

Circles of support

Multicultural Peer Network



Circles of support are groups of people who **come together to help promote the goals and interests of one person**. They are all about the person at the centre of the circle: in this case, you!



Your circle of support

People can have relationships across all four circles.

Circles of support cannot replace:

- > the role of **family**
- > the role of **support workers**
- > the **individual care** that you receive on a daily basis.

Who to invite into your circle

Invite people you know and trust, people who have a genuine interest in being supportive.

- > family and friends
- > teachers
- > neighbours
- > classmates/workmates
- > people from recreation/sports/community/faith-based groups

How to invite people into your circle

Explain how each of member of the circle can support you:

- > the **purpose** of your circle
- > your **goals**
- > the **support** you need.

If someone says no, don't take this as a personal rejection of you.

What is the purpose of your circle?



Circle meetings

- > **Casual or formal** — relaxed or more structured
- > **Regular meetings** — every few weeks or every few months
- > **Agreements** — discussing issues and making decisions
- > **Facilitators** — someone to keep things on track
- > **Location** — comfort and privacy, using online technology.
- > **Timing** — taking into account everyone's needs
- > **Length** — one to two hours — remember that people are volunteers

Making a plan

- > What is going well for you?
- > What would you like to change about your life?
- > What will the circle's role be in supporting you with any changes?
- > How often will you meet?
- > Arrange date of next meeting
- > Set goals or actions (short and long term)
- > Review and reflection