

# Why Create a Group of Supporters?

Caring relationships keep us all safe and secure and are the foundation for a good life.

Human beings are hard wired to belong and to be supportive to one another! People want to help and want to know that they have a role to play.

Being connected to others creates opportunity for sharing life passions, challenges, and triumphs.

**No matter who we are, connections are what foster love and belonging.**

A group of supporters can help a person lead and direct their life.

A network of family and friends who are actively involved in our life gives meaning, joy, and fulfilment.

**Supporters who know us well can support our communication.**

*This person... and their agency... resides in the stories that those who are around them hold... and can tell. We don't reside in our heads so much as we reside in this space between us.*

Michael Bach

*Our identities exist in the stories we tell ourselves and others.*

Nicola Groves



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[www.waindividualisedservices.org.au](http://www.waindividualisedservices.org.au)

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# Tips for Creating a Group of Supporters

WHO



1.

Listen deeply. What are my interests, passions and personality that might guide who I want to invite?



2.

Who do I see often or like to spend time with who can give us ideas about who to invite?



3.

Who are the natural connectors in my life? Is there someone who is the life of the party? Is there someone who is naturally creating opportunities for people to connect?

4.

I don't have many people in my life so what do I need to do to foster connection with my community?



???



5.

I could become a regular somewhere and watch for that spark of connection. It might take time, so I'll need to be patient.

WHAT



7.

What kinds of things do I want help with? Is it a social group? Is there a big change coming up like moving house or looking for work?



6.

What might a get together look like. Will there be food? Where will we meet? Who will be invited? What will we talk about? What will make it fun?



8.

Will I make the invitation myself? Who could support me? Or do I want someone else to make the invitation.



10.

Will I send out notes about the meeting? Will I use social media or another platform to build our group connection?



11.

What's a regular enough schedule for keeping the group strong and involved?



9.

HOW

Groups that have roles for their members are more likely to be sustained over time. Will we talk about the different roles each member of the group might have?