

'Keys to the Door' – thinking about our children moving on

**'Keys to the Door' - Facilitated discussion  
Timetable - 2hrs**

<b>Time</b>	<b>Topic</b>	<b>Detail</b>	<b>Lead</b>
0.00	Welcome & introductions	Who is here today? New group? New members?	Facilitator
0.15	Ground rules	What can we expect from each other? What do we need to enable us to make the most of the session?	Facilitator /All
0.20	Purpose of the session	<b><i>If stand-alone:</i></b> - To introduce a topic that some of us have been thinking a bit about and others avoiding – our children moving on to independence from us - To provide a safe place in which to explore the topic and to identify our next steps <b><i>As part of a wider programme:</i></b> - Where this sits within the programme to date - As above	Facilitator
0.25	Background	Brief overview of how the resources were developed: - work of EDG - experiences of parents of different age groups - shared concerns - opportunity to learn from each other	Facilitator
0.35	Outline of session	<ul style="list-style-type: none"> <li>• Viewing of the short film</li> <li>• Guided reflection - responding to a set of questions in pairs or smaller groups</li> <li>• Viewing of short clips and responding to the questions provided in pairs</li> <li>• Sharing with the wider group</li> <li>• Identifying our next steps</li> </ul>	Facilitator
0.40	Film	'Keys to the Door' - view and initial responses	All
1.00	Guided questions	Working in pairs or smaller groups (depending on overall number in session) - <ul style="list-style-type: none"> <li>• Recording on flipchart - what we feel, see, hear and learn</li> <li>• Sharing with wider group</li> </ul>	All
1.15	Video clips	In pairs - <ul style="list-style-type: none"> <li>• view each clip</li> <li>• use the questions provided for discussion</li> <li>• feedback into the wider group</li> </ul>	All
1.35	Next steps	What have we identified that relates to our own experience? How will we use this to move forward? What support will we need? What do we have? Where will we get what else we need?	Facilitator
1.50	Summary	Closing comments	Facilitator
2.00	Close	Evaluation forms to be completed	All

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