This unit looks at community building and solidarity. It looks at how you can build communities of action and work with others to be an active citizen. We know it can be difficult when you want to change something but feel alone. It can really help to find others who feel like you do and also want to make a change. Working together can make a big difference.

In this unit, you will hear some true stories about communities of people who have worked together to make change. Some of these people faced many challenges. All of them knew they wanted to change something. They worked with others to make connections and create new communities to help them live better lives. You will learn how and why those communities developed and the lessons they learnt along the way.

In this unit, there will be two main stories, the Lancashire Nanas and Belgian Refugee, Irma Daems, along with some other examples you can choose to explore further. Then there will be some information about what we can learn from these stories. After this there are some activities you can try yourself.

We hope you enjoy learning about all these stories and it helps you think about how to create your own community of active citizens.