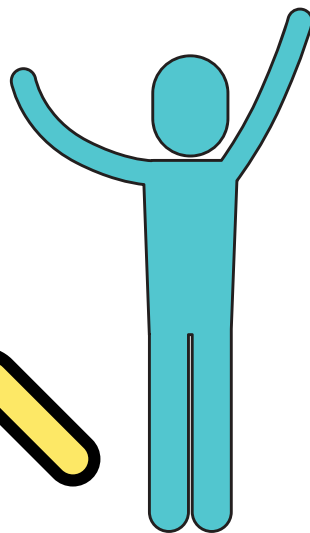
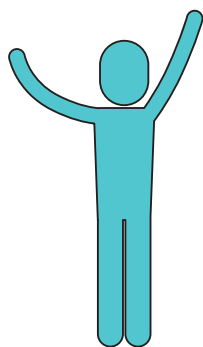
IMAGINATION...THE
WORLD'S YOUR
OYSTER

THERE'S NO RIGHT
OR WRONG- LEARN
AS YOU GO

BE AN
ENCOURAGER

TOP TIPS

BE MORE HUMAN



BE AWARE

NOT EVERYONE WILL WANT TO JOIN IN
THAT'S FINE.

OTHERS DOING THEIR OWN THING - GREAT!
OFFER ENCOURAGEMENT AND CRACK ON.

WATCH YOUR URGE TO CONTROL
(WE CAN ALL BE GUILTY OF THIS)
LEAVE SPACE FOR EACH OTHER TO DO STUFF
AND TAKE UP THE SLACK.

THERE IS NO LEADER - EVERYONE CAN USE
THEIR SKILLS & TALENTS- WHEN THEY'RE
READY AND IT FITS.

YOU'RE NOT FIXING OR SAVING - IT SHOULD LOOK
AND FEEL HUMAN AND MUTUAL.

DON'T WORRY IF IT GETS A BIT MESSY SOMETIMES
IT DOESN'T HAVE TO BE NEAT AND TIDY -
IF IT WORKS GO FOR IT!

PRINCIPLES

- **BE KIND** - WE DON'T KNOW WHAT'S GOING ON FOR PEOPLE E.G. SOME PEOPLE ARE SHY AND IT MAY TAKE THEM SOME TIME TO JOIN YOU
- **BE TRANSPARENT** - WHEN DEALING WITH MONEY, YOUR PLANS AND WITH EACH OTHER
- **PRIVACY** - BE CAREFUL WHERE AND HOW YOU SHARE YOUR INFORMATION, & THINK ABOUT HOW YOU COMMUNICATE AS A GROUP
- **MUTUAL MEANS MUTUAL** - YOU GOTTS TO OWN IT TOGETHER
- **EVERYONE IS WELCOME** - EVERYONE HAS SOMETHING TO CONTRIBUTE
- **NO FAULT, NO BLAME** - MISTAKES ARE ALL PART OF THE PROCESS. GIVE MORE CHANCES, MORE UNDERSTANDING AND MORE EMPATHY - IT WILL GO A LONG WAY
- **HAVE FUN** - THIS REALLY IS A FUNDAMENTAL PART!



YOU DON'T NEED TO CREATE
ANOTHER SERVICE...
KEEP IT REAL, AND HUMAN.
JUST BE YOU.
BECAUSE YOU'RE FABULOUS
JUST AS YOU ARE.

AN EXAMPLE LETTER

Hello Neighbours,

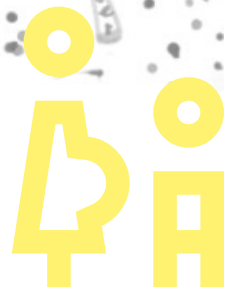
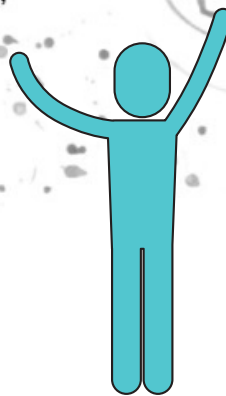
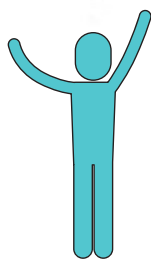
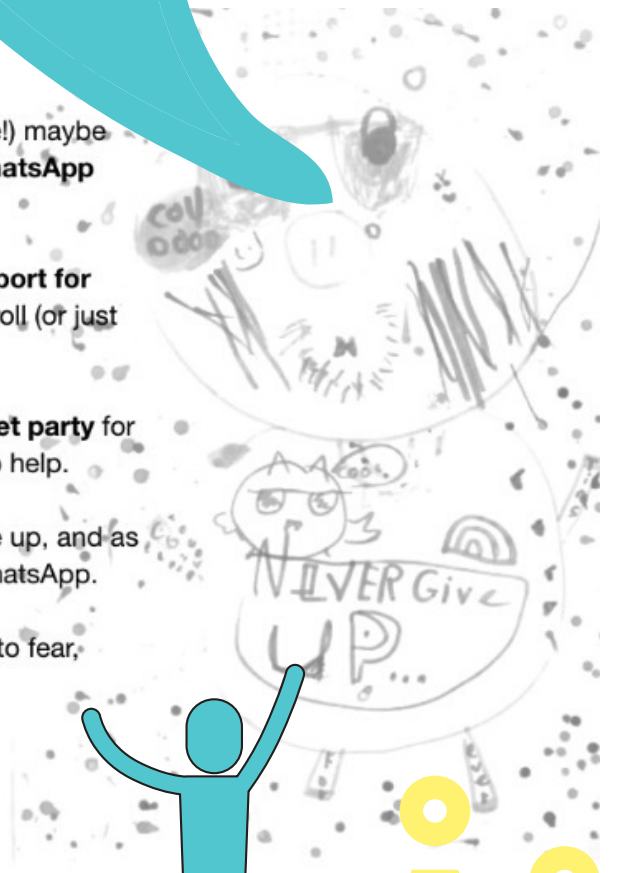
If you're feeling a **sense of uncertainty** (we sure are in our house!) maybe we can replace it with a **sense of community**, starting with a **WhatsApp** group for our street.

If we can stay connected as things get disconnected, **share support for elderly or isolated neighbours**, from shopping to sharing a loo roll (or just some loo roll lolz!) it might help lift some of the anxiety.

And maybe can find something to look forward to too, like a **street party** for when it's all over, or loads of other good ideas people will have to help.

To join a group send a message to _____ and I'll set one up, and as well as offers/requests for help, we can check in on those not WhatsApp.

Community is the ace card in a crisis, connection is the antidote to fear, **let's be neighbours.**

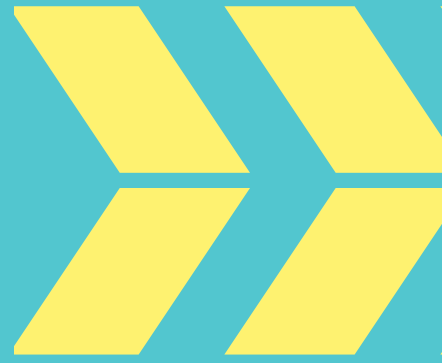




**YOU MIGHT FIND YOU ARE
HAVING SOME PROBLEMS.
USE YOUR COLLECTIVE SKILLS,
HONESTY AND KINDNESS TO TRY AND GET
BACK ON THE MUTUAL TRACK.
BUT IF IT IS TIME TO CALL IT A DAY,
EITHER FOR YOUR INVOLVEMENT
OR FOR THE GROUP...
IF YOU ACT WITH KINDNESS AND
TRANSPARENCY
YOU SHOULD ALL BE ABLE
TO CELEBRATE YOUR SUCCESSES,
AND PART AS FRIENDS.**

GOOD LUCK

LIGHTS, CAMERA.... ACTION!



**NOW IT'S OVER TO YOU-
GET STARTED IN YOUR
COMMUNITY TODAY**

FOR FURTHER INFORMATION:

DIGITAL TOOLS FOR MUTUAL AID GROUPS
[HTTPS://MEDIUM.COM/DIGITALFUND/COMMUNITIES-ESSENTIAL-GUIDE-TO-DIGITAL-TOOLS-FOR-MUTUAL-AID-GROUPS-C1664D30B525](https://medium.com/digitalfund/communities-essential-guide-to-digital-tools-for-mutual-aid-groups-c1664d30b525)

[HTTPS://COVIDMUTUALAID.ORG/](https://COVIDMUTUALAID.ORG/)

[HTTPS://WWW.CORGANISERS.ORG.UK/](https://WWW.CORGANISERS.ORG.UK/)



USE THIS TO
PLAN YOUR
GROUP

THE PLAN

WHAT WE'D LIKE TO DO IS....

WHO WILL
BE INVOLVED?

OUR MAIN GOAL IS:

THE STRENGTHS, AND TALENTS IN OUR GROUP
ARE:

WE WILL COMMUNICATE THROUGH..



USE THIS TO
PLAN YOUR
GROUP

THE PLAN

OUR CHALLENGES MIGHT
BE...

NOTES

TASK LIST

1.

2.

3.

4.

5.

6.

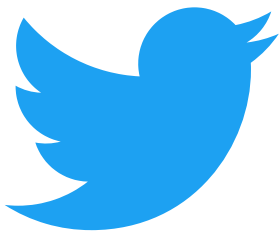
7.

8.

GET IN TOUCH

WE'D LOVE TO KNOW HOW YOU'RE GETTING ON WITH USING THIS GUIDE. WE'LL MAKE IMPROVEMENTS BASED ON YOUR FEEDBACK.

NEED HELP GETTING SET UP? CONTACT US BELOW WE ARE HAPPY TO PROVIDE CONSULTANCY OR TRAINING.



AUTHOR DETAILS:
(PLEASE REFERENCE THE AUTHORS)



CARLY ATTRIDGE @THELOSSPROJECT1
HELLO@THELOSSPROJECT.COM

RUTH JACKSON @JACKSONRUTH_
RUTH_JACKSON@ME.COM

WITH MANY THANKS TO COLLABORATORS AND ENTHUSIASTS:
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