Triple P For Afghan Women: a pilot project for a mothers’ and daughters’ sewing group

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Why ‘Sewing Group’?

- Umbrella term for many projects
- Metaphor for resistance which can stitch together different aspects of women’s lives
- Inspired by the book
- Culturally, sewing seen as a symbolic, fun and important skill
Background

- Established in 2010 based on community needs
- Attendance totally optional
- Relaxed environment for the women and children to socialise and make new friends
- No responsibility for the members
- Run on a voluntary basis with volunteers from varied backgrounds
- Held once a week in a community centre
Purpose

- Reduce social isolation and improve emotional well-being
- Creating a safe environment for women to socialise, make friends and build trust
- Promote cultural identity through language, cultural functions and events
- Interacting with similar minded women of the host community
- Enriched community involvement
- Develop strong support systems
- Gain access to important programs such as Triple P, Preventing Violence at Home, Healthy Eating and fitness classes
Triple P Discussion Group Series

Six week program

- Introductory session (Five Key Principles)
- Dealing with Disobedience
- Fighting and Aggression
- Hassle Free Shopping
- Bed Time Routines
- Graduation and celebration
Before
After
Graduation
Outcome

- The program was a huge success because it was tailored according to the needs of the community.
- It was based on invitation and delivered how, when and where it was convenient for the women.
- We had an attendance rate greater than 90% and the feedback was overwhelmingly positive.
Tailoring Delivery

- Decision about how, when and where to run was made by the group
- Respect the prayer and Fasting time
- Refreshments
- Child care
- Transport
- Space for the delivery (Local Board support)
- Evaluation and feedback
What made it go well?

- Co-facilitating, good understanding of each other’s non-verbal cues, interpreting as well as facilitating
- Margaret learning a few words of Dari and the norms (pray time)
- Existing relationship of trust with first facilitator, and gradual strengthening of trust with the second
- Building relationships and identifying potential leaders who can be trained and help the community
Challenges getting feedback

- Low level of literacy
- Not willing to put anything in writing
- Fear of the authorities
- Unfamiliar with the format of the forms
- Intrusive questions
3. To what extent has the program met your needs?

7 6 5 4 3 2 1
Almost all needs have been met  Most needs have been met  Only a few needs have been met  No needs have been met

4. How satisfied were you with the amount of help you received?

1 2 3 4 5 6 7
Quite dissatisfied  Dissatisfied  Satisfied  Very satisfied

5. Did you gain sufficient knowledge or information to be able to implement the parenting strategies introduced?

7 6 5 4 3 2 1
Yes, definitely  Yes, generally  No, not really  No, definitely not

6. Do you intend to implement the parenting strategies introduced?

7 6 5 4 3 2 1
Yes, definitely  Yes, generally  No, not really  No, definitely not
Modified version

My Name

How was the class?

1  2  3  4  5

One good idea from the class is:

Any suggestions for making the class go better?