

Community Circles

Circles help people to be
happier, healthier and more
connected with the support of
their community

<http://www.community-circles.co.uk>

Martin Routledge

- Social worker
 - 20 years local government –de-institutionalisation efforts in North of England, development of person centred approaches (local government and NWTDT)
 - NW Advisor Valuing People Team. Co-author (with Helen Sanderson) of DH Person Centred Planning Guidance
 - DH lead for In Control, Personal Budgets, Putting People First, NHSE Head of Person Centred Care, Director TLAP, Coalition for Collaborative Care
 - Leading Community Circles
 - Convenor #socialcarefuture
 - Advisor to In Control, GM Person and Community Centred Approaches programme, Independent Living Strategy Group, Power to Change
 - Board member Think Local Act Personal, Imagine Act Succeed
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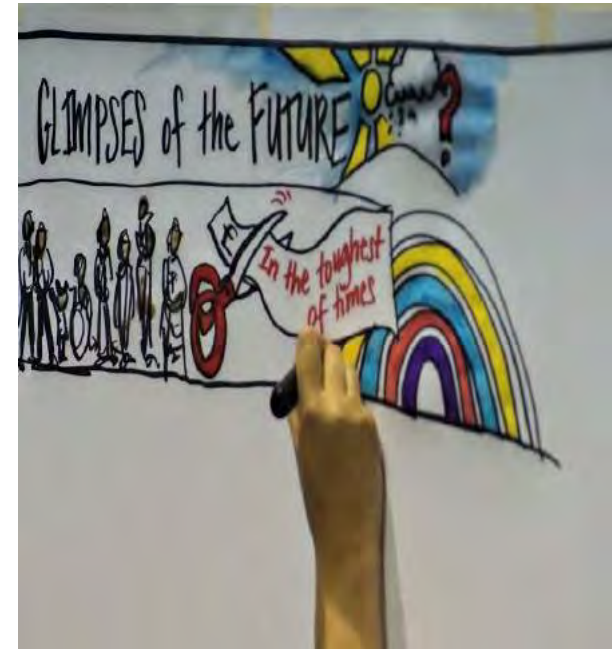
Circles are part of something bigger



We all want to live in the place we call home
with the people and things that we love, in
communities where we look out for one another,
doing the things that matter to us

Strategy

- **Develop a vision** that the public can get behind. Our goal is to build public support (and hence political priority) for something much more than the limited “social care” currently on offer
- **Underpin this story** with examples of glimpses of this future and working with others to grow and to spread them
- **Challenge and change** the present through action at all levels to close the gap between the positive ambition of the Care Act 2014 and reality on the ground



[Socialcarefuture.blog](http://socialcarefuture.blog)

Frozen system – how to start a thaw?

- Main models of support little changed in decades
- Attempts to describe an “asset based system”

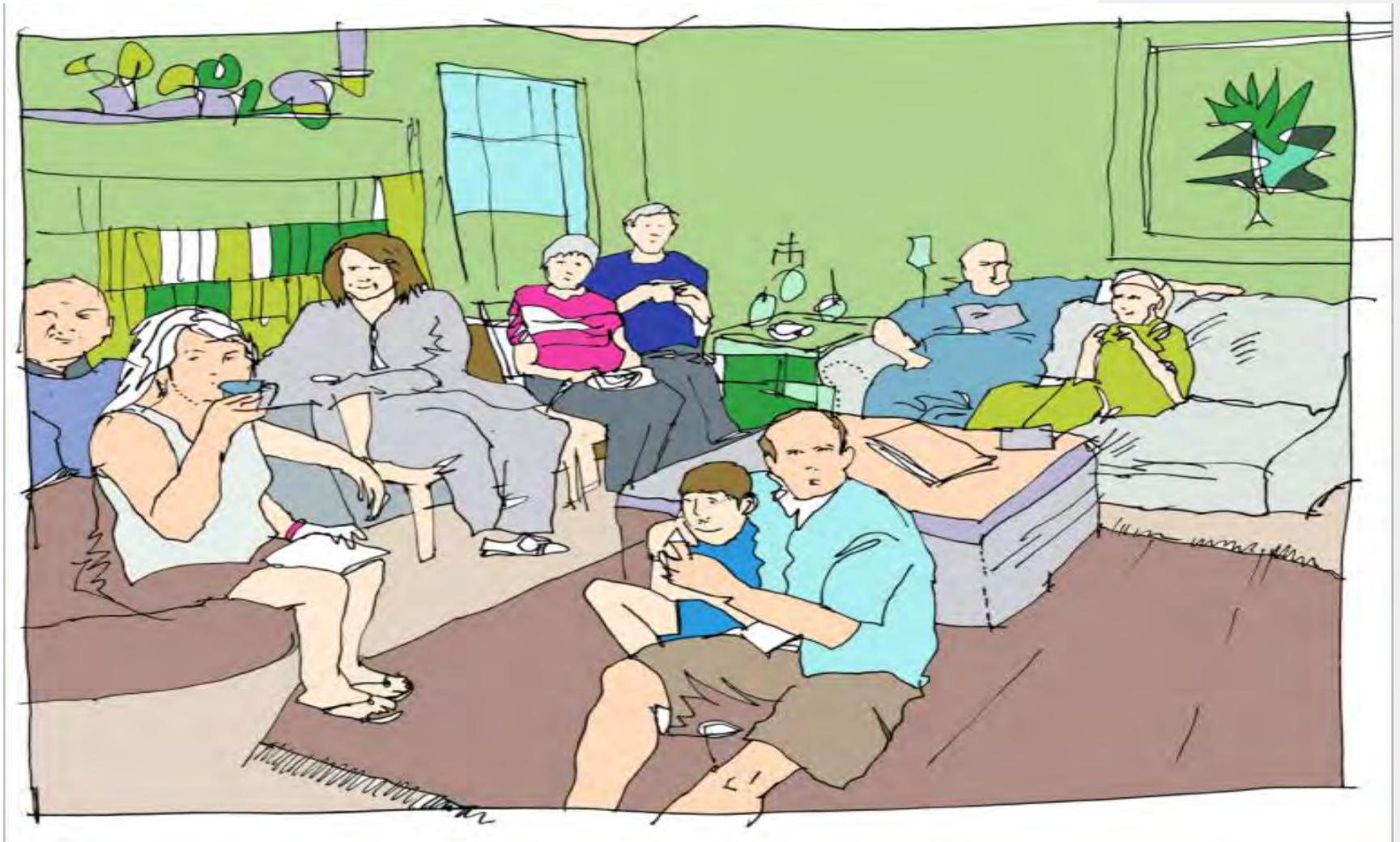


Pioneers of radical change



Innovations in community-centred support

Introduction to Community Circles



Essence of a Circle

People coming together for conversations, ideas, making a change, connections, achieving something...

- A Circle is based on what matters to each person – this drives the purpose of the Circle
- The person is at the centre of their Circle, with those who love and care for them, supported by someone who helps co-ordinate
- Circles help people be more connected to friends, family, community
- An important principle is that everyone has something to contribute
- Circles help people make changes if they want to

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

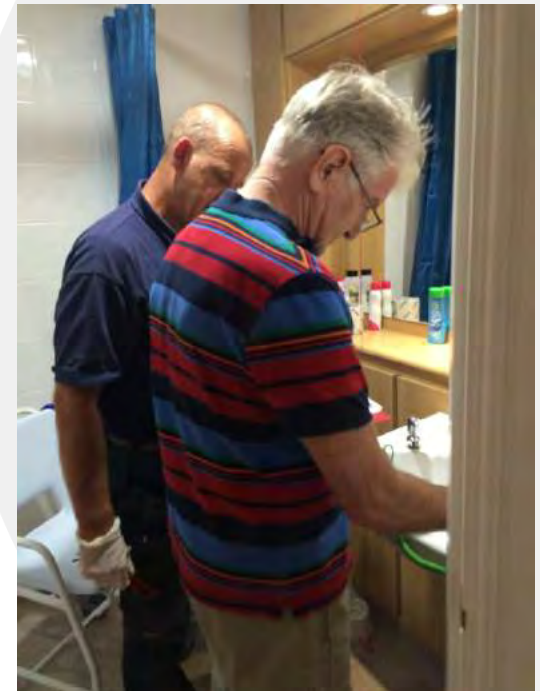


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Arthur lives in a care home and his Circle keeps him involved with gardening and DIY

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

Arthur's Circle also support social time with his family



Developing Circles with local church community

‘My Community Circle has given me back
the opportunity to be me.

I’ve rekindled old friendships and now have
dates in my diary to meet for coffee,
a walk, lunch and spiritual time.

The conversations no longer centre around my grief and
heartache but my love of literature, wildlife, faith and
most importantly I have remembered how to laugh and
enjoy life.’

Stella, about her own circle

Jennie's Circle supports her to live life well and contribute her talents

Jennie's Circle has helped her develop Jennie's Art, a not for profit community enterprise which showcases her skills and creative talent. It has also helped her use her personal budget, recruiting and helping manage her support



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

"Mum's Circle helped us both practically and emotionally, everyone had a role meaning that Mum was really well supported"

Cath



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

Their relationship is flourishing and Freddie is really comfortable visiting the care home



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Henry's Circle supported him to achieve his dream of having some chickens

Henry's Circle facilitator contacted the local Men's Sheds who could build the shed with him and asked a local chicken rescue to come and visit them at the "extra care" place where he lives. The chicken rescue spoke with him and other residents about caring for the hens. Henry now has his shed and 4 hens

Other people who live there help him to look after the hens, the local school children have visited and the eggs are used by the baking group



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



Kathleen

Having the
opportunity
to sew
again



How Community Circles work

.....

What is the basic model?

- **Connectors** recruit, train and support volunteer facilitators who help the Circle come together, share ideas and develop actions
- **Family, friends and neighbours make up the Circle**

Connectors are either paid or voluntary, with different models appropriate for different situations

BUT The model is flexible and is often adjusted to circumstances

Where can Circles work?

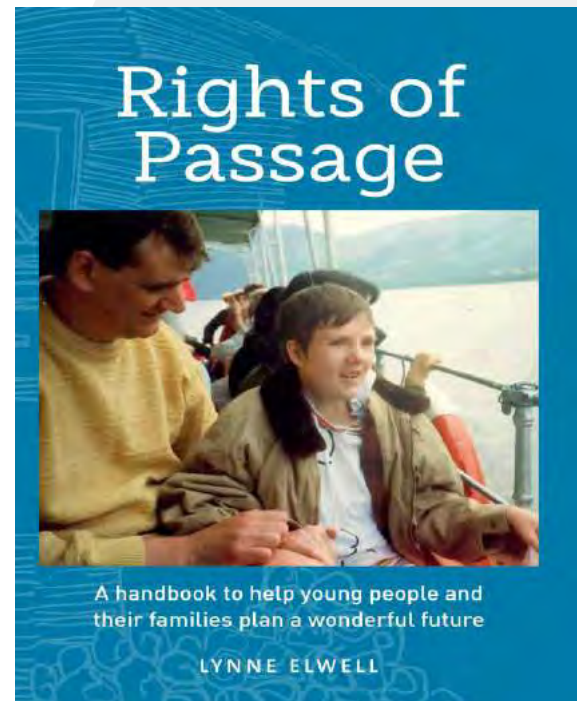
Wherever people are looking for a way of helping people achieve, connection, inclusion, purpose – for themselves or others

- Families
- Community and voluntary groups, including faith groups
- Local charity services
- Support provider organisations

Can combine well with other ways of supporting people to connect and flourish – exploring alignment with Keyring, Shared Lives, Timebanks, Wellbeing Teams

Where can Circles work?

- Lots of people and groups use Circles of Support – “formal” or informal. They have a long history emerging from disabled people & families looking to take charge of their lives
- Initiatives like *Partners in Policymaking* support families to use Circles to plan and act for good lives – we are keen to support this as it is outside of “service land” where people best use Circles to take and keep power over themselves – we have developed free to use materials and videos for families



Printable Resources

D.I.Y. Circles

Your guide to creating a Community Circle independently



'Virtual Facilitator' Videos

Film One: Getting started with your Circle



Embedding Community Circles

A practical resource
<https://www.dropbox.com/s/3gp83w8265edmho/CC%20E%20Resource%20linked%20FINAL.pdf?dl=0>

EMBEDDING
COMMUNITY
CIRCLES IN
SUPPORT
FOR OLDER
PEOPLE
LIVING IN
RESIDENTIAL
CARE
HOMES OR
EXTRA CARE



A Practical Resource



Our contribution

- We were challenged when John O'Brien said in essence "If Circles of support are such a good idea why aren't there more of them"
- We wanted to explore ways of spreading Circles wider – to more people and people in different situations and circumstances
- We have been exploring approaches that might help more people get Circles including tools, methods and useful training but also effective, very low cost ways of helping people do them and sharing learning

Our approach

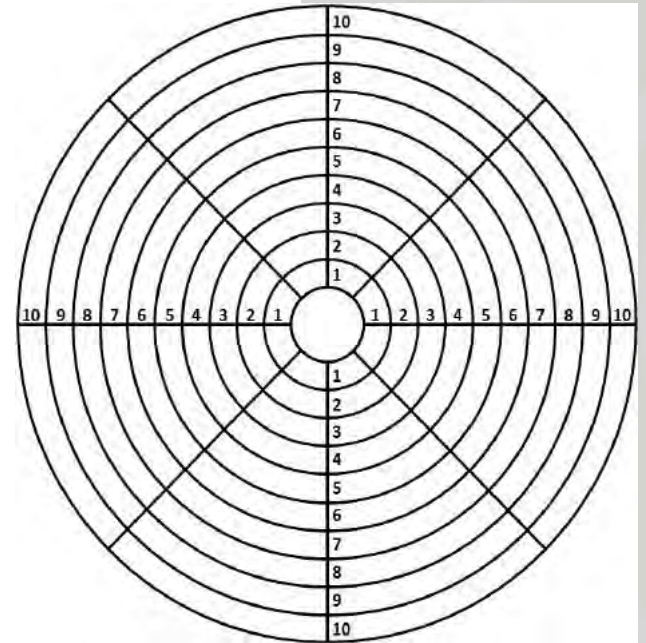
- We transfer (in various ways) our knowledge, tools and materials to others who can find Circles or some of the methods helpful
- We don't rival or replace – where invited we compliment
- Grow a community of practice for mutual support including a membership (£195 a year)
- Connect with other approaches and initiatives aimed at growing the strength and connections of people and communities

Our approach

- We don't accept commissions
- Grants can help us help people get started
- We ask to be introduced to people and groups who might find Circles useful and then help them work out how to embed them in what they do

Our approach

- We are more interested in whether people judge a positive difference than formal evidence and therefore use simple ways to find out. We can and have do more traditional evidence collection and analysis but only where we see clear benefit



What matters wheel

How can Community Circles help?

- Provide free do it yourself materials (usually for families)
- Support design and set up of initiatives/embedding of approaches that either focus on Circles or include them
- Train on use of tools and share materials and experience
- Support families, local leaders, key staff
- Support local hubs and networks developing Circles or wider person and community centred approaches

Key tools and techniques

Person Centred thinking tools

- Purpose poster
- Relationship Map
- What's working/What's not working
- Four plus One Questions – tried, learned, pleased about, concerned about?
- Perfect Week
- Community Map

Purpose Poster

Purpose

To keep Arthur involved with DIY and have social time with family and friends

Roles

Cath – facilitator

Donna –
hospitality

Kath - recorder

Rules

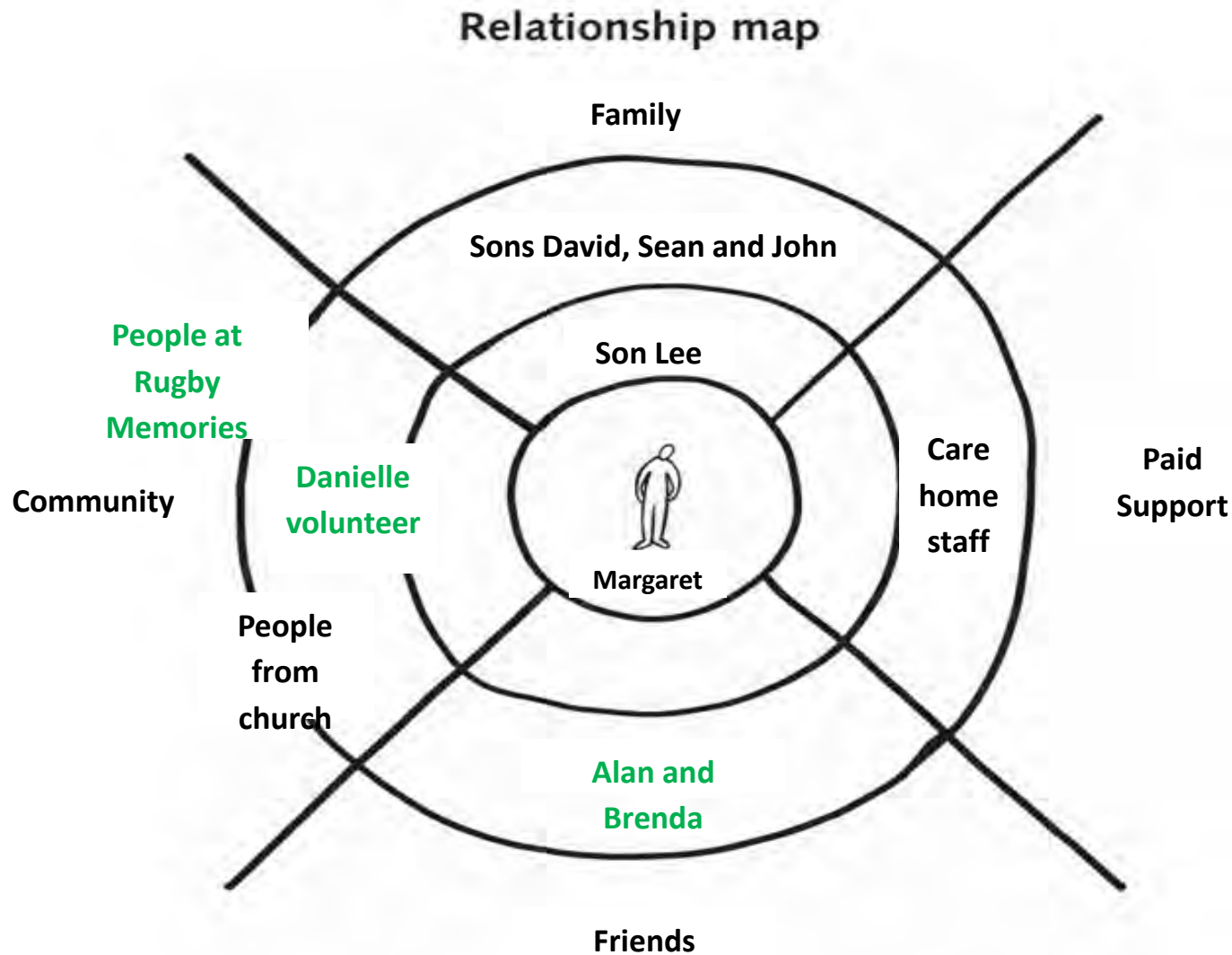
No such
thing as a
silly
question

Have fun
together

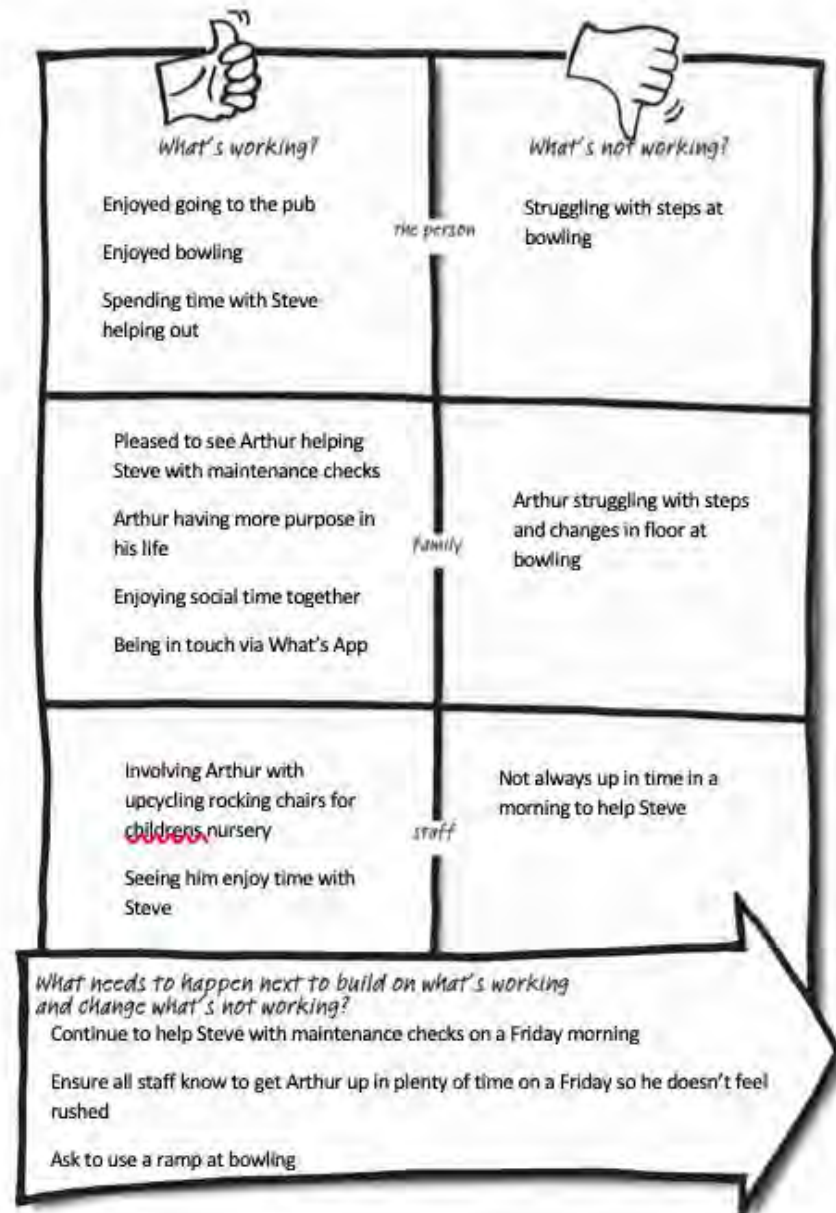
Keep in
touch via
our What's
App group



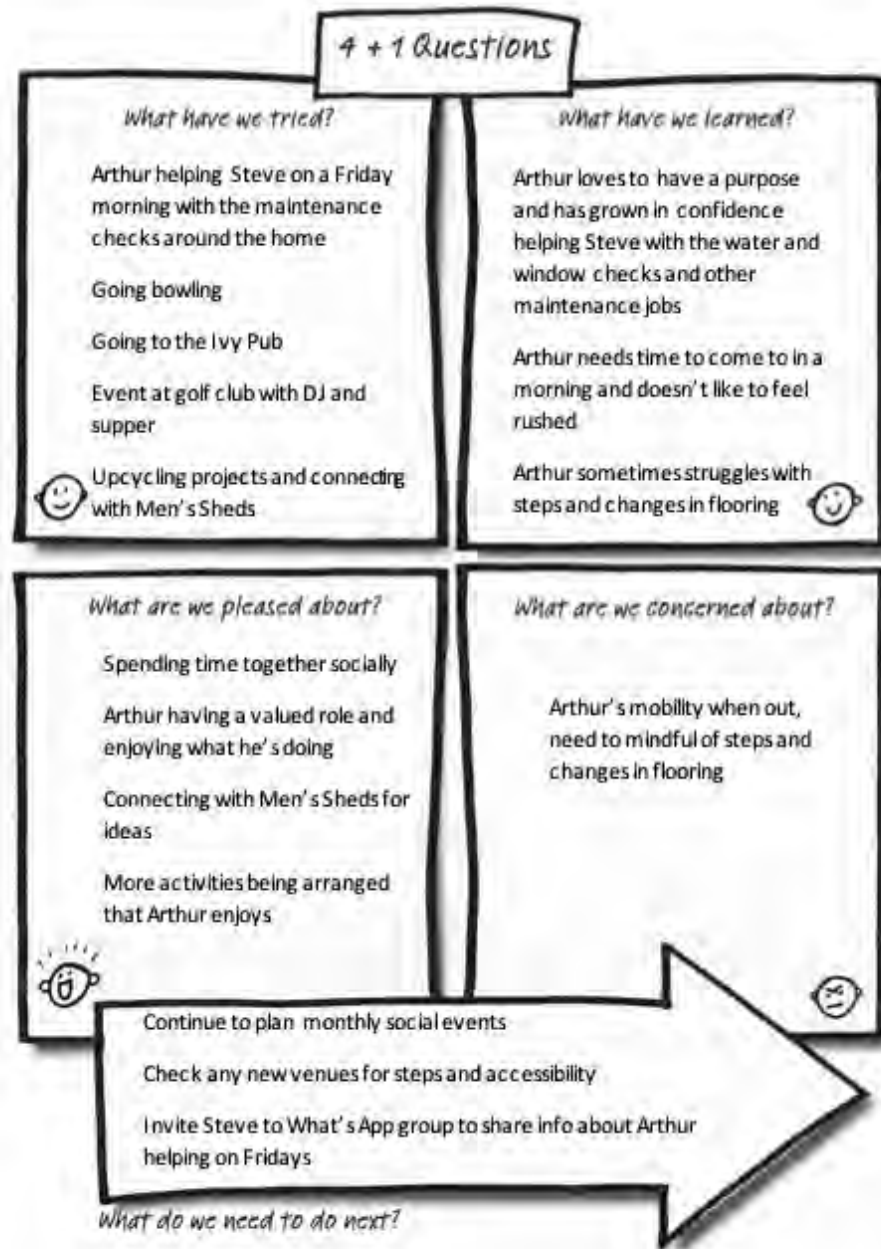
Relationship Map






What's working what's not working



Four plus one questions



Perfect Week

	 mornings	<div>PERFECT WEEK</div> Afternoon	  evenings
MON		LOCAL WALK	
TUES		GARDEN CENTRE (Sarah)	PINTEREST BOARDS CASTLES / PYLONS
WED	HOUSE WORK	WASHING / IRONING	F.E COLLEGE I.T SKILLS
THURS	OUTDOOR	PURSUIT CENTRE	
FRI		GARDEN CENTRE (Sarah)	
SAT	RAMBLING CLUB	PUB LUNCH	T.V HISTORY CHANNEL
SUN		SUNDAY LUNCH WITH MUM	

Community Mapping

Community mapping is a process where participants make a map or inventory of the resources, skills and talents of individuals, associations and organisations

Who knows who?
Who know what?

Questions

Would Circles benefit people you know or support?

If so what would you need to do to get started?