

**Circles of Support and Dr Who?**

Connecting with others and making friends is a common goal for the focus person in a Circle. By sharing ideas and connecting people who have things in common, the ripples of a person’s circle can reach others.

One example is Fred\*, he is friendly and really good company, besotted by Dr Who. He loves to talk about new and past episodes, upcoming theories and general fan stuff.

Fred’s Circle of Support was formed initially to consider what he would do after college, albeit a few years away yet and to work out how to approach the challenges he would face.

Fred’s Circle met several times, talking over tea and biscuits to draw up a picture of how Fred wanted to live and what he might to do in the future.

So far the members have supported him to take up a football coaching course, several drama groups and make applications for further education.

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For me it was Fred’s passion for the Dr that really shone out during these discussions and quite separately I had met another young man, Stuart\*, who also held a passion for Dr Who. He also could not find a club or group where he could go and talk or share stories about the Dr. so when I found out they knew of each other the next step was easy.

Together with the help of my colleague and Sutton Mencap’s Community Link project we linked the two young men together and helped them to start up their own Dr Who club.

Still in its early days the club is forming friendships that will hopefully last a lifetime. Friendships which could help members to support each other as they step towards independence.

\* Names changed

The tenth Dr said ***‘Just because you’re younger doesn’t mean you can’t live life to the fullest ability’***

At Sutton Mencap we believe this is true for everyone, and having a Circle of Support can help. If you would like to know more about Circles, please call me on 020 8647 8600 or send me an email. [Jude@suttonmencap.org.uk](mailto:Jude@suttonmencap.org.uk)



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