Asset Based Tree

November 22nd

Ideas and creativity Computer skills Enthusiasm Organising Connections Support Socialising and Interacting **Passion Patience** Experience Enthusiasm Listening Caring **Knitting Crochet** Sewing and textiles Gardening Cookery Photography DIY Reading ΙT skills

Learn to do something basic - start small and achievable (Don't set up to Fail)

Learn practical things

Increase confidence and self belief – encourage

What could I Bird – 4 questions (reframing)

What have you achieved in the past – identify and listen

Judy and Seema in Market Harborough VASL – can do online-befriending online option – Disabled groups – Shared experience

Keeping people well/better informed Improve benefit of volunteering through yarn bomb group

Meeting people and socialising/volunteering

Changing negative thinking – supporting strength based approach Realising self-belief in gifts

Encourage people to see opportunities