

ican...
Reach it

Activity



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Realising people can help me

To realise your vision, overcome obstacles and make the most of opportunities you may need to reach out for several helping hands along the way.

The first step in working out who can help you is to spot who is there in the first place. As you go through your life you will meet all sorts of people from different aspects of your life e.g. working learning playing and giving who can support you, and over the years as you experience more and more things this group of people expands.

Usually starting life within your family and then getting a few close friends who may share similar interests with you, this group of people could be categorised as your **Playing** network.

You will then probably begin to meet a new set of people through your **Learning** as you start school and go on to further education meeting other students, wider friends and teachers. This then may go on to **Giving** where you are spending time volunteering or involved in community groups and then on to **Working**, meeting employers and work colleagues.

Now take a look at the diagram **My Support Network** and using the prompts on it, take a separate piece of paper and make a note of all the people who could help you on your journey from each of the different categories. Remember this is not a numbers game with the winner being the person who has the most people listed. It is much more about the quality of relationships.

My support network

Playing

Family

The members of my family are...

(My parents, carers, brothers, sisters, children, cousins, aunts, uncles, grandparents and wider relatives)

Friends

My closest friends are...

(People I can talk to and trust the most, who are always there for me)

Social contacts

The people who share similar interests with me are...

(Friends from the clubs, groups and networks I'm involved in, friends of friends)

Learning

Classmates

My school, college or university mates are...

(My old classmates, people I've studied or trained with and my current peers)

Professionals

The teachers, lectures and support staff I get on best with are...

(Including all the people who really care about me, from canteen staff to social workers)

Mentors

The people who really make me feel valued are...

(I trust them because they listen, understand me, never judge and always believe in me)

Giving

Neighbours

Positive people who live in my street or nearby are...

(The people who always have a smile on their faces)

Volunteers

People I really admire who are making a difference in my community are...

(Ordinary people who are doing extraordinary things)

Wider community

People who help me out and give me the time of day are...

(E.G. Friends of the family, club and group leaders, shop staff, sports coaches, support services, faith group and community members)

Working

Teammates

People I've worked together with are...

(On projects, challenges, activities, events and teams)

Colleagues

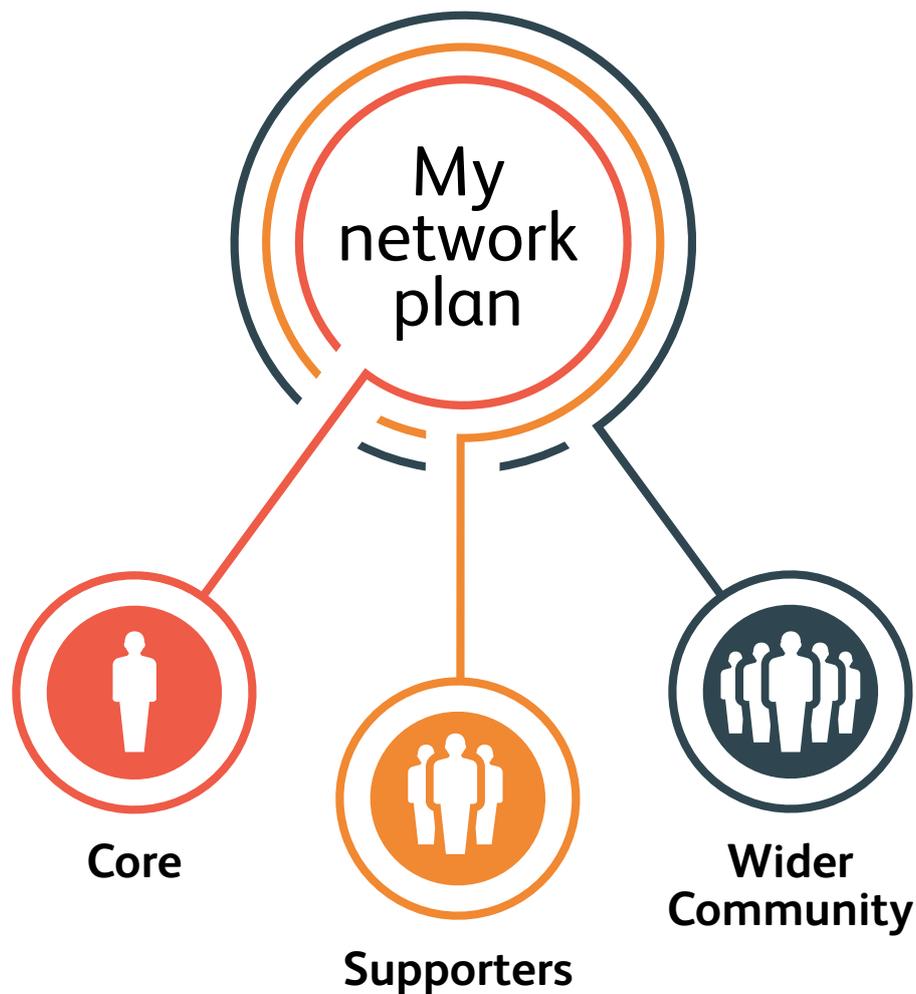
My past and present colleagues are...

(All the people I've worked or volunteered with)

Role models

People who I look up to and inspire me are...

(Role models who are in jobs I'd love to be in or have principles I really admire – I may know them or perhaps know of them)



The people you have named in your **Support Network** will all offer different levels or 'circles' of support – core, supporters and wider community.

The Core group consists of people who will be there for you all the time, no matter what, you only need to ask them. They may include parents, carers or particularly close friends who are always there to listen to you and will not judge.

Again, there may not be a lot of people here. It is the quality of these relationships that matter not the number of them.

Put a number 1 next to the names of these people. These people make up your core group of support.

Next think about your supporters. These build on those in your core group and are people who care about you and want to help but perhaps are not as freely accessible to you as your core group. It may include your wider group of friends, people you see in some of the clubs or groups you belong to. It may have wider family members, Uncles/Aunts or cousins or teachers, social workers, youth group leaders, employers etc. Again, at the side of these names put a number 2 as these people are in your supporter's group.

Finally, the remaining names on your list are the number 3's and are part of your wider community. These may be people you know less well but who could also help you take those next few steps to making your vision a reality. They may be teachers in the school or college you attend but perhaps don't teach you directly. They may be lecturers at the college you may want to go to or an employer who works in the field you would like to work in or who does the job you would like to do. They may be ex-students who have left your school or college or friends of friends; all these people may still be able to support you with what you want to do next.

All this network of people can provide help and support and you can keep growing it when you meet new people who may help you. The benefit of a dynamic network of support is the quality of the relationships not the quantity. You may know some people who perhaps have a negative or unhealthy influence on you so you may not want them to be part of your network so leave them out, make sure they do not stop your achieving your vision.

You can do what
I cannot do.
I can do what
you cannot do.
Together we can
do great things

Mother Theresa