

# Unity is strength

- One person working alone may feel unable to do much to change their situation. They may have no confidence to make changes, take action or speak out.
- A group of people who share the same situation, commitment and values, however, can achieve a great deal. Through working together and supporting each other they can take practical action. This can help build their confidence in themselves as a force for change. Together they may feel able to ask outsiders for advice or help. Together they can be strong.

