


Start the conversation about organ donation

the essential guide to hosting a **teacht le chéile** event.

teacht le chéile 
BRINGING PEOPLE TOGETHER
FOR ORGAN DONOR AWARENESS



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Teacht Le Chéile Toolkit Talk, Tell, Take Action

This Teacht le Chéile booklet provides a Toolkit on organising activities and events to bring people together during Organ Donor Awareness Week.

This will help to start the conversation about organ donation for transplantation. To not leave your loved ones in doubt of your wishes and to act on signing up for a donor card.

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Contents

1

About Organ Donor
Awareness Week

Page 02

2

What is
Teacht Le Chéile?

Page 02

3

How to Organise a
Teacht Le Chéile Event

Page 03

4

Teacht Le Chéile
Event Ideas

Page 04

5

Teacht Le Chéile
Checklist

Page 05

6

Teacht Le Chéile
Conversation Starters

Page 07

7

Keep the
Conversation Going

Page 09

8

Contact Information

Page 10

9

Extras

Page 11

10

About the
Irish Kidney Association

Page 12

1 About Organ Donor Awareness

Organ Donor Awareness celebrates the gift of life, giving thanks to organ donors and their families.

The Irish Kidney Association is asking you to support Organ Donor Awareness by hosting a Teacht Le Chéile event. A lot of coverage will take place on the news regarding becoming an organ donor and you will see and hear stories about people whose lives have been saved through organ donation. It will also be about families who have made the selfless act of donating organs.



**coming
together**

2 What is Teacht Le Chéile?

Teacht Le Chéile, the Irish for 'coming together', are organised events that encourage people to connect and start conversations about the benefits of organ donation for transplantation. As part of active citizenship the goal is to bring people together to start the conversation with family, friends, colleagues, and the wider community about organ donation for transplantation.

Benefits of Teacht Le Chéile Events

- Enhance connections with others who share an interest in helping others.
- Make new friendships.
- Create a sense of community and belonging.
- Create an opportunity to have meaningful conversations.
- Learn about the importance of sharing lived experiences.
- Understanding the plight of people with organ failure.
- Let our family and loved ones know our thoughts about organ donation.
- Spread awareness about the importance of organ donation for transplantation.

3

How to Run a Teacht Le Chéile Event

To run a Teacht Le Chéile event you need:

- people
- topics to start a conversation
- and/or some questions.

It can be **face-to-face** or a **virtual event** taking place over Zoom, Skype or on Microsoft Teams. It can be as simple or as involved as you like.

You can be creative with it and think of unique ways to bring people together in order to start conversations.

Ideally, Teacht Le Chéile events will have volunteers who are happy to speak in public about their own organ donation or transplant experience.

Sharing personal stories can help.

Alternatively, you can use the ideas contained in this guide to get the conversation going or you can do both. This is a helpful guide but you will know what works best in your community.



face-to-face



virtual events

4 Teacht Le Chéile Event Ideas



Coffee Mornings

Organise a group of people to come together with some refreshments and time to chat in a casual and relaxed setting.

A Walk or Run

Get some fresh air while you walk or run and talk to others who relate to your experience. Make sure to hydrate and have a chat afterwards!

Lunch Break

Have a catch up with your colleagues in the break room. Spread awareness in the workplace as well as giving your work friends more information. Show a documentary or watch a film about organ donation and have a discussion afterwards.

Arts-Based Event

Host an event where people can express their feelings about organ donation in a creative way, such as through painting, pottery or creative writing!



Community Group

Add a Teacht Le Chéile to your next agenda, whether you take part in a running group, a book club, a religious meeting group or even a golf club!

At School or University

Talk to your local students' union or teacher and include a Teacht Le Chéile in your timetable, in the canteen or assembly hall. The Education Teacher pack is a useful resource: www.ika.ie/education-pack/

Photo Display Event

Display photos which show the impact of organ donation. For example, this photo is made possible because someone donated, e.g. transplant / athlete winning a medal, a family celebration, an achievement, an anniversary, having a new baby, etc.

Online

Host a virtual event for people who cannot attend or loved ones living far away, or who feel safer meeting online.



Quiz Night

Host a quiz night with some questions about organ donation to spread awareness in a fun and creative way!

Public or AI Fresco Event

Organise a Teacht Le Chéile somewhere in your community such as in the library, community centre or local park. Or an AI Fresco event such as hosting a picnic or barbecue for family and friends.

Use the information from the organ donor card factfile which has FAQ's to craft your questions.

5 Teacht Le Chéile Checklists

Organising a Face-to-Face Teacht Le Chéile

- **Choose a venue** to host your Teacht Le Chéile. Keep in mind the size of the space, the access to adequate ventilation, health and safety, and accessibility for all attendees. If it's a large gathering you may have to seek permission to proceed.
- You may need to rent the space and **organise refreshments**. If costs are involved like venue hire or providing refreshments you might like to encourage people to contribute a nominal amount like, €2, or bring along one food item, be it a packet of biscuits, home baked items. Anything left over can be donated to charity.
- **Invite your audience** – community, colleagues, friends. Invitations can be through word of mouth, text, whatsapp, social media (such as Facebook or Instagram), a notice in your local newspaper or on a community or church bulletin. You could also create posters or leaflets to promote the event for display in public places. Pre-promote the event by arranging a photo in advance with people or an activity which can be used as part of the event's promotion on leaflets, posters, in news articles, etc.
- Print out the **conversation questions** provided in this toolkit or make up your own questions relating to the topic you want to discuss.
- Check out our website for more information on Organ Donor Awareness Week.
- When people arrive, ask them to sit with someone they do not know if possible, to **encourage conversation and the creation of new friendships**.
- If applicable, **start with an icebreaker** (some ideas are included in the Extras section on page 11), this may take 10-15 minutes to complete.
- Start the conversation by someone **asking one of the 'Conversation Questions'** (page 07). Try to allow time for everyone to answer, and then go on to the next question.
- Keep the conversation **informal and open**.
- Use the online form to tell us about your event, so we can publish on calendar of events on our website: **ika.ie/whats-on/yourevent**.
- You will need to do a **risk assessment**. Sometimes if you are organising an event at a venue or public space you may be asked to provide proof of insurance.*
- **Contact your local IKA Branch official prior to organising your Teacht Le Chéile event to chat about insurance cover as they may be able to help.**

* Unfortunately the IKA insurance policy only covers events organised directly by an IKA branch. Due to cost we can not extend the insurance coverage for events organised by third parties..

Teacht Le Chéile Checklists

Virtual Teacht Le Chéile

- **Choose your video platform** – Zoom, Microsoft Teams, Skype, WhatsApp, etc. Advertise the event and invite people to join in.
- Have a copy of the **Teacht Le Chéile conversation questions ready** to share on screen or make up your own questions relating to the topic you want to discuss.
- Start the video chat and **invite people to join**.
- If applicable, **start with an icebreaker** (some ideas are included in the Extras section on page 11). This may take 10-15 minutes to complete.
- If you have large numbers, **consider using breakout rooms** to have smaller groups.
- Start the conversation by someone **asking one of the questions**. Try to allow time for everyone to answer before going on to the next question.
- It is important to **listen to what is being said** and that only one person speaks at a time.
- Allow roughly **five minutes per question**.
- Keep the conversation **informal and open**.



For more information on Zoom and Microsoft Teams:

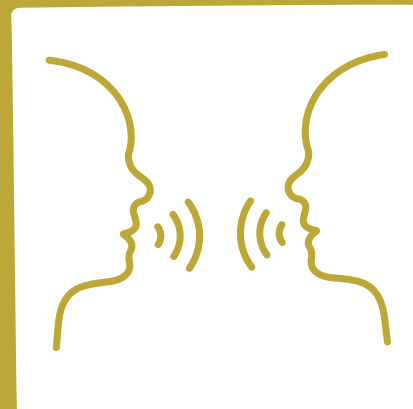
<https://learning.zoom.us/learn>

<https://support.microsoft.com/en-us/teams>

6

Teacht Le Chéile Conversation Starters

- Some famous people that have had organ transplants (could be great quiz questions):
 - Andy Cole – (Footballer)
Kidney
 - Sarah Hyland – (Actress - Modern Family)
Kidney
 - Tracy Morgan – (American Actor)
Kidney
 - Steve Jobs – (Former Apple CEO)
Liver
 - Selena Gomez – (American Singer / Actor)
Kidney
 - Larry Hagman – (American Actor)
Liver
 - George Best – (Footballer)
Liver
 - Lucy Davis – (Actress - The Office)
Kidney
 - Tina Turner – (American Singer)
Kidney
 - Jonah Lomu – (Rugby)
Kidney



Teacht Le Chéile

Conversation Starters

- Would you consider donating your organs?
- Do you have an organ donor card?
- Do you know how to go about becoming a donor?
- Do you have the digital app or a physical organ donor card?
- Does your family know your wishes either way?
- Does the recipient ever find out who donated an organ to them and does the deceased's donor family ever know who the recipient/recipient is?
- Did you know the kidney is the most common organ transplant performed worldwide!
- Did you know Organ Donation has resulted in over 7,600 transplant operations in Ireland alone... And from that number approx. 5,300 are of kidneys!
- Have you seen any story lines on TV or in film about organ donation and do you think they accurately represent organ donation
- Two kidneys, two lungs, hearts, pancreas, tissue, bone tendons and small bowel are organs used for transplant. Heart valves can be donated to paediatric patients.
- Organ donation is developing all the time, with limb and hand transplants now taking place in some countries
- One organ donor can save seven lives and additional lives can be helped or improved through tissue donation.
- Many families who donated their deceased loved ones organs get comfort from knowing that others have lived because of their donation.
- At any one time in Ireland there are approximately 600 people on transplant waiting lists waiting. Most are entirely dependent on the goodwill of others to donate a loved's ones organs.



7

Keep the Conversation Going

Listening is a vital skill. It helps build relationships with others. 'Active listening' helps improve your ability to listen well.

1 GIVE ATTENTION

- Look at the person who is speaking. Make eye contact.
- Pay attention to the other person's body language, posture and tone of voice. These provide clues as to how they're feeling.
- Mirroring body language can help build connections.

2 MINIMISE DISTRACTION

- Take a break from other tasks you might be doing and focus solely on the other person.
- Put away your phone and ensure it is on silent. Eliminate any other background noises, such as the radio or television.
- Invite the person to chat in a respectful, friendly and open environment.

3 ENCOURAGE THE PERSON TO SPEAK

- Use prompts to show that you have heard what is being said. For example: 'okay', 'I understand', 'uh-huh', or nodding your head.
- Try not to interrupt the person speaking. Give them a chance to properly express their

thoughts and feelings. Leave your questions until they have completed their sentence. You do not necessarily need to have an answer, opinion or solution to what is being discussed.

- Silences and pauses are okay.

4 ASK OPEN-ENDED QUESTIONS

- Open-ended questions require more than just a yes or no answer. They help to keep the conversation going.
- They show the person speaking that you are interested in what is being said and you are giving them the opportunity to continue speaking.

5 REFLECT

- Summarise what you have heard.
- Ensure you understand what the other person has said.
- Reflecting gives the opportunity to clarify anything you are unsure about.
- Be aware of any time constraints those attending might have and try to stay on topic.

8

Contact Information

Irish Kidney Association

Donor House, Block 43A, Park West, Dublin, D12 P5V6
t: (+353) 01 620 5306 e: info@ika.ie

How to order an Organ Donor Card

Visit: <https://ika.ie/get-a-donor-card/>

or download the Digital Organ Donor Card App



Deonú agus Trasphlandú Orgán Éireann
Organ Donation Transplant Ireland

Organ Donation Transplant Ireland

Ground Floor, Bridgewater House,
Bridgewater Business Centre,
Conyngham Road, Islandbridge,
Dublin 8, D08 T9NH.

T: 01 878 8388 E: odti@hse.ie.

9 Extras

Icebreakers

An icebreaker can be a fantastic way to kick off your virtual Teacht Le Chéile event! It will help participants get to know each other a little better before the main event.

'Two Truths, One Lie' ice breaker!

Time Required: 10 minutes

How to:

1. Ask each team member to prepare a list of three interesting 'facts' about themselves, one of which must be made up. This could be anything from a hobby they love to a famous person they say they've met, and so on.
2. Then, get other team members to decide on the facts they think are true.
3. The team member who receives the most incorrect votes wins.
This helps to put people at their ease before moving on to the more serious discussion about organ donation

Get to know the Room

It is a good idea to get a sense of who you have in the room (in person or zoom). To get started, ask a question like 'How many people have had a transplant' or 'Can you raise your hand if you are or know someone that received an organ donation'. Some people might be comfortable to talk about their experience and some others might not so, be aware of timing when asking these questions.

Indignant Conversations

Organ Donation Awareness can become a passionate conversation, so you want to be able to support people if this occurs. Be sure to prepare in advance of your event.

Some items that might arise:

- The Human Tissue Bill
- Handling a disagreement
- An event being 'hijacked' by people angry about something that is unrelated to organ donation
- An Emotional release

Offer to have a one-to-one discussion with the person after the event, or take their details and say a member of the IKA will speak with them privately. It is okay to say you do not have an answer to a question but will attempt to get an answer.

About the Irish Kidney Association

The Irish Kidney Association (IKA) is a charitable voluntary organisation founded in 1978. The IKA is dedicated to meeting the needs of renal patients and their families and carers. These needs are spread across all aspects of life – medical, social and psychological. The profile of the kidney patient ranges from infancy to the elderly who are undergoing various methods of treatment – haemodialysis, peritoneal dialysis (both CAPD and APD), and kidney transplantation.

OUR MISSION is to support patients and their families affected by end stage kidney disease and are either being treated by dialysis or have a working kidney transplant. By providing information on kidney diseases, free counselling, peer support and social benefits and entitlements, the IKA helps patients and families live as normal a life as possible. We continually lobby on their behalf. The patient remains at the centre of the IKA – the patient's needs are paramount.

We receive partial funding from the HSE through Organ Donor Transplant Ireland (ODTI) to fund organ donor awareness.

Irish Kidney Association

Donor House, Block 43A, Park West, Dublin, D12 P5V6

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