

Feeling isolated, lonely or need a bit of extra help in your everyday? Maybe a

Community Circle

is for you?

Community Circles support people to do more of what really matters to them



What's in it for you?

- **Connections** – Community Circles help people to be happier and healthier and more connected with the support of loved ones, family and friends, their neighbours and local communities
- **Empowerment** – Community Circles empower people to choose the things and the people that matter to them to support them to achieve their goals
- **Belonging** – Community Circles place people in the center and focus on building relationships “with” the person, rather than “doing things for or to” a person
- **Build Trust** – Community Circles ensure that people are safeguarded and their needs are noticed and met by the people they trust
- **Inclusive** – Community Circles are for anyone, anywhere, at any time and that's why they work
- **Supportive** – Community Circles are supported by trained Facilitators and an App to make sure people know their roles, stay on track, and are informed
- **Creative** – By bringing together paid & unpaid support, Community Circles enable the resources needed to live at home well.



So what exactly is a **Community Circle**?

Circles bring together family, friends and volunteers in an organised way to help a person live a better, more connected life. They promote and support the person at the centre of the Circle to do more of what matters to them. Circles can be for anyone who needs a bit of extra help and connection: carers, older people, young people, people living with disability or mental health challenges, and even whole families.

They are created with the support of a Facilitator and the Community Circles+ App, which records what's important to the person, what role everyone plays, what's coming up and how things are going. Roles played by Circle Members vary and can be anything from helping with the shopping, cooking a meal, dropping in for a friendly chat, or even taking the person out for some fun! That's why we like to refer to Circles as "the community way to help people organise their everyday".

Find out more...

Are you interested in establishing a Community Circle for yourself or someone you know?

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Mario's Circle supports him to stay well and connected to his community. He cares for his wife Amelia who has dementia and is on an aged care package. Mario needs help between paid services to stay well himself so he and Amelia can continue to live at home together. Amelia likes to knit and go for walks, and with the support of a Community Circle, she now has friends and neighbours organised in her life to do these activities with her. Mario is happy as he can re-connect with his bowling mates and continue to do the club's bookkeeping. Thanks to Community Circles, they both feel more connected to their community and are much happier in their home, together.

Leila's Circle has helped her live independently after moving out of home. Leila has a disability and can really struggle with her mental health at times, and although she is on a NDIS package, Mum and Dad were really worried about how she would cope in her own place. Leila joined a choir, met her neighbour and continued her studies at TAFE but she soon realised that she needed a bit of extra support to help her with her everyday. Thanks to Community Circles, her choir friend Gabby now drives her to choir, her neighbour Liz cooks with her, and her TAFE teacher helps her with her studies. Mum and Dad are so happy to see Leila connect with her community and receive the support she needs to live a happier life.

