

Overview of OANM

A typical OANM would run as follows;

- **Welcome, introduction and icebreaker (15 mins)**
- **Introduction to the Offers market (15 mins);** participants are encouraged to think what they might like to offer the group, drawing on passions, skills, knowledge, opportunities or resources.
 - The power and beauty of the OANM is participants are in control of what they offer and on what basis. They decide what is offered, the availability and basis, including free, exchange or payment. There are no expectations of what people will offer or that it will be free, making it different to time banking.
- **Breakout groups (15 mins);** participants share three offers in small groups of 4-5. Offers are shared in the format -name/offer/availability/location/cost spending around 20 seconds per offer, moving quickly between participants with a few minutes at the end for questions.
- **Connection (5 mins);** participants are invited to reflect on possible matches and if online complete the Offers section of the OANM spreadsheet.
- **Introduction to the Needs market (10 mins);** participants are invited to think about what needs they might have in that moment, drawing on any challenges they are facing, resources they need, support from others or learning.
 - Again participants are in control of what needs they share and on the basis. Some participants may share personal or vulnerable needs in this section and the facilitator will work with the group to make this a welcoming space for sharing.
- **Breakout groups (15 mins);** participants share three needs in small groups of 4-5. Needs are shared in the format - name/need/urgency/location/payment spending around 20 seconds per need moving quickly between participants with a few minutes at the end for questions.
- **Connection (5 mins);** participants are invited to reflect on possible matches and if online complete the Needs section of the OANM spreadsheet.
- **Bringing together the OANM (10 mins);** Now everyone is familiar with the process, participants go back into breakout groups and share up to three offers or needs with a new group of people. This gives the chance to hear different offers and needs but also make new connections.
- **Survey, sharing and closing (25 mins);** to close there is a survey about the OANM and the opportunity for sharing and reflections with the group.