


Circles of support were developed to help support individuals into their community and to make friendships and relationships.



Circles of Support and Circles of Friends

Sharing our emotions with our circles

For most of us, establishing a circle of friends is a natural process. When we need help or support, we contact our family or friends to share our pain or joy, or to help us think through our problems and concerns. However, some people with learning disabilities may not have family or friends and are at risk of social isolation.

Developing a circle of support?

A circle of support is a group of people who meet regularly to help an individual achieve their life ambitions. To develop a circle, we help the individual to create a relationship map identifying the important people in their life. If the person has a family, we also invite them to suggest possible members.

It is up to the individual whose circle it is to decide whom to invite, where to meet and who will facilitate any meetings. Membership of a circle is based on friendship and is therefore unpaid.

Next Steps

Working with an individual's circle of support helps to develop a good Positive Behavioural Support Plan.

Would you like to be a circle of support facilitator?

If you would like to be a circle of support facilitator, or to join a person's circle of support, then please volunteer by contacting Jenny Neville. Call Jenny on 0161 769 9000, or send an email to jennifer.neville@futuredirectionscic.co.uk



Equally, if you support a person who you think would benefit from a circle of support, please contact **Kim Barrett** on 0161 769 9000 or by email to kim.barrett@futuredirectionscic.co.uk



YOGA

Free Session Every Wed at
Marle House 5pm