

**Ask everyone
to come to your
next meeting with
a pre-written letter
action and enough
copies for each
member to sign.**

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**Create a Facebook
event your meeting
and send the
invitation to
everyone you know.**

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Select one group member to facilitate a short activist skills workshop at the next meeting.

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**Invite someone
to talk to your group
about human right.
Perhaps tour Member
of Parliament,
trade unionist or
member or a local
refugee community.**

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**List three things
big or small,
that your group has
achieved in
the last year.
Celebrate your
achievements!**

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**Pass around copies
of the Human Rights
Defender magazine.
Decide how your
group will contribute
to the next issue-
perhaps a letter,
photo, news item
or quote.**

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**Ask different
people to
facilitate different
agenda items,
so everyone can
contribute.**

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**Commit to
attracting at least
one new to your
group this month.
Ask everyone to
take action to
make it happen.**

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Get creative!

Include a drawing exercise, music, a visualization or role play in next month's agenda.

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Ask each group member to commit to speaking to at least one person about Amnesty International in the next month.

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Include an acknowledgment of the traditional owners of the land when you begin a meeting.

Search the internet to find the traditional owner of your area.

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**Spread the word
Make sure your
local actin centre
knows about any
activities you plan-
they can advertise
them for you.**

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**Do a human right
action at the start
of the meeting-
it could be an
Urgent Action or
you could copy
something from
the website**

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**Think of a
new venue you
can hold a stall
at this month.
Make sure it will
have plenty
of passers-by.**

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**Go out after
your meeting.
The more bonded
your group is,
the easier it will
be to take action
together!**

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**Nominate
someone as your
new member
'buddy' to
welcome them,
and ring or email
them to your
next meeting.**

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**Create a media watch team.
Take turns scanning the local papers and responding to any human rights issues that come up.
Make it a regular agenda item.**

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Feed yourselves!

Take turns in bringing food for everyone to your meeting.

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**Work with other
action groups.
Contact your
Community Campaigner
for the contacts of
nearby group and plan
something together.**

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Swap things around!

If you normally hold the meeting first, then write letter, work in reverse to keep it interesting.

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**Have an activism
brainstorming session.
Put every idea your
group comes up
with on paper,
then narrow it down
to what you can
actually achieve.**

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Create a scrapbook.

Include all
your group's activities
and successes.

Use it to show new
members the sorts
of things you do.

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Discuss activist burnout and identify ways to prevent it and support group member experiencing it. Find helpful website in the References section of the Regroup pack.



Make a list of important people, organization, media etc in your area. Include your Member of Parliament and their human right view. List other activists groups. Research the stories your local media publishes.

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**Take lots of good
quality photos.
Put the photos
up on Flickr and
share them with your
action centre.**

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**Plan an
‘invite a friend’
meeting, where
everyone bring
a friend along.**

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REGROUP GROUP MEETING IDEAS

We want to share great ideas we have collected from action group about ways to keep meetings interesting and welcoming to newcomers.

These are quick, simple suggestions some will work for you, some may not.

Each month at your meeting, pick a card at random. Whatever is written on the card, try at your next monthly meeting.

For more suggestions or to give us your ideas, call the activism team on 02 513 8745 or email activiam@amnesty.or.th

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