

OVERVIEW

This activity suggests different ways of using the Putting Dignity into Practice video by Nourish Scotland and the Poverty Truth Community in discussions. It is designed for volunteers who already have a basic understanding of how dignity can be put into practice. By focussing on one sense at a time, this activity encourages different kinds of learning which might help explore a wider range of ideas.

Note: We suggest that you do the [Dignity in Practice - Watch and Discuss](#) activity before you carry out this activity, to ensure that all participants already have a basic understanding of what dignity means in practice.



AIM

To help staff and volunteers to engage with the examples showcased in the Putting Dignity into Practice video in different ways.

Note: 45 minutes to 1 hour, depending on the size of the group and time available

MATERIALS

- The video files on a USB stick, or a live internet connection where you can open the [Putting Dignity into Practice video](#).
- The right equipment to play the video files and a surface to project the footage.
- A large sheet of paper and marker to scribe the outcomes of discussions, or [click here](#) to access individual note-taking templates.

INSTRUCTIONS

Step 1:

When everyone is comfortable, provide a short introduction to the video, roughly as follows:

This 5-minute video shows how the Dignity Principles in Practice have been applied in a variety of community food settings across Scotland. It features footage and interviews with staff, volunteers and participants from the Central & West Integration Network, St Paul's Youth Forum and the Woodlands Community Cafe in Glasgow; Moray Food Plus in Elgin and the Maxwell Centre in Dundee.

Step 2: What do you see?

To encourage focus on what we see, play the Putting Dignity into Practice video without sound.

[Click here to access video 1: Putting Dignity into Practice without subtitles](#)

After you have played the video, ask participants to fill in the questions on the template that is provided to them individually, or ask them to discuss the following as a group:

- **How the community spaces looked?**
- **How the food was shared?**
- **The interactions between the staff, volunteers and participants?**
- **The body language of staff and volunteers?**
- **Anything else that caught your eye?**

How might these details support or discourage someone who is experiencing food insecurity to feel welcome and included in these contexts?

Step 3: What do you hear?

This time encourage focus on what is heard. Play the [Putting Dignity into Practice video](#) again but cover the screen.

After you have played the video, ask participants to fill in the questions on their template individually or discuss as a group:

- **What new information did you pick up by listening to the video but not watching the footage?**
- **From what you heard, what is important to think about when supporting someone who is experiencing food insecurity to feel welcome and included?**
- **What examples did you hear that you would like to try to implement in your context?**