



THROUGH THE LENS



Choice - Safety - Collaboration - Empowerment - Trust

Despite the fact that we are nearing halfway through 2022, Resilience Learning Partnership has already accomplished remarkable progress to date. We are thrilled to share some of our most recent developments and milestones with you.



TIER LITE
TRAUMA INFORMED EDUCATION & RECRUITMENT

Resilience Learning Partnerships' **TIER Lite** was a five-week course that ran from the 15th of March to the 12th of April 2022. It included aspects from our main TIER Pathway including self-care, co-production and team work whilst using solo and interactive digital resources to develop skills and confidence.

Now that TIER Lite has concluded, we were able to continue helping the participants with digital skills drop-in sessions that occurred fortnightly for a further five sessions.

This was for the participants to gain better knowledge on areas of the digital space that they would like to develop skills in individually.



ABOUT TIER LITE



CO-PRODUCTION

Participants decide their digital pathway of learning and have the option of coproducing future resources.



TRAUMA INFORMED

Working with a trauma informed approach using the 5 key principles; Choice - Trust - Safety - Empowerment - Collaboration



LIVED EXPERIENCE LED

Facilitators have a mix of personal and professional lived experience.



ASSET-BASED APPROACH

Helping participants identify skills & strengths they already have and how to and build on these.





THROUGH THE LENS



Choice - Safety - Collaboration - Empowerment - Trust

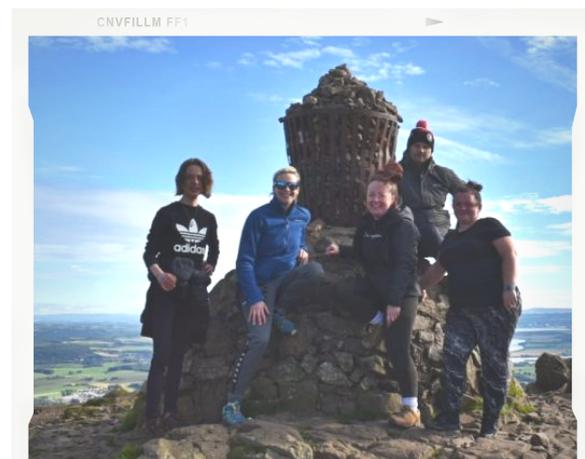
We are so proud to be sharing an extract of a blog written by the fantastic HBC

MY JOURNEY FROM TIER PARTICIPANT TO TIER FACILITATOR

In terms of my progression from participant to TIER Facilitator I believe this perfectly epitomises one of TIER and RLPs most powerful skills; the ability to see qualities in people that they are incapable of seeing in themselves. Qualities of validity, worth and value, because of rather than in-spite of trauma and lived experience. Where I saw damage, they saw resilience. Where I saw deficiency, they saw the unique voice that adversity had shaped, and the spaces in which it held the power for change and healing in others. Where I saw futility they saw a future – something I'd never thought I had.

Not only that, they enabled me to see it in myself, using patience, compassion and sometimes just the dogged determination to present the possibility that there was hope no matter how unfortunate my previous circumstances had been. What I couldn't believe for myself at the beginning they believed on my behalf until, through borrowing their strength, I had enough of my own to believe it too. I realised TIER wasn't in the business of saving anybody from their past or themselves, they were giving us all the means of seeing we didn't need saving, we were more than enough and the only person stopping us was us. Becoming a Facilitator was not only the start of a journey, it was the end of an idea of myself I'd outgrown over those 9 months with their support – an idea characterised by self-doubt, inadequacy and fear. I traded those up for some perspectives I like a lot more.

I'm just at the beginning of my adventure in this role at RLP. I couldn't have anticipated when I started where this experience would lead, and I'm entering into it with open-mindedness, optimism and a will to succeed. Looking back, I see that my initial objective of knowledge has come with an unexpected bonus often cited but rarely experienced, probably because it required collaboration, support and guidance to be realised – power. Or rather empowerment. The experience of TIER as a whole entity led me through it to that point of realisation only for me to find it was not a static point at all but an ongoing, dynamic theme, enabled by doing with others, for others, and for oneself. If I can empower a single person during their experience of TIER then I can be content that I've done my job. It's a job I feel proud every day to have, because having anything of my own and the freedom to have it remains a daily revelation to me in itself. TIER and RLP made that possible – by letting me see it was possible.



To read HBC's **full blog** please scan the QR Code

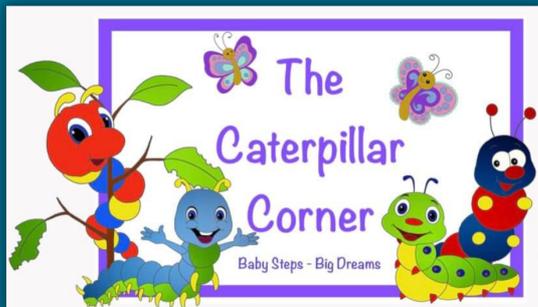




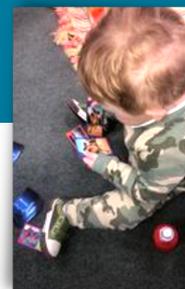
THROUGH THE LENS



Choice - Safety - Collaboration - Empowerment - Trust



**Welcome to
The Caterpillar Corner!**
We meet at our premises in Cooperage
Way Business Village every Thursday
from 10am till 12pm.



ALL ABOUT THE CATERPILLAR CORNER

One of our RLP TIER Pathway participants had been telling us that she was struggling to find a parent toddler group to take her grandson to as all the local ones were full. Our Managing Director, Shumela Ahmed suggested she start one of her own and use our premises as their base.

In the space of just a few weeks it was ready to start after the donation of lots of toys from various people and a few essential items bought such as a baby changing unit and bouncy chair. A trial session was run on one afternoon and a morning to see which worked better and it was decided that a Thursday morning would be the best time to not interrupt meal times and naps.

The name of the group came about because everyone attending the first couple of sessions were asked for ideas and the initial name was going to be Doodlebugs... until they saw what a doodlebug looks like when we were looking to design a logo. So it was back to the drawing board and as Resilience Learning Partnership's logo contains butterflies, it was decided that some cute caterpillars would suit the toddlers group and so The Caterpillar Corner was officially born.

While this could have been the end of the story, with the support of Resilience Learning Partnership's Administration and Policy Manager, Melanie Mitchell, the group is setting up as a community group and the ladies are currently working on their constitution and undertaking some courses which will be invaluable, such as paediatric first aid and food hygiene. By setting up properly in the early days of the group it will mean that in the future if they outgrow our premises or want additional sessions they will be able to go to other places and also apply for funding. While RLP are supporting them in the set up of the group, this is not an RLP project. This is an independent group created and run by member's of the local community. The drive and initiative were already there in the community, RLP are simply supporting and guiding them in their set up and early days, but this project can run permanently and independently of RLP.

Already the group is doing more than simply holding a 2 hour play session on a Thursday morning. There is a clothing swap facility for baby, children's and adults clothes with plans for a toy library and baby foodbank in the near future. They are also fundraising for their future plans and look set to be a community group that provides more than a play facility for a couple of hours a week and will make a difference in the local area by filling several needs they have identified.



THROUGH THE LENS



Choice - Safety - Collaboration - Empowerment - Trust



We launched our very first Strategic Plan; *'Coproducting Change: facilitating the role of lived experience in Scotland'* in December 2021.

If you haven't had the chance to read it yet please click [here](#).

We hope you enjoy reading it and we welcome any feedback or suggestions you may have in relation to the document itself or our work more widely.



RLP is a social enterprise. Social enterprises are businesses that are changing the world for the better. Like traditional businesses, they aim to make a profit but it's what they do with their profits that sets them apart – reinvesting or donating them to create positive social change. Social enterprises are in our communities and on our high streets – from coffee shops and cinemas, to pubs and leisure centres, banks and bus companies. If you would like to donate to RLP please follow the link below.

<https://resiliencelearningpartnership.co.uk/crafty-kids-survival-boxes>



Should you wish to advertise services offered by your organisation in our newsletter, please get in touch with us. We particularly want to feature lived experience-led organisations to let the community see all the amazing work you are doing.

Please email our editor with any photos or blurbs you would like us to feature.

Celeste

info@resiliencelearningpartnership.co.uk



We have many projects at RLP so if you would like to get involved or find out more please reach out to us.