

# Community Circles

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East of England Carers Event

**The Importance of Connection,  
Purpose and Meaning**

# Community Circles

Creating opportunities for  
people to come together to have  
better and more connected lives

# What we do....

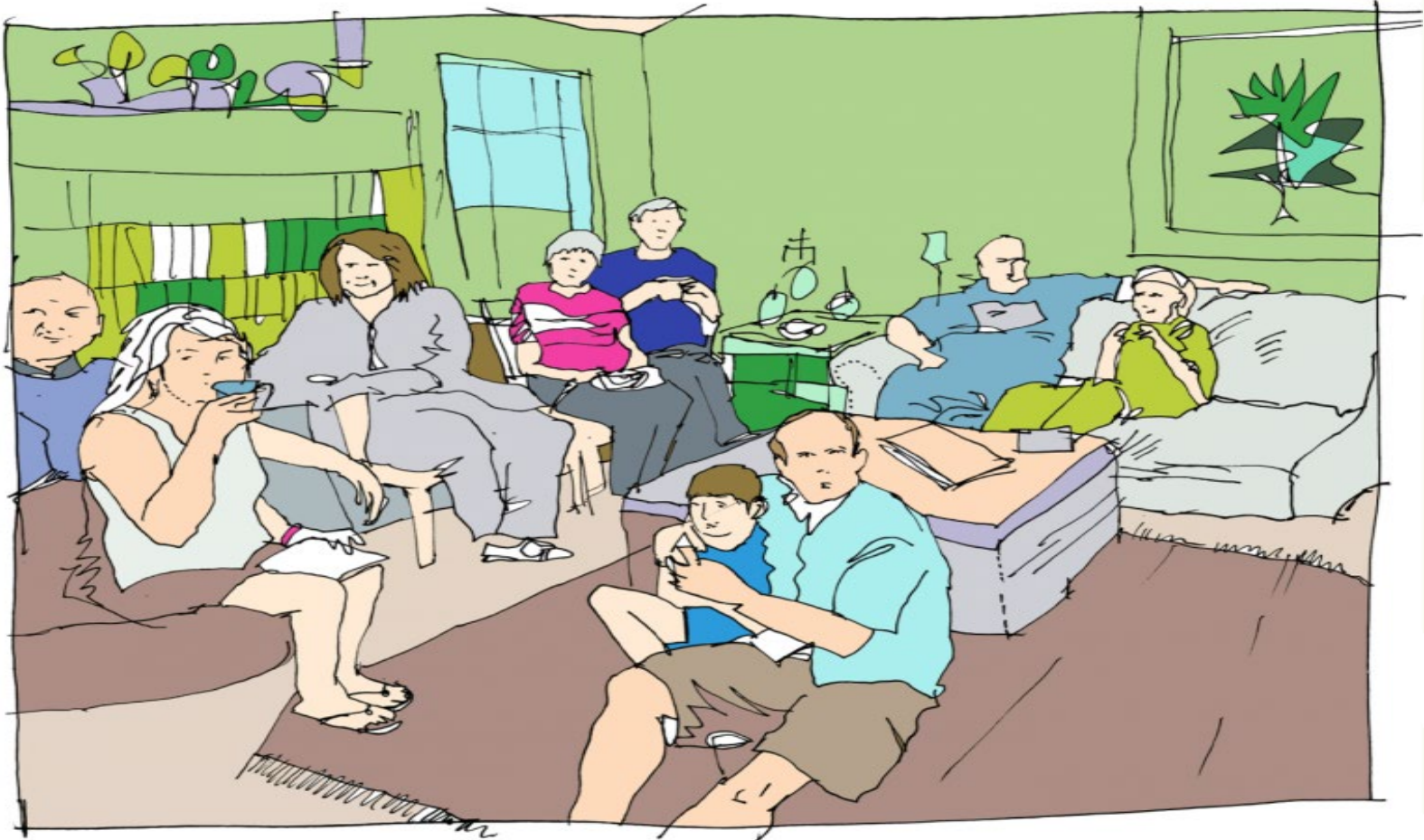
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- Help people to do more of what matters to them
- Create a space for ideas and conversation
- Create opportunities for connections and relationships to flourish
- How we do it
  - Building a circle of support around an individual
  - Connecting people through shared interests
  - Supporting relationships and contributions

# Community Circles

## developing a circle of support around a person

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# Lynda's Circle

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# Kath's experience of a Circle

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





# Benefits of a Circle?

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“I was so impressed  
at how quickly they  
came up with ways of resolving  
problems”



“

“The Circle also began  
to look how they  
could support me”



“

“The people in the Circle  
gain so much...we all need  
to be needed”



# What if...?

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- There's nobody to invite to the Circle?
- Circles aren't happening in your area?
- You want to find out more?



# Keep in touch

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@C\_Circles



CommunityCircles



Range of free resources on our website  
[www.community-circles.co.uk](http://www.community-circles.co.uk)

# Any questions?

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