

## **Day 6: The training was a success!**

So the training was a success - hooray! It was well received by the participants and there were no cock ups - result! It was a busy day, we covered a range of theory around play, brain development and communication; we played lots of lively group games and got a bit of practice in as well. The participants worked really hard, as did our interpreters Lubna and Hasan. It's not easy delivering or attending training that has to largely be translated - but everyone stayed as focused as they could. There were some tired faces and scrambled brains by the end of the day though. Next Friday we'll meet with the volunteers again, the day will focus more on the practical side of the training. Giving people a chance to practice and develop some of the therapeutic play skills they will have been learning about. One of the participants said the highlight of their day today was learning about, and now understanding, the difference between empathy and sympathy. There were a number of highlights for me today, but one had to be getting to use a handheld mic - which all day made me feel like I was an MC in a drum and bass rave!!

After the training Khokon, one of the original founders of Pothoshishu, invited us to his beautiful home for another delicious meal. Before dinner we sat in his rooftop garden and met his extended family. Then he proudly showed us his collection of wooden sculptures and carvings capturing historic figures and also his extensive range of post revolution Soviet literature on child development and child rearing, all translated in to Bangla. Another wonderful meal followed, prepared by his wife and sister-in-law. Then it was time to head home for the night.

Apologies if my contribution to the blog is a bit short, but it's been a tiring day, I've just finished my post training G&T and my bed is calling me. Night night.

By Catriona