

Foundation

EDUCATE. ORGANISE. TRANSFORM

THE RON TODD FOUNDATION

DELIVERS MORE THAN JUST CLASSROOM-STYLE LEARNING—IT OFFERS EMPOWERMENT THROUGH ACTION, BY CONNECTING EDUCATION WITH PRACTICAL LIFE SKILLS, SOLIDARITY-BUILDING, AND ECONOMIC SUPPORT. IT'S ABOUT EDUCATING MINDS, ORGANISING COMMUNITIES, AND TRANSFORMING LIVES.

PRACTICAL SOLIDARITY SKILLS DAYS

STARTING WEEK BEGINNING 7TH JULY 2025

FINISHING WEEK ENDING 29TH AUGUST 2025

£5

PER SESSION



MONDAY

19:00 | ONLINE |



TUESDAY

19:00 | ONLINE |



WEDNESDAY

19:00 | ONLINE |



THURSDAY

19:00 | ONLINE |



FRIDAY

19:00 | ONLINE |

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GUERRILLA MESSAGES OF HOPE MON 19:00 | 90 MINS ONLINE | £5

In a world full of noise, small acts of creative resistance can cut through with power and purpose. Join this inspiring online learnshop to explore how craft, poetry, and public art can be used to spark connection, provoke thought, and spread hope—quietly but unmistakably.

We'll introduce the idea of Solidarity Art Drops: small, handmade messages placed in public spaces—on park benches, lampposts, library shelves, or pavements. Whether it's a hand-painted stone, a mini poem card, or a chalk message of resistance, each one carries a story and a spark.

WHAT YOU'LL DO:

- LEARN ABOUT THE ROOTS OF GUERRILLA ART, CRAFTIVISM, AND EVERYDAY PROTEST
- SEE REAL-WORLD EXAMPLES OF ART DROPS FROM ACROSS THE UK
- TRY OUT TECHNIQUES USING WHATEVER MATERIALS YOU HAVE AT HOME (PAPER, PENS, PAINT, PEBBLES—ANYTHING GOES)
- DESIGN YOUR OWN SOLIDARITY ART DROP LIVE IN THE SESSION
- MAKE A PLAN TO SHARE YOUR MESSAGE SAFELY, RESPECTFULLY, AND CREATIVELY IN YOUR LOCAL AREA

YOU'LL GAIN:

- A NEW CREATIVE SKILL TO USE IN YOUR ACTIVISM OR COMMUNITY WORK
- IDEAS TO ENGAGE OTHERS IN GENTLE PROTEST AND AWARENESS-RAISING
- A SENSE OF CONNECTION WITH OTHERS USING ART TO BUILD SOLIDARITY
- THE OPTION TO SHARE YOUR WORK WITH OUR GROWING #SOLIDARITYDROP GALLERY

COME AS YOU ARE—NO ART BACKGROUND NEEDED.
JUST BRING YOUR VOICE, YOUR VALUES, AND YOUR CREATIVITY



CONVERSATIONS THAT BUILD
TUE 19:00 | 90 MINS ONLINE | £5

Movements don't grow through leaflets or likes alone—they grow through people talking to people. In this practical, energising learnshop, you'll discover how to hold powerful, one-to-one conversations that build trust, uncover shared values, and inspire action.

Whether you're part of a union, a community group, or a campaign, learning to listen deeply and connect with purpose is one of the most effective tools you'll ever use.

WHAT YOU'LL EXPLORE:

- WHAT MAKES A "RELATIONAL" CONVERSATION DIFFERENT FROM PERSUASION OR DEBATE
- HOW TO ASK MEANINGFUL QUESTIONS AND LISTEN FOR WHAT REALLY MATTERS
- HOW ONE-TO-ONES CAN RECRUIT ALLIES, BUILD CONFIDENCE, AND SPARK LEADERSHIP
- COMMON PITFALLS—AND HOW TO OVERCOME FEAR OR AWKWARDNESS

WHAT YOU'LL DO:

- BREAK INTO SMALL PAIRS FOR LIVE, STRUCTURED ONE-TO-ONE PRACTICE
- REFLECT ON YOUR OWN EXPERIENCES OF BEING HEARD AND EMPOWERED
- BEGIN PLANNING HOW YOU CAN USE ONE-TO-ONES IN YOUR OWN ORGANISING OR GROUP SETTING

YOU'LL GAIN:

- CONFIDENCE IN TALKING TO PEOPLE ABOUT WHAT MATTERS, WITHOUT PRESSURE
- A STEP-BY-STEP GUIDE TO RUNNING YOUR OWN ONE-TO-ONE CONVERSATIONS
- A DEEPER UNDERSTANDING OF HOW TRUST BUILDS POWER
- A SENSE OF SOLIDARITY WITH OTHERS DOING THIS WORK ACROSS THE COUNTRY

THIS COURSE IS FOR ORGANISERS
READY TO BUILD DEEPER CONNECTIONS THAT LEAD TO REAL CHANGE.



COMMUNITY CAMPAIGNS THAT WORK

WED 19:00 | 90 MINS ONLINE | £5

Want to make real change in your neighbourhood, workplace or wider community—but not sure where to start? This practical learnshop will help you turn a good idea into a clear, achievable campaign that builds power and makes an impact.

From tackling local injustice to launching grassroots campaigns, we'll walk you through the core steps of community organising and give you tools you can use straight away.

WHAT YOU'LL EXPLORE:

- HOW TO IDENTIFY THE REAL ISSUE BEHIND THE PROBLEM
- SETTING A STRONG CAMPAIGN GOAL THAT UNITES PEOPLE
- MAPPING ALLIES, DECISION-MAKERS AND OBSTACLES
- CREATIVE, LOW-BUDGET TACTICS THAT GRAB ATTENTION AND BUILD SUPPORT

WHAT YOU'LL DO:

- USE A CAMPAIGN PLANNING WORKSHEET (WE'LL SEND YOU ONE!)
- WORK THROUGH A REAL-WORLD EXAMPLE IN SMALL GROUPS
- START MAPPING YOUR OWN CAMPAIGN IDEA WITH GUIDANCE
- SHARE REFLECTIONS AND GAIN SUPPORT FROM OTHERS IN THE ROOM

YOU'LL GAIN:

- A CLEAR UNDERSTANDING OF WHAT MAKES A CAMPAIGN EFFECTIVE
- PRACTICAL TOOLS TO TAKE AN IDEA FROM FRUSTRATION TO ACTION
- CONFIDENCE TO MOBILISE OTHERS AND LEAD WITH PURPOSE
- A COPY OF THE SOLIDARITY CAMPAIGN PLANNER TO KEEP USING AFTER THE SESSION

THIS IS FOR CHANGEMAKERS, READY TO GO FROM
REACTING TO ORGANISING.



BUDGETING WITHOUT SHAME

THURS 19:00 | 90 MINS ONLINE | £5

Money stress is one of the biggest barriers to wellbeing, dignity and independence—but too often, the advice feels patronising or unrealistic. This honest, practical session is all about understanding your money, without shame, and learning how to survive—and even push back—when money is tight.

Together, we'll explore real strategies for managing money in hard times, understanding your rights, and building solidarity-based solutions to poverty.

WHAT YOU'LL EXPLORE:

- HOW TO MAKE A FLEXIBLE, NO-GUILT BUDGET THAT WORKS FOR REAL LIFE
- WHAT TO DO (AND NOT DO) WHEN YOU GET A SCARY BILL OR DEBT LETTER
- YOUR RIGHTS WHEN DEALING WITH BANKS, BENEFITS, AND BILLS
- COMMUNITY-BASED WAYS TO SUPPORT EACH OTHER THROUGH FINANCIAL PRESSURE

WHAT YOU'LL DO:

- USE OUR EASY BUDGETING WORKSHEET (PRINT OR DIGITAL) TO MAP YOUR OWN SITUATION
- SHARE TIPS, TRICKS, AND HACKS WITH OTHERS IN A SUPPORTIVE SPACE
- EXPLORE HOW MONEY IS CONNECTED TO POWER—AND HOW WE RECLAIM SOME

YOU'LL GAIN:

- TOOLS TO BUDGET, PLAN AND RESPOND TO CRISIS MOMENTS
- A CLEARER UNDERSTANDING OF YOUR FINANCIAL RIGHTS
- A SENSE OF CONFIDENCE—NOT BLAME—WHEN DEALING WITH MONEY
- THE START OF A PERSONAL OR GROUP MONEY SURVIVAL PLAN



MENTAL HEALTH LISTENING SKILLS

FRI 19:00 | 90 MINS ONLINE | £5

You don't need to be a therapist to support someone who's struggling—you just need to listen well, create safety, and know your limits. This learnshop is a practical, no-pressure introduction to mental health first response: how to recognise signs of distress and respond with care, compassion and confidence.

Whether you're supporting a friend, a colleague, or someone in your community, this session offers the tools to be a calm and grounded presence—without burning yourself out or crossing boundaries.

WHAT YOU'LL EXPLORE:

- WHAT MENTAL HEALTH "FIRST RESPONSE" MEANS—AND WHAT IT DOESN'T
- HOW TO SPOT SIGNS OF STRESS, BURNOUT, ANXIETY OR CRISIS
- THE ART OF ACTIVE LISTENING: MAKING SOMEONE FEEL HEARD AND SAFE
- HOW TO SET HEALTHY BOUNDARIES AND AVOID TRYING TO "FIX"

WHAT YOU'LL DO:

- PRACTISE LISTENING TECHNIQUES IN SAFE, SMALL BREAKOUT SPACES
- LEARN SIMPLE GROUNDING EXERCISES TO CALM ANXIETY OR OVERWHELM
- EXPLORE SIGNPOSTING OPTIONS: WHAT HELP IS OUT THERE, AND HOW TO REFER SOMEONE

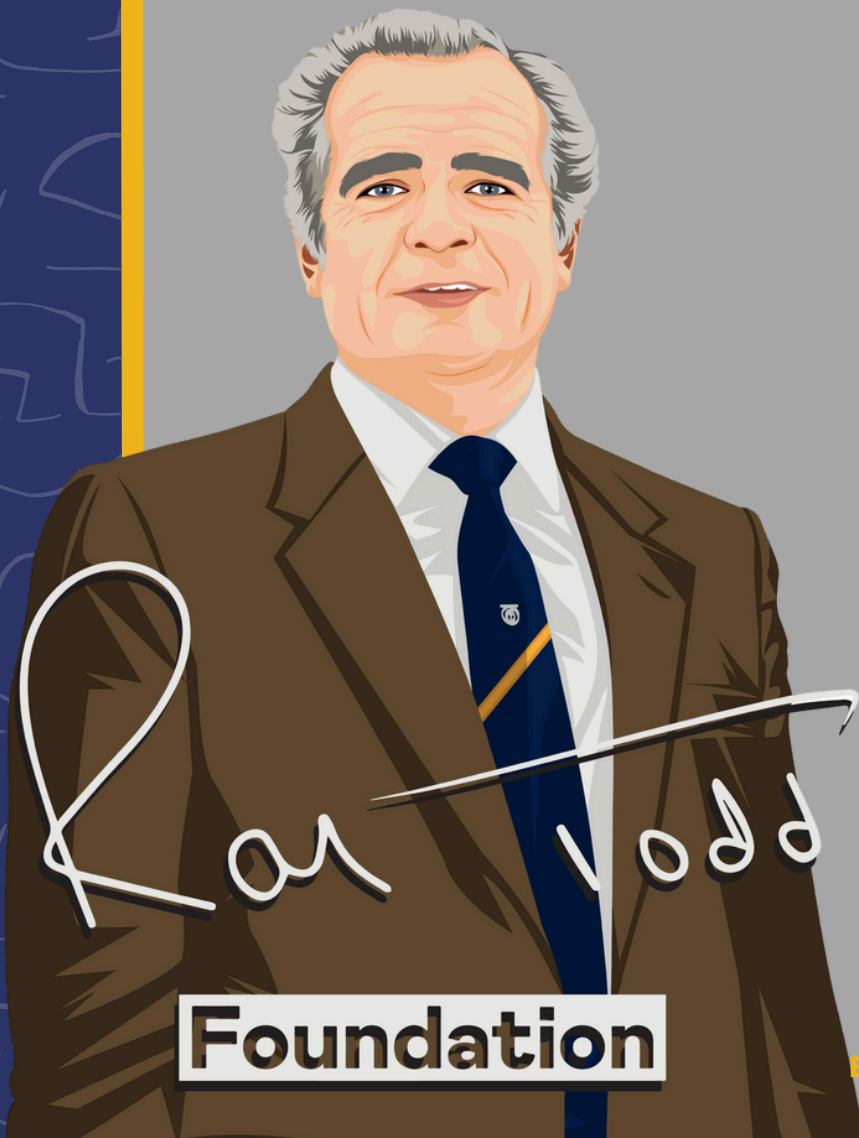
YOU'LL GAIN:

- CONFIDENCE TO RESPOND CALMLY WHEN SOMEONE OPENS UP
- A SIMPLE SET OF TOOLS YOU CAN USE STRAIGHT AWAY
- RESOURCES TO BUILD YOUR OWN COMMUNITY SUPPORT TOOLKIT
- A CLEARER SENSE OF WHAT'S YOURS TO HOLD—AND WHAT ISN'T

**SHOW UP BETTER FOR OTHERS
SUPPORT WITHOUT FIXING**

TO BOOK A PLACE ON OUR COURSES

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