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 disabilities 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 that the person chooses to meet together as friends.

The group help to support the person to make their own decisions about their life.
The people in the circle should know and care about the person who needs support.

A circle is like having a group of friends that can help to sort out things that may be worrying the person.

People with learning disabilities often find a circle of support is a good way to make their life better. It helps them to stay strong and in control of their life.

It is really important the person with a learning disability is at the centre of the circle.

The circle should be about finding out what the person wants and how they can get it.

The circle helps the person stay in charge.