



Support Movement

a Paradigm project



The Gr8 Chat & Brew

Paradigm In partnership with
Pushing boundaries



Your IT Now
Changing Lives Together



Becoming a Gr8 'Chat & Brew' Host

THANK YOU for offering to be
a **Gr8 Chat & Brew** conversation Host



The Gr8 Chat & Brew

The Gr8 Chat & Brew is an initiative set up by Paradigm with Learning Disability England, Centre for Inclusive Futures and Your It Now. It's all about hosting group video calls that will keep people connected at a time when people are becoming increasingly isolated across the country.

The idea for **The Gr8 Chat and Brew** came from Support Workers in Leeds who are part of The Gr8 Support Movement at Paradigm. They wanted to encourage people to keep connected and feel valued. We have adapted their original idea to help more people stay connected over the forthcoming months.

Being a **Gr8 Chat and Brew Host** is simply about connecting with people through video calls and hosting ordinary life conversations. Your conversations will give people something to look forward to and offer human contact during this difficult time.

We are suggesting you use WhatsApp as you can host video calls with up to 3 other people. People don't need an email address. They just need a smart mobile phone. However, some people may choose to use Facetime or Skype etc. Whatever platform you use, has to be the same as those you speak to.

People may need help (from family or local volunteers) to download WhatsApp on their phone. There may be coronavirus voluntary groups in people's local areas that can help with this.

We encourage you to be: reassuring, kind, warm, friendly, and calming. You don't need to 'rescue' people or feel like you must solve everything. **The Gr8 Chat & Brew** is about being alongside people, valuing people and having good ordinary conversations.

There are some tips on the following page.



Feel free to set up **Gr8 Chat & Brews** yourself
or we can help connect you at Paradigm.

Just email hello@paradigm-uk.org or call 020 8870 8643.

If you need any help with technology, you can contact
Alex from **Your IT Now** on 07809 299760.

Tips for being a Chat & Brew Host



The Gr8 Chat & Brew

1. Help people set up WhatsApp on their phone and test run it with them individually, so they know how to use it.
2. As a Host on WhatsApp, you can only set up a group with 3 other people. So only 4 people can be in the call at any one time.
3. Agree a time for **The Gr8 Chat & Brew** remembering that some people will be at home on their ALL day, so choosing a time that breaks up the day might be helpful. Agreeing a regular time can make it easier for people to remember and it gives people something to look forward to.
4. Don't over commit yourself in terms of frequency of the chats. Start with a trial and see how it goes. Does it work for you? If it does, that's Gr8. You can always grow this but be careful not to overcommit and then let people down.
5. Keep your gathering informal and relaxed. Make people feel welcome with a warm smile and the feeling that they are valued.
6. Encourage each person to be part of the conversation in the way they want. Some may just want to listen and know they are connected with other humans.
7. Judge the mood of the conversation. People might want to be reassured about coronavirus or they may want to talk about something completely different. You could do a quiz, play charades or even put some music on and dance. **Be creative!**
8. The conversation is not about you having answers and 'rescuing' people. It is simply a space for you all to connect with each other. **Do not underestimate the power of being together, even online.**
9. Some people may ask questions like 'I don't understand this letter, what do I do?' You can offer to signpost people or connect people to others who can help with this. What you are doing as a Host is enough. You don't have to do more.
10. **Spread the love!** Many people will feel lonely, afraid and low during this time. We need to do our best to keep people connected.
11. **The Gr8 Chat & Brew is about human connections**, not a service. Anyone might want to Chat & Brew, especially whilst Coronavirus is widespread.

Let's take care of each other!



Some conversation starters:

- How's it going?
- What would you like to talk about?
- How do you feel about coronavirus?
- What makes you feel happy or relaxed?
- What have you been watching on TV?
- What's your view from your window?
- Can you see any signs of Spring from your window?
- What kind of music do you like?
- Do you want to listen to some music together?
- Shall we watch a TV program together and leave the line open?
- What are you eating for dinner?
- What has made you laugh or smile recently?
- Do you have any pets – would you like to introduce them?
- Shall we play a game – like charades?
- I wonder who can build the highest tower of household goods?
- What can you do to exercise at home today?
- Do you have Facebook?
- Do you watch things on BBC iPlayer? If yes, what?
- If you could be anywhere now, where would you be?
- What's your favourite food?
- Tell me something about yourself I might not know.
- Is there anything you are wanting to get sorted?
- How many clothes pegs can you hang on your top?
- If you could choose 4 famous people to have dinner with, who would they be (and why?)



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