

OVERVIEW

This guide offers suggestions on how to use the Dignity in Practice Videos in volunteer training and development sessions. The aim of the videos is to discuss ways in which dignity can be put at the heart of community work and to inspire the adoption of the Dignity Principles in community food initiatives.

Note: We suggest that you do the exercise *What does Dignity mean to you?* before discussing the videos.

AIM

To help staff and volunteers from community food initiatives make best use of the Dignity in Practice Videos in their training and development sessions.

MATERIALS

- A computer to play the videos.
- Projection screen and sound equipment.
- Large paper and marker pens for keeping track of group discussions at the front, so all can see.

Optional: [Click here](#) to access a note-taking template. If you use them make sure each participant has their own.

INSTRUCTIONS

Step 1:

Make sure that everyone in the room can see and hear properly

Step 2:

Provide a short introduction to the first video as follows: This short video introduces the Dignity in Practice project delivered by Nourish Scotland and the Poverty Truth Community. It explains the project's background and progress to date, and it provides a brief overview of the Dignity Principles in Practice.

[Click here to access video 1: An Introduction to Dignity in Practice \(1min 37sec\)](#)

Optional: Pause and ask the group for questions or comments on this first video.

Step 3:

Provide a short introduction to the second video as follows: This video showcases how a variety of community food initiatives from across Scotland have been working to apply the Dignity Principles in Practice. It features interviews with staff, volunteers and participants from five community organisations: Central & West Integration Network (Glasgow), the Maxwell Centre (Dundee), St Paul's Youth Forum (Glasgow), Moray Food Plus (Elgin, formerly Moray Foodbank) and Woodlands Community Cafe (Glasgow).

[Click here to access video 2: Putting Dignity into Practice \(5min 6sec\)](#)

ACTIVITY

After viewing both videos, invite the group to discuss how the Dignity Principles in Practice are practised in their own community contexts. We suggest you keep track of what the group says by scribing their thoughts on a large sheet at the front that

they can all see, or perhaps by handing out worksheets to each participant for noting their thoughts individually. They can be asked to share this content with the group, or it can remain private.

A note-taking template is provided for this purpose.

Note: You can deepen the discussion by using the [*Challenging Your Senses activity*](#). This suggests alternative ways of using the [*Putting Dignity into Practice Video*](#) for group discussions.

QUESTIONS FOR DISCUSSION

- What are your initial thoughts about the videos?
- How did they make you feel?
- What stood out for you as examples of good practice?
- What ideas do you take away, perhaps for practice in your own contexts?