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Supporting people to do more of what really matters to them



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Providing person-centred support with Community Circles

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

Often, 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 empowering the person to have a voice around their goals and dreams. Circles meet about once a month for an hour or two with a volunteer Circle coach who keeps things on track and makes sure that conversations turn into actions. Circle coaches are given light training and support to keep the focus on the agreed purpose. The volunteer hours can be exchanged through TimeBank Manawatu.

If it sounds simple, that's because it is – at the heart of a circle is people, conversations and making a change.

"It's been wonderful to watch how much the circle has helped her realise so many goals"

Circle member

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What can people achieve through a Community Circle?



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

Virginia wanted to have more friends and try new activities. With the support of her Circle, she has had movie nights at her home, gone out for meals with new friends and joined her local Timebank. Virginia is now more confident, enjoys public speaking and passionately promotes Community Circles.

John's Circle's purpose was to help him and his family think and plan about what he was going to do as his schooling years were coming to an end. Living in a rural town, John with the help of his Circle decided to move to Palmerston North, and he is now flatting and enjoying a good social life.

Jane's whanau wants to help her get to know her neighbours and encourage her love of preparing food. With her Circle's support she runs a shared soup lunch once a month with her neighbours in the community centre of the housing complex where she lives. Everyone contributes to the event either offering ingredients or helping with the preparation. This means she is not only meeting her neighbours (and invited guests) but also sharing her cooking skills.

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If you would like to:

- be a circle coach we provide light training and ongoing support
- be a circle member we can match your interests to someone needing a circle
- find out how to start a circle we can assist you and share many resources



Community
Circles

For more information
on Community Circles

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