What is a Circle of Support?

We all need to know other people. They may be family, friends, neighbours, people we work with or people who help us sort things out in our lives.

People with learning difficulties can sometimes find it harder to meet people in their local area. Often they spend more time with paid staff rather than have the chance to make their own friends.

A circle of support is a group of people who meet together to give support and friendship to a person. The people in a circle should know and care about the person who needs support. A group of people find it easier to sort things out together than someone on their own. They may have new ideas.

People with learning disabilities often find a circle of support is a good way to make their life better. They may want to try new things, meet new people or plan for a change in their life.