



MADE BY  
MORTALS

# SADIQA

AN EMPOWERING STORY OF HOPE

WORKSHOP GUIDE

This workshop guide is to be used with our audio story 'Sadiqa' and the additional audio insight and music package. This guide will support you to run a workshop exploring the themes of domestic abuse, honour-based abuse, and what people can do to support women like Sadiqa. Honour-based abuse is present in a wide range of different communities and families. You can read more about it [here](#).

If you would like one of Made By Mortals' expert facilitators to deliver this workshop for your team, please contact us at [admin@madebymortals.org](mailto:admin@madebymortals.org)

## BACKGROUND

'Sadiqa' is a Made by Mortals production. It's an immersive audio story that asks you to walk in the shoes of a character who has lived with domestic and honour-based abuse. In the story, Sadiqa has left the marriage and attends a women's group, where she seeks to find her voice and learn how to become independent.

Sadiqa is a fictional character devised by women, using their skills, imagination, and lived experience as inspiration. 'Sadiqa' contains the voices of 'real people', speaking in English and community languages.

We coproduced our 'additional audio' insights with women and professionals with lived experience of honour-based and domestic abuse. These insights are designed to be played as part of the workshop, as a catalyst for discussion, ensuring that lived experience voices are threaded throughout the session.

The project was delivered with generous support from The Ideas Fund, which is delivered by The British Science Association and funded by Wellcome.



# PLANNING THE WORKSHOP

## Resources Required:

For this workshop you will need everything in the 'Sadiqa' training package, which includes:

- Audio story - '[Sadiqa: An empowering story of hope](#)' (23 minutes)
- [Additional insight audio - 3 questions](#) (9 minutes)
- [How the music was made video](#) (8 minutes)
- Workshop guide (below)
- Transcript of the audio story
- Helpline numbers (part of this pack)

You will also need:

- Laptop/audio player
- Projector/TV screen for the visuals (not essential if you don't have access to these)
- HDMI cable to plug laptop projector/screen
- Speakers

## Timing:

This workshop is about 90 minutes in length. If you have more or less time you can adapt as needed.

## Venue:

It is important to consider the venue and environment in which you deliver this workshop. This work can take people out of their comfort zones, so you want to ensure participants are as comfortable as they can be. The work is immersive and theatrical; therefore you may want to consider the seating, seating layout, lighting and overall space as part of this.

## Note on facilitation:

This workshop may raise sensitive and emotional issues for some people, therefore we encourage you to provide relevant signposting information (like the helplines in this pack) for participants who may be affected by some of the themes within the audio episode and subsequent discussions. We also suggest having someone as a designated person that participants can talk to about anything that comes up for them, if needed.

We like to remind people that this workshop is an opportunity for them to listen and reflect. It is space for open discussion and thinking. We want participants to immerse themselves in the experience, connect with the characters and ask themselves, what can I do to help? It's really important to note that this workshop is for people to consider how they can support women like Sadiqa and not a space to criticise Sadiqa's actions or blame her.

## SADIQA WORKSHOP PLAN

Time	Activity	Notes
20 minutes	Set up before workshop starts	<p>Place helpline numbers on tables.</p> <p>Test the sound in the speakers and visuals on the projector/screen.</p> <p>Play ambient music as people arrive.</p>
5 minutes	Welcome and short introduction to the workshop	<p>Map out the session for participants:</p> <p>'Today we're going to take a walk in somebody else's shoes. Using immersive audio created and performed by people with lived experience of honour-based abuse and domestic abuse, we will meet the fictional character Sadiqa and her friends at the Chai and Chat group.' (See background notes for more)</p> <p>Mention that the topic may be stirring for participants so invite them to connect to each other/safeguarding lead/nominated group member, if they need to, and let them know you've put helpline numbers on each table.</p>
10 minutes	Warm up activity: The Story Of Your Shoes	<p>As this workshop is about taking a walk in somebody else's shoes, in this warm-up game, ask your participants to "share the story of the shoes they are wearing today."</p> <p>This could be a few sentences about where they bought them; where they've been in them; have they done anything exciting or particularly memorable in these shoes?</p> <p>Invite people to talk in small groups/to the person next to them (5 minutes) Invite some people to share with whole room (5 minutes)</p>

## SADIQA WORKSHOP PLAN

Time	Activity	Notes
10 minutes (cont'd)	Warm up activity: The Story Of Your Shoes (cont'd)	Sharing in this way sets the tone that this will be a participatory workshop. It allows people to draw connections between one another and is also an opportunity for you to learn a little about the people in the room.
25 minutes	Introduce 'Sadiqa' and play audio	<p>Before playing the episode, you may want to give participants some more background information on the episode and how it was created based on the information on page 1.</p> <p>Let participants know the story will last for 23 minutes Invite participants to close their eyes if they would like to.</p> <p>Play the audio 'Sadiqa'.</p>
2 minutes	Grounding exercise	<p>After hearing stirring and emotional stories it's important for participants to come back to the present and feel grounded again.</p> <p>Invite participants to look round the room, breathe deeply, feel their feet on the ground, move gently in their chairs, make a bit of eye contact, gently rub their own arm etc...</p>
10 minutes	How do you feel after hearing 'Sadiqa' and why?	<p>Invite people talk together with the people next to them and with people on their tables (5 minutes)</p> <p>Invite some people to share their thoughts with whole room (5 minutes)</p>

## SADIQA WORKSHOP PLAN

Time	Activity	Notes
2 minutes	Workshop	<p>You will need the additional insight audio for this part.</p> <p>Explain we're now going to move on to three workshop questions to explore the topic more and think about how we can help women like Sadiqa.</p> <p>Explain that after you've asked each question you'll play a short piece of audio, which is women with personal and professional lived experience answering the same question. This will help feed into and enrich their discussions.</p>
10 minutes	<p>Q1: What things affect Sadiqa in her situation and how might she be feeling?</p> <p>Ask participants to remember that although she has left the situation she may be feeling a mix of feelings and to explore that together.</p>	<p>Read the question aloud, then press play on Q1 additional insight audio (about 3 minutes), then pause audio.</p> <p>Invite people to talk together with people sat around them or on their tables (3 minutes)</p> <p>Invite some people to share their thoughts with the whole room (4 minutes)</p>
10 minutes	<p>Q2: What are the challenges and barriers for Sadiqa now she has left the abusive situation?</p> <p>Ask participants to think about the practical and the emotional: her family life, the community she works in, her financial and housing situation and her children.</p>	<p>Read the question aloud, then press play on Q2 additional insight audio (about 3 minutes), then pause audio.</p> <p>Invite people to talk together with people sat around them or on their tables (3 minutes)</p> <p>Invite some people to share their thoughts with the whole room (4 minutes)</p>

## SADIQA WORKSHOP PLAN

Time	Activity	Notes
10 minutes	<p>Q3: What can the community do to help Sadiqa, and women like Sadiqa, feel safe, empowered, and cared for?</p> <p>Ask participants to consider what we can all do personally and in our professional roles.</p>	<p>Read the question aloud. then press play on Q3 additional insight audio (about 3 minutes), then pause audio.</p> <p>Invite people talk together with people sat around them or on their tables (3 minutes)</p> <p>Invite some people to share their thoughts with the whole room (4 minutes)</p>
8 minutes	How the music was made video	<p>Explain that at the end of the audio story there was a piece of music and that this too was coproduced with the women with lived experience. Explain that:</p> <p>'This is a musical representation of Sadiqa and her story and we'd like to share with you how this was made...'</p> <p>Play the video.</p>
10 minutes	(If time) Share one thing you will take away	<p>Invite participants to share one thing they will take away from today's session.</p> <p>Either go round each person one at a time or invite a few people to share.</p>
2 minutes	Thanks and close	Remind participants of helpline numbers on the table if they want/need them.



Made By Mortals bring lived experience to life through immersive audio stories, music, theatre, film and interactive workshops.

To book a project quote, email [admin@madebymortals.org](mailto:admin@madebymortals.org) or telephone 0161 804 2078.