

No. **Bright ideas 2011 - for ECA**

	Who to talk to about it?	Others who are doing this
1 Open days 3 or 4 times per year on Saturdays. These are often feeders for the	Ipswich	
2 Leave some places free on intro courses for people who book last minute (if at	Sheffield	LBC
3 Run courses concurrently on different days, and synchronise... make it clear to people they can go on another night if they can't make their usual	Glasgow	
4 Saturday morning classes	Croydon	LBC
5 Daytime programme providing what people need to get fully involved (eg from drop-in intro classes to mitra study)	LBC	
6 Mindfulness intro courses	LBC	
7 Introduction to Buddhism courses done in a very practical way... i.e. with short, led reflections, ways to practice in everyday life... introduce meditation	Cambridge	
8 New series: "Buddhism and the Big Questions"	Manchester	LBC, Birmingham
9 Incredibly popular urban retreat this year - 326 people took part (60% were "Mindful Moments" - practice tips sent by text message follow-ups after courses. x2/wk for a few months.	LBC	
10 Teach the idea of building Sangha right from the start	Sheffield	
11 When teaching, also mention determination, energy, confidence, etc whenever encouraging calm, peace, stillness, etc	Birmingham	
12 In-house training & study for new OM's who are starting to teach.	LBC	
13 Focus on 'flow' (making deepening involvement smooth and easy). Signposting next steps, including Mitrahood.	LBC	Norwich
14 Make a clear distinction between well-being and Dharma classes	Cambridge	Sheffield
15 Have lots of conversation cafes, hear people's aspirations, then write out a the centre. (They experienced a big increase in standing orders after doing this.)	Glasgow	
16 Community fanzine?!	Padmaloka	
17 Use of social networking sites, ie Facebook	Norwich	LBC, Ipswich
18 Great website – sends out email updates automatically (designed by	Manchester	
19 Sit down with prospective volunteers & talks about their connection & aspirations. See where they might contribute.	North London	LBC, Glasgow
20 Culture of dana. Don't assume it's EITHER volunteering OR a standing order	Cambridge	
21 Young People's group and the website they've produced, meditating in town etc.	Taraloka	
22 Creating a way into TBRL that was attractive and accessible – i.e. a six month then giving the young women both a lot of support and a lot of autonomy.	LBC	
23 Aikido and meditation classes	West London	
24 Make a 'wish-list' of all the things the centre needs (from tea bags to a new air-conditioning system), then encourage giving a gift (whatever people can afford) to the centre on		
25 Retreat Centre lift-shares - see www.freewheelers.com/Buddhafield_Festival	Buddhafield	
26 "Celebrating Generosity" events - celebrate volunteers and donors and give a financial and appeal update	Manchester	
27 Mitra Noticeboard	Brighton	
28 Be aware what you're asking people at the class to do. Is it sit still, sit still, & sit	Brighton	
29 It may not be great for promoting active engagement, especially for young		
30 Day for partners of Friends/Mitras	Sheffield	
31 Proposals for new council members to be seconded by existing council members.	North London	
32 Have only OMs active at the centre as members of the charity.	North London	
33 Dissolve any sense of there being separate sanghas on different nights of the week by putting effort into connecting up the various groups that use the centre	North London	
34 Regional chairs meetings	London	
35 Photo board of teachers / OMs on council	Brighton	Sheffield
36 People put a sign on the noticeboard: "I'm going on this retreat" inviting others	Sheffield	
37 Always teach Buddhism with meditation – don't teach meditation on it's own / out of a Dharmic context.	Various	
38 "Celebrating Generosity" events - celebrate volunteers and donors and give a financial and appeal update	Manchester	
39 Movement-wide "Going Further" / "Going Deeper" poster	DT	
40 Design a map of Triratna institutions	DT	