



# Circles of Support



A group of people who help someone with a learning disability



A circle of support is about bringing together lots of people to support someone who has a learning disability.



Circles can help to plan things such as helping someone to find a job, finding new friends, moving out of home etc.



The person who has a learning disability is at the centre of the group and should choose who can join (if possible)



Meetings can take place every few weeks or every few months, whatever is needed by the person who has a learning disability.



Families have found circles really useful as it helps to have more support and advice about how to make sure the person who has a learning disability has a great life.



We have written some advice about how to form circles of support.



For more information please get in touch with the team at:  
**[fpld@learningdisabilities.org.uk](mailto:fpld@learningdisabilities.org.uk)**