

# Community Connecting



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Some of the information is taken from 'Friendship and Community' by Jo Kennedy, Helen Sanderson and Helen Wilson.

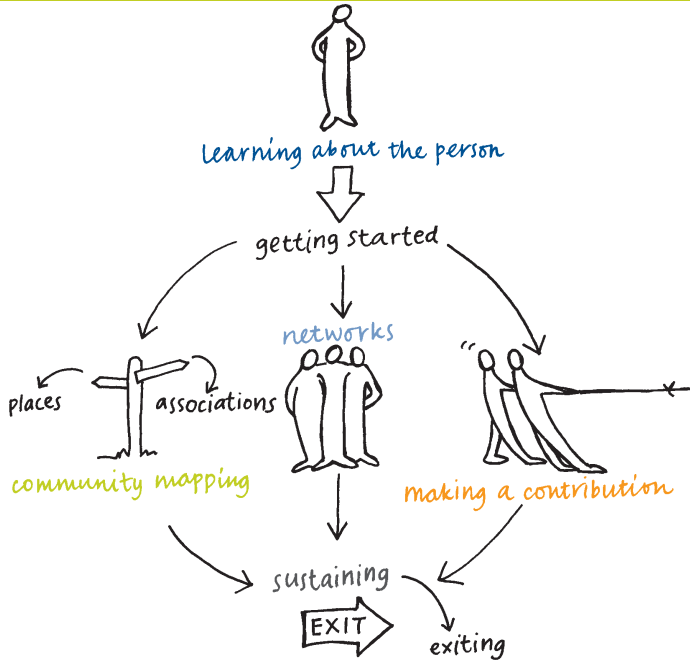
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For more information about person centred reviews and working with risk go to [www.helensandersonassociated.co.uk](http://www.helensandersonassociated.co.uk)

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# The community connecting approach



# The community connecting approach

## *learning about the person*

Relationship circle  
Who am I? My gifts and capacities  
Who am I? My style  
Hopes and dreams  
Matching support  
Challenges and supports  
Histories and life stories

## *networks*

Mapping our networks  
Passion audit

## *community mapping*

Capacity mapping  
Who am I? My places  
Community map  
What happens here?

## *making a contribution*

Presence to contribution

## *sustaining*

Doughnut  
Person centred reviews  
Person centred risk

# Relationship circle

## What it does

Identifies who is important to the person.

## How this tool helps

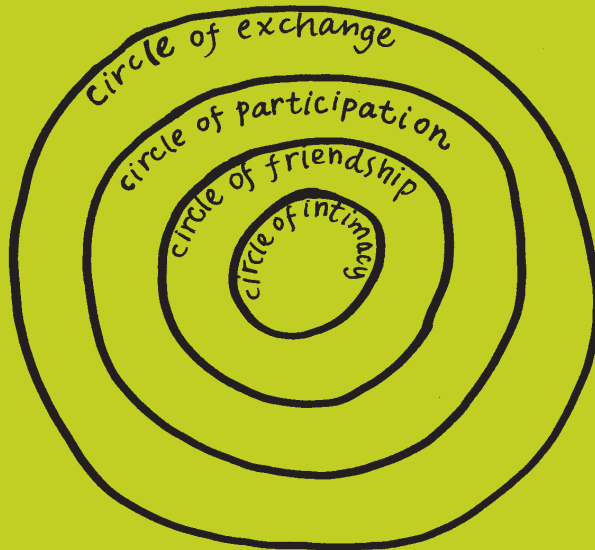
Shows who is important to the person.

Identifies who can contribute to getting the person better connected.

Identifies relationships that can be strengthened and supported.

Shows the balance of family, friends and paid workers in the person's life.

A quick glimpse



# Relationship circle

## How to use it

Put the name or photograph of the person in the centre, then map out all the significant relationships in the person's life.



## Questions to ask

Who is important in your life?

Who else do you see often?

Is there anyone whom you feel close to that you have not seen for a while?

How often do you see the people you have mentioned?

Does anyone help you to make arrangements to meet up?

# Who am I? My capacities and gifts

## What it does

Explores gifts and capacities and what a person has to contribute.

## How this tool helps

Encourages us to think about situations where the person can best make a contribution.

# Who am I? My capacities and gifts



A quick glimpse

# Who am I? My capacities and gifts

## How to use it

Invite the person to talk about a time when they achieved something which made a positive difference to others and gave the person that 'feel good' factor.

Build on this with stories about when the person is at their best, from others who know them well.

Ask what this tells us about the person's gifts and contributions.

## Questions to ask

What are the gifts of the hands (and feet and voice)?

What are the gifts of the head?

What are the gifts of the heart?

What are the gifts of history and identity?

What have we learned by naming these gifts?

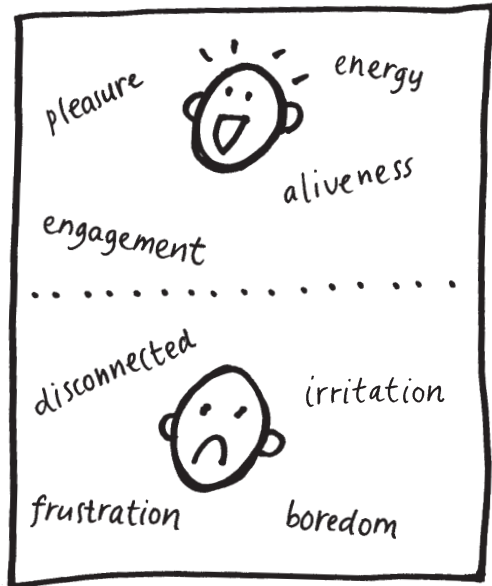
## What it does

Explores personal style and preferences in both home and community situations.

## How this tool helps

Identifies what works and does not work for the person and what needs to be considered in community situations.

A quick glimpse



## How to use it

Ask the person and those close to them to identify what usually works for them in everyday life. Then ask what doesn't work.

Pay attention to what we learn from this information when trying new things in the community?



## Questions to ask

What usually creates engagement,  
pleasure, energy, aliveness?

What usually creates disconnection,  
frustration, boredom, deadness?

# Hopes and dreams

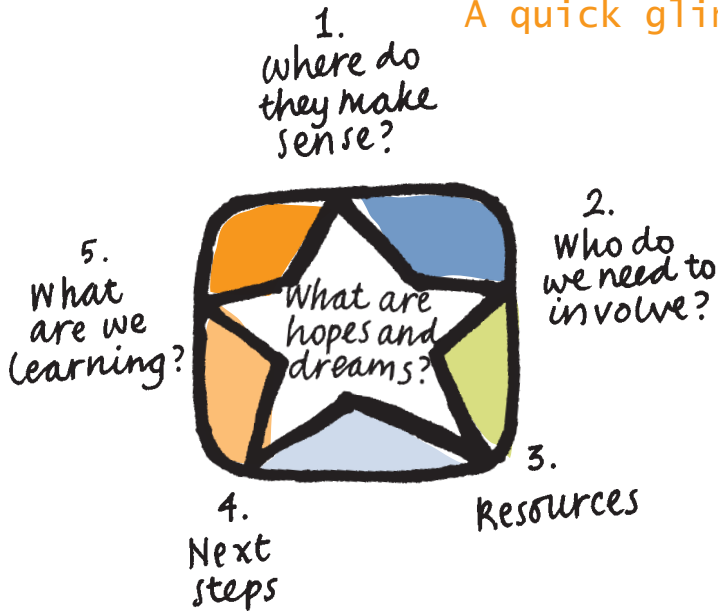
## What it does

Explores hopes, dreams and aspirations and where they are likely to prosper.

## How this tool helps

Shows others what steps the person could take to move them closer to their dream.

## A quick glimpse



## How to use it

Ask people, or best guess with allies:

What are the places where these hopes and dreams make sense?

Who are the people who need to be involved and would be interested?

What resources are needed to get closer to the hopes and dreams?

What are the next steps or actions?

Determine what resources are needed to get closer to the hopes and dreams?

Decide on next steps or actions?

## Questions to ask

In an ideal world what would life look like for you?

What would you be doing and with whom?

What gives you direction in life, what pulls you?

What kinds of relationships do you want in your life?

Where do you dream of living?

Which places would you like to visit?

What new things would you like to try?

## What it does

Gives us a structure to look at what skills, supports and people characteristics make for good matches.

## How this tool helps

Encourages people think to about what kind of support they want from people who will support them in their community.

Describe key skills and qualities when recruiting people to act as community connectors.

## A quick glimpse

support wanted and needed	skills needed	personality characteristics needed	shared common interests

## How to use it

Complete each section  
in order.



## Questions to ask

When completing the personality characteristics section think about the following questions.

Who is the person closest to?

Who has helped the person to have good days?

What are the things they do together?

What personality characteristics do they have in common?

What or who create a bad day? (Things/ characteristics to avoid)

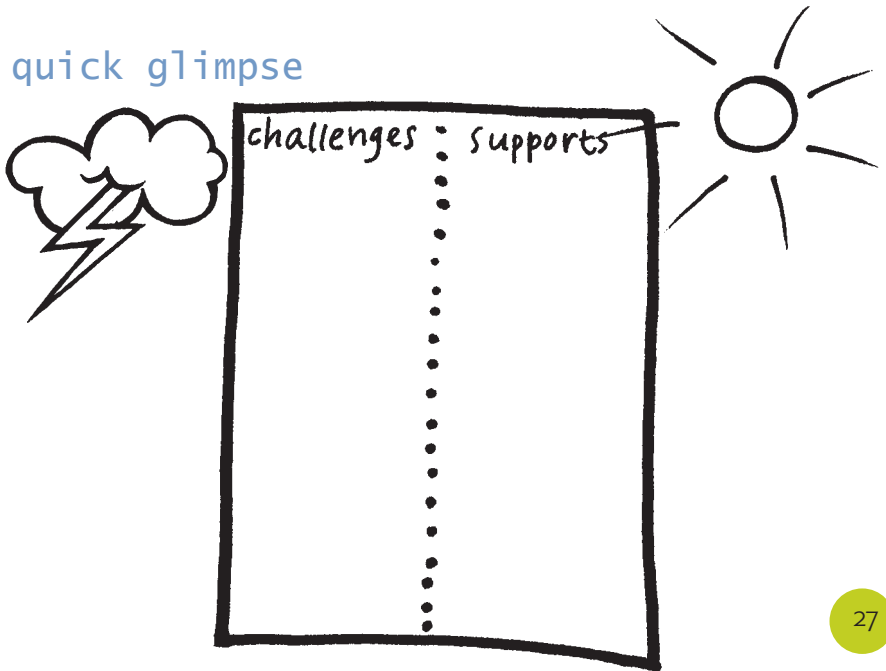
## What it does

Provides a snapshot of the current reality and informs an action plan.

## How this tool helps

Encourages people to think about all the things that might get in the way of relationships developing, as well as what could help them to flourish.

A quick glimpse



# Challenges and supports

## How to use it

Encourage people to blue sky all the possible and actual obstacles and supports. Then ask that solutions are found for obstacles and that ways to strengthen supports are identified.

## Questions to ask

What things are getting in the way of making connections?

---

What things are supporting and helping to make connections?

---

How can we get around some of the obstacles?

---

How can we build on supports?

# Histories and life stories

## What it does

Captures the story of the person including key relationships, events and memories.

## How this tool helps

Provides a way to see the person in the context of their own history.

Gives insight to what we appreciate about the person and what gifts and skills they have.

Gives insight into important events, roles and relationships in the person's life.

Identifies things that the person has in common with others.

Offers clues about what may be important to the person now.

A quick glimpse



## How to use it

Use a range of mediums to capture the person's history or life story such as a graphic history map or timeline, collating photographs and keepsakes, building a scrap book or writing a story.



## Questions to ask

Who are and have been the key people in your life?

What roles have you had through your life?

What achievements are you most proud of?

When have you been well supported?

What places have you lived?

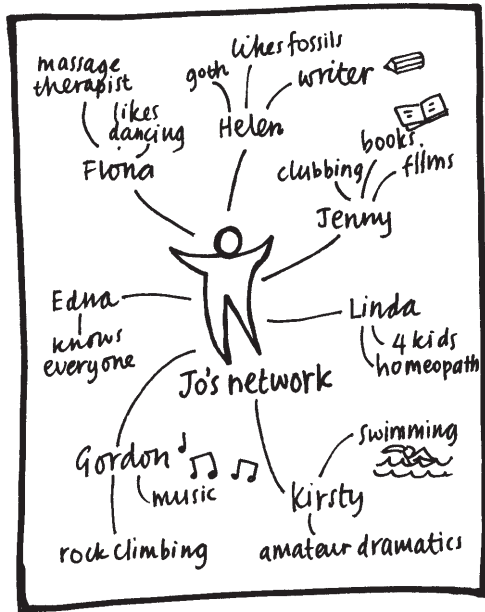
## What it does

Helps supporters to map out their own networks.

## How this tool helps

Person supported may be linked to someone in the networks.

## A quick glimpse



## How to use it

Explore what the networks are,  
how they might be used and  
how we feel about this.

## Questions to ask

What are the networks?

How might we use them?

What are the common interests?

What links you?

Who do you know who knows someone who might provide networking opportunities?

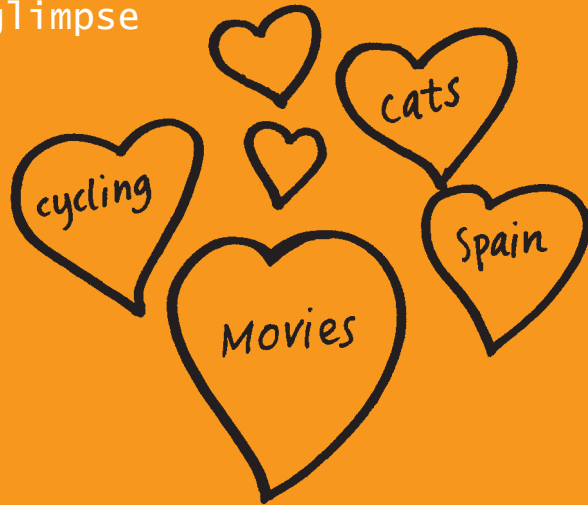
## What it does

Develops a treasure chest of shared interests.

## How this tool helps

Explores the passions, hobbies and interests of supporters and encourages matching these with the person wanting support.

A quick glimpse



## How to use it

Invite supporters to write down all of their passions, hobbies and interests on love heart stickies.

Then ask them to think about the person they support and choose one which they think would be good to try together.



## Questions to ask

What are your hobbies, passions and interests?

---

What brings you joy?

---

What gets you going in the morning?

---

What motivates you?

---

Which of these can you share to support someone to make connections?

## What it does

Explores community around gifts and skills and identifies how the interests, gifts and skills can be community contributions.

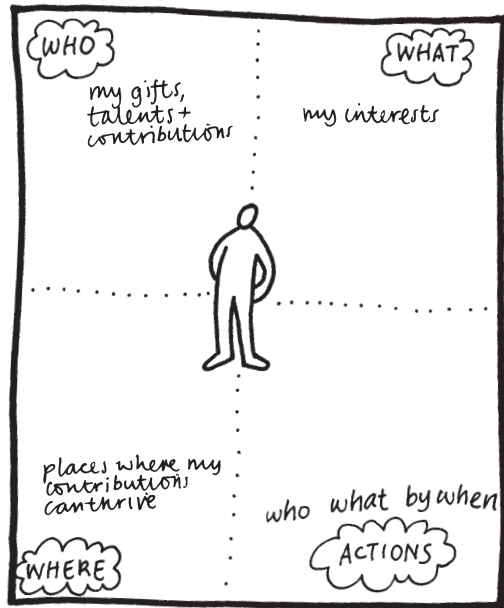
## How this tool helps

Shows what the person is good at and enjoys doing.

Helps us to think about the types of people the person may get on with.

Identifies the places and people who may welcome and value the person's interests, gifts and skills.

## A quick glimpse



## How to use it

Invite the person and people closest to them to fill in the headings focusing on positive possibilities.

## Questions to ask

What do others like and admire about the person?

What does the person have to offer or contribute to others?

What is the person interested in or passionate about?

Where can these contributions thrive?

Who are the people who might help the person to make a contribution?

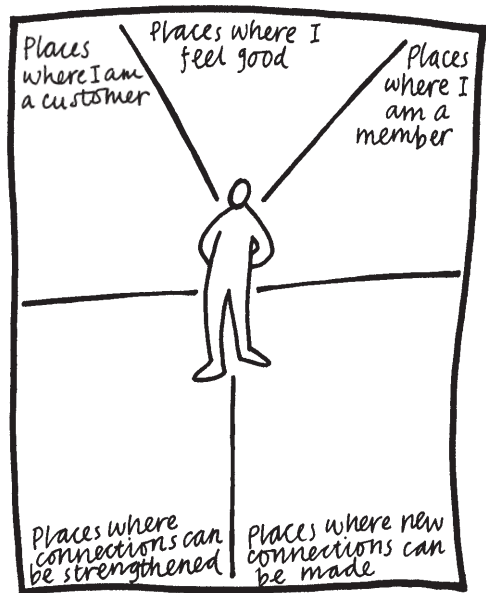
## What it does

Helps us to identify the places that matter in a person's life.

## How this tool helps

Increases understanding and helps identify places that are worth paying more attention to.

## A quick glimpse



## How to use it

Identify all the places a person goes that are important to them.

Explore the role that the person has in each place.

Explore how this information can help in strengthening connections or where new connections can be made.



## Questions to ask

Where is the person a customer?

Where is the person a member?

Where does the person feel at their best?

What possibilities are there for strengthening connections?

What possibilities are there for creating new connections?

## What it does

Gives a graphic representation of what is happening in the community - places and people.

Is a way to learn about the possible associations in your community.

## How this tool helps

Discovers what is unique about your community.

Finds the centre of the community and where the third places are.

Finds out what people do for fun together.

Discovers where people feel valued and welcomed.

Identifies the various organisations and networks in your local community.

Matches the person's interests with what is present in their community.

## A quick glimpse



## How to use it

Invite people to create a map of the local area including where to find significant places and people.

Gather information by talking to others, checking out local newspapers and community newsletters, looking on the internet, enquiring with your local council.

## Questions to ask

What are the major streets for shopping, services, entertainment?

What are the public places (library, community centre) where people go?

Where is the centre of the community? What's there?

What are favourite places to shop?

What is unique to your community?

Where are the informal places that people hang out?

Who are helpful people and where can they be found?

# What happens here?

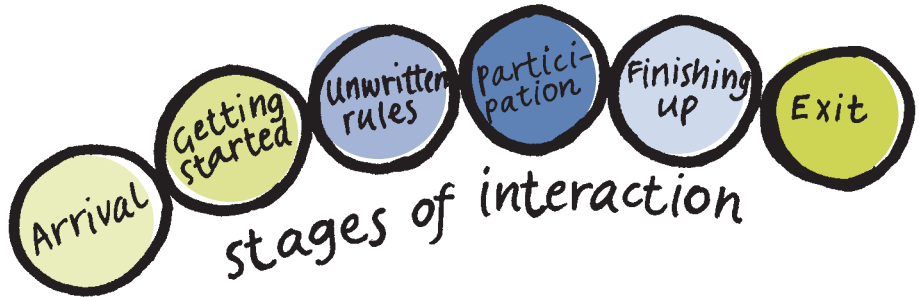
## What it does

Helps us to learn about the characteristics, social rules and roles of a group.

## How this tool helps

Identifies things to do to help the person fit in.

A quick glimpse



# What happens here?

## How to use it

Consider an activity that a person wishes to try out.

Make a list of 'need to know' information.



## Questions to ask

What time do people arrive?

How are they dressed?

Do they take anything along?

Are there any unwritten rules?

Where do people sit?

Do people have roles?

Are there any individual or collective expectations?

How do people leave?

# Presence to contribution

## What it does

Encourages creative thinking about activities and how we can use them as opportunities for participation and contribution.

## How this tool helps

Promotes being included, leading a full life, doing interesting things and making a contribution as a full member of the community.

## A quick glimpse

activity	being present	having presence	actively participating	opportunity to connect	opportunity to contribute

## How to use it

Identify activities that the person is already, or wishes to be, involved in and decide where on the graphic 'from presence to contribution' this currently sits. Then work together to move the activity from present to presence, active participation to connecting, connecting to contributing.

## Questions to ask

Which activities can be regarded as vehicles for developing relationships?

What might we see happening if the person is truly connecting?

What might we see happening if the person is making a contribution or investing in community?

## What it does

Identifies specific responsibilities.

## How this tool helps

Helps you to know where you can be creative without fear. Creates a culture of accountability.

A quick glimpse



# Doughnut

## How to use it

Have a specific activity or situation in mind.

List all the things that must be done, things that are vitally important to the person, issues of health and safety, things that if not done would be a performance management issue - these are the core responsibilities.

Then explore things that people can experiment with, where creativity and judgement can be used.

Check out if there are any things where involvement is not necessary.



## Questions to ask

What, within your role, must be done?

What are your core responsibilities?

Where can you use your initiative, try new things and be creative?

What areas are not your responsibility?

## What they do

Explore what is important to and for a person now and in the future.

Create a shared understanding and clarifies what needs to change.

There are four styles of person centred reviews - working/not working, important to/for, citizenship and outcome focused.

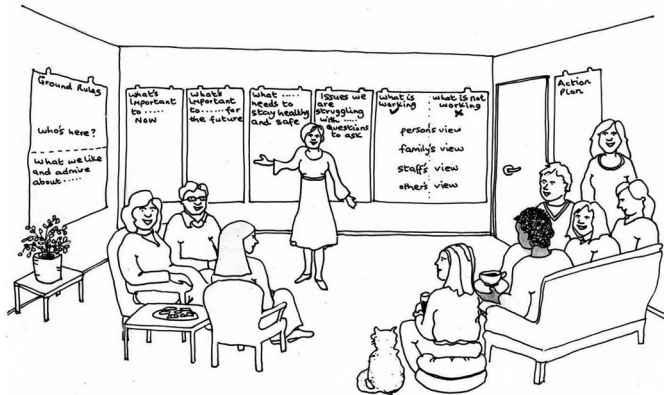
## How these tools help

Pull people together to collectively think about existing networks and connections and how they can be built on.

Generate new ideas to try, based on what we are learning from the person, their friends and allies.

Problem solve what might be getting in the way of maintaining or developing relationships.

## A quick glimpse



## What it does

Helps us to support the person to live the life they want while keeping risk in perspective.

## How this tool helps

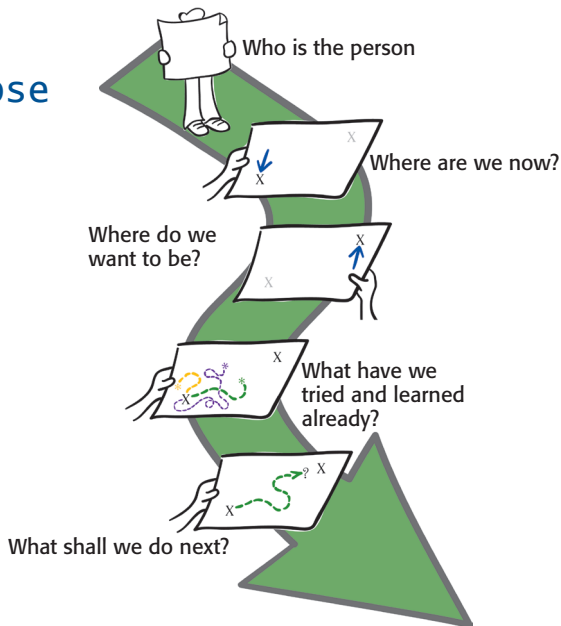
Focuses on positive possibilities.

Helps to find a balance between what is important to and for the person.

Encourages shared decision making.

Explores community resources.

## A quick glimpse



The 'Doughnut', 'Matching support' and 'Presence to contribution' tools are used here with permission from The Learning Community For Person Centred Practices.

The tools 'Who am I? My gifts and capacities', 'Who am I? My style' and 'Who am I? My places' are adapted from Making a Difference by John O'Brien and Beth Mount, published by Inclusion Press International and The Marsha Forest Centre: Inclusion. Family.Community, 47 Indian Trail, Toronto, Ontario Canada M6R 1Z8 T. 416-658-5363 F. 416-658-5067 E. inclusionpress@inclusion.com www.inclusion.com and are used with permission.

The tool 'Community map' is taken from A Guide to developing Community Connections compiled by Patsy Davies, Claudia Bolton and Bill Allen; Allen, Shea and Associates.



## Helen Sanderson Associates

34 Broomfield Road  
Heaton Moor  
Stockport  
Cheshire  
SK4 4ND

T. 0161-442-8271  
[www.helensandersonassociates.co.uk](http://www.helensandersonassociates.co.uk)

## HSA Australia

PO Box 213  
Wallan, VIC 3756

T. 03-5783-4548  
[www.helensandersonassociates.com.au](http://www.helensandersonassociates.com.au)

## HSA Canada

736 Chemin Lalande Road  
Sturgeon Falls, ON  
P2B 2V4

T. 1-705-753-5064  
[www.hsacanada.ca](http://www.hsacanada.ca)

## HSA USA

850 York Place  
Liberty, Missouri

T. 816-695-4334  
[www.helensandersonassociates.com](http://www.helensandersonassociates.com)



[www.learningcommunity.us](http://www.learningcommunity.us)