

**NEAR
NEIGHBOURS**



For Young
People aged
between
16 - 26

CATALYST

EMBRACING DIFFERENCE
EQUIPPING LEADERS
ENABLING CHANGE

Who are Near Neighbours?

Near Neighbours is a National charity focused on integration and partnership working, to bring ethnically and religiously diverse communities together to build stronger and more cohesive communities.

Since the charity was established in 2011, our programmes have brought together over one million people and have been proven to create significant levels of social interaction amongst diverse groups and to provide an excellent platform for subsequent successful localised social action initiatives.

What is Catalyst?

Catalyst is a Near Neighbours flagship programme that offers dynamic and exciting training to young people of diverse faiths and backgrounds between 16 and 26 years of age.

We equip young people with the skills and confidence to take on leadership roles, develop local social action initiatives and transform their own communities.

Led by professional trainers and facilitators, experienced in community engagement, Catalyst is a 4-day training course that emphasises the importance of ethic and religious diversity.



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“Catalyst was a welcoming and safe space where we could express our emotions and engage in open discussions on widely debated topics.”

Participant





WHAT ARE THE AIMS?

Catalyst aims to help young people:

- Develop the confidence and the commitment to act as agents of positive change
- Develop a positive identity for living in a multi-faith, multi-ethnic Britain
- Develop creative leaders to act as role models in their local communities
- Develop the skills and experience to play their part in building a strong civil society
- Develop and enhance their employability skills

WHY TAKE PART?

Catalyst is a fantastic opportunity to enable young people to:

- Become future leaders
- Grow, learn and be inspired
- Find their Voice
- Build campaigns that they feel passionately about, to make positive change
- Develop skills in communication, teamwork and acceptance
- Learn from each other's experiences and understand how that shapes us as leaders
- Gain knowledge and understanding of local and national issues that affect them
- Have fun and make new friends!



WHAT CAN YOU EXPECT?

Catalyst takes place over four days and is delivered by suitably qualified and highly experienced trainers. Each day explores a specific theme, that intrinsically link and intersect throughout the four day programme.

We use a variety of creative and interactive processes and

offer practical experience, in order to engage young people. These processes include group discussion, thought provoking team exercises, exploring current newspaper articles on widely debated issues and developing presentations.

What does each day involve?

DAY 1: IDENTITY, FAITH AND BELONGING

Explore concepts of identity and belonging and what they mean to young people living in a diverse society.

Our identities are complex as we are shaped by many different factors; our upbringing in life, where we live, which groups we belong to, where we go to school. Our identities are also shaped by the choices we make in life; how we see one another in our communities, the experiences we have and how we choose to respond to changes in society.

In this session, we learn about how faith and beliefs influence our understanding of political and moral issues. This includes perspectives on immigration, integration, gender equality, violence, citizenship, equal economic opportunity and freedom of speech. We also learn about the challenges of prejudice, stereotypes and discrimination and how best to tackle them.

We aim to take away something positive that another faith or belief, other than our own, brings to British society.

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“Participating in this programme has improved our communication and problem-solving abilities, whilst also helping us to develop leadership and confidence.”

Participant

Learning Outcomes

- Identify and explore some of the key debates around identity and belonging in Britain today
- Understand more about their own relationship with faith and belief and that of others
- Learn how prejudice, stereotypes and discrimination are being tackled
- Give examples of how their own identity shapes their concept of belonging and community

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“This programme differed greatly from others as it was immersive, inclusive and interactive, not to mention genuinely enjoyable. It challenged us and our views of leadership and identity and made us understand how we as young individuals can create an impact for something we believe in.”

Participant

DAY 2: EXPLORING LEADERSHIP

Explore different types and traits of leadership, and leaders who inspire and motivate us to take on leadership positions.

This session provides an opportunity to explore the concept of leadership, both from a theoretical and personal perspective. We collectively unpack different leadership styles, qualities and challenges and the impact they can have on the people that they serve. The young people are invited to think about personal experiences of leadership, looking within their own families, communities and wider society to discuss who inspires them.

We explore different ways in which power can be used and offer space to apply the context and insights around power to young people's own lives and visions for change. Through exploring things that they feel passionate about in the world, we then invite them to think about what kind of power they have to bring about change.

Learning Outcomes

- Understand the complexity of being a leader and different perspectives on leadership
- Articulate the characteristics essential for contemporary leadership
- Understand more about their own personality and its role in leadership
- Critically think about whether leaders are made or born
- Identify the type of leader they think they are
- Reflect on how they handle taking on leadership roles

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Catalyst has introduced me to the concept of leadership and how it's the collective effort of a group to make progress and make change.”

Participant



DAY 3: MEDIA & EFFECTIVE COMMUNICATION

Explore the relevance and impact of modern media communication and learn effective communication skills.

This session provides an opportunity for in-depth engagement with questions around how young people use social media, how the media can impact people's mental health and what strategies for healthy everyday usage of different mediums (particularly social media) might look like. We explore current issues such as our polarised political landscape, and the role of media, communication and technology in society.

We aim to develop a collective awareness around what type of media we consume and for what purpose, equipping young people with tools to critically examine the quality of information they consume.

The young people learn about effective communication through critical engagement with their peers. There are opportunities for reflection and presentation, through giving and receiving feedback and thinking about how we present ideas and get our points across most effectively.

Learning Outcomes

- Deliver a presentation with confidence
- Learn from critically evaluating each other's work
- Develop an understanding of the breadth and complexity of the media landscape.
- Develop and use effective strategies to support healthier media usage
- Learn about how communities can use local media effectively and positively

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In delivering the Catalyst programme here, we are consciously and deliberately trying to produce a generation of young people who would not be storytellers, but story makers, and they will create their own stories of making positive change in our society.”

Director, Grassroots Programme, Luton



DAY 4: SOCIAL ACTION & POSITIVE CHANGE

Young people are invited to develop their own social action projects and think about how to implement the training from the 4 days within their school and the wider community.

We will explore the many factors that contribute to social change and think about how that change has come about. We will identify a range of ways in which people can shape a movement, individually and collectively, thinking critically and creatively about how people can be agents of social change.

The young people are invited to develop their own social action projects and through building an intimate, creative and self-driven learning environment, we hope that participants will be able to deepen both their ideas and commitment, as well as identify relevant resources needed to take their project ideas forward beyond the course, should they want to.

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“I did not expect it to be so deep – going from ideas of the individual and identity and on to ideas for bigger social change. It was a very calm environment that fostered deep thinking.”

Participant

Learning Outcomes

- Understand what we mean by social action
- Develop ideas of what they would like to change and present how they will go about making the change
- Identify what leadership style, communication and media approaches they would use to transform something in their neighbourhood or community
- Understand the importance of team work and challenges of trying to bring about change
- Learn more about possible local funding sources available



How does it work?

SIGNING UP:

We work with a range of local partners, faith based organisations, schools, youth and community groups, further or higher education institutions as well as our Near Neighbours networks.

If you would like us to deliver a FREE Catalyst Programme at your school or in your community organisation, please contact:

Lisa Broom, Youth and Community Programme Manager

lisa.broom@nearneighbours.org.uk

We will arrange a meeting to discuss your requirements and create a tailored programme to suit your school or community organisations schedule. We can deliver the programme over 4 consecutive days, across 2 weeks or 1 day per week across a month. Once we have firmed up dates, we will ask you to promote the programme to the young people and provide you with an online application form for individuals to complete.

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“My highlight from this week has been seeing how they work together as a diverse group of people with different faiths, and how they’ve managed differences of opinions, how they’ve managed to hold the space for each other, how they listen to each other, and how they’ve learned from each other.”

Catalyst Trainer, Luton

CATALYST DELIVERY:

We provide an experienced Catalyst trainer to work with the young people to deliver the 4 day programme of training, dialogue and facilitated learning. We ask that a member of staff from your school or community organisation is there in a support capacity for the duration of the course to provide assistance and monitor behaviour.

CATALYST ALUMNI:

Our Catalyst Alumni Programme supports young people’s access to funding, and other local opportunities, to put their newly acquired skills from the Catalyst course into practice. By extending the Catalyst programme we can ensure a consistent and supported bridge between Catalyst and young people’s community initiatives and social action projects.

Signing up to the Catalyst Alumni Programme is voluntary, and will be discussed at the outset as to whether your school or community organisation has capacity to continue to work with us beyond the initial 4-day course.

For more Information visit:

www.near-neighbours.org.uk/catalyst

