

# Chapter 4 -

## Facilitation processes for communities and individuals

### Overview of community and individual facilitation processes

In Table 4.1 below, an overview and detail is given of a typical (NB: typical, but NOT fixed) sequence of events to enable food insecure households in a village to undergo Mind Mobilisation and engage in intensive family food production.

In Table 4.1 below, first, '**village level processes**' are described. The objectives are:

- To enlist the support and understanding of village **leadership** and other organisations involved in support to households
- To create awareness and understanding among the broader **community**
- To create interest among **target households** and elicit their participation

In the second part of in Table 4.1, '**individual processes**' are described. This covers **personal experiences** of the food insecure individual, and therefore includes all the processes in the Mind Mobilisation workshop, and other processes that touch the individual. The following is covered:

- Finding target participants and eliciting their participation
- Mind Mobilisation workshop
- Follow-up household visits
- Follow-up workshops and training

Third, '**follow-up support group activities**' are described. This covers the group's **support to each other** and their **outreach to others** suffering from the same problems.

Fourth, '**follow-up and report-back to village leadership and other organisations**' are described.

**TIP:** THE TABLE BELOW IS VERY IMPORTANT!!

How to read this table:

**First** read through this concise table, focusing on the '**Steps**' column, to get a quick overview of what happens during each 'event'. You can also note who is involved in that step, to better understand the step.

**Next**, you can study the detailed table in **Appendix D1**. The detailed table has three extra columns for each step. These columns give you more detail on:

- **what is done** during each step;

- the **purpose** of that step (i.e. how this helps the food insecure individual towards self-reliance); and
- typical **pitfalls** to look out for during each step, which should help you to facilitate that step better.

**Table 4.1 Overview of community and individual facilitation processes for Mind Mobilisation**

Event	Step	Who is involved in this step?
<b>VILLAGE LEVEL PROCESSES</b> (To create an enabling environment in the village for support to food insecure individuals)		
Meeting the community leadership	"Open the door"	Facilitator(s), community leadership
Meeting(s) with organisations active in supporting food security or other household support programmes in the village	Create partnerships Raise awareness	Facilitator(s), representatives of organisations involved in household support programmes in the village
Community mass meeting	Awareness raising; HHs register to participate in the initiative	Facilitator(s), community leadership, representatives of other organisations, community (especially struggling families)
Meeting with interest group/ target households	Awareness raising; HHs register to participate in the initiative	Facilitator(s), representatives from collaborating organisations, target HHs
<b>INDIVIDUAL PROCESSES</b> (All processes that the individual experiences on her journey to food security. Focused on own skills – personal and technical – for household survival)		
Household visits	Find food insecure households; HHs register to participate in the initiative	Facilitator(s), representatives from collaborating organisations, target households
Mind mobilisation workshop	Introduction	Facilitator, maximum 10 target household members
	Self-reflection	Each participant
	Admit problem to self and others	Facilitator, participants
	Extra support	Counselor/facilitator, individual participant
	Receive hope	Storyteller, participants
	Decide to change	Participant
	Vision and plan	Each participant

Event	Step	Who is involved in this step?
	Take action; learn practical skills	Facilitator, participants
	Learn how to amend wrong behaviour; learn new skills	Facilitator, participants
	Establish mutual- support group & learn to share	Participants, facilitator
	Learn to notice and care for others	All
Participants return home	Return home and get started	Target households
	Start intensive gardening	Target households
Follow-up household visits	First visit: Moral support & <b>limited</b> technical advice	Facilitator(s), target households
	Later visits	Facilitator(s), target households
Follow-up workshops (see Chapter 5 below)	Learn how to amend wrong behaviour	Facilitator, participants
	Learn new skills	
<b>FOLLOW-UP SUPPORT GROUP ACTIVITIES</b> (Group members support each other and reach out to others with similar problems)		
During household visits by the facilitator	Visit each other	Facilitator and participants
Other group meetings	Visit each other, cultivate friendship	Participants, sometimes facilitator
<b>FOLLOW-UP AND REPORT-BACK TO VILLAGE LEADERSHIP AND OTHER ORGANISATIONS</b> (Further building an enabling environment for moral and other support for households' efforts)		
Report-back to community leadership	Recognition by leadership of households' efforts; consolidate moral support for households	Facilitator and participants
Report-back and further collaboration with other organisations	Strengthen local support and collaboration	Facilitator and participants