

Talk to the women at the Women's Centre and explain:
How to do Participatory Action Research
About this project (making an education guide for the midwives, doctors and nurses about working with the community to provide culturally safe maternity services.

Who wants to be a part of the group?

PLAN – think carefully about what we want to do

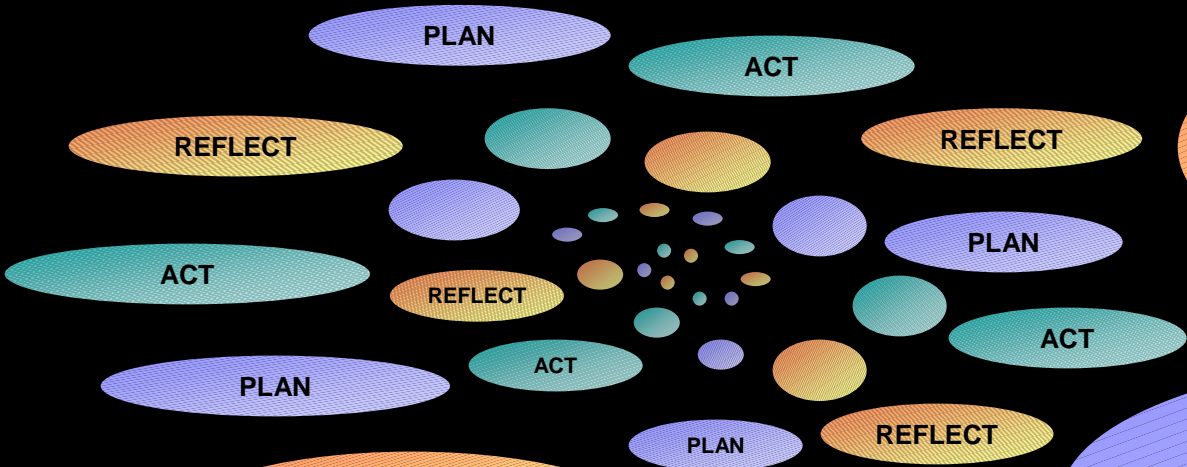
ACT – gather information by talking to the community members and listening to what they say

REFLECT – think about what we did, did we talk to people from all the different groups in the community and the Health Centre, think about what people said, come together to record the information

PLAN – how should we record the information for the guide (stories, diagrams or information pages) what should we do next, how do we show the community members to see if we are doing it right

ACT – feedback to the community members and the Health Centre Staff, more talking and listening

REFLECT - what do we need to change, what else do we need to include



REFLECT

PLAN

ACT

REFLECT

ACT

PLAN

REFLECT

ACT

PLAN

ACT

PLAN

REFLECT