



MacIntyre

How to start a social group



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1. Me and my group



My name is Rory. I started a new social group. My group is called Rory's Cycling Social. This booklet is going to tell you about my group. It will tell you what I have learned so you can start your own group

Why I started a group

When lockdown started, I was a bit fed up. I got made redundant from my job. I was at a loose end and a bit lonely. I wanted to do something good



What kind of group?

I love cycling, adventure and being outdoors. I wanted to spend time with people. I thought other people might feel the same. So I started a new social group. People meet up and cycle

What does the group do?

There are 6 people in my group – we didn't know each other before. We meet once a week. We go for a long cycle ride. We get out, have a laugh and keep fit. We keep apart from each other to be Covid safe



***Covid has been
difficult. I wanted
to make a good
thing come out of
a bad thing***

2. What I learned

My hobby can be more than a hobby

I am good at something that makes me happy. It can make other people happy too

I can make good things happen

Setting up my group has made me into a leader. I maybe didn't realise I could be a leader until I did it!



Other people are interested in the same things as me

They like cycling too. They want to meet new people. They want to have a laugh

Its good to be positive

Covid has been really hard for lots of people. Doing something positive in negative times is a good thing





***I wanted to do
something for my
community...to
have an
adventure and
help other people***

3. My tips for other group leaders

Believe you can do it

You can set up a good group. You might need some help or advice. But if you believe you can do it you probably can



Things are easier when we do them together

I had some help to start Cycling Social. Ask for help if you need it Find someone who has the time and knowledge to give you a hand

Start with your interests and what you are good at

I am good at cycling, so my group was a cycling group. Think about what you are interested in and good at. Start a group based on that



Know your community

Start local. Think about the places and people you already know. Build your group from that. My group uses local canal paths and parks that everyone knows

My tips for other group leaders

Connect with people

Find people who like the same things you do – talk to them. Tell people about your group. Ask people to help. Ask people to join the group

Plan ahead

Make a plan so you know what will happen. I plan every cycling trip – where we will go, what we will need and how to keep safe. You need to plan your group sessions too



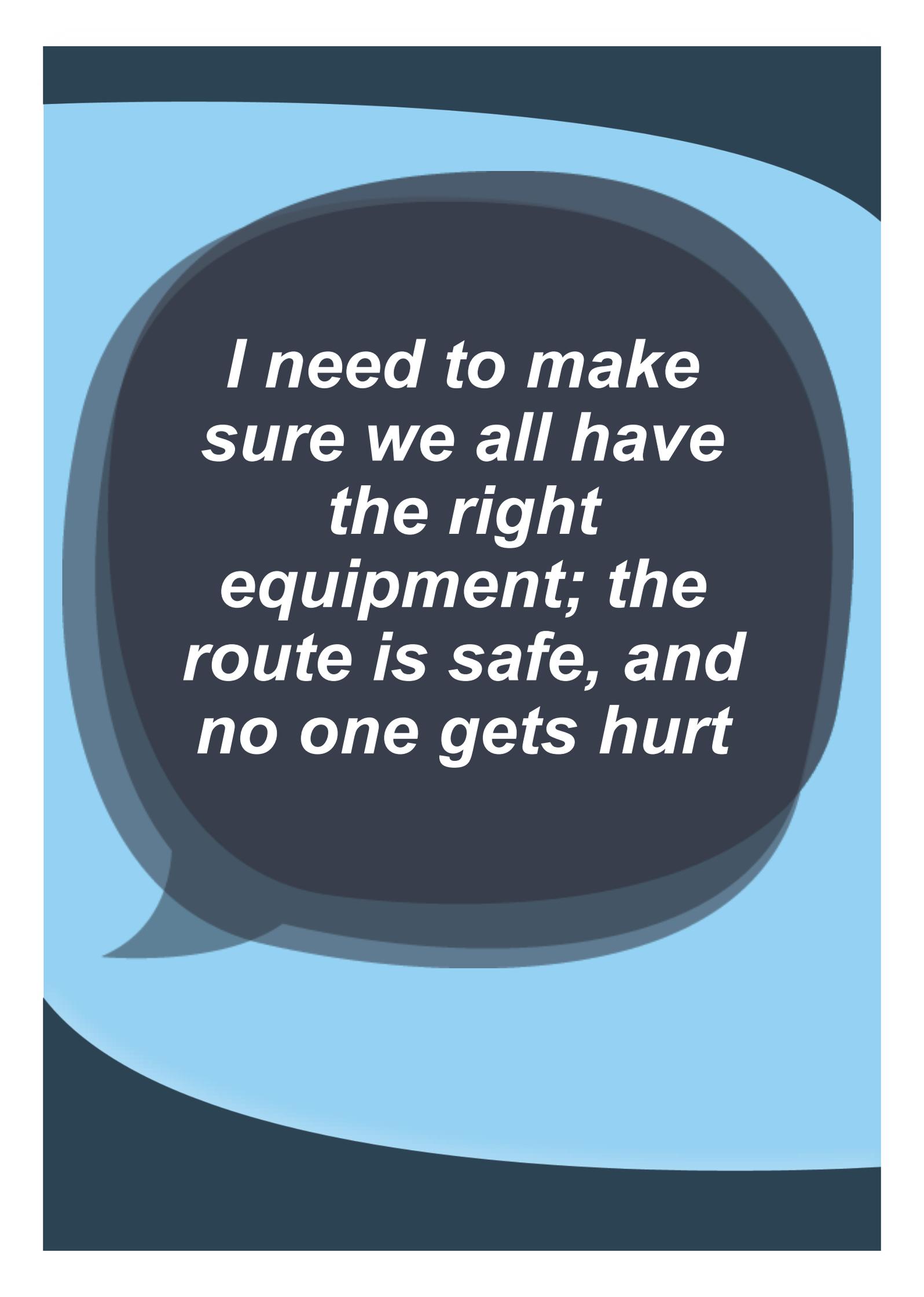
Think about safety

You and your group need to stay safe. Think about what could go wrong. Think about Covid too. Make sure your plan keeps people safe and stops things going wrong. Ask for help with this if you need it



Be a good host

People might be worried about meeting new people. They might be worried about doing something new. Make new people feel welcome



*I need to make
sure we all have
the right
equipment; the
route is safe, and
no one gets hurt*

My tips for other group leaders

Make it fun

Everyone coming to your group wants to have a good time. Find ways for people to have a laugh. Make people feel comfy. Get people talking to each other

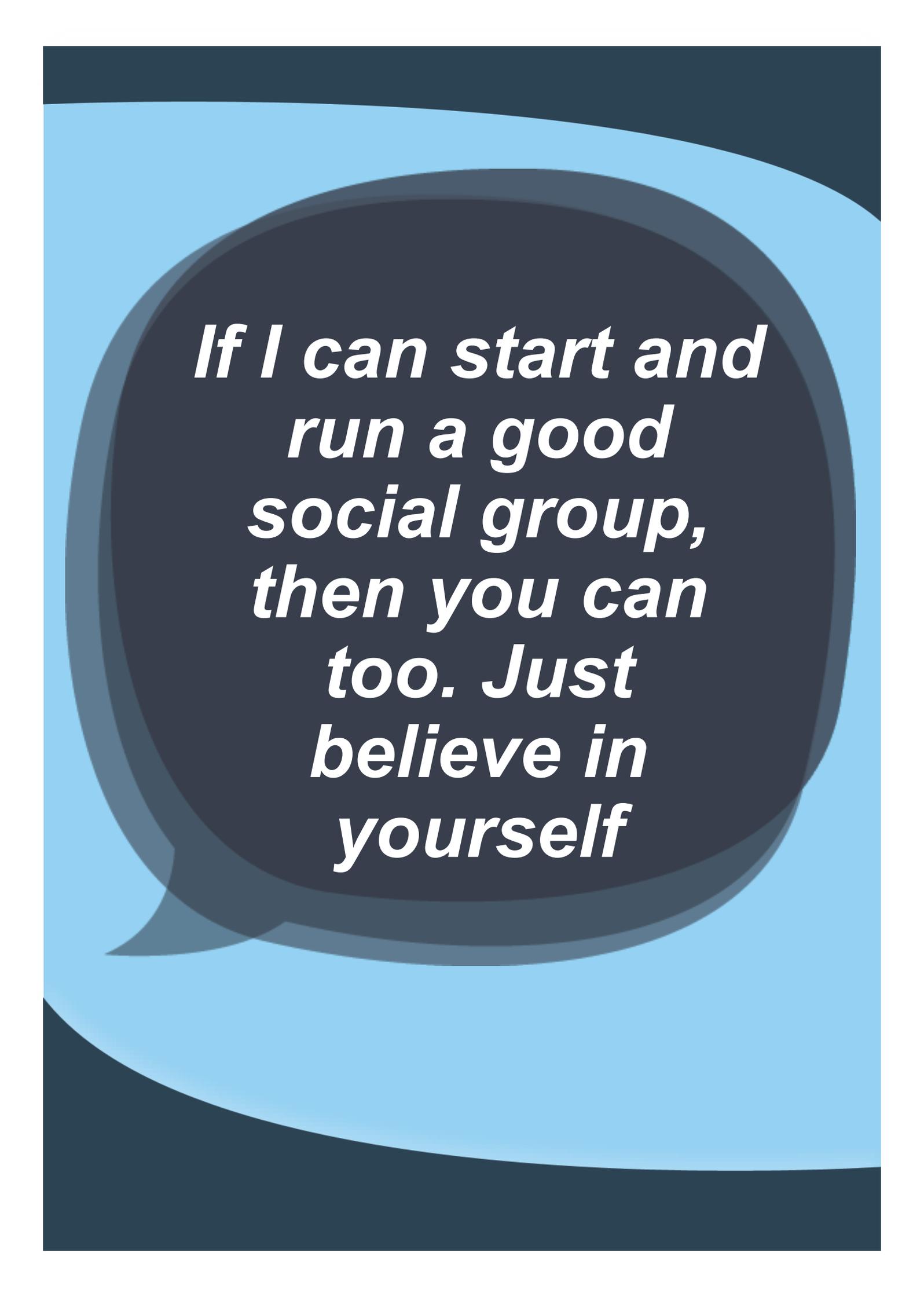
Listen to other people

Members of your group will have good ideas. Find ways to hear them. Give other people a chance to shine and grow



Help people respect each other

Laughing together is good. Sometimes people will go too far. Don't let anyone in your group feel uncomfortable. Make sure people know they need to respect each other



*If I can start and
run a good
social group,
then you can
too. Just
believe in
yourself*

4. Your plan for your social group

What are my ideas?

What do I know about me and my community?

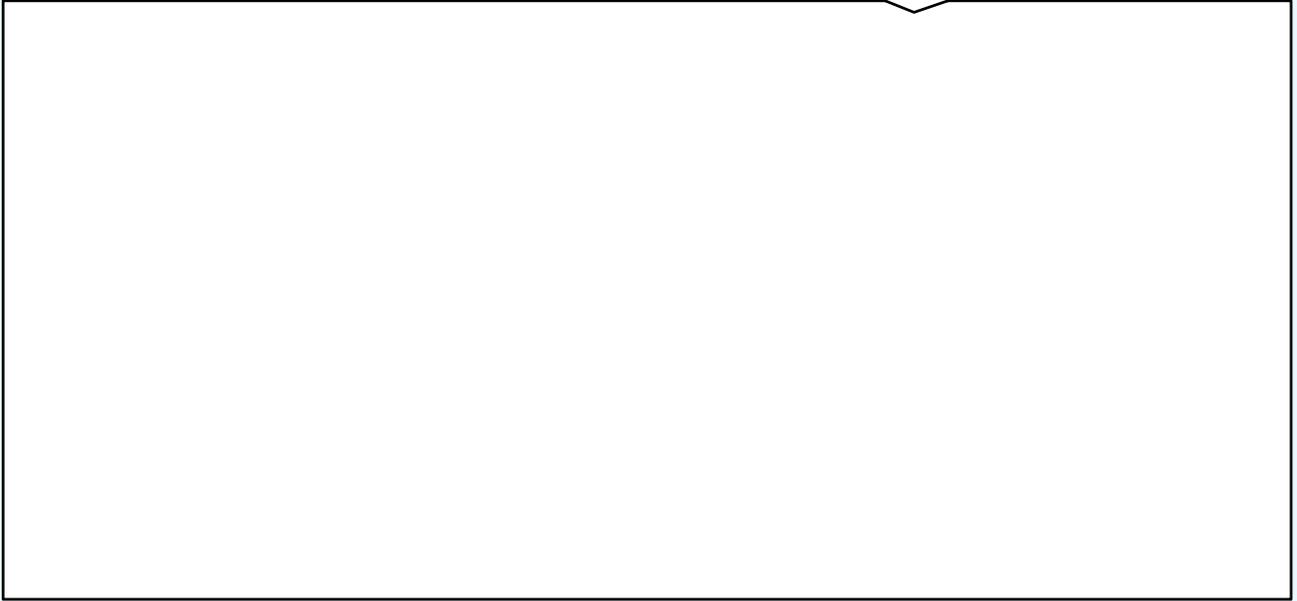


What will I need?

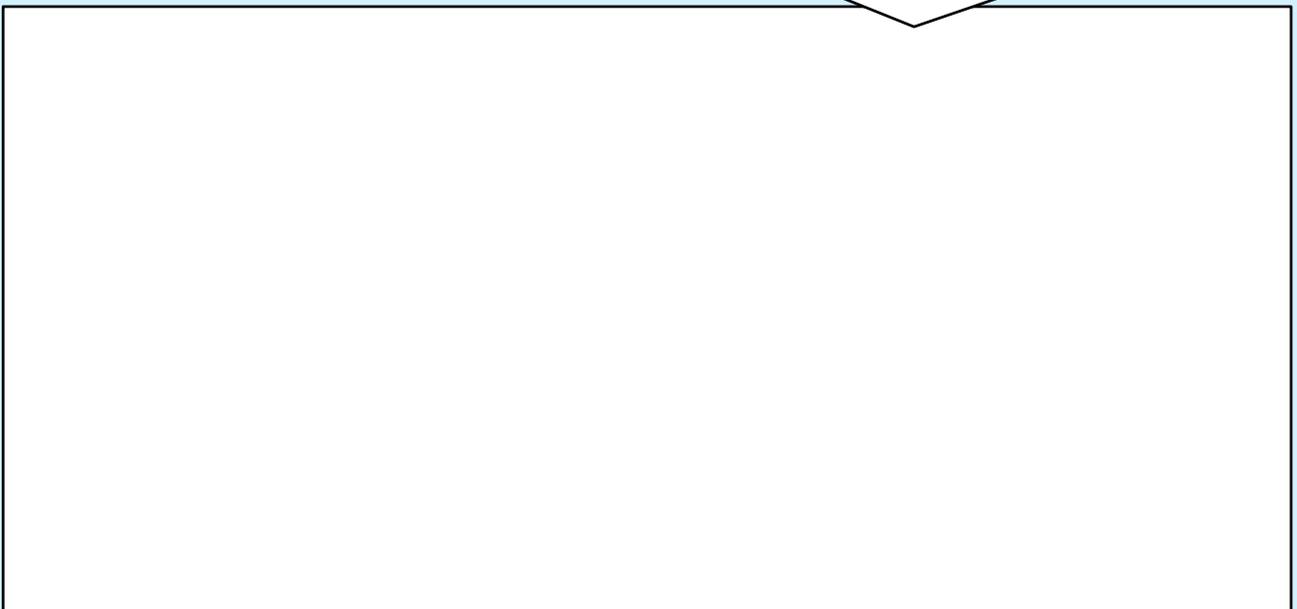
What will my plan look like?

Me and my community

What am I good at?
What do I care about?

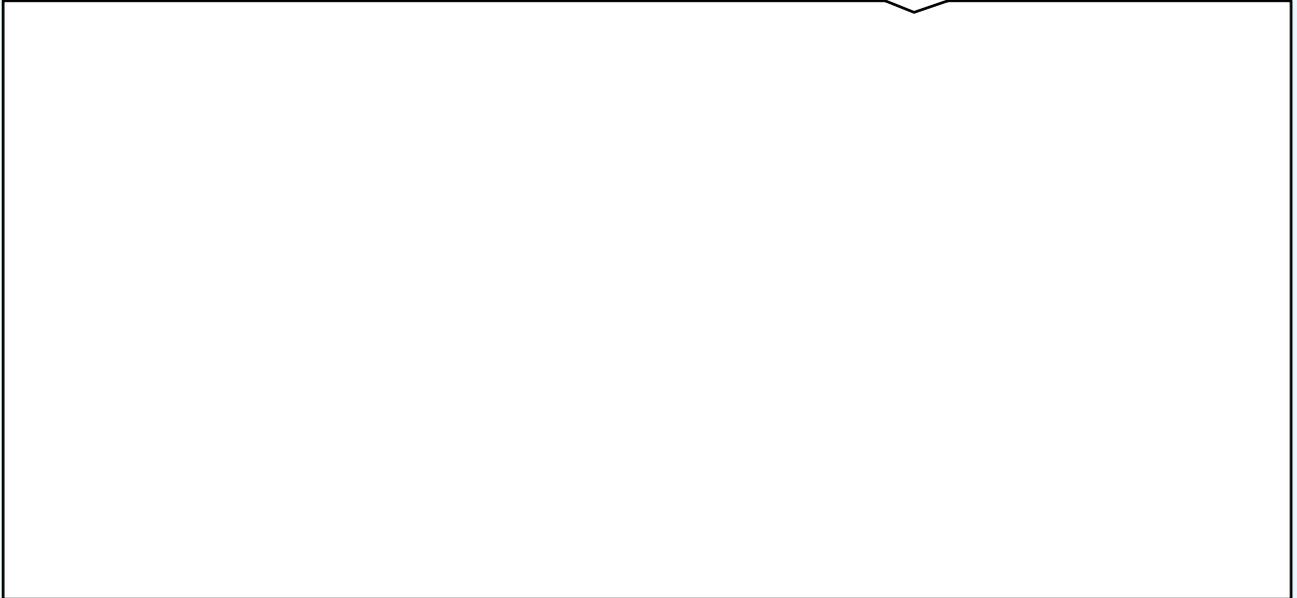


What does my community need?

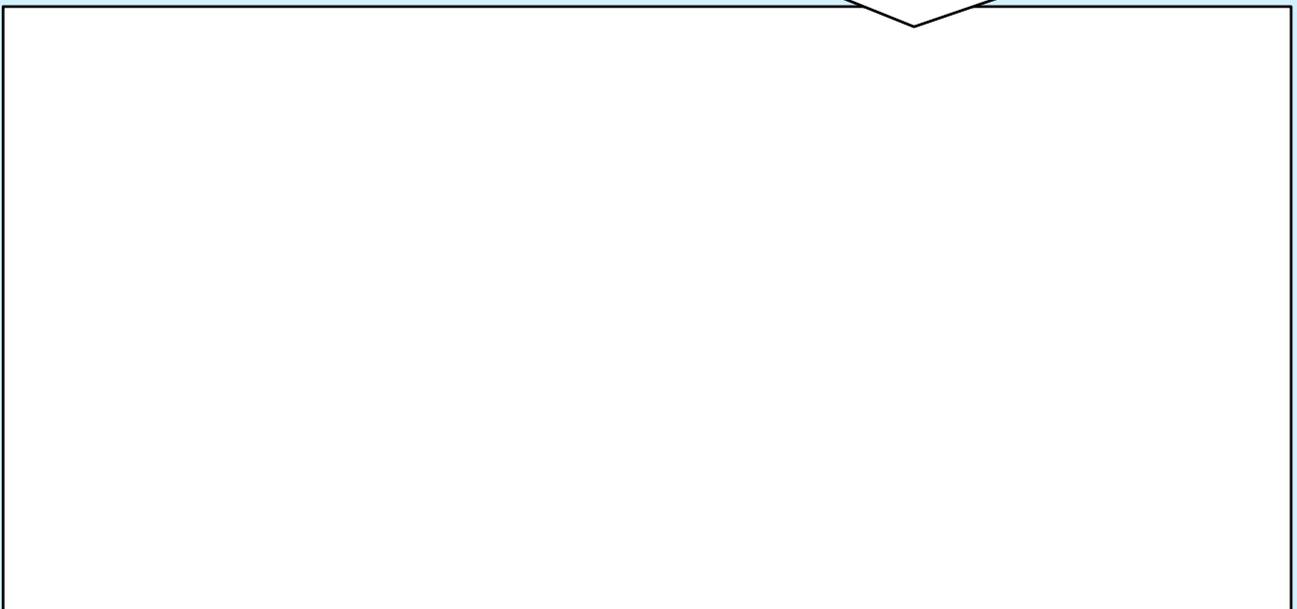


My idea

What is my idea for a social group?



What makes me think it is a good idea?



What will I need?



What information do I need?
What help will I need?

A large, empty rectangular box with a black border, intended for writing answers to the questions above.

Where will I get the information?
Who can I ask to help?

A large, empty rectangular box with a black border, intended for writing answers to the questions above.

My plan

Think about what you need to do next and make a plan. Write down what you are going to do and when you are going to do it

I will do this	When I will do it
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Remember

Once all these things have been done you might need to do another plan

Information about this booklet

Written by



Rory Hutton and the Great Communities Project

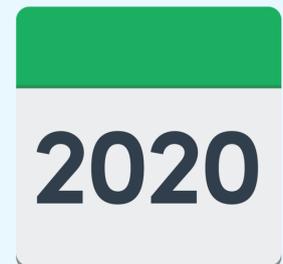


Angela Catley at Community Catalysts CIC

For



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For information



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