

SPAIN

CASE STUDY N°8

PAPER B

ZEBRA FORMATIONS ASBL
HANNUT
BELGIUM



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO...

These older adult women and the so-called “slave-grandmothers” have to find a new purpose in their lives. The lack of self-esteem being an important psychological aspect in relation to their social conditions has to be countered through a comprehensive programme that will get them to socialise and ultimately help them to reflect on their own situation. Producing anything (knitting garments, cooking wafers, recycling objects, etc) according to their abilities to increase their income and at the same time contributing to the welfare of others may be one of the factors that can induce change. This could be done by creating a supervised group to meet regularly to show their material and exchange their ideas. They could also “teach” children what they know in organised workshops (how to make cakes, how to repair broken items, how to play family games, etc.).

In a second phase it would be a good idea to encourage them to take part in voluntary actions like selling goods in a second hand clothes shop that could bring them a small profit or to become part of a choir and learn to sing. Later, role playing situations can be organised to involve them in fictional contexts similar to theirs that could help them to think about the circumstances that could change their life conditions. During these gatherings games can be taught and played to relax the atmosphere.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

A place with basic infrastructure for cooking and a meeting room. Participants bring their own ingredients (some can be provided) and clothes needing recycling.
Group activities should be on a regular basis according to an agreed schedule

POSSIBLE OBSTACLES

Apathy and resistance to change should be taken into account. Support should be sought from relatives and friends.

ILLUSTRATION

