

HUB KICKSTART **WHAT DOES THAT LOOK LIKE?**

So, last week we asked 'who are we' and talked about how the purpose of the Hub is 'to love one another'. This week we're moving on to ask what that actually means in practise. This involves 4 simple ideas. Loving one another means Hubs are:

1. Something you're a part of, not something you go along to
2. Something you are committed to
3. Outward looking, not inward
4. A community not a therapy session

LOVING ONE ANOTHER MEANS... YOU ARE A PART OF A HUB, NOT IN A HUB.

A key aspect to this is for each member to see themselves as being part of a Hub, not just in a Hub. We want everyone at Metro to see Hub not as something you might go along to, but instead as a group that you are part of. It's a team and each member is a key player. So, first of all ask these questions:

- Have you had an experience (maybe as part of a team or club) where you were 'in the group' but not 'part of the group'? What do you think the difference between these two are?
- What things can we do to be invested in Hub life and take ownership of this group?

LOVING ONE ANOTHER MEANS... YOU ARE COMMITTED

A Kate Jinadu catchphrase is 'love means commitment', and she's not wrong. If we love something we need to be committed to it. So, when it comes to Hub commitment is key - it's a display of love when someone makes it after a long day of work, or travels across town to be there. Sure, it isn't always thrilling and it might not be your perfect evening but it is love.

- When have you seen people being committed to Hubs at Metro?
- What does commitment look like to you in the context of Hub?
- What stops us being more committed to Hub?
- How can we encourage and support each other this year to be more committed?

LOVING ONE ANOTHER MEANS... WE LOOK OUTWARD

It's easy to think that the best communities are the tight-knit groups that have been together for years. The grannies that have met every Thursday for 30 years to knit together. In some ways this is true, it is loving (and quite nice) to have a small and unchanging group. But when we do this we're really only loving ourselves. There are hundreds of thousands of Bristolians who need a loving community and we're not loving them by keeping it all to ourselves! Plus, we know that groups that don't stay outward focused and keep growing become stale... rather than becoming cosier they just get boring!

- What does it mean to be outward looking?
- What are the challenges for us as a Hub? What are the costs?
- How can challenge and encourage each other to keep reaching out to invite others in?
- What can we do as a Hub practically to make it a welcoming place for new people?

LOVING ONE ANOTHER MEANS... IT'S COMMUNITY, NOT THERAPY

We all carry scars and pain. We all need safe places to heal. Hubs, at their best, can be exactly that - places that we can be vulnerable and real and then grow. However, Hub isn't a place for us to just look to have our own needs met. It isn't a therapy session or a support group. Instead, we see Hubs as communities where we all help each other. That means we

all carry each other's burdens, we all listen to each other's pain but we all make sure we're not monopolising the Hub time with the things we're carrying. Instead, we'd really encourage anyone that feels they need it to reach out to Kate and the team for support and maybe some professional help.

- How can we make Hub a space where we feel comfortable to be real and vulnerable about the challenges we face and the pain we carry?
- How can we support each other? What practical things can we do?
- How can we make sure that our Hub times aren't a support group but instead a place where we can all share an equal load?