

Introducing Community Circles and exploring first steps to getting started

Martin Routledge and Cath Barton



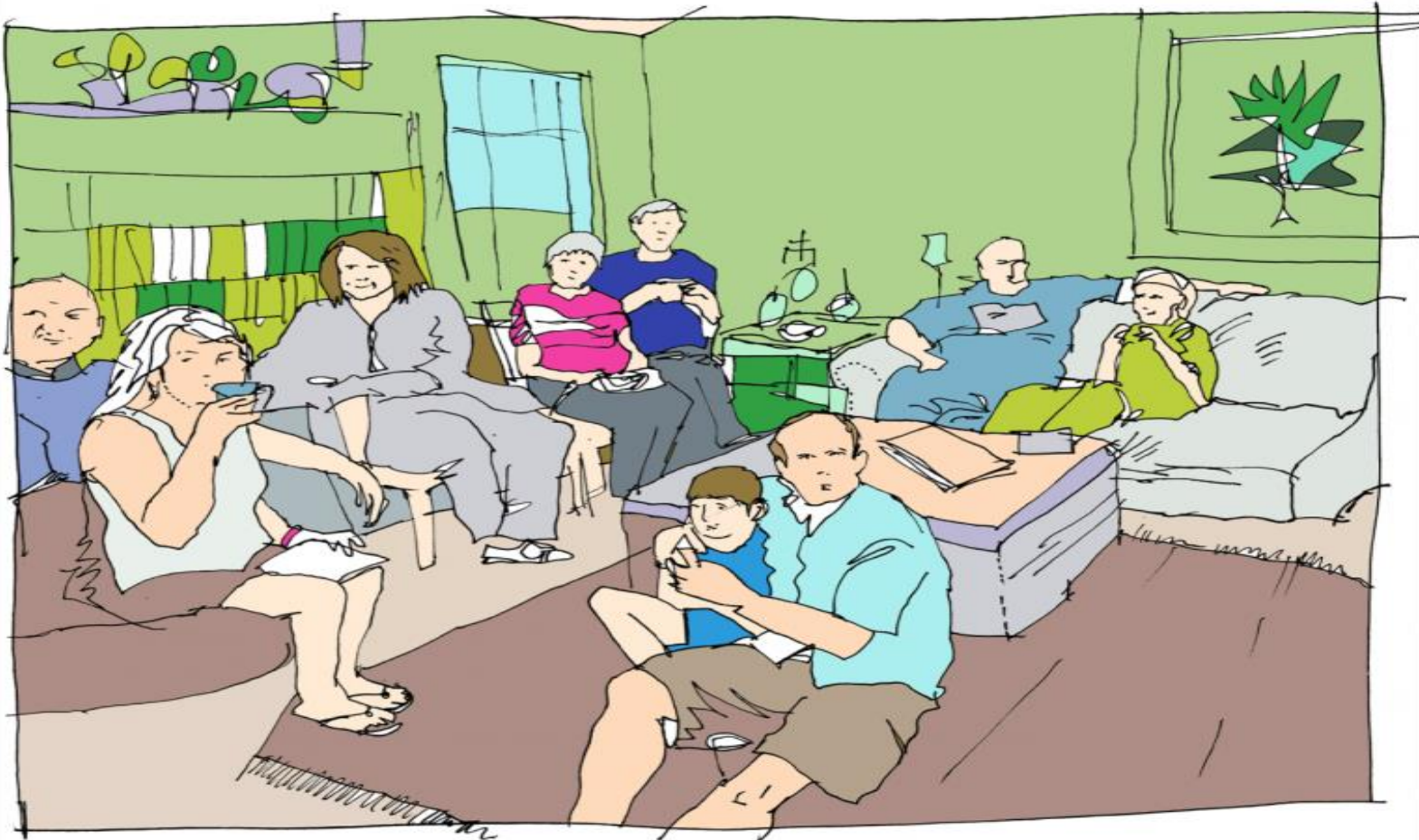
What we do....

- Help people to do more of what matters to them
- Create a space for ideas and conversation
- Create opportunities for connections and relationships to flourish

- How we do it
 - Building a circle of support around an individual
 - Circles Connected, connecting people through shared interests in local communities
 - Circles Connected - our online offer

Community Circles

developing a circle of support around a person



Developing a circle of support around a person

Purpose

Who's in the persons life?

Someone to support the conversation eg volunteer, member of staff, DIY resources

Get together once a month

What matters to the person, what changes do they want to make?

What working well, what's not working?

What can we do that makes a difference?

Kathryn's experience of a Circle

Though there are sources of “official” help out there, nothing could compare with the experiences we enjoyed by having access to a Community Circle.



Henry's Circle has helped him to plan his perfect week after leaving school

Henry now volunteers at a local National Trust property and helps at an outdoor pursuits centre. His Circle is helping him to have a good life doing the things he loves



Arthur's Circle keeps him involved with gardening and DIY

One of the ideas shared at Arthur's circle meeting was to spend time with the facilities manager, helping each Friday with the household checks



Jenny's Circle helped her to keep baking

Jenny's Circle helped her to keep baking and connect with other people who loved baking, chatting or enjoying cake



Doreen's
Circle
supported
her and
her family
at the end
of her life



May's Circle has helped her start singing again

Through her Circle, May is now a member of a local Community Choir and has performed at the care home where she lives



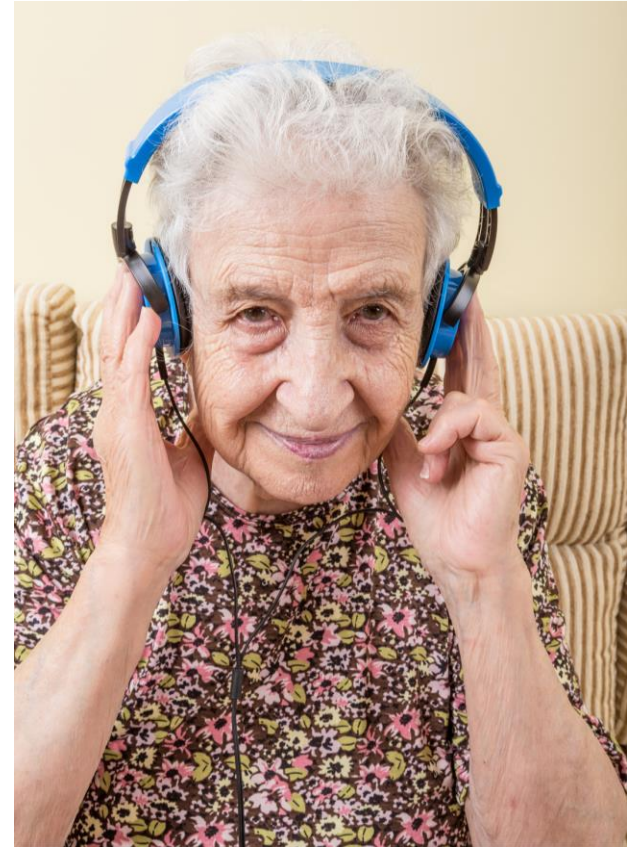
Pete's Circle has helped him enjoy the company of dogs again

Connecting with
dogs again has
helped Pete to
have an increased
sense of purpose
and helped with
his mobility



Mary's Circle helped to find creative ways to support her health

Mary is living with COPD and sometimes struggled with her breathing. Her Circle supported her to join the 'singing for breathing choir' with other local people



Heon's Circle supports his relationship with his grandson

Heon loves anything to do with nature and his circle helps to keep him involved with this, also supporting the relationship with his grandson



Community Circles

What they are...	What they aren't...
A way to focus on the person and keep them at the centre	A way to leave people, families and communities to cope alone
Clear purpose	
A holistic approach that includes everyone	Instead of paid support
A safe space for deep listening and good conversation	
Recognises the gifts and contributions we can all make	
Unique	
Make a positive difference in people's lives	
Creative and flexible	

What's different about Community Circles?

Jean is struggling to cook her own meals

What can we do?

A service response...	Community Circles response...
A referral to Meals on Wheels	What matters to you about cooking and enjoying your food?
	What ideas do we have?
	Does it reflect what's important to Jean?
	Casserole Club with neighbours... Adaptations to help Jean cook...

What's different about Community Circles?

Sally is feeling lonely

A service response...	Community Circles response...
A referral to a befriending service	What matters to Sally?
	Who would she like to spend time with? Shared interests?
	What ideas do we have? Opportunities to connect
	Does it reflect what's important to Sally?
	Exploring where Sally could contribute her gifts and talents

How Circles have flexed and adapted

Flexing the model around people



Care Homes and Extra Care

Circles Connected

connecting people with shared interests





Connecting people through shared interests

Interest or hobby
one page profile
care and support
plan

Potential
Contribution
Gifts head, hands,
heart

Something new to
try
Good days
documents

Is there an existing
group locally that
the person can
join?

YES

Who can help the person to
join?

Social Prescriber
Community Circle
Paid team member

NO

Does this match
the skills and
interests of a team
member?

YES

Agree date and time
with the person
Find suitable venue
Share on Facebook
and promote

NO

Does this match
skills and interests of
local organisation or
business?

YES

NO

Can we find
someone to
offer this for us?
Freelance artist,
volunteer?

This build a monthly programme of
events
Open to anyone in the community
Based on what matters to a group
of people
May start with one or two people
and grow

Circles Connected Facebook Group

connecting people online

Content 7 days a week

Based on the interests of our members

Live events, recorded events, expert sessions

Focusing on Five Ways to Wellbeing



Find us on
Facebook Circles
Connected

Getting started...

Have a go...

- Who is interested to have a Circle?
- Who can support the Circle to develop?
- Carve some time from an existing post to focus on Circles
- Share your learning
- Share the difference...the story will capture other people's attention

Free DIY resources

Low cost membership

Bespoke support

Partnership
