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Reach it

Enablers notes



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Realising people can help me

Why this session is important

To help individual(s) to:

- Identify who they already have in their support networks to help them realise their vision
- Identify who else is out there to help from wider areas of their lives
- Identify who is in their core, supporters and wider community of their network

What you will need

- Copies of the Reach it activity for each individual
- Reach It Resources
- Paper/pens
- 30 minutes dependent on time availability

How to do it

This activity requires the completion of a **Golden Ticket** (Be It Resources) that summarises the individual(s) vision. Explain that having created a vision that is meaningful, exciting and important to them, trying to make this happen by themselves can be challenging. Reaching out to others who can provide a helping hand can make the journey towards making the vision a reality easier, quicker and more fun.

There are people around them who they can connect with to help make their vision real and these people come from four different areas of life – working, learning, playing and giving dimensions:

- For many people the core support they may reach out to will be family and close friends – this group can be categorised as the Playing elements of their support network
- A further group of people that can help will be those known through their Learning network – people they have met through school, further education – other students, wider friends and teachers
- Anytime that they spend in volunteering or helping others may open a further network of support through their Giving dimension of their lives
- Finally, any Working they do opens up employers and work colleagues too all of whom can help and support

Encourage individuals to use the list in **My Support Network** (Resources) and write down the names of those people in their lives who they can reach out to. They may not have names under each box which is fine but encourage them to think wider than just the obvious people.

These people all offer different level or circles of support and can be further categorised under Core, Supporters and Wider Community:

- Individuals in the Core are those who will be there to help no matter what. They provide unconditional support and help and may include parents, carers, close friends who do not judge and are always there to listen. Experience shows that there may not be a lot of people here – it is about quality rather than quantity. Against the names they have listed in their support network encourage individuals to put a number 1 at the side of those people

they would think of as their Core Supporters

- The next level in the network are Supporters. They will build on the core group and be there for you but not as unconditionally. It may include wider friends/family, teachers, club leaders etc. Again, encourage individuals to put a number 2 at the side of the people they would think of as their Supporters
- The remaining people named in their support network are number 3's – the wider community. These are people known less well but who could help and support them to make their visions real. They could be teachers/lecturers they know but perhaps don't teach them directly. An employer who works in the field they would like to work in. Ex students who have left and gone on to do what they would like to do

Encourage individuals to reflect on the network they have created and identify areas where there is a lot of support and areas that perhaps would benefit from having other people in them. Help individuals to think of who else may be able to support them.

What other questions to ask/points to make

Again, be prepared to share some of your story, if it is appropriate. Explain what your network looks like and how it has developed from the Tuesday of the **Week of your Life** (Ref: Welcome Section) to where it is now making the point that support networks change all the time with new people joining and others leaving.

Make the point when working with a group that they can all be supporters for one another adding help, encouragement and guidance when needed.

As the session draws to a close discuss:

- What they may have learned, or what has surprised or puzzled them about doing these activities
- Encourage them to begin to use their networks and reach out to people on them or perhaps add to the network by identifying new people they could reach out to
- Help them to identify one key action they may wish to take as a result of doing these activities