







## March 2019 Podcast Show notes – Circles of Support

### In this episode we:-

- Ask the manager of Circles of Support about the service
- Hear from people who have a Circle of Support about what they think

Item	Timestamp	Details and links
	10s	<p>Michael, one of the Radio stars asks Jude who she is and what she does at Sutton Mencap</p> <p>You can read more about Circles of Support here -</p> <p><a href="https://www.suttonmencap.org.uk/what-we-do/circles-of-support/">https://www.suttonmencap.org.uk/what-we-do/circles-of-support/</a></p>
	1m 12s	<p>Jude explains who is going to talk in the Podcast.</p> <p>There is Debbie Kumiko, Kathy and James Harry, Sarah and Iain</p>
Debbie	2m 28s	Debbie is mum to Chris. He is the focus of a large family based circle.
Kumiko, Kathy and James	3m 23s	Kumiko is mum to James who is the focus of a small circle, one member is Kathy who is helping James with his reading.
Harry, Sarah and Iain	10m 51s	Harry has his mum Sarah and dad Iain in his circle along with others. The all chat here about his achievements
	16m 11s	<p><b>How to get in touch</b> 020 8647 8600 <a href="http://www.suttonmencap.org.uk/osr/">www.suttonmencap.org.uk/osr/</a> Tweet us - @osradiostars Email - oursuttonradio@gmail.com</p>
<p><b>Starring</b> </p>		<p>Our Radio star for this episode was – Michael The episode was edited by Jude</p>

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