

INSTRUCTIONS

Before and after the meal, you are invited to chat about the Dignity Principles in Practice. You can do this either in pairs or as a full group. You have an option to either think about each principle in turn or different principles can be discussed at different tables.

Volunteers will be available to help guide the discussion. You can share your thoughts with the group at your table or use pens and paper to share your responses.



AIM

We aim to promote the Dignity Principles in our practice. This exercise will help us discuss the principles and think about how we can better use them in our context. This is an important part of creating a community where everyone feels equal, respected, included and able to contribute.

DISCUSSION QUESTIONS

A sense of control

- How do we give people control over what and when they eat? And in what ways do we support people to decide who they eat with and where they sit?
- How does the type and quality of the food shared reflect the views, priorities and choices of the people in our community?
- What else could we do to help people feel a sense of control and dignity?

Able to take part in community life

- How well are we doing at including the full range of different people that make up our community?
- Thinking about the way our project is designed and delivered - How well do we support people to feel part of our community without stigma?

- What more can we do to help people take part in community life?

Nourished and supported

- What do we do to make sure everyone, including those with specific dietary needs, can enjoy the food here?
- How do we support people in other ways than by serving food (for example, socially, emotionally and physically)?
- What other support and advice do we provide here (for example on housing, money or benefits)?
- In what other ways could we to help people feel nourished and supported here?

Involved in decision-making

- What opportunities are there for people to express and share their views about this project?

- Who makes the decisions about how this project is run, and how could someone get involved with these decisions if they wanted to?
- What else could we do to make sure people feel that they are involved in making decisions about how things happen here?

Valued and able to contribute

- What opportunities are there for people to contribute to this project (for example by sharing their time, skills or resources)?
- How does this project make people feel valued for what they are able to share, even if it is only a small thing?
- What else could we do to make sure people feel that they are valued and able to contribute here?