

Supporting people to do more of what really matters to them



Providing person-centred support with Community Circles

Community Circles help people to be happier, healthier and more connected with the support of those around them.

More often than not, we find that people have other people in their life who'd like to help them out, but they don't know how or where to start. These people could be friends, family, professionals, or other people they know.

A Community Circle solves this by bringing these people together and giving them the opportunity to find out what they can best do to help. The Circle then helps to share tasks, and keeps everyone in the loop about how things are going. Members meet every few weeks with the person being supported and a volunteer Circle facilitator, who keeps things on track and makes sure that conversations turn into actions.

If it sounds simple, that's because it is - but Circles are a great way of helping you do more of what matters to you.

Circles are completely flexible, and people explore all sorts of things; from spending more time with friends and family, to getting back to their local church or getting out and about more. Circle facilitators are trained to work with people to discover what really matters to them, and what will become the purpose of their own individual Circle.

“The Circle brought issues up, made room for action, and now we know what to do to make a difference.”

Circle member



What can people achieve through a Community Circle?

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People have used Circles for lots of different reasons, in lots of different settings. Here are just a few examples of things people have done:

May really wanted to get out and about more, and get involved in some activities. She told her Circle that she used to love singing, and now they support her to take part in her local Community Choir. She’s now an active member, and has even helped to organise a performance at her residential home!

Arthur’s Circle’s purpose is to keep him involved with gardening and DIY. Arthur now spends each Friday with the facilities officer supporting the maintenance of the home where he lives. Arthur lives with dementia, and this role keeps him active. He takes great pride what he does, and this really supports his wellbeing.

Dawn’s Circle’s purpose is to support her to find things she wants to do and to make new friends. Her Circle discovered that she was particularly interested in volunteering, and now she helps a local organisation to sell books at their regular fundraising events, which she really enjoys. They also helped her to learn to cook, and with the Circle’s support, she now runs a local version of ‘Come Dine With Me’ which means she both explores her interest in cooking and meets new people!

Learn more

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Community Circles work in lots of different ways, with a range of different types of partner organisations. To find out more about what we do and how we work, please get in touch with Martin Routledge, our Head of Development, via martin@community-circles.co.uk.

You can also find out more by visiting www.community-circles.co.uk, searching for Community Circles on Facebook or tweeting us @C_Circles.